



## A BIT from BITSIE

### A Symposium in Three Parts on the Geography, History, and Culture of the Middle East and the Religion of Islam

An interesting and timely set of events is in store for HomeHaven members and their friends in February: a three-part symposium on the geography, history, religion, and culture of the Islamic Middle East, to be presented on successive Wednesdays. For the last three months, a task force of HomeHaven members who have lived in the Middle East has been meeting with HH member **Sam Chauncey** (right), who will serve as moderator, to plan this symposium. It has grown and changed in the most amazing ways.



After Sam Peterson's talk in October on his family's experiences living in the Middle East, we discovered that HomeHaven has a number of members who have lived and worked in that region. The tremendous refugee crisis was in all the newspapers and the ISIS attack in Paris redoubled everyone's puzzled attention

to this troubled area. Thinking that our members who had lived there could help us all to a better understanding, I invited the group to help us plan a series of panel discussions. During our first meeting we decided we needed a moderator and input from someone familiar with the current Middle East.

Sam Peterson, who is active in New Haven's Integrated Refugee and Immigrant Services (IRIS), introduced us to **Mohamad Hafez**, a New Haven architect from Syria. Sara Ohly, who co-teaches a course on Islam for the Institute for Learning in Retirement, invited her teaching partner, **Mithat Mardin**, originally from

*continued on page 2*

## IN THIS ISSUE:

Mud Follies Casting Call .....	page 2
Meet Our Members .....	page 3
Health Matters .....	page 4
Member Birthdays .....	page 4
In Memoriam .....	page 5
Tutoring Opportunity .....	page 5
Responsible Downsizing .....	page 6
Computer Connection .....	page 7
Village Verse .....	page 7
New Members .....	page 7
Dementia Talk .....	page 8
News from the Villages .....	page 8
Laughter .....	pages 9 & 10
Upcoming Events .....	pages 9 & 10

*"If we would have new knowledge, we must get a whole world of new questions."* – Susanne K. Langer

*"On this shrunken globe, men can no longer live as strangers."* – Adlai E. Stevenson

Generous support for HomeHaven News provided by:



WebsterBank®



A UI HOLDINGS COMPANY



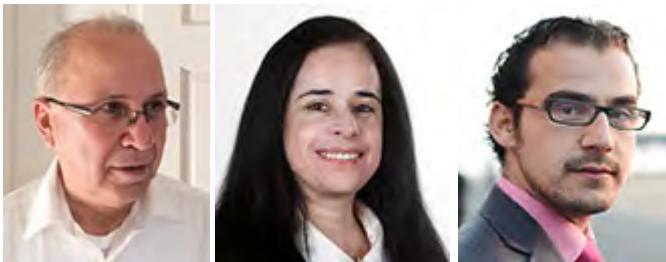
A UI HOLDINGS COMPANY



Click on their logos for more information on our sponsors.

Turkey, to join us. HomeHaven staff member Lydia Bornick met **Khadija Al Arkoubi**, a Moroccan woman who teaches business courses at the University of New Haven, at an event that matched nonprofits with professors who were looking for projects for their students. We invited them all to join us.

We have had wonderfully interesting planning sessions and made some great new friends who are eager to share their perspectives on this fascinating and complex region with all of us. Each session will feature a speaker, reactions from our member panel, and an opportunity for questions and discussion with the audience. All sessions will take place from 3 to 5 pm at Bethesda Lutheran Church at 450 Whitney Avenue. Parking is available in their Whitney Avenue lot or on the street near 305 St. Ronan.



Mithat Mardin

Khadija Al Arkoubi

Mohamad Hafez

**Wednesday, February 10: MITHAT MARDIN** on "The Geography and History of the Region"

**Wednesday, February 17: KHADIJA AL ARKOUBI** on "Culture and Islam in the Middle East and North Africa"

**Wednesday, February 24: MOHAMAD HAFEZ:** "The Personal Observations of a Syrian Artist and Architect Who was Born in Damascus, Grew Up in Saudi Arabia, and Was Educated in the United States"

We hope you will join us for this unique opportunity. Please call the HomeHaven office at 203- 776-7378 to reserve a seat.

Frances T. "Bitsie" Clark, Executive Director

**Create your enduring legacy  
with a bequest to Home Haven.**

## CASTING CALL!



Once again we're recruiting actors, mimes, singers, dancers, musicians, magicians, comedians, monologists, jugglers, exhibitionists, owners of amusing small dog acts, and slack wire walkers to tread the boards and show their stuff at our annual

### MUD FOLLIES REVUE.

This year's Mud Follies will be at 7:00 pm on **Tuesday, March 29**, at the Parish House of the Whitneyville Church, now called the Whitneyville Cultural Commons, at **1253 Whitney Avenue, Hamden**.

If you have talent and want to be admired by all of your fellow Home Haven members, call the office at 203-776-7378 and sign up!

***It'll be a SMASH!***

## HomeHaven News

Ellen R. Brainard, *Editor*  
[erbrainard@gmail.com](mailto:erbrainard@gmail.com)

Jane Jervis, *Associate Editor*  
[hh.jervis@comcast.net](mailto:hh.jervis@comcast.net)

Published by HomeHaven, Inc.  
291 Whitney Avenue, Suite 103  
New Haven, Connecticut 06511  
203.776.7378

[info@homehavenvillages.org](mailto:info@homehavenvillages.org)

Layout and design by PIROET

# MEET OUR MEMBERS : A Conversation with Anna Bresnick

by Jane Jervis

Anna Broell Bresnick, member of East Rock Village, is an artist, still evolving in both life and art. Her life has been disrupted by war, frequent moves, and family transitions. We met in her “new” apartment (same house), which she is renovating and making her own. Art and mementos surround her. An apartment dweller by preference, she enjoys the sounds of life around her and has wonderful relationships with her tenants.

A year and a half ago, Dante (*see photo*) transformed her life. The Shih Tzu had been living on the streets until a friend rescued him and knew instantly he was meant for Anna. Now, when she walks with Dante strangers stop and talk to her, and he has truly connected her to her neighborhood. But her beautiful, aged, deaf cat is not so pleased. Dante is now a one-eyed dog after a particularly heated encounter, and they coexist across baby gates in every doorway.

Anna and her immediate family survived the Holocaust. Born in Hamburg, she was very young when the city was firebombed. She remembers darkness at noon and a beautiful “star” (a large cinder) falling onto a field during their evacuation from the city. Her family took refuge on a farm near Denmark, where her best memory was the nightly spoonful of sugar she got from a grandmother. Months later, returning to Hamburg, they found other refugees living in their house. In the following winters, she and her half-sister broke into a cemetery at night to gather wood for the stove. Knowing nothing about her Jewish background, when she was in her twenties her parents told her that one of her grandparents died in the camps, two of starvation in the Eastern Zone. She and her half-sister have researched their father’s side of the family; she is now looking into the history of her mother’s family.

The family came to New York in the early 1950s, just at the end of the McCarthy era. Anna learned English by watching the TV news. She characterizes her mother, a furniture designer in 1930s Berlin, as an immensely creative and strong woman who lived for the present. In America she took up abstract drawing and watercolor in her early 70s. Her father, an engineer, had a harder time living with the past.

Anna married, had a daughter, and was divorced, but maintained a loving relationship with her mother-in-law until she died. After her divorce, Anna bought



*Anna Bresnick with Dante*

a half-house in another neighborhood, brought her mother to live with her and, with the help of her daughter and her daughter’s mother-in-law, cared for her until she died. She eventually sold that house to her daughter and son-in-law. Anna, who has two grandsons, loves being an “oma,” babysits often, and takes the older one to his piano lessons twice a week.

Anna received an MFA in sculpture, and also does drawing, and dance installations. She has taught at Stanford, New Haven, and Bridgeport Universities, chaired Visual Arts at the Educational Center for the Arts for 30 years, and was a curator of the John Slade Ely House for four years. Her work has won numerous awards — visit her website: <http://annabroellbresnick.com/>. You will be stunned.

Music has always been an important part of Anna’s life. As a child she used to make her friends sit quietly and listen to records like Handel’s “Messiah”. Before learning of her Jewish family history, she joined an Episcopalian choir because they sang such beautiful music. Never having played an instrument, she recently took up the viola da gamba. When she finishes remaking her apartment, she will prioritize her studio work again (her studio is behind her house) to see how far she can push herself into a new direction.

In her mid-70s, Anna is full of vitality and enthusiasm. She joined HomeHaven this year to connect with the community of people her age who are still pursuing their interests, to enjoy the many activities it offers, and to help others when needed.

## HEALTH MATTERS

### Nine Ways to Beat Stress, by Nissa Simon

Want to feel healthier and happier? Pick a card from this stress-beating deck.

#### **Straighten up a messy drawer**

A cluttered living space tends to arouse feelings of anxiety. Fortunately, this is one of the easiest sources of stress to fix. No, you can't deal with it all in one wild orgy of organizing. Start small. To feel a sense of accomplishment, tidy just one out-of-control drawer today. Move on to the next one tomorrow. Little by little, you'll start to feel in control.

#### **Use a picture as a reminder**

Vacations generate a sense of wellbeing. No cares, no worries, no obligations. To revisit that experience when you're feeling under the gun of too many things to do in too little time, pick a prominent place to pin up a vacation photo that brings back fond memories of a happy time.

#### **Sip some water**

Levels of the stress hormone cortisol rise when you're even slightly dehydrated. To help keep stress under control, be sure to remain sufficiently hydrated. Keep a glass of water next to your bed to sip first thing in the morning; remember to stow a small bottle of water in a purse or briefcase to have ready during daily rounds; and pour a glass of H<sub>2</sub>O to have with meals.

#### **Eat a sweet potato**

Sweet potatoes are packed with complex carbohydrates that stimulate the brain to produce mood-boosting serotonin. They're also rich in magnesium, an anti-stress mineral. Bonus: These tasty tubers are a good source of potassium, which helps lower blood pressure.

#### **Look out a window**

Under pressure, thoughts spin around and around without end and go nowhere. To help break that unproductive cycle and soothe your mind, look out a window and focus your attention on something farther away.

#### **Cook a childhood comfort food**

Although scientists don't know quite how it works, comfort foods tend to dampen our response to stress. Their power to soothe may lie in the positive memories these foods bring to mind. Feel free to indulge in occasional high-fat, high-calorie treats, but beware their regular mealtime appearance—they can pack on unwanted pounds.

#### **Bring out the coloring pencils**

Coloring books for adults have exploded in popularity.

Scientists who explored the phenomenon have various explanations for their settling effect—they're a form of meditation, they replace negative thoughts with pleasant ones, they help focus attention. Whatever the reason, they're relaxing, they're inexpensive, and they work.

#### **Write a mental thank-you note**

When you're feeling that nothing's going right, take a few minutes to write a mental thank-you note to someone who meant a great deal to you. A third-grade teacher? Your best friend? Your first boss? If possible, write a real note, put a stamp on the envelope and mail it off. If that's not in the cards, it's okay. Simply imagining how you would express your gratitude will boost your sense of wellbeing.

#### **Dance**

Pull down the shades, put on some lively music and dance around the room in time to a lively beat. Dress optional.



### ***Happy Birthday to HomeHaven members with a birthday in February***

Marge Andrews    Joan Binder  
Shula Chernoff    Joseph Crowley  
Mike Eisner    Kate Hay  
Jeanne Kerr    Ruth Koizim  
Ruth Lambert    Jane Lederer  
Ramsey MacMullen    Alice Miskimin  
Susanne Roberts    Ellen Ryerson  
Lorraine Siggins    Nira Silverman  
Kerry Snyder    Peter Wells  
Hannah Winer



## IN MEMORIAM

*Lucy Hutchinson, a HomeHaven member who had served on the Board since October 2012, died unexpectedly on November 25 at 92. Predeceased by her husband, Allen C. Hutchinson, Lucy is survived by their sons, Richard and James, daughter Anne Gahl, four grandchildren, and three great-grandchildren.*

### LUCILE RAYZOR HUTCHINSON 1922-2015

*A personal remembrance by Norman Chonacky*



Lucy touched many people during her long life. I knew her for only a few years and can only imagine its full effect. Because personal encounters were so significant to her, I feel free to represent her life by drawing on our friendship.

Her beloved husband “Hutch” and their family were the center of her life. When their children were young, she spent her days helping, nurturing, consoling, and educating them. But her life force burst out in other ways too. In the evenings when all was quiet, she attended to her many correspondents — carefully crafting legendary responses to their letters. She was not always prompt, but life-long loyal.

The same care showed in her commitments. Her resourcefulness and leadership benefited many non-profits; Mary Wade Home and HomeHaven were but the end of a very long list. She never saw a cause that needed her skills that she was not inclined to serve. And, ready for adventure, when her family had grown she taught herself to use new-fangled personal computers and marketed them.

My dearest memory of her was in our HomeHaven memoir group. She described her trip as a teenager with a childhood friend, very loosely chaperoned, to visit her friend’s family in Mexico. Her account was full of wonder, excitement, new discoveries, and slightly risqué adventures. Suddenly I understood that twinkle in her eye — there was a bit of a devil in her! I hope you caught that twinkle before it was stilled.

We will miss you, Lucy.

***“When people die, they cannot be replaced. They leave holes that cannot be filled, for it is the fate — the genetic and neural fate — of every human being to be a unique individual, to find his own path, to live his own life, to die his own death.” - Oliver Sacks (1933-2015)***

## Help Wanted: Tutors for Teens

Tutors in Latin, math, and physics are in demand for the New Haven Free Public Library’s tutoring program for teenagers. The program runs from 4 to 8 p.m. Monday through Thursday at the main library on Elm Street. Tutors usually work one hour a week, more if they wish. Currently, there is no one able to provide help with Latin to Wilbur Cross High School students who have requested it. There is also a shortage of tutors in math or physics, but tutors in any subject are welcome. Students are from grades 7-12, with most in the 15-17 year age range. Tutoring takes place within eyesight of library staff for the protection of both tutors and students. To volunteer or for more information, please contact Margaret Girgis, 203-946-8130 ext 383.

## ... AT YOUR SERVICE!

In the past three months, HomeHaven provided members with:

- 56 rides by volunteer drivers
- 61 visits by volunteer visitors
- 9 computer assists by volunteer computer helpers
- 18 referrals to volunteers or vetted providers for household help

Note: Members often call a service provider more than once without informing the office. You can help us keep records by always letting us know each time you use a provider we recommended. ***It’s important!!***

*Look for monthly reports giving rolling three-month totals.*

# RESPONSIBLE DOWNSIZING: How to Donate Clothing and Textiles

by Elaine Piraino-Holevoet

Now that winter is finally here, many of us are spending more hours indoors. What better time to clean out our closets and chests of drawers? There are many theories about how to decide what to keep and what to get rid of, but chances are no matter which criteria you use, if you tackle this project you will end up with a pile of stuff you no longer want.

Don't throw any of it into the trash! Even if your donation cannot be sold as gently used apparel, there is an excellent chance that it can have a second life as a new product such as home insulation or stuffing for

a car seat. And, it will not end up in the waste stream, saving both natural resources and tax dollars!

## Donating to a Charitable Organization

One way to rid yourself of these unwanted items is to donate them to a charitable organization. Some organizations deal directly with a specific cause and only want textiles in good condition to pass on directly to their clients. Others operate thrift stores in which donated goods are sold to generate revenue to support the organization's mission. The best goods are sold in their retail outlets; the others are sold to processing facilities.

[Goodwill Industries](#) is one charity that will gladly accept all your textile donations. Locate a convenient donation center by entering your zip code [here](#). If you have a large amount of goods, call to see if your local Goodwill is willing to make a pickup.

Another charity that will accept a full range of textile donations is the [Salvation Army](#). You can find a drop-off location for your goods or schedule a pickup by entering your zipcode [here](#).

Donations to a charitable organization may be useful to you at tax time if you submit an itemized donation valuation form. [Goodwill](#) and the [Salvation Army](#) each have valuation guides to help you with this process.

## Donating at a Retail Store

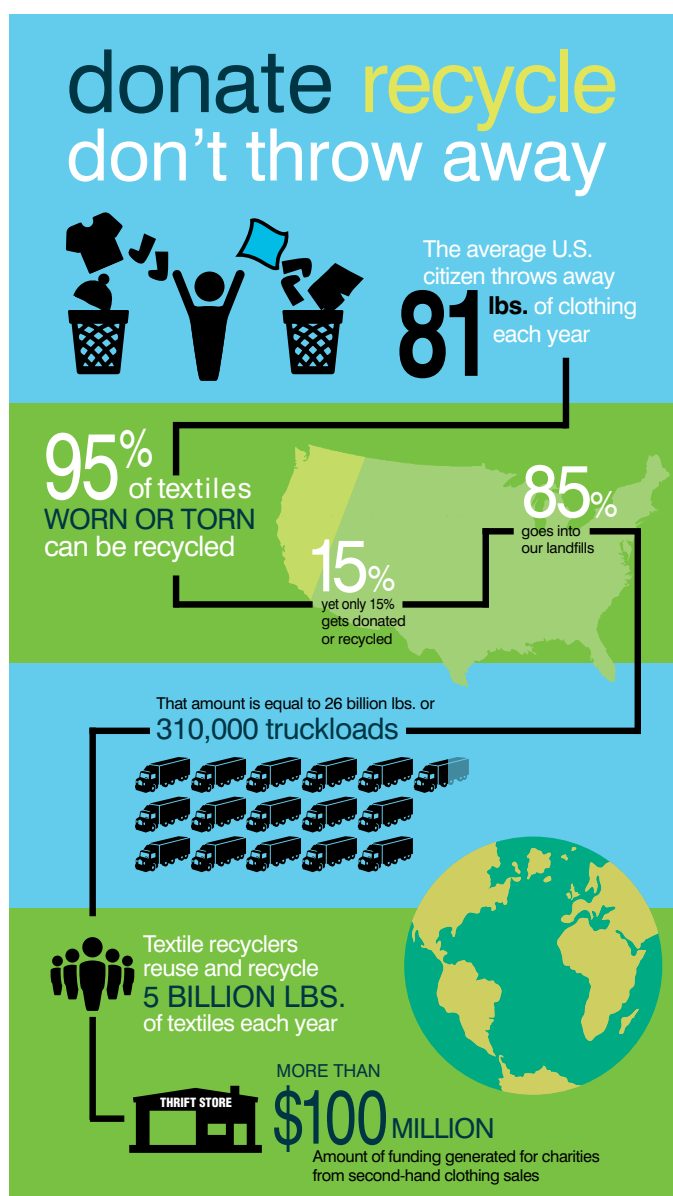
If you have specialty shopping to do and would prefer a financial incentive over a tax deduction, there are a growing number of retailers who offer in-store coupons to those who recycle shoes and clothing at their locations. Some collect only their own products, but there are several retailers in our area that accept any brand for recycling. Click on the links for details:

- [H&M](#): Any brand of clothing and home textiles
- [Levis](#): Any brand of clothing or footwear
- [Nike](#): Athletic Shoes any Brand
- [The North Face](#): Any brand of clothing or footwear

## For more information

The "[What do I do with...?](#)" section of the Connecticut Department of Energy and Environmental Protection (DEEP) site is a great resource for residents looking to recycle their goods. [Here is the link](#) to the What Do I Do with my Clothing/Textiles section.

Elaine Piraino-Holevoet is the graphic designer of HomeHaven News and the author of the blog [ontheroadtogreenness](#).



# COMPUTER CONNECTION: Block that Metaphor!

by Christa Sammons

“Computer virus” is one of the best metaphors around. Just like biological viruses, computer viruses can wreak havoc when they multiply inside their subject, and they’re often highly contagious, maliciously jumping from one computer to another with ease. When the flu virus is around, we all take everyday precautions to avoid infection, like washing our hands and not letting other people sneeze on us, and we get a flu shot. It’s the same with computer viruses. We should all take those everyday precautions we’ve talked about before—don’t click on links in suspect email messages, don’t react to online offers too good to be true, be very careful about giving personal and financial information over the Internet. But it’s also good to have a reliable “inoculation” in the form of a computer anti-virus program. Here we can focus on laptop and desktop computers: tablets and smart phones generally do not need extra protection.

---

## Village Verse: TURDUCKEN

A turducken is a turkey with a duck and  
a chick inside

It has no bones and the turkey skin  
bulges rather wide.

We bought this bird to make a change  
for our Christmas dinner,  
And certainly that mixed up fowl  
at dinner was a winner.

Much there was of this scrumptious bird  
and more to give away.

Still more remained for us to eat,  
day, by day, by day.

We ate it cold. We ate it hot. We ate it  
thinly sliced.

We warmed it up in a special sauce,  
delicately spiced.

The pieces left were dry and hard and  
very, very tough

So we made a soup with what there was  
and had more than enough.

Our turducken was very good.

We savored every dish.

But one can have a bit too much.

Tonight we shall have fish.

— Liz Wolf, Amity Village, January 10, 2016

MacIntosh computers have always been less susceptible to infection by malicious programs, but there is a highly reputable anti-virus program for Macs called “Sophos.” It is free and, once installed, updates itself automatically. It can be downloaded [here](#).

Things are a little more complicated for PCs. Increasingly, virus protection is built into their operating systems—Microsoft, for instance, boasts that its Windows 10 operating system is the most secure version ever; Windows 8 includes Windows Defender; and Microsoft Security Essentials for Windows Vista and Windows 7 can be downloaded free [from the Microsoft website](#). Programs to protect either PCs or Macs are also available free [from AVG](#) and [Avast](#). [Norton](#) and [McAfee](#) are two well-known firms offering computer protection for an annual fee. HomeHaven volunteers stand ready to advise about how to select an anti-virus program and, if need be, help you install it.

In the end, we can all be a little less nervous about our computers being invaded by evil demons. Computer viruses are less of a threat than they used to be. The invader is now more likely to be malware (=malicious software) that sequesters part of the computer’s space, or spyware that lodges silently in the computer and collects data. Built-in and added anti-virus protection will not only catch both, but also warn you about suspect websites and links. Of course those warnings themselves, when they pop up on the screen, can be frightening. When it happens, you can always call on the HomeHaven IT Committee for help and advice. The problem can often be solved over the telephone.

*Christa Sammons is a member of HomeHaven’s Information Technology (IT) Committee. This article was written in collaboration with members Norman Chonacky (chair) and Mary Barnes.*

## Introducing New Members

*HomeHaven is delighted to welcome the following members who joined us last month.*

*Joan & Henry Binder ~ East Rock*



# DEMENTIA: A Talk by Dr. Richard Marottoli

by Jane Jervis

We've all done it — blanked on a friend's name or the name of a vegetable only to have it pop up later when we least need it — and we fear this is the first sign of losing our minds. No wonder Westville's Mitchell Library was packed on January 25 to hear Dr. Richard Marottoli, Medical Director of the Dorothy Adler Geriatric Assessment Center at Yale-New Haven Hospital, talk about dementia.

Dr. Marottoli began by identifying the cognitive domains: memory, orientation, visuo-spatial, language, attention, and calculation, and distinguished them from the functional domains; advanced (elective activities), instrumental (shopping, driving, paying bills), and basic (dressing, walking, eating, personal grooming). He defined dementia as long-term changes in cognition that affect daily function, but cautioned that depression may produce similar effects and is readily treatable.

We were pleased to learn that temporarily forgetting names is a normal characteristic of aging, a little like getting wrinkles. It doesn't affect function and doesn't necessarily progress. Certain medications, alcohol, stress, and fatigue may make it worse.

There are four principal types of dementia. Alzheimer's is the most common. Others include vascular dementia, fronto-temporal dementia, and Lewy Body/Parkinson spectrum. They have different causes and may partially respond to different

treatments, but they are not at present reversible or curable. There are, however, some forms of dementia that *are* reversible, caused perhaps by thyroid problems, vitamin deficiencies, fluid in the brain, or some medications. Careful medical evaluation is essential if intervention is to succeed.

Dr. Marottoli pointed out that, in youth, we have lots of reserve capacity, but as we get older we have fewer reserves; a much smaller injury or insult can tip us over into disability. He suggested that we:

- Get checked out. Depression can mimic dementia and is treatable, as are some other causes.
- Minimize alcohol use.
- Get regular physical exercise, especially aerobic. Oxygen helps the brain.
- Stay mentally and socially engaged.
- Pay attention to sight and hearing; clear sensory input to the brain counts.

In response to questions, Dr. Marottoli observed that fatigue and sleep disorders can affect cognition, and that sleep patterns often change as we age. Also that there is no clear evidence of a genetic disposition to dementia in old age, but there is for early-onset Alzheimer's disease (between age 40 and 60).

Reliable information about Alzheimer's and other forms of dementia can be found on the Alzheimer's Association website <http://www.alz.org/>.



## Hamden Villagers Enjoy Brunch

In spite of wind and drenching rain, some 20 Hamden Villagers gathered for a Sunday brunch last month at the home of Jeannie Drury. The lively crowd enjoyed a cozy fire, fine food and drink, and the chance to connect and reconnect with friends. Shown here are Judith Colton and Hannelore Howard and Tom Martin.



## CURL UP WITH A GOOD BOOK...

...and then join the conversation with the HomeHaven book group on the first Monday of each month, 10 to 11:30 am. Books for the coming months are:

*Alexander Hamilton*, by Ron Chernow. Joseph Ellis calls it “a robust full-length portrait . . . of the most brilliant, charismatic and dangerous founder of them all.” It’s the basis of the smash Broadway musical hit — and we have the soundtrack! (We may spend two months on this one.)

*Still Life with Bread Crumbs*, a novel by Anna Quindlen. At 60, Rebecca Winter, successful photographer, her career in decline, her finances shaky, her parents in need of care, moves from Manhattan to a cabin in the woods. And then. . .

*Age of Ambition: Chasing Fortune, Truth, and Faith in the New China* by Evan Osnos, China correspondent for the New Yorker from 2008 to 2013. A riveting portrayal of 21st century China in a period of upheaval and transformation. Winner of the 2014 National Book Award in Nonfiction.

See the Ongoing Events listing in each month’s issue for dates and places.

---

## Laughter, The Best Tonic DREAM JOB

Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, “And what starting salary are you looking for?”

The engineer replies, “In the region of \$125,000 a year, depending on the benefits package.”

The interviewer inquires, “Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?”

The engineer sits up straight and says, “Wow! Are you kidding?”

The interviewer replies, “Yeah, but you started it.”

*“George Washington is the only president who didn’t blame the previous administration for his troubles.”* - Author Unknown



## ONGOING GROUP MEETINGS

### PINS AND NEEDLES

**Monday, February 8, 3:00 pm** at the home of Cecilia Berner, 159 Fairfield Street, Westville. RSVP to Cecilia at 203-389-8876 or [ceciliaberner@sbcglobal.net](mailto:ceciliaberner@sbcglobal.net). Meet for sewing, knitting, handwork of any kind, wide ranging conversation and refreshments. For further information call Jeanne Drury. New members always welcome.

**Monday, February 22, 3:00 pm** at the home of Hannah Winer, 360 Fountain St., Apt. 21, Westville. RSVP to Hannah to at 203-397-2844 or [hwiner@snet.net](mailto:hwiner@snet.net)

### BOOK GROUP

**Monday, February 1, 10-11:30 am** at the home of Jane Jervis, 36 Lincoln St., New Haven, to discuss *Alexander Hamilton* by Ron Chernow. RSVP to Jane at 203-773-3503 or [hh.jervis@comcast.net](mailto:hh.jervis@comcast.net). New members are welcome. (See article at left for more details on this and future reading.)

### COOKING IN DIFFERENT LANGUAGES:

#### Portuguese

**Monday, February 15, 6:30 pm.**

**Sign-up deadline: Thursday, February 4.** (Calls after that go to a waiting list.) Newcomers always welcome at these lively explorations of the cuisines of the world. RSVP to Celeste Markle at [c\\_markle@yahoo.com](mailto:c_markle@yahoo.com). If you don’t use email, call her at 203-397-0492 or call the office.

### MEMOIR GROUP

Has the coming of the New Year made you think about writing your memoir? Consider joining one of our very successful memoir writing groups. We meet every other week for an hour and a half. Two people read a few pages of their work and we discuss each in turn. For more information, or if you would like to attend a meeting to see how it works, call or email Harriet Bergmann at 203-776-0703 or [hfb183@gmail.com](mailto:hfb183@gmail.com).

*“When I was a boy I was told that anybody could become President; I’m beginning to believe it.”*

- Clarence Darrow



## Events: February



**Wednesday, February 10, 3:00-5:00 pm**  
**SYMPOSIUM 1: Speaker, Mithat Mardin**  
**Bethesda Lutheran Church.**  
*(For details, see article, page 1.)*

**Wednesday, February 17, 3:00-5:00 pm**  
**SYMPOSIUM 2: Speaker, Khadija Al Arkoubi**  
**Bethesda Lutheran Church** *(See page 1.)*

**Monday, February 22, 2:30 pm**  
**Nissa Simon on “How to Speak with Your Doctor.”**  
**University Towers, 100 York St., Community Room**  
 Nissa Simon, who writes the “Health Matters” column for this newsletter, was health editor at *Reader’s Digest New Choices* magazine for 10 years. After the magazine’s untimely demise, she free-lanced for a number of national publications. She is the author of two books on health for teen-agers published by Thomas Y. Crowell.

Come learn from an expert how to make the most of your doctor appointments.

**Wednesday, February 24, 3:00-5:00 pm**  
**SYMPOSIUM 3: Speaker, Mohamad Hafez**  
**Bethesda Lutheran Church** *(See page 1.)*

**Tuesday, March 1, 2:00 pm**  
**“New Haven’s Athletics, Fitness, and Health Heritage,”**  
**talk by Judith Schiff, Chief Research Archivist,**  
**Sterling Library, Yale University**  
**University Towers, 100 York St., Community Room**  
 As a life-long resident of New Haven, author of the Michelin “Green Guide to New Haven,” and now the city’s official historian, Ms. Schiff is uniquely qualified to talk about our town. If you’ve heard her before, you know it will be “worth the trip”!



### Art by Ellen Ryerson

*People, Places and Things*, an exhibit of paintings by artist and HomeHaven member Ellen Ryerson, will run from February 7 to March 2 at the Willoughby-Wallace Memorial Library, 146 Thimble Island Road, Stony Creek Connecticut.



*Outlook Uncertain*

Opening reception:  
 Sunday, February 7, 4 - 6 pm

Hours:  
 M-Th, 10 am - 8 pm  
 F-Sat, 10 am - 5 pm  
 Sun, 1 - 4 pm



### PLEASE SIGN UP!



There’s always a reason for this request: space or tickets may be limited; transportation or food service may be needed; keeping track of members’ interests helps us plan future events. Thank you!

*The Activities Committee*

### HOMEHAVEN OFFICE

☎ 203-776-7378 ☎

hhkateh@gmail.com