



The Senior Informer

Volume 24

Issue 6

June 2022

ABINGTON COUNCIL
ON AGING

441 Summer Street, Abington, MA 02351
781-982-2145

Website:
ABINGTONSENIORCENTER.COM
Suzanne Djusberg, Director
sdjusberg@abingtonma.gov
Hours: 9AM to 2PM Mon. thru Thur.
9AM to Noon Fri.

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Ann Welch

—Griffins Farm (see p.6)
—Puzzle (see p.5)
—Lunch Menu (see p.4)
—Outreach by Amy (see p.6)
—Calendar (see pg. 4)

Blood Pressure Clinic

Please call the center
for dates and times

ACTIVITIES—

CENTER OPEN PER COVID LIMITATIONS

Bingo
Blood Pressure Screening
Chair Yoga Class
Cribbage, Exercise Room
Hearing Tests
Knitting & Crocheting Group
Pickleball, Quilting Class
Senior Lunches, Tues. &
Thurs.

Zumba COUNCIL ON AGING STAFF

Suzanne Djusberg - Director
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Custodian

A LIFE WELL LIVED

Story written by Colby Boyle - Abington High School Senior and future U. S. Marine.

Earlier this month I had the pleasure of sitting down with Corporal John James Beadle and listening to a retelling of his journey through military and civilian life. Corporal Beadle is a man with a storied past full of bravery and kindness which deserves to be shared with the entire world. His journey began back in 1968 at the height of the Vietnam War. With him having just graduated from South Shore Vocational High School the year prior. Beadle, knowing he would be drafted soon, decided to skip the wait, and enlisted on his own.



By 1969 Beadle was in New Jersey at Fort Dix attending the Army's eight-week-long boot camp, after which he volunteered for Airborne service, since it paid better. Beadle would attend jump school at Fort Benning and artillery training at Fort Sill where he would remain until 1970 until he was finally shipped to Vietnam. After Landing in Cam Rahn Bay, Beadle made his way over to Camp Evans where he underwent a one-week course known as Search Training, which prepared soldiers for Jungle Warfare. Once he was finished with this training, he was sent to Forward Support Battery (FSB) Ripcord, a base in the mountainous regions of the country, to fulfill his role as an artilleryman. While still undergoing training at Camp Evans, Beadle remembers seeing illumination flares being shot into the sky from deep in the jungle. On June 5th, he found out where those flares came from and why he saw them so frequently as he began his stay at Ripcord.

Ripcord had no roads leading in or out and Beadle described his flight in saying, "It was about a forty-five-minute flight from Eagle to Ripcord, and I was looking out on the countryside seeing what it's like. I started seeing things that looked like potholes, those were craters." Upon arrival everyone in the helicopter was instructed to dismount by jumping to the ground while it still hovered several feet in the air. Adjusting to life on base was difficult, even shocking at times. The Commanding Officer of the entirety of FSB Ripcord, former Buffalo Bills Starting Guard, Lieutenant Bob Kalsu, was killed only three weeks after Beadle first met him. Furthermore, all the soldiers on Ripcord were unkempt and exhausted, "mountain men" as Beadle described them. It would not be long, before he too became one. Despite the difficulty of living in a warzone, Beadle had no trouble performing the job he was sent there to do. He was assigned to the 2nd of the 11th Field Artillery on base, where he would provide mountain top artillery support to the infantrymen in the jungle below. Calls for support were near constant, "We were firing missions left and right. You'd get through one mission, and you'd get another one. The Infantry in the area around Ripcord were getting clobbered and they needed support.

From July 1st to the 23rd the Battle of FSB Ripcord was fought and attacks from the enemy were near constant as they had found an advantageous firing position near the base. Corporal Beadle had several stories to tell about enemy attacks. Such as when he recounted how, on July 17th an enemy rocket struck a helicopter delivering ammunition to Ripcord causing it to crash. All the members of Beadle's gun crew rushed to put out the flames and rescue who they could, succeeding in saving everyone except for the crashed helicopter's Crew Chief.

(Continued on pg. 3)

BOOK RECOMMENDATION

Going There -Katie Couric

For more than forty years, Katie Couric has been an iconic presence in the media world. In her brutally honest, hilarious, heartbreaking memoir, she reveals what was going on behind the scenes of her sometimes tumultuous personal and professional life - a story she's never shared, until now.



Beginning in early childhood, Couric was inspired by her journalist father to pursue the career he loved but couldn't afford to stay in. Balancing her vivacious, outgoing personality with her desire to be taken seriously, she overcame every obstacle in her way: insecurity, an eating disorder, being typecast, sexism . . . challenges, and how she dealt with them, setting the tone for the rest of her career. Couric talks candidly about adjusting to sudden fame after her astonishing rise to co-anchor of the *TODAY* show, and guides us through the most momentous events and news stories of the era, to which she had a front-row seat: Rodney King, Anita Hill, Columbine, the death of Princess Diana, 9/11, the Iraq War . . . In every instance, she relentlessly pursued the facts, ruffling more than a few feathers along the way.

Couric's position as one of the leading lights of her profession was shadowed by the shock and trauma of losing her husband to stage 4 colon cancer when he was just 42, leaving her a widow and single mom to two daughters, 6 and 2. The death of her sister Emily, just three years later, brought yet more trauma—and an unwavering commitment to cancer awareness and research, one of her proudest accomplishments.

Couric is unsparing in the details of her historic move to the anchor chair at the *CBS Evening News*—a world rife with sexism and misogyny. If you thought you knew Katie Couric, think again. *Going There* is the fast-paced, emotional, riveting story of a thoroughly modern woman, whose journey took her from humble origins to superstardom. In these pages, you will find a friend, a confidante, a role model, a survivor whose lessons about life will enrich your own.

INFORMER NEWS DEADLINE

Place in Newsletter inbox by 7th of previous month (i.e., 7th of June for the July 2022 issue). E-mail- foasnewsletterteam@yahoo.com.

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. Riders **MUST** have an account with Dial-A-BAT. Fees vary. Door-to-door-pay driver. **Wednesday Morning Shopping Van. Seating limited!** We will pick you up starting at 9:15 or shortly after. Cost for round trip is \$3.00.

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. Although anyone can apply for this service, approval must be given by the recipient's doctor. In winter months, when there is inclement weather and there is no school that day, there will be no prepared meals delivered.

Senior Lunches:—Tuesdays and Thursdays, served at 11:30 cost \$4.00 each. We will no longer have To-Go meals.

MEDICAL EQUIPMENT

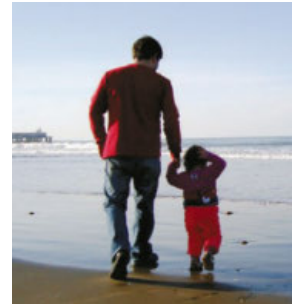
Wheelchairs, walkers, and other medical equipment are available at the Senior Center. Call 781-982-2145 for availability.

POETRY CORNER

Only a Dad

By Edgar Albert Guest (1881-1959)

Only a dad, with a tired face,
Coming home from the daily race,
Bringing little of gold or fame,
To show how well he has played
the game,
But glad in his heart that his own
rejoice
To see him come, and to hear his voice.



Only a dad, with a brood of four,
One of ten million men or more.
Plodding along in the daily strife,
Bearing the whips and the scorns of life,
With never a whimper of pain or hate,
For the sake of those who at home await.

Only a dad, neither rich nor proud,
Merely one of the surging crowd
Toiling, striving from day to day,
Facing whatever may come his way,
Silent, whenever the harsh condemn,
And bearing it all for the love of them.

Only a dad, but he gives his all
To smooth the way for his children small,
Doing, with courage stern and grim,
The deeds that his father did for him.
This is the line that for him I pen,
Only a dad, *but the best of men.*

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 2022 starts a new membership year good until JUNE 2023. 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 2021-2022: \$10.00 per person or \$100 for lifetime membership.

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

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Address _____

In Memory Of _____

Send Acknowledgement to _____

**Membership:
Donations:**




A LIFE WELL LIVED - (continued from pg.1)

Beadle would go on to earn a bronze star for his bravery in the rescue. Corporal Beadle also retold the heartbreaking loss of a friend he had on base whom he called, JJ. After finishing a firing mission, the 2nd and 4th gun teams returned to a bunker awaiting their next job. Beadle was supposed to be the last one to enter the bunker, as the Radio Telephone Operator (RTO), it was his job to wait on the radio by the door for the teams next firing mission. Moments before entering the bunker, a rocket struck killing several soldiers inside including JJ. "I was in awe, as I was standing there talking to him and then all of sudden, he's gone...but during those times you don't have time to think about it, you really don't." Beadle's final day on Ripcord was July 22nd when he medevacked off the base following a direct rocket hit to his bunker. Beadle suffered several wounds during the attack including a piece of shrapnel in his eye, which luckily missed every important part of it and remains lodged there to this day. Soon after his removal from Ripcord, Beadle would be shipped back home with two Purple Hearts, two Bronze Stars, two Army Commendation Medals, and an honorable discharge in 1971.

Despite leaving the Armed Forces, Corporal Beadle's story was very far from over. While his acts in Vietnam portray his courage, his actions upon arriving home, paint his true character. For several years, Beadle bounced between jobs such as a ship-wright, hotel manager, engineer, and even a flag store owner. He enjoyed doing all of these, but none of them seemed to be his true calling. He wouldn't find that until 1997 when he was reintroduced to a friend whom he'd served with at Fort Campbell. After rekindling their friendship, Beadle was convinced to join the DAV (Disabled American Veterans). This decision would snowball into a two-decade long career of service to his fellow Veterans. After some coaxing from his friend, Beadle ran for the position of Commander of the local chapter. After being elected, Beadle held the position of Commander for several years before being nominated for a position in the State Department of the DAV. After that, it was only a matter of time before Beadle rose through the ranks to become State Commander of the Rhode Island DAV, a distinction he would hold for two years. Reflecting on the deeds he'd done up to that point and the people he'd helped, Beadle said, "I got involved more with helping veterans, and for the last twenty-two years, that's what I've been doing. I've enjoyed every minute of it. It's fun, it's a lot of work, but if you enjoy doing it and it's fun, the work really doesn't matter...I guess my true calling through all of it was to help other people." As Commander, Beadle traveled the United States helping Veterans however he could and during that period, he got involved in many other organizations. Corporal John James Beadle is part of the DAV, The American Legion, Veterans of Foreign Wars Organization, The United States Veterans Vietnam era (USVVE), The Top 3 Retired Military Association, and the 101st Airborne Vietnam Veterans Organization. Beadle also works with adaptive sports organizations to help disabled Veterans return some normalcy to their lives.

I asked Mr. Beadle what he would tell to a highschooler looking to join the Armed Forces, and his answer, "There's so much available in the six branches now and they all have excellent choices in school and training. Know what you want to do and look at what you'll be able to take out of it once you return to the civilian world." Mr. Beadle also wanted to make sure that servicemen past and present, knew that no matter how they served, they're still Veterans. "If a person, male or female, signs up, goes in, whether they do one tour, two tours, three tours, or a lifetime, they're a veteran...it's this country's responsibility to take care of the Veterans, no matter where they served...and as long as I'm breathing, that's what I'm going to do."



Monday	Tuesday	Wednesday	Thursday	Friday
<u>Menu subject to change</u> <i>Please call 24hrs before to reserve a spot 781-982-2145 EXT 3</i>		<u>1</u> <u>9:00 Shopping van</u> <u>10:00 Knitting Group</u> <u>10:00 Chair Yoga w/ Tara \$5</u>	<u>2</u> <u>9:00 Cribbage</u> <u>10:00 Zumba Gold \$5</u> <u>11:30 Lunch:</u> <u>Shepherds Pie, Roll & Dessert</u> <u>4:30 Zumba Gold</u>	<u>3</u> <u>9:00 Cribbage</u>
<u>6</u> <u>9:30am Zumba</u> <u>Bingo 10am</u> <u>New Beginnings 7PM</u>	<u>7</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Baked Chicken, Potato & Dessert</u>	<u>8</u> <u>9:00 Shopping van</u> <u>10:00 Knitting Group</u> <u>10:00 Chair Yoga w/ Tara \$5</u> <u>9:00 FOAS Meeting</u> <u>12:30 Geronimo Cards</u>	<u>9</u> <u>9:00 Cribbage</u> <u>10:00 Zumba Gold \$5</u> <u>11:30 Lunch:</u> <u>Sweet and Sour Chicken, French Fries & Dessert</u> <u>4:30 Zumba Gold</u>	<u>10</u> <u>9:00 Cribbage</u> 
<u>13</u> <u>9:30am Zumba</u> <u>Bingo 10am</u> <u>New Beginnings 7PM</u>	<u>14</u> <u>9:00 Cribbage</u> <u>10:00 Paul Revere Show</u> <u>11:30 Lunch:</u> <u>Shrimp Scampi, Salad & Dessert</u>	<u>15</u> <u>9:00 FOAS Mtg.</u> <u>9:00 Shopping van</u> <u>10:00 Knitting Group</u> <u>10:00 Chair Yoga w/ Tara \$5</u>	<u>16</u> <u>9:00 Cribbage</u> <u>10:00 Zumba Gold \$5</u> <u>11:30 Lunch:</u> <u>Suzanne's BBQ (see p. 6)</u> <u>4:30 Zumba Gold</u> 	<u>17</u> <u>9:00 Cribbage</u>
<u>20</u> <u>SENIOR CENTER IS CLOSED</u> 	<u>21</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Pizza, Salad & Dessert</u> <u>6:00 COA Meeting</u>	<u>22</u> <u>9:00 Shopping van</u> <u>10:00 Knitting Group</u> <u>10:00 Chair Yoga w/ Tara \$5</u> <u>12:30 Geronimo Cards</u>	<u>23</u> <u>9:00 Cribbage</u> <u>10:00 Zumba Gold \$5</u> <u>11:30 Lunch:</u> <u>Chicken Broccoli Ziti & Dessert</u> <u>4:30 Zumba Gold</u>	<u>24</u> <u>9:00 Cribbage</u>
<u>27</u> <u>9:30am Zumba</u> <u>Bingo 10am</u> <u>New Beginnings 7PM</u>	<u>28</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Hot Pastrami Sandwich, Potato Salad & Dessert</u>	<u>29</u> <u>9:00 Shopping van</u> <u>10:00 Knitting Group</u> <u>10:00 Chair Yoga w/ Tara \$5</u>	<u>30</u> <u>9:00 Cribbage</u> <u>10:00 Zumba Gold \$5</u> <u>11:30 Lunch:</u> <u>Meatball Subs, Chips & Dessert</u> <u>4:30 Zumba Gold</u>	



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June Almanac

June 5 is World Environment Day—a day meant to raise environmental awareness across the globe.

June 14 is Flag Day (U.S.). Be sure to raise the flag! Learn about the U.S. Flag Code, which provides guidelines for displaying the American flag properly.

June 19 is Juneteenth (also known as Freedom Day or Emancipation Day). On this day in 1865, Union General Gordon Granger read the Emancipation Proclamation aloud in Galveston, Texas, effectively liberating enslaved people in the state, which had thus far been beyond control of the Union Army.

June 19 is Father's Day.

June 21 is the summer solstice, which heralds the start of summer in the Northern Hemisphere. It's the day with the most hours of daylight, so enjoy! In the Southern Hemisphere, winter begins at this time.

June 21 is National Indigenous Peoples Day (Canada). This holiday is meant to remind Canadians of the contributions of the many First Nations, Métis, and Inuit peoples.

June 24 brings Midsummer Day, traditionally the midpoint of the growing season, halfway between planting and harvesting. It is celebrated in many cultures on the night of June 23, as Midsummer Eve.

GERONIMO CARD GAME

Geronimo Card Game Wednesday; June 8th & 22nd with a new time **12:30PM**. Come join us for some laughs and fun.



FOUNDER'S DAY WEEKEND (with FIREWORKS!) June 10 to June 12

June 10 Cookout at UCC, Cutting of the Cake
June 11 Civil War Enactment, Kids Fishing Derby, History Tour
Dyer Library Open House, Fireworks
June 12 Church Service UCC, Car Show

Flyers are available for more information

JUNE LIMERICK

June's the month of celebrations,
Many are the great occasions.

Graduations, Father's Day,
Weddings as they come our way.

A month of love and jubilation. -DGT



WHO REALLY WAS PAUL REVERE?

With Richard Nichols

Gain an understanding of the many unknown facts about the life of Paul Revere. Join us for a free presentation of the life of Paul Revere on June 14 @ 10:00am.



JUNE PUZZLE--DGT

Abington is now 310 years old. See if you know where to find these memorials, boulders, and bronze plaques which commemorate Abington's history.

1. Plymouth Colony/ Massachusetts Bay Colony Line
2. Home of early settler Andrew Ford
3. Veterans of Revolutionary War
4. Abolitionist Meeting Place
5. Civil War Memorial
6. Abington Riot (RR vs Trollies) 1893
7. Veterans of Wars beg. with WWI
8. First Abington listing on the
9. National Register of Historic Places

- a) Island Grove
- b) No. Abington RR Station
- c) Washington St. by Legion Bldg.
- d) Rotary at Middle/High School
- e) Bridge at Island Grove
- f) Town line on Adams Street
- g) corner of Adams/ Washington Sts.
- h) Arnold Park Harrison/RR St.



Answers on pg. 8

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GRIFFIN DAIRY FARM – Carolyn Bates 326 Plymouth Street

We are now beginning the warm (hot) days of summer. The Community Gardens have been tilled, with Potassium spread throughout for a well balanced earth. The gardeners are eagerly again turning over the soil in their plots and planting either seeds or young plants. Again this year there will be a large garden for the sole purpose of growing produce for the Abington Food Pantry. There will be Tomatoes, Beans, and Butternut Squash to name a few. The Library Story Walk, “In the Tall, Tall Grass” by Denise Fleming has been up for several weeks and families have been enjoying it. The Little Free Library is being well used. And the picnic tables are in constant use. Also again, be careful to use bug spray for both Mosquitoes and Ticks, but do come and enjoy the cooling breezes while relaxing under the trees, bird watching, or taking a walk.

OUTREACH WITH AMY



I hope you are all enjoying this glorious weather! This is my absolute favorite time of the year! I was having a conversation with a friend of mine in my office, and he was mentioning that he was having breakfast on his back deck, at his home, and that all the wildlife was so beautiful to watch and that there were about 10 Cardinals that continually came to his yard to feed and bask in the sun. I mentioned that they were signs from loved ones that were in heaven, and he was lucky to have such beauty. As we continued to talk, I had mentioned that my Mum and Dad had Hummingbird feeders in their yard, and they would watch them all day come in to feed and it was like they sometimes just came to say hello to my parents. They spent so much time flitting around, my parents came to know their little personalities and learned a bit about their habitual behaviors. I love the story of the Hummingbird and I thought I would share it with you all.



The Hummingbird symbolizes the enjoyment of life and lightness of being. The Hummingbird invites people to enjoy the sweetness of life, and to lift negativity wherever it may creep in and to express love more fully in their daily endeavors. This fascinating bird is capable of the most amazing feats despite its small size, such as traveling great distances, or being able to fly backwards. By affinity with the Hummingbird, those who have this bird as totem may be encouraged to develop their adaptability and resiliency while keeping a playful and optimistic outlook.

The Hummingbird generally symbolizes joy and playfulness, as well as adaptability. Additional symbolic meanings are lightness of being and enjoyment of life, being more present, independence, bringing joy into your life, and lifting negativity.

If the Hummingbird shows up in your life, it may remind you to enjoy life's simple pleasures and taking the time to enjoy yourself. The Hummingbirds wisdom carries an invitation to take part in and draw to your life's sweetness. It also can be symbolic of flexing your path, meaning, try to be more adaptive to a situation that may be a bit more demanding than usual. Hummingbirds symbolically emphasize flexibility and lightness in your approach to everyday situations. When plagued by negativity call on the Hummingbird to help you bring a positive outlook on the situation and to find your way out with optimism.

I thought this was such a sweet little anecdote, I really wanted to share it with you all! Enjoy the summer and enjoy life's simple pleasures... as the simple pleasures are always life's greatest gifts!

Take care and all my very best, Amy Barrett

SUZANNE'S BBQ

Thursday, June 16th at 11:30

Enjoy the first taste of a Summer cookout with a BBQ and all of the fixings, then move to the music by Tom Bruhl! **Limited Seating.** Please call the senior center to sign up. Chicken, Ribs & Brisket, Potato Salad, Corn on the Cob, Mac and Cheese & Strawberry Short Cake



ITALIAN BINGO

Join us Saturday at 12:00, June 25, 2022 for an afternoon of Italian Bingo! An Italian luncheon followed by 10 games of Bingo. Limited seating. \$20 pp. Payable upon registration. Please contact Shelia by message at 781-878-3767 if you plan to come.



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Monthly Meetings at Senior Center

Bingo! Cribbage! Chess!

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Exercise!

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Check out the calendar inside!

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Miscellaneous

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.

Tricia Force; Chairman; Mary Graham, Treasurer; Kathleen Sulmonte; Ann Reilly

Friends of Abington Seniors, Inc.

Sheila Lambert, President; Karen Tracey, Vice-President; Thomas Bates, Treasurer; Beverly Hartery, Asst. Treasurer; Peggy Keating, Clerk; Mary Cordeiro, Secretary

Informer Newsletter Staff: Marie Brown, Joanne Curtis, Pat Jackman, Carol Najarian, Betty Slinger, Maureen Wall

Answers to the puzzle from page 5: 1f, 2g, 3d, 4a, 5e, 6h, 7c, 8b

2022 ABINGTON SUMMER CONCERTS

At the Catherine and Joseph Nisbly Bandstand

July 10 ABINGTON COMMUNITY BAND with The Island Grove Chorus
July 17HIPSHOT BAND — Sounds of R & B, Disco, Rock Country & Jazz
July 24NO SHOES NATION BAND —A Tribute to Kenny Chesney
July 31STUDIO TWO — Beatles Tribute Band
August 7 ... KIDS NIGHT — Joe's Crazy Critters, Face Painting, Balloon Artist
August 14 ...DALE AND THE DUDS — Classic Rock & Roll
August 21 ...CHICAGO TOTAL ACCESS — A Chicho Tribute Band
August 28 ...END OF SUMMER CONCERT DOO-WOP DEVILLE –Musical spirit of the 50's and 60's

