

# HUBBARDSTON SENIOR NEWS SEPTEMBER 2020



## Hubbardston Senior Center

7 Main Street  
Hubbardston, MA  
978-928-1400 x 211

## . WACHUSETT VINEYARDS

Pamela and Brion Keagle are the owners of Wachusett Vineyards, Hubbardston's first commercial winery. Having met during their freshman year at WPI, the couple have been together ever since. They moved to Hubbardston 18 years ago and have raised their son and two daughters here. Self-described "foodies" with backgrounds in agriculture and science (Pamela is a biotechnologist at UMASS), they spoke wistfully for years about owning a vineyard, so when a lovely lot with a view of the mountain, sunny Southern exposure, and fertile soil became available, they knew the time was right. The vineyard was planted in 2017 and began selling wine to the public in 2019 through select local liquors stores and wine shops.

Brion explained to me that, due to recent breakthroughs in grape breeding, now is an exciting time to start a vineyard. New England winemakers have historically been at a disadvantage. Of the wines with which customers are familiar, (think Cabernet Sauvignon, Merlot, Chardonnay, etc.), nearly all of them come from a specific species of grape known as *vitis vinifera*. There's no question that *vinifera* produces great wine, but according to Brion, it doesn't grow well here. "It probably won't survive our cold winters and even if it does, it will eventually succumb to our hot, humid summers, which favor certain pests and diseases." On the other hand, we have wild grapes growing all around us. As we stood in the shade along Malone Road on a hot summer day, he told us to look up. Sure enough, right above our heads was a wild grape vine that had scrambled up into the canopy of an oak tree. While these wild grapes obviously survive our climate and pest pressure just fine, the problem is that they do not produce good wine.

What has changed in recent years is that independent grape breeders as well as breeding programs at Cornell University and the University of Minnesota have developed new varieties that grow well here in Massachusetts and also produce great wine. Venturing out from under the shade into the blazing August sun, Brion walked us down a row of what he believes is one of the most important new cold-climate grapes: Marquette. A grandchild of Pinot Noir, Marquette is a red variety with cherry and blackberry notes, as well as the silky tannin structure of its grandparent. Yet the other side of the family tree includes several native North American grapes, so Marquette is also winter hardy and resistant to pests and disease. A few of the leaves were curled and bumpy - telltale signs of the louse known as phylloxera. In the late 19th century, this pest spread like a plague across European vineyards, very nearly wiping out the entire European wine industry, until botanists found they could keep it at bay by grafting onto resistant rootstock. Marquette plays host to the phylloxera too, but instead of withering and dying, it simply shrugs off the louse and keeps growing. The vines we saw were already beginning to ripen their abundant load of grapes. One by one, individual berries were in the process of turning from green to deep purple, a visual promise of the harvest to come next month. Brion explained that this sort of genetic resistance is the reason that Wachusett Vineyards is dedicated to so-called "hybrid" varieties. In addition to Marquette, they have planted Seyval Blanc, Petite Pearl, Aromella, Arandell, Acadie Blanc, Itasca, and Crimson Pearl.

Wachusett Vineyards' wines are available at The Thirsty Lab in Princeton, Anthony's Liquor Mart in Gardner and Kappy's in Leominster. Having recently obtained a license to make local deliveries and ship wine through the mail, Brion said they are working through the logistics and will start selling directly to consumers soon.

# CAN ANIMALS PREDICT THE WEATHER?

Centuries ago, farmers and others observed animal behavior and recognized patterns that corresponded to weather events.

These observations were passed down through generations as advice, which survives today as adages. Are they true? Do they work? Read, watch, and see for yourself.

## Can cows Forecast Weather?

Many weather adages involve cows because they were common animals on farms.

- If a cow stands with its tail to the west, the weather is said to be fair.
- If a cow grazes with its tail to the east, the weather is likely to turn sour.
- If the bull leads the cows to pasture, expect rain: if the cows precede the bull, the weather will be uncertain.

There is some truth here. Animals graze with their tail toward the wind so that if a predator sneaks up behind them, the wind will help catch the scent of the predator and prevent an attack.

Other Animal Indicators expect rain when dogs eat grass, cats purr and wash.

- When cats sneeze, it is a sign of rain.
- When cattle lie down in the pasture, it indicates early rain.
- When horses and cattle stretch out their necks and sniff the air, it will rain.
- Woolly bear caterpillars are said to be winter weather predictors: The more brown they have on their bodies, the milder winter will be.
- If the mole digs its hole 2 1/2 feet deep, expect severe weather; if two feet deep, not so severe: if one foot deep, mild winter.
- When pigs gather leaves and straw in fall, expect a cold winter.

- When pigs gather leaves and straw in fall, expect a cold winter: feet deep, not so severe: if one foot deep, mild winter.
- When pigs gather leaves and straw in fall, expect a cold winter.
- When rabbits are fat in October and November, expect a long, cold winter.
- If sheep ascend hills and scatter, expect clear weather.
- Bats flying late in the evening indicates fair weather.
- Wolves always howl more before a storm.

Thought for the day: When some cows lie down and some stand up it is partly cloudy!



## **September 10th, 2020**

We are slowly opening our Senior Center. We have rented a 30x30 tent so that we will be able to start some social activities outside, limited to 10 people at a time to start.

We have to follow the Board of Health guidelines in order to open properly. Please call the Senior Center to register for any of the activities below:

### **Mondays (beginning Sept 14th)**

9 -11 Coffee with Friends—10 person limit.

12—3 Bingo: Please call Flo to register: 978-928-5113. 10 person limit.

### **Tuesdays (beginning Sept 15th)**

9-11 Walking Club Richard Hackett. Meet outside of center

### **Wednesdays (beginning Sept 16th)**

9 -11 Coffee with Friends—10 person limit.

9:30-10:30 Trim Together

11-12 Book Club

### **Thursdays**

9 - 11- (beginning Sept 10th) Water Color painting 10 person limit—

taught by Charles Gray (he will let you know what supplies are needed— should cost about \$20)

9-11 (beginning Sept 17th) Walking Club. Please call Mel 978-928-5120

### **Fridays (beginning Sept 11th)**

9-12 Meals on Wheels egg and food distribution.

*This schedule will be effective for the month of September (subject to change).*

;

## **Friends of Hubbardston Senior Center**

The Friends of the Hubbardston Senior Center are assisting with a soft re-opening. We are looking for new and fresh volunteers! Any and all help is needed. We especially need men for muscles and anyone with computer skills would be greatly appreciated. Please call Darlene Seaborne at 774-242-7779

### **FIELD DAY**

**Field Day is September 19th from 9am-3pm.**

**Rain date September 20th. Curtis Recreational Field**

First off, this year will obviously be a bit different with COVID-19. Face masks and social distancing are a must. We are asking the public to bring their own camp chairs. While relaxing at your picnic blanket area, please feel free to get some food from the food trucks. So far we have spots in front of the food trucks for everyone to keep social distancing.

Don't forget we have vendors to shop! Check out all the artists, crafters, direct sales and small businesses.

Some vendors will take cards as well.

Kelly at Go-Green (aka The Pallet Factory) has graciously allowed people to use her parking lot. There will be a table with hand sanitizer for anyone that needs some.

Please contact us at hubbardston250@gmail.com with any questions.

### **Town Wide Yard Sale**

Labor Day week-end September 5th and 6th. We are accepting donations now! Please call the senior center at 978-928-1400 x211 or call my home Claudia Provencal at 978-928-5195. We are also looking for volunteers to help set up and take down, or to work one of our tables. If anyone is interested please call the above phone numbers. We will be following the COVID 19 protocols. Everything will be set up outside. Sanitizers will be at each table for your safety.

### **THE GOLDEN AGE**

Our next meeting will be Thursday Sept. 3, 2020 at 1:30 PM. September is going to be a busy month with the yard sale on Labor day weekend. Field day will be Sept. 19, 2020 having a table at both events. Any questions, please call Beverly Kohlstrom, President at 978-464-5041.

## DOUBLE-APPLE WALNUT BREAD RECIPE



### Ingredients:

1 cup sweetened or unsweetened apple sauce  
1/2 cup plus one tablespoon sugar, divided  
1/2 cup brown sugar  
2 large eggs  
1/4 cup vegetable oil  
1/4 cup of plain or vanilla yogurt  
1 teaspoon vanilla extract  
2 cups of all purpose flour  
1/2 teaspoon baking soda  
1 teaspoon of baking powder  
3/4 teaspoon salt  
1/2 teaspoon ground cinnamon  
1/8 teaspoon ground nutmeg  
1 cup of peeled, cored apples  
1/2 cup chopped walnuts

### INSTRUCTIONS

Preheat oven to 350°F. Butter a 9x5-inch loaf pan and line with parchment paper, if desired.

In a bowl, combine applesauce, 1/2 cup of sugar, brown sugar, eggs, oil, yogurt, and vanilla in a bowl. Whisk to blend.

In a separate bowl, sift together flour, baking powder, baking soda, salt, cinnamon, and nutmeg. Make a well and add applesauce mixture. Stir until combined. Fold in diced apples and walnuts. Scrape batter into prepared pan and smooth the top. Sprinkle with the remaining tablespoon of sugar.

Bake on the center oven rack for 50 to 55 minutes, or until a tester inserted into the center comes out clean.

Transfer to a cooling rack for 10 minutes. Turn the bread out of the pan and cool thoroughly before slicing.

**YIELD: MAKES 1 LOAF**

### FOOD FOR THOUGHT

If I had only known in March it would be my last time in a restaurant, I would have ordered dessert.

**News from SHINE for September 2020**  
**Important Mail About Your Drug and Health Plans!**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), your plan will mail you an information packet called an ANNUAL NOTICE OF CHANGE by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2021.

**Your plan premiums, deductibles, copays, providers and covered drugs may change significantly!**

This is important information and if you do not understand it, you should discuss it with your family or caregivers. During the current COVID crisis, we will not be doing on site presentations at senior centers. We will make presentations available on our website, [www.shinema.org](http://www.shinema.org), and also through your local cable channel.

During the annual Medicare Open Enrollment Period (October 15th-December 7th), you will have a chance to CHANGE your plan for next year. SHINE'S certified Medicare counselors can help you understand your plan changes, as well as other options you may have.

Trained SHINE (Serving Health Information Needs of Everyone) counselors can help you! We offer unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your local senior center and ask for a SHINE appointment. Remember you can contact us at the regional office: 508-422-9931. Once you get the SHINE answering machine, leave your name and number. A SHINE counselor will call you back.

We are available via multiple platforms such as FaceTime, Zoom, and Skype to do one-on-one appointments if needed. Watch our website for Medicare 101 presentations on Zoom. Our newly upgraded website: [www.shinema.org](http://www.shinema.org) has information on Medicare, MassHealth, and links that can be a valuable resource.

---

**HOW TO SCHEDULE APPOINTMENTS FOR THE MART VAN**

**Call or leave a message for Sharon at 207-710-1777 or 978-928-1400 ext 210**

If she does not answer, please leave a message.

Your call will be returned within 24 hours (excluding weekends).

**Please give her the following information:**

- Time and location you need to be picked up
- Time and location of your appointment
- Time your appointment should be finished
- A phone number where she can reach you

**Medical Appointments: Available as needed** Please note: If the appointment is for surgery, the client needs to find other transportation home. Van drivers cannot be responsible for a client after having any major medical procedures.

**Shopping: Available as needed.** Anyone wanting to attend meals at the Senior Center.

Please call ahead. The Van driver will give you a ride to the Senior Center and then back home free of charge. If you have any questions or concerns regarding the Mart Van please call Sharon @207-710-1777 or 978-928-1400 X211 **Please remember the Mart Van will not be running when school is closed due to weather or holidays.**



# Fall Word Search

Find all the words below.

V V W H A W K S W Y Z Q H S V W Q T N U  
V G N I V I G S K N A H T S J H W V K D  
L X O E W J W I L A X F C F S N O G D E  
A C U N R O C B E U Y J O F I Y R Z G P  
T R M U M C I A A T K B O O M H C U B I  
L E F S E J G U F U S A L B T Y E O B T  
X N W U V P Q O Q M A Z M G L B R M N C  
Q J F R H C V E W N A E K A R W A Z M V  
N K K J R E D I C E L P P A N R C L C M  
O G S C T D J Z J D A F E R N C S V L Q  
F B V R L S G J N E E W O L L A H T B S  
K G Y X E R M D I P C Z N C Y Y F L H O  
Z F Y P H T A N Y M O P I D R A C E A V  
H A N T C Y Y O C N L J H V L P J E R B  
N O G N H L E Z M I O M E L L U J V V O  
B D K M P I K N J K R Q G Y B Q K Y E R  
A Z Y L J L R T W P F P A D K E A L S U  
E X D K H M U U L M U X T U L Z T U T Z  
Y Z A V Q R T T G U L C E G L I D I F J  
A I Q U A L N D M P U K K P L Q U N G V

APPLECIDER  
COOL  
FOOTBALL  
LEAF  
SCARECROW

AUTUMN  
CORN  
HALLOWEEN  
PUMPKIN  
THANKSGIVING

COLORFUL  
FALL  
HARVEST  
RAKE  
TURKEY

## SPACE FOR SALE

*Great Medium to Reach the Senior Citizens!*

**CALL 603-601-8047**

Email: [seniornewsletter@aol.com](mailto:seniornewsletter@aol.com)

OR WRITE TO:

SENIOR NEWS PUBLICATIONS,  
7 PHILBROOK TERRACE, HAMPTON, NH 03842



**GARDNER**  
Rehabilitation and Nursing Center

**Your Local Choice for  
Quality Therapy Service**

Returning 95% of all admissions  
back to the community



59 Eastwood Circle, Gardner • 978.632.8776 • [GardnerRehab.com](http://GardnerRehab.com)

## "The Donna Warfield Team"

**RE/MAX  
ADVANTAGE 1**



[www.thedonna  
warfieldteam.com](http://www.thedonna<br/>warfieldteam.com)



Donna M. Warfield  
508-479-1407  
Donnawarfield99  
@gmail.com

Kimberly Clark  
Cell: 978-906-1503  
Kimberlyclark1  
@remax.net

"Thinking of Selling? Down sizing? Estate Planning?  
Need to know the value of your home? Call for your  
Complimentary Market Analysis"  
**"Your Local Real Estate Agents  
Offering Professional Services to You."**



**Heywood  
Wakefield  
COMMONS**

An Assisted Living Residence

*A New Place to Call Home  
in a Community that Cares*

50 Pine Street  
Gardner, MA  
**(978) 632-8292**

[www.hwcommons.com](http://www.hwcommons.com)

## ATTENTION SENIORS!!

The Advertisers have  
contributed toward the  
publication of your  
newsletter. Please  
patronize them and say

*Thank You*

**Hubbardston Liquors  
& Food Market**

32 Main St.

Hubbardston, MA 01452

**978-928-5038**

*We're glad to serve the  
community of Hubbardston  
In God we Trust!*

JUST TAKE A RIDE TO  
**SUNNYSIDE**



122A/944 MAIN ST. • HOLDEN, MA

**508-829-4333**

[www.sunnysideford.com](http://www.sunnysideford.com)



**FUNERAL HOMES**

**Richard Mansfield**

Funeral Director

*Advance Funeral Planning  
Serving the Community of  
Hubbardston for  
over 120 YEARS*

1158 Main St 100 Worcester Rd  
Holden, MA Sterling, MA  
508-829-4434 978-422-0100

[www.milesfuneralhome.com](http://www.milesfuneralhome.com)

**TO ADVERTISE IN  
THIS  
NEWSLETTER**

Please call

Steve Persichetti

at 978-457-2612 for  
immediate response!!

OR email

[seniornewsletter@aol.com](mailto:seniornewsletter@aol.com)

Your AD belongs right  
here!!

**REACH YOUR  
CUSTOMERS 365  
DAYS A YEAR!**

**Wendy Poudrette**

REALTOR

Cell 978-407-1342

Office 978-630-2070 ext. 358

[wendy@foster-healey.com](mailto:wendy@foster-healey.com)

**Foster - Healey**  
REAL ESTATE, INC.

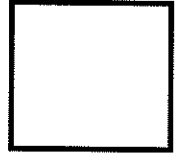
26 Pearson Blvd., Gardner, MA 01440 • [foster-healey.com](http://foster-healey.com)



## Hubbardston Senior Center

7 Main Street Unit #3

Hubbardston, MA 01452



### Hubbardston Council On Aging Mission Statement

The Hubbardston Council on Aging and the Senior Center exist to serve, support, and enhance the lives of all senior citizens in the community by providing social, educational, and health related programs and activities which support their well-being. It seeks to create an environment that is socially and intellectually stimulating, promotes interconnectedness and unity among older residents and encourages them to pursue healthy, active, independent lives.

### Meet Your Council On Aging Members

We are still looking for one (1) more member to join THE COUNCIL ON AGING BOARD if you are interested please call the senior center and ask for Claudia.

#### DIRECTOR

Claudia Provencal  
Center 978-928-1400 x 211.  
Please leave a message  
Home 978-928-5195  
coa@hubbardstonma.us

#### CHAIRPERSON

Hilary (Skip) Scott Jr.  
978-928-1372  
skscott417@aol.com

#### VICE CHAIR

Florence Perkier  
978-928-5113

#### SECRETARY

Mary Ellen (Mel) Shaughnessy  
Center: 978-928-1400 x 211  
Home: 978-928-5120  
melshaughnessy@gmail.com

#### TREASURER

Walter Scott  
Hm: 978-928-5053 wscott7@charter.net  
Cell: 978-790-3107

#### MEMBERS

Nancy Afonso  
508-873-3348  
nancymaflute@yahoo.com  
Bonnie Cunningham  
978-632-5452  
brendastarr148@hotmail.com  
Jane Gregarious-978-820-1270  
Gregorious@gmail.com  
William Lipka -978-549-6437  
willlalipka@gmail.com  
John Nason 978-820-1148  
jnason1@live.com

**THIS PUBLICATION IS PARTIALLY FUNDED  
BY A GRANT FROM THE MASSACHUSETTS  
EXECUTIVE OFFICE OF ELDER AFFAIRS**