



A BIT from BITSIE: Our Book Group Is Back and You Are Invited to Join!!

Over the last three months, 13 book-loving members of HomeHaven have been discussing the reorganization of our Book Group. Reading seems to be a favorite activity of many HomeHaveners. More than 50 of you listed books as a major interest in the profiles you filled out when you joined.

Our predecessor organization, East Rock Village, started the Book Group even before the Village's formal opening in October 2010. It met regularly for several years with Chuck Porter, Yale Emeritus Professor of French Literature, as convener and facilitator. When Chuck moved to assisted living, the Group continued, but by this fall it was down to only three or four members. They came to the office for help. We invited former members and interested new members to join us in thinking through the elements that make for satisfying and thriving book groups.

We began by asking why a reading group is important. Our thoughtful participants responded: "Reading is a solitary activity; a reading group is a way of sharing your thoughts about a book with others, comparing reactions." "It broadens your horizons; a book you think you don't want to read may surprise you." "Lively discussions between lovers and haters of a particular book sometimes even change minds!" "It is a great way to meet new people and get to know them."

Setting is important — we agreed that the warmth and coziness of someone's living room is better than a public meeting place, and 8 to 12 members is ideal.

continued on page 2

*First a howling blizzard woke us,
Then the rain came down to soak us,
And now before the eye can focus —
Crocus.*

— Lilja Rogers



Bitsie with grandson Clark Vines, who spent two days in New Haven tutoring a dozen HomeHaven members in the use of their iPhones as part of a community service project.

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A gentle facilitator is helpful, to ask provocative questions and keep the discussion focused on the book. We want everyone to participate in choosing the books to read. And we believe regular attendance is key — coming to meetings only when you like the book is not in the spirit of a successful book group.

The first meeting of the reorganized HomeHaven Book Group will be held on Monday, May 4, at 10 am. The group will meet in May and June and start up again in September. ALL HomeHaven members are invited and welcome to join. But in order to arrange venues and keep groups small, **you must call the office (203-776-7378) by Friday, April 10, if you want to join.** If enough people are interested, we will form additional groups and try to locate them in convenient geographic areas.

The books chosen by the planning group for the first three meetings are listed in the next column. **PLEASE SIGN UP FOR THE BOOK GROUP BY FRIDAY, APRIL 10.**



Frances T. "Bitsie" Clark
Executive Director

EARTH DAY: APRIL 22

*The frog does not drink up the pond
in which he lives.* — Sioux proverb

*There are no passengers on spaceship earth.
We are all crew.* — Marshall McLuhan

HomeHaven News

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BOOK GROUP READING LIST

Monday, May 4 — *Life Drawing*, by Robin Black (a New Haven native). In late middle age Augusta, a painter, and Owen, a writer, move from the city to an isolated country house to try to repair their marriage and recapture their artistic creativity. This is both a suspense story and a tragedy. Claire Messud (*The Guardian*) calls it "at once quiet and memorable, . . . astringent and wise. This novel, like life, is uneasy: what a relief." [For details, see Ongoing Group Events, p. 9.]

Monday, June 1 — *Redeployment*, by Phil Klay, winner of the 2014 National Book Award, based on his experience serving in Iraq, research, and interviews with other veterans. A collection of 12 stories, each with a different narrator, the *New Yorker* called it "The best literary work thus far written by a veteran of America's recent war." The *New York Times* described it as "hilarious, biting, whipsawing, and sad."

September — *The Assassination of Margaret Thatcher*, by Hilary Mantel (twice winner of the Booker Prize). This is another (but quite different) collection of short stories, from the author of the Thomas Cromwell books, *Wolf Hall* and *Bring Up the Bodies*. Reviewers call the individual stories breathtaking, flawed, penetrating, and rascally.

Introducing New Members

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

Lucy and Gordon Ambach ~ ERV 2

Kathy and Eric Denardo ~ ERV 3

Sondra and Gary Haller ~ ERV 3

Hannelore Howard ~ ERV 3



IN MEMORIAM

EZRA LADERMAN
1924-2015



Ezra Laderman, distinguished composer and music educator, and former Dean of the Yale School of Music, died on February 28 at the age of 90. He is survived by his wife of 63 years, Aimlee Laderman; their sons, Isaiah and Jacob; their daughter, Rachel; eight grandchildren, and a great-grandson.

Ezra's compositions included seven operas, six oratorios, eight symphonies, 11 concertos, and 12 string quartets, as well as music for film. He received commissions from the New York Philharmonic and many other symphony orchestras around the world, including those of Philadelphia, Chicago, and Leipzig.

Ezra was born in Brooklyn and educated at the New York City High School of Music and Art, Brooklyn College, and Columbia University. He served in Europe during World War II. He was Director of Music Programs at the National Endowment of the Arts during the Carter administration and a member of the American Academy of Arts and Letters, serving as its president from 2006-2009.

Ezra was a much-loved mentor to many dozens of aspiring composers at the Yale School of Music from 1988 until his retirement in 2014. These former students, now located all over the world, remember his affable and positive approach as a teacher and value him for his insight into a wide variety of compositional styles, some quite unlike his own.

In the words of friend and colleague, Professor Emeritus of Music Leon Plantinga, "Ezra was a compulsive baseball fan who could recite batting averages and win-loss records by the hundreds, and whose loyalty to the Brooklyn Dodgers long outlived their residence in Brooklyn. I knew him as a vigorous and determined opponent in tennis—a diversion that, like so many things in his life, he pursued with high passion and good humor."

LINKING UP

*Links to items of interest recommended
by our readers.*

Joseph Dobrowolski, HomeHaven member and local lawyer, was featured in the *Daily Nutmeg* in a March 19 article entitled "No Recess." Read it at this [link](#).

We welcome your comments about these links and your suggestions for others. Send responses to the editors (p. 2) or the office.

HOME MATTERS

Keys, Combinations, and Alarm Codes by Louis Audette

All of us have had this happen. We're away from home, only to remember that we've left the stove on, the bathtub running, or a pet in the back yard. If only we had a friend or neighbor to call when we need a fast rescue, especially if we're just about to board a plane for a two-week trip!

All homeowners and tenants should have a trusted friend with whom they can leave a key and, if necessary, their alarm code and password. In the event of a real break-in or emergency, if the owner is away the police will always try to find a neighbor who has a key before breaking down the door.

If you haven't done so, please call the HomeHaven office and tell us who your designated neighbors or friends with keys are and how to contact them. And, if you plan to be away for an extended period, let us know about that too. Then if another member sees anything amiss, we'll know whom to call to take a look inside.

TAKE A MINUTE!

If you've been helped by HomeHaven's referrals to service providers, please call the office or drop us a note and tell us about the experience.

Were you satisfied?

Were there problems?

We'd like to know how things turned out.

203-776-7378



Scenes from MUD FOLLIES

directed by Louis Audette

~ March 10, 2015 ~

Bethesda Lutheran Church, New Haven



Thanks to HomeHaven photographers Cecilia Berner, Bill Brainard, Norman Chonacky, Kate Hay, Kerry and Dick Snyder, and Peter Wells.





Over 100 people—the largest turnout ever—enjoyed Mud Follies 2015 in a new venue, watching HomeHaveners strut their stuff under the skilled leadership of impresario Louis Audette. New performers this year were *Vintage Voices*, a Neighborhood Music School group with several HomeHaven songsters, and Nancy Ryan's sprightly exercise class doing the "HomeHaven Hustle." Violinist Carolyn Gould, accompanied by Kerry Snyder, treated us to the music of Claude Debussy; fast-talking John Hay told 200 years' worth of bad jokes in five minutes; and Marge and Norman Andrews' graceful partnership made the waltz and rumba look effortless.

Poetry ranged from the sublime—Shula Chernoff—to the ridiculous: Bob Gifford's "Cementing a Friendship," Susan Feinberg's decluttering parody—"Once more unto the dump dear friends,"—and Bitsie's recitation of childhood favorites by A.A. Milne. No Follies would be complete without the Venerables! Al Atherton, George Buchanan, Jeff Freeman, and Kem Edwards appeared together and in various combinations—shown here: Louis, George, and Al in "Brush Up Your Shakespeare."



HEALTH MATTERS

The Wonders of Water, by Nissa Simon

Some 55 to 65 percent of a man's body and 50 to 60 percent of a woman's consists of water. Which is a good thing, because every organ in the body depends on water to function properly, including the brain. Without water, you can't digest food, regulate body temperature, think straight, or build new tissue.



Eight a day?

Most of us have heard from childhood that we need eight glasses of water each day for good health. But this is an arbitrary figure, based on an average derived from studies that measure body composition and water loss. Any liquid that has water in it helps meet your daily goal. In addition to the water, milk, fruit juice, coffee, or tea you drink, your body also extracts water from the food you eat. In fact, fruits and vegetables are generally more than 90 percent water. So when you reach for a snack, step away from those cookies, please, and reach for an apple, banana, or stalk of celery instead.

While it's true that the caffeine in coffee and tea is a diuretic, which tends to increase the output of urine, these beverages also contribute to your personal water supply. If you drink a cup of either coffee or tea, you'll urinate away half of what you take in within a couple of hours; while that may seem like a lot, if you drink a glass of plain water, you'll urinate away 35 percent. The point is that you lose a considerable amount of all the fluid you drink—which is why you have to keep replenishing it daily.

Unfortunately, thirst alone may not be a good indicator of when to glug down some H₂O. During vigorous physical activity or a pronounced heat spell, you may lose a significant amount of your fluid reserves before you're aware that you're thirsty. Only after you've dropped 2 percent of your body weight in fluid does your thirst mechanism kick in.

When you lose more fluid than you take in, the body is left with insufficient fluids to carry out its normal functions, a condition called dehydration. You can generally reverse mild to moderate dehydration by drinking more, but severe dehydration, with symptoms that include extreme thirst, lack of urination, dizziness, confusion, and disorientation, requires immediate medical attention.

A wintertime problem as well

Unexpectedly, it's just as easy to become dehydrated

in the chill of winter as in the heat of summer. During cold weather, your body uses more water to help regulate body temperature and loses more water while breathing frigid air. At the same time, your thirst response diminishes, so you neglect to drink sufficient water.

Whatever the season

Winter, summer, or in-between, the chances of becoming dehydrated increase with age. According to the Mayo Clinic, with the passing years the body's ability to conserve water is reduced, the sense of thirst becomes less acute, and we're less able to respond to changes in temperature. So keep a water bottle handy and the fruit bowl filled to enjoy to the fullest whichever season Mother Nature provides.

ERVerse:

ELDER DRIVER

Most people today enjoy driving fast.
When out on the highway, I'm usually passed
By angry young men who sit on my tail,
Cursing the fact that I drive like a snail.

When in actual fact, I'm obeying the law.
For them, fifty-five is just the last straw.
They simply can't stand to move at that pace;
So they quickly roar by, as if off to a race.

And so it was thus, one Sunday in May,
I was driving to Maine on a beautiful day.
As always, the jockeys careened in and out.
They should be arrested! I'm sure,
without doubt.

And then in my mirror I see flashing
blue lights,
Oh good! It's the cops! They'll get those
wild knights.

I'm happy inside as I mosey along.
Thank God that I've not done
anything wrong.

I smile as the cruiser pulls up abreast,
On his way to perform a most rightful arrest.
But instead he orders me out of my row,
And gives **me** a ticket for driving too slow!

— Bob Gifford, *Doctor of Doggerel*

EXERCISE YOUR VOICE or YOUR BODY Make new friends, have fun!

Mud Follies this year featured performances by two groups composed of HH members and nonmembers, both of which would welcome new recruits from the HH membership (see photos, pages 4 and 5).

Vintage Voices meets on Thursdays at 10 am at the Neighborhood Music School at 100 Audubon Street. New members are welcome. You need no experience in singing to join: we learn as we go along. The repertory is eclectic both musically and linguistically. For more information, call Anne-Marie Foltz, (203-776-6379) or John Wilkinson (203-777-7919).

MovingForwardFitness meets Monday through Friday from 8:30-9:30 am at Nancy Ryan's studio at 1220 Whitney Avenue (203-691-7438). Newcomers are welcome, and the first class is free. Nancy offers a program of low-impact aerobics, stretching, flexibility, and balance specially designed for seniors. If there is enough interest, she will start a new chair class for beginners. For questions, call Judith Colton (203-407-1981) or Jane Jervis (203-773-3503).

SAVE THE DATE for the HOMEHAVEN SHREDDING EVENT

WHEN: SATURDAY, MAY 16

WHERE: HomeHaven office parking area

WHAT: A giant commercial shredder will be on site ready to chew up all you can provide. Go through your file cabinets, desk drawers, attics, basements. College term papers? Love letters you don't want your children to see? Their college term papers? Old newspaper clippings? Confidential financial statements no longer needed? Letters from people you no longer remember? Get rid of it all in one big swoop. Bag it or box it. Bring it or send it to the HomeHaven Shredding Event. A modest fee will be charged.

NEEDED: Volunteers to work at the event; volunteer drivers to pick up shreddables from those unable to bring them. To volunteer or for more information, please call the office: 203-776-7378.

More details coming soon. Watch for HomeHaven Events notices and mailings.

EARTH DAY: APRIL 22

*The ultimate test of man's conscience
may be his willingness to sacrifice
something today for future generations
whose words of thanks will not be heard.*

— Gaylord Nelson

[Note: Wisconsin Senator Gaylord Nelson (1916-2005) was the founder of Earth Day, first observed in 1970.]

*Treat the earth well: it was not given
to you by your parents,
it was loaned to you by your children.
We do not inherit the Earth
from our Ancestors,
we borrow it from our Children.*

— Native American saying

*We will be known forever
by the tracks we leave.*

— Dakota



Happy Birthday to HomeHaven members with a birthday in April

Lucy Ambach Norman Andrews
Lyn Belt William Curran
Pauline Duda Kem Edwards
Nancy Eisenfeld Harvey Feinberg
Constance Festa Steven Gurney
Nancy Lowers Tom Martin
Judy Moore Barbara Patton
Martha Peterson Nan Ross
Nancy Ruddle Karen Schneider
Sylvia Van Sinderen John Wilkinson
Werner Wolf Bernard Zuckerman



Computer Corner: And the results are (partly) in . . . by Christa Sammons

HomeHaven's **computer-use survey**, launched early last month, has already yielded good results. "The information we've gathered so far will help us go forward with our computer support program," says Norman Chonacky, chair of HomeHaven's Information Technology Task Force. "Several people said they would welcome group sessions on selected topics or devices, and we're eager to arrange that."

While Macintosh devices were more popular, PCs made a strong showing: some people clearly use both types of machines. About a third of those taking the survey have a Kindle or Nook. Everybody who answered uses email and searches the Internet for information. Other popular activities are managing money and storing photographs. Creative bunch that we are, two-thirds of responders reported using a computer to create documents, draw pictures, or draft musical scores.

We appreciate that some people simply don't want to engage with computers, a not-infrequent source of frustration. On the other hand, only 35 members out of HomeHaven's 222 have answered the survey. A more robust response would be helpful, and the IT Task Force wonders whether some folks have simply forgotten how to log in at the HomeHaven website. You have to be logged in to take the survey.

Logging in is not difficult. Go to the website (www.homehavenvillages.org) and click on Member Login at the top right corner of the screen. (On some computers, you may have to scroll slightly to the right using the bar at the bottom of the screen.) If you've forgotten your user name or password, call the office (203-776-7378) and ask Kate to walk you through the login process. After you log in, "Surveys" will appear as a menu item on the website's first page.

ON EXHIBIT THIS MONTH

"Place," an exhibit of paintings by artist and HomeHaven member **Constance LaPalombara**, runs through April 30 at the Da Silva Gallery, 899 Whalley Ave., Westville.

Hours are Tuesday - Thursday 10 am - 5:30 pm;
Saturday 10 am - 5:00 pm.

For those who haven't yet taken the survey, it would be helpful to the IT Task Force if each person in the household responds separately, since people have different interests and use different equipment. But please do visit the website, log in, and fill out the survey. And now that you know how to log in, you can find out everybody's email address and telephone number in the Membership Directory!

Finally, a personal note. The survey results so far indicate that only one HomeHaven member uses the Internet for shopping. Come now, people, there must be some others, especially since I answered the survey and know who that reputed lone shopper is. She buys expensive cat toys and sweaters that turn out to be a different color from the way they looked on screen.

Laughter, The Best Tonic HELP WANTED: Copy Editor Needed!

*These are actual advertisements
from newspapers across the country:*

Four-poster bed, 101 years old. Perfect for antique lover.

The hotel has bowling alleys, tennis courts, comfortable beds, and other athletic facilities.

We do not tear your clothing with machinery. We do it carefully by hand.

Man wanted to work in dynamite factory. Must be willing to travel.

Used Cars: Why go elsewhere to be cheated? Come here first!

Wanted. Man to take care of cow that does not smoke or drink.

3-year-old teacher needed for pre-school. Experience preferred.

Our experienced Mom will care for your child. Fenced yard, meals, and smacks included.

Auto Repair Service. Free pick-up and delivery. Try us once, you'll never go anywhere again.

We will oil your sewing machine and adjust tension in your home for \$1.00.

Touring Grand Central

by Cecilia Berner

On a chilly February 24th, 16 HomeHaveners took the train to Grand Central to tour this marvelous structure with Joyce Gold, who also guided us through Harlem last fall. We braved the outdoors to view the statues and clock on the front of the building and learned how its builder, "Commodore" Vanderbilt, acquired his title. In the main concourse, we examined the ceiling and the central information booth (they have fascinating secrets). We discovered the Campbell Apartment (now a bar), and walked down corridors with high-end shops. We even ventured across Lexington Avenue to walk through the lobby of the Chrysler Building to view fantastic murals on the ceiling and walls. We walked through (and shopped at) the Central Market, making plans to return and buy dinner to go. We ended on the lower floor and dispersed — several of us to eat at the Oyster Bar before catching the 3:05 home.



In the Campbell Apartment


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A 36-hour, online-giving event
on giveGreater.org



The Community Foundation
for Greater New Haven



Ongoing Group Meetings

PINS AND NEEDLES

Monday, April 13, 3:00 pm at the home of Anne Schenck. Please call or email Anne at 203-787-3705 or annefschenck@aol.com to let her know if you plan to attend. Meet for sewing, mending, handwork of any kind, wide ranging conversations and refreshments. New members are always welcome. For further information, please contact Jeanne Drury at jeannedrury@aol.com or 203-281-3227.

Monday, April 27, 3:00 pm at the home of Sheilah Rostow. Please call or email Sheilah at 203-777-4254 or sbract3@comcast.net to let her know if you plan to attend.

COOKING IN DIFFERENT LANGUAGES: Southern France*

Monday, April 20, 6:30 pm. Sign up deadline is Thursday, April 9. (*Calls after that go to the waiting list.*) Newcomers are always welcome at these lively explorations of the cuisines of the world. RSVP to Celeste Markle at c_markle@yahoo.com. Those without email may reach Celeste at 203-397-0492 or call the office. Once groups are set they will work with the host(s) to determine the menu.

**Roughly, south of a line from Lyon to the Atlantic coast.*

BOOK GROUP

Friday, April 10: Sign-up deadline. Please call the office if you would like to join the group. If more than 12 members sign up, a second group will be formed. (*For more information, see article, page 1.*)

First Meeting: Monday, May 4, 10-11:30 am, at the home of Patty Langdon to discuss *Life Drawing* by Robin Black.

MEMOIR WRITING GROUPS

The two ongoing groups meet at the convenience of their members. New members are welcome. For information, please contact Harriet Bergmann at 203-776-0703 or hfb183@gmail.com.

**Remembering Home Haven
with a bequest is easy—
call the office for a planned giving kit.**



Events: April

Saturday, April 11, 7:30 pm

**Orchestra New England: A Viennese Soiree
United Church on the Green**

Enjoy this recreation of a 19th century musical soiree featuring Chopin's 2nd Piano Concerto with soloist Gary Chapman, and music by the Waltz King, Johann Strauss, Jr.

HomeHaven members are offered a special two-for-the-price-of-one ticket: \$35 for two reserved seats, \$20 for two general admissions. For further information and to reserve tickets, please call the office.

Tuesday, April 14, 3:00 pm

Talk by Sam Chauncey on his new book, *May Day at Yale, 1970. Recollections: The Trial of Bobby Seale and the Black Panthers*, with photographs by Thomas Strong and John Hill

Bethesda Lutheran Church, 450 Whitney Avenue

With Mr. Chauncey's text and over 100 photographs, the book is intended to convey a sense of what it was like to be there that weekend in 1970. Mr. Chauncey, who was Assistant to Yale President Kingman Brewster at the time, will highlight ideas and pictures from the book and explore the implications for the present of the events of that time.

Friday, April 24, 3:00 pm

**"Bridging Islamic and Western Worlds," a talk by
Prof. Samuel Peterson**

Whitney Center, 200 Leeder Hill Drive, Hamden

Prof. Peterson, Middle Eastern specialist and HomeHaven member, will discuss aspects of how the

Islamic world perceives its own culture, customs, and concerns, and how, in turn, traditional Western views of the Middle East often limit understanding of the Muslim world. Rather than a "clash of civilizations," differences are more to be celebrated than feared. To illustrate, Professor Peterson will cite personal experiences from sixty years of living and traveling in the Islamic world.

Tuesday, April 28, 4:00 pm

**"The Dura-Europos Synagogue: A Yale Discovery that Shattered Stereotypes," a talk by Wayne Meeks
First Presbyterian Church, 407 Whitney Avenue**

In the 1930's, excavations by a team from Yale and the French Academy made a series of amazing discoveries in a town on the eastern border of the Roman Empire, destroyed by Persian invaders in 256 C.E. First they uncovered a home converted to a Christian church—the oldest and most complete we know. Then, even more surprising, a large synagogue, with walls completely covered with paintings illustrating biblical stories—what? *paintings?* in a *synagogue?* The official artist of the expedition, Herbert Gute, made life-size copies of the paintings (the originals are in the National Archeological Museum in Damascus), and they are stored at Yale (*see below*).

Meeks, Yale Professor Emeritus of Religious Studies, will describe these discoveries and their historical significance. For further information and to reserve your place, please call the office.

Thursday, April 30, 11:00 am

Wayne Meeks and Susan Matheson:

**Visit to the Dura-Europos wall paintings, Library
Shelving Facility, 147 Leeder Hill Drive, Hamden**

Professor Meeks will lead a discussion of the paintings. The rare opportunity to see these copies is made available through the good offices of Susan Matheson, the Molly and Walter Bareiss Curator of Ancient Art at Yale. **PLEASE NOTE: Space is limited to 12 visitors at a time with sign-up required by Wednesday, April 15.** If necessary, there will be a second tour at 1:00 pm. For further information and to reserve your place, please call the office.

Season's Greetings



March



April

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