



THE NEXUS

The Sharon Men's Club Newsletter

Sharon, Massachusetts

June 2023

Vol. 30 Issue 12

Contact us: sharonmensclub@gmail.com

Online: www.sharonmensclub.org

Congratulations to our New 2023-25 Exec. Board

Steve Lechter, President; **Ralph Jacobs**, Vice President; **Norm Ainbinder**, Secretary; **Ed Rubin**, Asst. Secretary; **Carl Frank**, Treasurer; **Harvey Levine**, Asst. Treasurer; **Jeff Shapiro**, Past President.

CHECK OUT THIS MONTH:

- FIRST RALPH GENERAZZO LUNCHEON**, June 22. Reserve now, see more information on Page 4.
- MAY IS THE MONTH.** May 31 is the deadline for your dues. If you haven't paid yet, you'll need to get a check for \$25 to the treasurer. Please make it out to Sharon Men's Club and bring it to the meeting or send it to **SMC c/o Ralph Jacobs, 4 Connolly St, Randolph, MA 02368.**
- More listings – See Page 2.



MINI-GOLF: Getting in the swing of things, we had an impressive turnout for our mid-May mini-golf tournament.

ALSO IN THIS ISSUE: [Glad & Sad, p. 3](#); [President's Message, p. 3](#); [Club Notes, p. 4](#); [Speaker Series, p. 7](#); [Sports n' Stuff, p. 8](#); [Adult Center programs, p. 10](#)

SHARON SPEAKER SERIES: June (See more on p. 7)

June 6: Men's Club Famous Monthly Breakfast. Must reserve seats in advance, no walk-ins allowed.

June 13: How Data Analytics is Changing the World of Sports. Advancements in technology and data collection have allowed data-driven decisions to improve their performance, and Brent Huot will explore the challenges of using analytics in sports and how to effectively integrate analytics into a team's strategy. **NOTE: This meeting will be at Whitney Place, which is hosting a continental breakfast/ Father's Day surprise for us.**

June 20: Mental Fitness and Positive Intelligence. Like physical fitness builds muscles in our bodies, mental fitness builds muscles in our brains. Ronni Hochman, a Certified Health and Life Coach, will discuss this important subject.

June 27: Food Coloring, Good or Bad or Somewhere in Between? Many of today's fruits and vegetables have changed color and are different than in the past. What this means for consumers will be discussed by club member, **Warren Shepard**, who has spent a lifetime in agriculture.

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 (781) 315-8258; **Asst. Treasurer** Harvey Levine (781) 986-5231

Member-At-Large: Ira Abramson **Parliamentarian:** Harvey Spack

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

Membership Committee: Bud Adler, Chairman Emeritus; Harvey Janson, 508-583-2260; Phil Rosen, 508-230-3599

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

Travel/Entertainment Committee: 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 manager: Dan Liberman

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

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

PARKING ALERT:

The crunch of spring is back: parking for our meetings has become a precious commodity. Attendance at our meetings is increasing (better weather, snowbirds return) coinciding with an increase in the number of other programs run by the Senior Center.

Please try to **carpool** whenever possible to avoid congestion and frustration. The lower parking lot across from Community Beach will be available to everyone, and makes a great spot to leave multiple cars and hitch a ride up the hill in a single vehicle. (NOTE: Community Beach will not be open to swimmers this season, so there should be more free spaces.)



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 Congratulations to:

- **Gerald and Marilyn Epstein**, who celebrated their 55th anniversary on April 27.
- **Dan and Helen Liberman**, whose granddaughter, Leah was elected to the National Honor Society for Dance. She was recognized for her outstanding artistic merit, leadership, and academic achievements.
- **Nate and Judith Katzen**, who celebrated 58th anniversary on May 2.
- **Jeff and Ellen Stohn**, who celebrated their 32nd anniversary on May 5.
- **Harvey and Millie Tobolsky**, whose granddaughter, Natanyah Liberman, a student at Cardozo School of Law in New York city, will be an intern this summer with a New York State judge. In addition, their grandson, Nathan Liberman, will graduate from Maimonides High School on June 18.
- **Norman and Annette Ainbinder**, whose granddaughter, Rebecca Clayman, was recently inducted to Phi Beta Kappa honor society. Rebecca is a graduating senior at Union College in Schenectady, NY, Phi Beta Kappa honor society. Rebecca is a graduating senior at Union College in Schenectady, NY.
- **Herbert and Cassy Simons** on celebrating their 55th anniversary on May 24.

Other Glad & Sad:

- **Bud Adler** fell, and was back in the hospital for several days.
- A donation in memory of **Barry Sudikoff** will be made to the Foundation to Combat Antisemitism.

PRESIDENT'S MESSAGE

This will be my last President's Message as my term is ending.

I want to thank the entire executive board for all their help and advice during my tenure. I particularly wish to thank all the committee chairman and their members for making the SMC the success it has become. Not only has our membership increased; we also have added activities that allow more members to participate.

I am confident the new board will continue to make the SMC the great organization it is.

Thanks,

JEFF SHAPIRO



BIRTHDAYS THIS MONTH:

June 1: Stephen Cohn
June 2: John Switlekowski
June 5: Ken Siegal, Ron Rapaport
June 6: Stan Greenberg
June 8: Elliot Grupp
June 11: Fred Appel, Marvin Kopp
June 13: Benton Abrams, Manny Kassler

June 14: Michael Taicher
June 17: Oscar Marks
June 18: Howard Raphel
June 23: Morris Azrin, Leonard Meleger, Karl Flanzer
June 25: Samuel Goldsmith, Bob Karas
June 28: Carl Frank
June 29: Joe Doniger

MEMBERSHIP UPDATE:

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

WELCOME TO OUR NEWEST MEMBER: Shep Rainie

CLUB NOTES

FIRST ANNUAL RALPH GENERAZZO LUNCHEON

Join us for this luncheon and installation of officers.

DATE: Thursday June 22, 2023 **TIME:** 12 noon to 4 p.m.

LOCATION: Conrad's Restaurant, 905 Main St., Walpole

COST: \$35 per person, which includes:

- Hors d'oeuvres
- Buffet with salad and dessert
- Cash Bar available for alcoholic refreshments
- Entertainment: Music from Press Play Entertainment

We'll be introducing SMC's officers for 2023-2025.

Reservations must be in by June 16.

Payment by checks only, made out to **SHARON MEN'S CLUB.**

Checks may be paid in person at the meetings or mailed to:

Ralph Jacobs
4 Connolly Road
Randolph, MA 02368



FAMOUS MONTHLY BREAKFAST UPDATES:

Our next breakfast is scheduled for June 6 at the Community Center, and the reservation deadline for the breakfast is this week. Please see Carl Frank at the meeting or contact him by phone.

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 Ralph Jacobs if you wish to attend (or there may not be enough food for you!)

BREAKFAST BRIGADE WANTED: Our Famous

Monthly Breakfasts are going great, but we 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 there. Please contact **Peter Bickoff** at the meetings or email him at pbccb@aol.com.

SMC Day Trip to a WooSox Game

As part of our Day Trip offerings, the SMC has arranged members to attend the **July 9** WooSox game at Polar Park in Worcester.

The game starts at 1 p.m. Parking is in the adjacent garage (\$5). Admission is \$25 and includes a \$2 coupon to be used toward purchases at the park.

Seats are reserved and are in the shade in Section 13. Tickets must be paid in full when we confirm the number of tickets we need to reserve. Payment information will be forwarded to each of you who want to attend.

Transportation is on our own. We will, however, try to arrange car pools.

Please contact Dan Liberman at dfliberman@gmail.com



CHARITY COMMITTEE:

This past month members of the Sharon Men's Club donated \$500 to the Family Table at the Jewish and Family and Children's Service. The Family Table food pantry supports more than 600 families in need in Sharon and the greater Boston communities.

A few weeks ago, members of the Sharon Men's Club donated \$500 to the Sharon Community Food Pantry at the First Congregational Church. That food pantry supports more than 130 families in need in Sharon and the surrounding communities.

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.

CORN HOLE ANYONE?

Looking for something old and new at the same time? Some members have started a corn hole group, and we're playing across from the Community Center right after our Tuesday meetings. Please contact Barry Fireman at the meetings or call him at 781-248-4736.

DAY TRIP COMMITTEE

A new committee is bring back day trips for the Sharon Men's Club. This used to be a large part of the Club's activities. If you are interested in working on this committee, contact: **Dan Liberman** at dfliberman@gmail.com



SMC BRAND SHIRTS

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.

What to celebrate in June?

(Look 'em up to learn more)

Nat'l Donut Day, Trinity Sunday, D-Day Anniversary, Nat'l Chocolate Ice Cream Day, Nat'l Best Friend Day, Tony Awards, Flag Day, Int'l Picnic Day, Juneteenth, Nat'l Martini Day, World Refugee Day, Int'l Yoga Day, Nat'l Selfie Day, Summer Solstice (summer officially begins); World Music Day, Hajj, Day of Arafat, Nat'l Sunglasses Day, Eid al Adha, Nat'l Handshake Day, Int'l Asteroid Day.

HEALTH NOTES

BLOOD PRESSURE & CHOLESTEROL CLINIC. A clinic will be held Wed., June 14, at the Adult Center library.. The Sharon town nurse normally checks blood pressure from 9 a.m. to 11 a.m. Tuesdays and Fridays at the Sharon town hall.

PODIATRY CLINIC, Thursday, June 8. Clinic begins at 1 p.m. and an appointment is required. **NO WALK-INS WILL BE ACCOMMODATED.** Please call the Adult Center at 781-784-8000 to book an appointment. There is a \$30 fee payable directly to Dr. McLaughlin.

SHARON SPEAKER SERIES

June 6: Men's Club Famous Monthly Breakfast. Must reserve seats in advance, no walk-ins allowed.



June 13: How Data Analytics is Changing the World of Sports.

The world of sports is constantly evolving and the role of data in sports performance analysis is on the rise. Brent Huot, a graduate of Syracuse University's sport analytics program, will explore how advancements in technology and data collection have allowed coaches and athletes to make data-driven decisions to improve their performance. The talk will also cover the challenges of using analytics in sports and how to effectively integrate analytics into a team's strategy.

June 20: Mental Fitness and Positive Intelligence.

"Your mind is your best friend. But it can also be your worst enemy". Building positive self-command muscles in your right brain using research-based tools may decrease the gray matter in your left brain where stress, anxiety, shame, guilt, and fear live.

Like physical fitness builds muscles in our bodies, mental fitness builds muscles in our brains. Ronni Hochman, a Certified Health and Life Coach, will discuss this important subject. **NOTE: This meeting will be held at Whitney Place, which will host a continental breakfast and Father's Day surprise for us.**

June 27: Food Coloring, Good or Bad or Somewhere in Between?

Many of today's fruits and vegetables have changed color and are different than in the past. What this means for consumers will be discussed by club member, **Warren Shepard**, who has spent a lifetime in agriculture.

SPORTS n' STUFF

BIKER GANG: The season's inaugural ride was a great day along the Neponset River Greenway through John Paul II park with lunch at the Venezia. We plan to ride again on Friday, May 19, along the East Bay bike trail from East Providence to Bristol, Rhode Island, meeting at 10 a.m. at Shaw's on South Main Street, Sharon to carpool. And we're still targeting Sunday, June 4 for a bike ride to Fenway Park and a day game – Red Sox versus Cardinals. For details on joining our enthusiastic cycling group on their future bike rides, contact [Lew Victor](#) or [Neil Rosen](#).



BOCCE: IS IT SKILL, OR JUST PLAIN LUCK? Come and join us. Normally we're out there 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. Note: If Bocce is canceled because of weather, you'll likely find an impromptu pool game going on instead, so there's no reason to stay home.

BOWLING: Candlepin bowling is here to stay. A group of members is hitting the lanes in Norwood center every Thursday morning. Please contact Carl Frank at upcoming meetings or email him at carl.frank@comcast.net if you're interested.

CRIBBAGE: Wednesdays at 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: The first new season outing for the Golf Group was held on April 19 with a compliment of 10 players. The Group plays mostly at the Chemawa Golf Course in N. Attleboro, and alternatively at the Easton Country Club. The former in particular, is a beautifully kept and maintained course with pleasant facilities and suits the style of play of our members.

Weekly organized games are ongoing through the summer and normally averages about 10 to 12 players. Games are usually arranged for Wednesday, or alternatively on Monday, depending on weather conditions or the availability of tee-times.

We have two or three new members joining the group this season. Anyone else wanting to join should contact **Michael Yawitch** by email or phone.

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 May 15 was \$7,962, 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 numbers 26. 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: Brisk winter walks are available for free-- every Friday morning, depending on weather conditions. You can 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 whist. Five new members have joined us to play. It is a great way to get to know each other. We are open to teaching you the game or refresh your memory. 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.

WEBSITE ANNOUNCEMENTS

The revised Sharon Men's Club website is available for member use. We hope that you find it informative and easy to navigate. Just follow the menu. When prompted for a password, use the club password. Please copy and paste the following address in your browser: <https://www.sharonmensclub.org/>

Want to Web with us? Our website is currently shorthanded, and we're looking for volunteers to help and learn. Prior experience working on a website is ideal, but a knowledge of using MS Word and other online computer experience will go a long way. Please contact Dan Liberman at dfibereman@gmail.com.

OUR VIEW FROM THE SHARON ADULT CENTER

Kathie Medeiros, Executive Director

Office: (781) 784-8000 ** Fax: (781) 784-6126

Happy Father's Day to all fathers, grandfathers and great grandfathers! I hope that you will be able to gather with family and friends to celebrate this special day. Summer arrives this month. Time to enjoy all those things you were not able to do during the winter months like walking and just being outside to enjoy nature. As the weather gets warmer, you need to remember to stay hydrated. Try to always have something to drink by your side. It is at this time that I need to say goodbye to everyone I have met during my time here as Director of the Adult Center. My last day is scheduled for June 30. I have truly enjoyed my time here in Sharon. I will miss seeing all of you on a regular basis. Until I started to write this article, I did not know how hard it would be to put into words what I would like to say to all of you. Maybe I will be able to find time to come to some of your lectures as I will not have to be working at the Adult Center every day! I will try to come to your meeting during one of my last days here to say goodbye in person.



Please read THE VIEW for all upcoming programs and events. Remember that you need to sign up for any



program you might be interested in. Cabaret Night is returning on June 8. There is still time to sign up for this great evening event.

I also had to eliminate my last line as there is no "until next month." Enjoy your summer!

Kathie



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.

Ladies of Silent Film: Three Innovative Early Women Filmmakers Presented by: Leslie Amper, Musician
Tuesday, June 6 at 1:30 p.m. Cost: Free, RSVP for seating required.



This hour-long program will feature three short silent films with live piano accompaniment. Alice Guy Blache, Lois Weber and Lotte Reiniger were there at the beginning of film. They tell their stories with depth and humor and innovative film techniques. Leslie Amper will accompany the silent films with her own compilation scores.

Spring & Summer Wildflowers Presented by: Michael Scutari, Naturalist
Wednesday, June 14 at 10:45 a.m. Cost: Free, RSVP for seating required.

Join us for this hands-on, interactive presentation about the colorful Wildflowers that are found in the gardens, forests, meadows, wetlands, and along roadsides of New England during the Spring and Summer months. Learn about the purpose of flowers, how there are many different types, what they need to survive, and how they are important for pollinators, including the very smallest of our birds—the Ruby-throated Hummingbird.

Why So Famous? Presented by: Jill Sanford, “Art for Your Mind”
Wednesday, June 21 at 10:45 a.m. Cost: Free, RSVP for seating required

Famous works of art have captivated observers through time for a wide variety of reasons. From Medieval images to abstract art, discover what’s special about the many creations by artists such as Da Vinci, Michelangelo, Velasquez, Picasso, Monet, O’Keeffe, Warhol and others. Through time and around the world, see how art and its meanings have evolved.



Lunch & Learn with the Big Y Pharmacist: “Sunshine of My Meds. Presented by: Eddie Martucci, RPh
Tuesday, June 27 at 1:30 p.m. Cost: Free, RSVP for seating required.

Join Pharmacist Eddie Martucci from the Big Y for this presentation that speaks to how the sun interacts with some prescriptions, what SPF stands for and the importance of sunscreen and how often to apply it. Eddie will also be bringing various Big Y deli wraps and sides so you can have a light lunch while you learn!



LAKESIDE GALLERY NEWS: Lakeside Art Gallery presents “**Transition**”, on display through July 12. Gallery Hours: Mon-Wed, 9 a.m.-4 p.m., Thurs., 9 a.m.-5 .m., Fri., 9 a.m.-12 p.m.

PARTIES & EVENTS: Cabaret Night, Thursday, June 8, 6:30-8:45 p.m. in the Community Center Ballroom. Featuring award winning jazz vocalist Athene Wilson and her 3-piece band. Enjoy refreshments. This evening is free of charge, but please RSVP the Adult Center: 781-784-8000.



SUMMER KICK-OFF PARTY, THURSDAY, JUNE 15. Refreshments at 10:30 a.m. Entertainment at 11 a.m. will be the Steve Rudolph Trio. Lunch to follow is tuna salad with sides. The RSVP date is Monday, June 5. Cost is \$5 at the door.

KATHIE MEDEIROS RETIREMENT OPEN HOUSE, Thursday, June 29, 1:30-3 p.m. at the Sharon Adult Center.

Join us in wishing Kathie a happy retirement. Opportunity to mingle and enjoy light refreshments. Please call the Adult Center if you would like to attend. 781-784-8000.



UPCOMING MOVIES

Movies begin at 10:30 a.m. \$1 program fee required (see “The View” for complete descriptions) : **Nomadland**, Monday, June 5; **Lunana: A Yak in the Classroom**, Monday, June 12

BUS TRIPS:

Following trips are sponsored by the Adult Center (NOT the Men’s Club), which accepts paid reservations on a first come-first served basis until the trip is filled.



– **Fuller Craft Museum:** Thursday, June 1 \$23 per person



– **Charles River Cruise & Encore Casino Trip:** Monday, July 17, \$34 per person plus get a free \$15 slot play card on arrival. ****Trip is full, waitlist available.**



– **Isles of Shoals Lighthouses Harbor Cruise w/Lunch:** Thursday, Aug. 24 \$149 per person.

