



THE NEXUS

The Sharon Men's Club Newsletter

Sharon, Massachusetts

January 2024

Vol. 31 Issue 7

Contact us: sharonmensclub@gmail.com

Online: www.sharonmensclub.org

Happy New Year! Oh, about those dues ...

COMING THIS MONTH IN OUR SPEAKER SERIES:

Jan. 2: Happy New Year, Oh Yeah, Who Says So? In America, each year the secular new year begins on Jan. 1 as the Gregorian solar calendar says this is the start of the new year. But how did that come to be? Club member Dave Rabinowitz, will talk about the history of this and some other calendars.



Jan. 9: My Career as an Entrepreneur. Club member Ralph Jacobs' career goal was to become a Mechanical Engineering Designer. However, as often happens, fate intervened and he spent his professional life running a small manufacturing company right here on the South Shore. Ralph will tell his story of change and challenge.

Jan. 16: Honoring Martin Luther King, Jr. Martin Luther King, Jr. Day takes place on Jan. 15 and there will be a presentation honoring Dr. King at this meeting.

Jan. 23: The Leica Freedom Train. The Leica Freedom Train was a rescue effort in which hundreds of Jews were smuggled out of Nazi Germany before the Holocaust. This is the club's annual

presentation for International Holocaust Remembrance Day each Jan. 27. Scott Farber, President of Hunt's Photo and Video, will speak.

Jan. 30 - What is Pelvic Health? This presentation will describe pelvic health and answer such questions as - why is pelvic health so important for men and what role does physical therapy play? The presenter will be Tanvi Maharaja, a Doctor of Physical Therapy and a Board-certified Specialist in Orthopedic Physical Therapy.

ALSO IN THIS ISSUE:

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| <ul style="list-style-type: none">• Glad & Sad• President's Message• Club Notes• Speaker Series• Adult Center programs• Bocce• Bowling | <ul style="list-style-type: none">• Canasta• Cribbage• Discussion Group• Golf• Investments• Pool• Walking• Whist |
|--|---|

ABOUT US: Our Officers and Committees

President: Steve Lechter (781) 784-2595; **Vice President,** Ralph Jacobs (781) 367-9731

Secretary: Norman Ainbinder, (781) 963-3220; **Asst. Secretary:** Ed Rubin (617) 285-4991

Treasurer: Carl Frank (774) 315-8258; **Asst. Treasurer** Harvey Levine (781) 986-5231



Member-At-Large: Ira Abramson **Parliamentarian:** Harvey Spack **Past President:** Jeff Shapiro

Glad & Sad: Harvey Tobolsky (781) 784-7967; Warren Anastasia (617) 699-8972 w.anastasia@comcast.net

Membership Committee: Harvey Janson, 508-583-2260; Phil Rosen, 508-230-3599

Program Committee: Bob Soffer, **Chair;** Steve Cohn, Phil Rosen.

Travel/Entertainment: Al Bruno (617) 697-0550; Ira Abramson, Jeff Stohn, Steve Ginsberg, Philip Levine

Phone Squad: Ralph Jacobs, **Chair** (781) 367-9731; **Historian:** Dan Liberman

Raffles: Gerry Epstein, Aaron Kischel, Jerry Lemkin

Website: thesharonmensclub.org. Website mgr: Dan Liberman; Asst.

Website Mgr.: Skip Russell

President Emeritus: David Berger; **Editor Emeritus:** Abe Gamzon z"l;

Former Editor: Harris Cohen; **Membership Chairman Emeritus,** Bud Adler z"l.



The NEXUS: Ken Siegal, **Editor:** email: sharonmensclub@gmail.com. Photos: Steve Grossman

GLAD & SAD



If you know of a club member or a member of his family who has a special occasion, or has become ill, or the death of a club member, or a member of his family, please contact: **Harvey Tobolsky** directly at **(781) 784-7967**, or **Warren Anastasia** at w.anastasia@comcast.net.



Harvey and Warren are in charge of sending a Get Well or Condolence Card to the member or his family, and also send a charity donation in memory of a Men's Club member's passing.

Our Condolences to:

- The family of **Anthony Lordi** who passed away on July 13 at the age of 94.
- **Alan Eisner** whose sister, Carol Mull, passed away on Nov. 22 after a long illness.
- The family of **John Kell**, who passed away on Dec. 1.

Other Glad and Sad:

- We received an acknowledgement and thank you from HESSCO Elder Services for our donation in memory of **Paul Snyder**.
- **Paul Triber** had laser surgery on Dec. 15 at the VA in West Roxbury. He is now staying with his daughter, Robin.



PRESIDENT'S MESSAGE

As the year comes to a close, I want to wish everyone a happy, healthy and successful New Year. Thank you for your continued support of the Sharon Men's Club and all of its meetings and activities. Remember the future is NOW.

STEVE LECHTER

BIRTHDAYS THIS MONTH:

Jan. 3: Allan Slotnick
Jan. 4: Bob Wittman
Jan. 5 Charles Reingold, David Bohn
Jan, 8: Brad Stearns, Alan Mann
Jan. 9: Gene Malkin
Jan. 11: Mitch Rudnick
Jan. 13: Howard Wensley
Jan. 19: Ira Abramson, Harvey Tobolsky

Jan. 21: Norman Silver
Jan. 23: Arnie Wallenstein, Ira Miller
Jan. 25: Mitchell Freeman
Jan. 26: Bernie Waggenheim
Jan. 28: Morris Casso
Jan. 29: Norman Swartz
Jan. 31: Richard Schwartz, Marshall Silberberg

MEMBERSHIP UPDATE:

ABOUT THOSE DUES: Happy New Year, welcome to 2024, and welcome to another year of activities, learning and fun. All **YOU** need to do to continue your membership is to bring a check for \$25, made out to **Sharon Men's Club**, and hand it over to **Carl Frank**, our treasurer, or **Harvey Levine**, our assistant treasurer, at our next meeting. Don't put it off, or we'll end up nagging you, and nobody wants that to happen.

For all of you early birds, we offer easy credit terms – pay 100% in advance and we'll credit you with another year's membership. What could be easier than that?



If you know a candidate you'd like to propose for membership, please contact **Harvey Janson** at judyandharvey@comcast.net or **Phil Rosen** at monaphil@aol.com for an application form to send to the candidate.

WELCOME TO OUR NEWEST MEMBERS:

Eugene Kotliar, Brian Butler, Steve Kafka

CLUB NOTES

CHARITY COMMITTEE:

During the holiday season and the difficult weather of winter, your donations of non-perishable food are particularly important to support efforts to combat food insecurity for families in Sharon and surrounding towns. Members of the Sharon Men's Club are supporting the Food Pantry at the First Congregational Church of Sharon and the Family Table of the Jewish Family and Children's services (JF&CS).

Help our two charities by bringing non-perishable foods, personal care toilet items, (toothbrushes, toothpaste, soap), household items, and laundry detergent to upcoming meetings. Please donate them in the bags or containers at the rear of the meeting hall on Tuesday. You may also contribute. We also support cash donations via check. Please make out your check to either:



First Congregational Church of Sharon (put 'Food Pantry' on the memo line of the check)

or **Jewish Family & Children's Services** ('Family Table' on the memo line).

Please bring to our Tuesday meeting and we will forward your check to the charity. Please contact Andy Klassman at andyhopek@comcast.net with suggestions and recommendations.

FAMOUS MONTHLY BREAKFAST UPDATES:

You're on your own for breakfast in January, but our supreme chefs will be back with another **Famous Monthly Breakfast** on **Feb. 6, 2024**. You can make a note, or, even better, pay now so you won't forget. You must reserve in advance – no walk-ins can be accommodated. To sign up for the Feb. 6 breakfast, bring your check for \$10 to the next Club meeting, made out to **Sharon Men's Club**. Checks may also be mailed to our treasurer, **Carl Frank**, 19 Pheasant Wood Rd., Sharon MA 02067-1036

NEW: Members who have joined the club since 2020 are entitled to a **complimentary breakfast**, as part of new member benefits. You must, however, contact Treasurer **Carl Frank** if you wish to attend (or there may not be enough food for you!)

BREAKFAST BRIGADE WANTED: Our **Famous Monthly Breakfast Crew** could use a little more help cleaning up afterward. After our chefs finish preparing and serving the food, we'd really love to have some more volunteers to pitch in and clear the tables, wash the utensils, dispose of the leftover food, and leave the place clean enough so you'd like to eat. Please contact **Peter Bickoff** at the meetings or email him at pbccb@aol.com.



START EACH DAY WITH THE SHARON MEN'S CLUB: How can you do that? It's easy, just pick up your very own limited-edition SMC mug for your morning coffee or tea. For only \$10, available at our meetings, you can kickstart your day in style

DAY TRIP COMMITTEE

Want to help plan new Day Trips? Our new committee is working to revive Day Trips, which used to be a large part of the Club's activities. If

interested in working on this committee, contact: **Dan Liberman** at dfliberman@gmail.com

SMC BRANDED SHIRTS & HATS

LOGO HATS HAVE ARRIVED! If you want one (or need one), they are \$20 each. See **Barry Fireman** at the club meetings. We now have SMC branded short sleeve polo shirts available in Large, and some long sleeve pocketed polo shirts in Large. See Barry Fireman at the meetings, or call him at 781-248-4736.

Want to learn more about January?

(Holidays to look forward to this month)

New Year's Day, NHL Winter Classic, Nat'l Spaghetti Day, Nat'l Trivia Day, World Braille Day, Epiphany, Orthodox Christmas, Golden Globe Awards, Nat'l Bobblehead Day, Law Enforcement Appreciation Day, Orthodox New Year, Critics Choice Awards, Martin Luther King Jr. birthday, Emmy Awards, Nat'l Hat Day, Appreciate a Dragon Day, Nat'l Popcorn Day, Nat'l Pie Day, Tu Bishvat, Commemoration Victims of the Holocaust, Nat'l Hot Chocolate Day.

HEALTH NOTES

BLOOD PRESSURE & CHOLESTEROL CLINIC. The Sharon town nurse normally checks blood pressure from 9 a.m. to 11 a.m. Tuesdays and Fridays at the Sharon town hall.

SPEAKER SERIES



Jan. 2: Happy New Year, Oh Yeah, Who Says So? In America, each year the secular new year begins on Jan, 1 as the Gregorian solar calendar says this is the start of the new year. But how did that come to be? Club member Dave Rabinowitz will talk about the history of the Gregorian calendar and some other different calendars such as those based on the moon, that is, lunar calendars.

Jan. 9: My Career as an Entrepreneur. Club member Ralph Jacobs' career goal was to become a Mechanical Engineering Designer. However, as often happens fate intervened and he went in a different direction. As a result, Ralph spent his professional life running a small manufacturing company right here on the South Shore. They made precision

machined components for industries such as Medical, Aerospace and Instrumentation. He faced many of the challenges that business owners face. This included markets, customers and technology changing and the need for his business to adapt or die. Ralph will tell his business story of change and challenge and how he prospered and the satisfaction he derived from running his own successful business.

Jan. 16: Honoring Martin Luther King, Jr. Martin Luther King, Jr. Day takes place on Jan. 15 and there will be a presentation honoring Dr. King at this meeting.

Jan. 23: The Leica Freedom Train. The Leica Freedom



Sharon Men's Club, Florida edition, met in the warm sunshine last week for a little lunch and a lot of laughs. If you're headed down South, join them for the next meeting.

Train was a rescue effort in which hundreds of Jews were smuggled out of Nazi Germany before the Holocaust by Ernst Leitz of the Leica Camera Company and his daughter Elsie Kuehn-Leitz. This is the club's annual presentation for International Holocaust Remembrance Day which takes place each Jan. 27. The speaker will be Scott Farber, the President of Hunt's Photo and Video.

Jan. 30 - What is Pelvic Health? This presentation will describe pelvic health and answer such questions as - why is pelvic health so important for men and what role does physical therapy play? The presenter will be Tanvi Maharaja, a Doctor of Physical Therapy and a Board-certified Specialist in Orthopedic Physical Therapy as well as a Pelvic Health Physical Therapist.

ENCORE FOR HITS AND MISSES:

We're reviving the popular choral group Hits and Misses and are looking for people who enjoy singing – no vocal training is necessary. Wives, friends, or significant others are welcome to join.

The group plans to rehearse once a week from May to September and then schedules about eight performances for nursing homes and the community during September and October. For more information, email [Ed Rubin](mailto:Ed.Rubin@sharonmenclub.com) or call him at **(617) 285-4991**



SPORTS n' STUFF

NEW: DISCUSSION GROUP! Our open discussion group is up and running, and all are invited. Our first session of the new year will be Friday, Jan. 12, from 8:30 -9:30 a.m., facilitated by our own Aaron Kischel, and will continue every other Friday (with adjustments for various calendar dates). Meetings will be in the gym room in the lower level of the community center. All participants must sign the "Sharon Men's Club Discussion Group Pledge" available from our president Steve Lechter.

PICKLEBALL: Our pickleball group is welcoming players. Please contact Arnie Wallenstein at awallenlaw@aol.com for more information and to sign up.

BIKER GANG: Happy holidays Biker Gang! Landry's Bicycles of Westboro is hosting a free series of bike maintenance classes and will customize them for us if we get six participants. We are thinking of Thursday mornings in February from 10:30 till noon for the first three classes: 1) brake maintenance and repair, 2) derailleur (shifter) repair and 3) general bike maintenance. Any interest? For details on joining our enthusiastic cycling group on their future bike rides, contact [Lew Victor](mailto:Lew.Victor@sharonmenclub.com) or [Neil Rosen](mailto:Neil.Rosen@sharonmenclub.com).



POLAR BEAR BOCCE: Come and join us for this unique sport – it’s like regular Bocce, but **WAY COOLER!!!** We play through the winter, every Wednesday, year-round (weather permitting). Join us at 9 a.m. at the courts facing the Community Center -- no previous Bocce experience needed. Contact **Ken Siegal** at sharonmensclub@gmail.com for more information.

- **“INDOOR” BOCCE:** If OUTDOOR Bocce is canceled because of weather, you’ll likely find an impromptu pool game going on inside the Senior Center, so there’s no reason to stay home.



Polar Bear Bocce

BOWLING: Candlepin bowling is here to stay. A group of members is hitting the lanes in Norwood center every Thursday morning. Please contact **Jeff Stohn** at upcoming meetings or email him at estohn@verizon.net if you’re interested.



CANASTA Get your game on. Weekly Canasta games are going great every Monday except holidays at 1 p.m. at the Sharon Community Center. Please contact Steve Bernstein at steven.l.bernstein.18@gmail.com, or call 781-686-2489.

CRIBBAGE: Wednesdays at CareOne at Sharon (formerly Whitney Place), 675 S. Main St., Sharon. To register, contact **Steve Lechter** by email at salechter_atty@hotmail.com or by phone at 781-784-2595.



GOLF: They’re taking a well earned break at the 19th hole, but will be back in the spring. The Group plays mostly at the Chemawa Golf Course in N. Attleboro, and also at the Ridder Farm Golf Course in East Bridgewater. Anyone wanting to join should contact Ira Abramson.

INVESTMENT GROUP: Regular, in person, monthly meetings of the Group are scheduled for the last Tuesday of the month. Meetings take place downstairs at the Community Center, after the regular

Club meeting. The buy-in price of our Investment Group portfolio on Oct. 6 was \$8,963, continuing to reflect the overall market trends. The monthly contribution by members is \$50. From time to time, if the price becomes excessively high, distributions are made to members. The last such distribution, amounting to \$4,590, was made in February 2020.



Hybrid meetings are usually held, using Zoom as an added facility to the regular end-of month meeting of the Group. The current membership of the Group now numbers 27. New members are welcomed and no expertise in investing is

needed. Non-members are welcome to join our meeting as observers. For details, contact **Neil Nager** or **Mike Yawitch**.

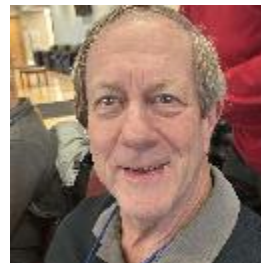
POOL: We play immediately after weekly Club meetings in the pool room in the main level at the Community Center.

WALKING GROUP: Fall is upon us and a perfect time to commune with nature and your fellow Men's Club members. Please join the group for one of our upcoming strolls. Get out of the house for a friendly, socially distanced walk. It's good for your head as well as your health.

We meet year-round every Friday morning, weather permitting, at a prearranged outdoor location for a 3-5 mile walk. Lots of camaraderie. Contact **Andy Klassman** at andyhopek@comcast.net, if you are interested. You'll be glad you did.



WHIST: We have had a great year at the **Bud Adler Whist Group**. The whist club is back at full strength again but we do have room for new people or people who want to learn the game or refresh your memory if you haven't played for a while. Join us for whist every Wednesday from 1 p.m. to 4 p.m. in the Sharon Adult Center on the first floor of the Community Center. If you have any questions, please contact **Ed Rubin** at lindaandedrubin@gmail.com or call at 617-285-4991 for details.



OUR VIEW FROM THE SHARON ADULT CENTER

Beth Caruso, Executive Director, Sharon Council on Aging & Adult Center:
bcaruso@townofsharon.org, Office (781) 784-8000

Snow is a dividing factor - those who like it/welcome it versus those who would be happy to get through the season with none. The Farmers' Almanac predicts a cold and snowy winter here...but we are hardy New



Englanders and will make the best of it! No one can deny how beautiful the sun is, glinting off fresh, crunchy snow, making it look like diamonds. Be careful to be safe, but get outdoors if you can. If not, open the door and sit inside getting some sun through the glass or follow the smart cat or dog, who seems to always find a sunny spot, and join them to enjoy the warmth.

Watch your mail for the January 2024 issue of The View and read it carefully. You can also read it on the Council on Aging page on the Town of Sharon website. Be sure to sign up for those programs needing it; don't wait until the day before and assume you can come. We do not want you to miss out on any fun programs! A sampling of what is being offered is

included below. If you have not come to the Adult Center in a while, please make a resolution to do so this

winter and learn something new. As always, if you need assistance, please call the Adult Center...know you are not alone.

May you find light and joy in the new year. Be Well and Be Happy!
Cheers!

BETH



UPCOMING PROGRAMS FROM THE ADULT CENTER

(Please note: All the programs listed below are run by the Adult Center, not the Men's Club, and you must contact the Center directly for information or to register).

PRE-REGISTRATION IS REQUIRED for all programs and activities as the number of attendees is limited. Please call the Adult Center at 781-784-7000 to register. If you do not pre-register, you may not be able to attend. Unless otherwise noted, all are welcome to attend. Check out *The View* for complete listings of scheduled programs. Note: programs and dates are subject to change, call Adult Center to confirm.

COMMON FRAUD SCHEMES

WEDNESDAY | JAN. 10 | 10:45 AM. *Presented by: Sean Garvey, Homeland Security Investigations*

Homeland Security Investigations (HSI) is the principal investigative arm of the U.S. Department of Homeland Security. HSI protects the public from crimes of victimization, strategically targeting and investigating individuals and networks that engage in financial scams affecting vulnerable populations. This presentation will cover some of

the common scams targeting older individuals and what to do if you become a target.

DRUMS ALIVE WORKSHOP

THURSDAY | JAN. 11 | 1 PM, *Presented by: Kelly Sipe, Drums Alive Instructor*

Drums Alive is a program for everyone and ANY ability! This full body workout combines movement with the power of drumming and helps reduce stress and improve mood, leaving you feeling like a rock star! We use drumming, music, movement and science to make health and wellness more than just effective, we make it irresistibly fun and totally engaging! "EveryBODY comes alive with Drums Alive!" No experience or equipment needed, wear comfortable clothing and sneakers to move in.

BE RED CROSS READY: DISASTER PREPAREDNESS

TUESDAY | JAN. 16 | 1 PM, *Presented by: American Red Cross of Massachusetts*

Join presenters from the American Red Cross of Massachusetts for this 45-minute presentation that will include life saving preparedness tips for home fires and other natural



disasters. You will gain knowledge, tips and tools for you and your household to Be Red Cross Ready in the event of an emergency. This is a program that was rescheduled from the summer.



WHEN BETTER CARS WERE BUILT: A HISTORY OF BUICK MOTORCARS.

WEDNESDAY | JAN. 17 | 10:45 AM, Presented by: Stanley Forman, Enrichment Speaker

Benz may have built the first “horseless carriage,” but Buick developed and nurtured a company now over 100 years old! Revel in the glory days of GM and the fine art of automotive styling. This talk will be presented by engineer, Stanley Forman who has worked in electronics most of his career and as a university lecturer.

WEATHER OR NOT: HOW THE ENVIRONMENT IMPACTS OUR DAILY LIVES.

TUESDAY | JAN. 23 | 1 PM, Presented by: Joseph Blansfield, Sharon Resident

Weather related events are common yet underappreciated occurrences that routinely affect us every day. Learn about heat and cold injuries and their treatment; how weather-related disasters can impact our facilities and communities and what is done in a response.

Also, let's take a critical look at the role of the lunar cycle and its impact on human behavior. Does the moon make us "lunatics" or not? What does science tell us?

Joseph Blansfield is a Sharon resident and has had a long career in trauma and emergency care. He retired from Boston Medical Center after 40 years working in the Emergency Department and managing their Level 1 trauma program. He also served in the U.S. Army Reserve for 26 years with deployments to Kosovo and Iraq as the Deputy Commander of the 399th Combat Support Hospital.

MENTRAL FITNESS & POSITIVE INTELLIGENCE.

TUESDAY | JAN. 30 | 1 PM, Presented by: Ronni Hochman, HCI Certified Health & Life Coach

Your mind is your best friend, but it can also be your worst enemy. Your capacity to respond to life’s challenges with a positive rather than negative mindset impacts your peace of mind, health, wellness, relationships, and performance. Like physical fitness builds muscles in our bodies, mental fitness builds our brains. Learn more by attending this presentation and sharing your thoughts and experiences as well.

EMPOWERING SENIORS: NAVIGATING FALL PREVENTION.



WEDNESDAY | JAN. 31 | 10:45 AM, Presented by: Austin Cooper, MS, CEP

Delve into the essential world of “Fall Prevention for Seniors,” a focused exploration on safeguarding the well-being of our elderly community. This concise overview addresses tailored strategies, from home modifications to personalized exercise routines, aimed at reducing the risk of falls among seniors. Packed with practical insights and proactive measures, this discussion serves as a valuable guide for caregivers, healthcare professionals, and seniors themselves, promoting independence, safety, and quality of life in the golden years. Austin Cooper is an exercise physiologist for Brookmeadow at Blue Hills Senior Living.

MOVIES, MOVIES, MOVIES!

Upcoming movies: All movies start at 10:30 a.m. \$1 program fee required. Please pay at the Adult Center front desk.

ST. VINCENT | JANUARY 8, 2024

A young boy whose parents have just divorced finds an unlikely friend and mentor in the misanthropic, bawdy, hedonistic war veteran who lives next door. Director: Theodore Melfi; Writer: Theodore Melfi; Stars: Bill Murray, Melissa McCarthy, Naomi Watts (2014 | PG13 | 1 hr. 42 min.)

REPTILE | JAN. 29, 2024

Tom Nichols is a hardened New England detective, unflinching in his pursuit of a case where nothing is as it seems and it begins to dismantle the illusions in his own life. Director: Grant Singer; Writers: Grant Singer, Benjamin Brewer, Benicio Del Toro; Stars: Benicio Del Toro, Justin Timberlake, Eric Bogosian (2023 | R | 2 hr. 14 min.)

NYAD | FEB. 5, 2024

The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida. Directors: Jimmy Chin, Elizabeth Chai Vasarhelyi; Writers: Julia Cox, Diana Nyad; Stars: Annette Bening, Jodie Foster, Anne Marie Kempf (2023 | PG13 | 2 hr. 1 min.)

THE UNFORGIVABLE | FEB. 12, 2024

A woman is released from prison after serving a sentence for a violent crime and re-enters a society that refuses to forgive her past. Director: Nora Fingscheidt; Writers: Peter Craig, Hillary Seitz, Courtenay Miles; Stars: Sandra Bullock, Viola Davis, Vincent D’Onofrio (2021 | R | 1 hr. 52 min.)

COMMUNITY NOTES:

Part Time Job Opportunity

Sharon Memorial Park / Knollsbrook Cemetery. Pay : \$20.69 per hour. Duties include helping staff with funerals. Some admin work plus helping people find grave locations. Contact : Gail, Phone: 781-828-7216

