



West Medford Community Center Newsletter



Winter 2014

COMMUNITY IS OUR MIDDLE NAME

IN THIS ISSUE

Seniors Take In the Bright Nights

On December 14th 2013, a tour bus full of excited WMCC seniors, friends and family members departed for distant Springfield, MA for a festive trip to a New England holiday tradition called "Bright Nights at Forest Park." Bright Nights is presented by the Spirit of Springfield in conjunction with Springfield Parks and Recreation Management. The attraction features a two and a half mile scenic drive through an open area filled with hundreds of holiday-themed scenes made up of over 600,000 lights in a dramatic combination of illumination, color and movement.



Participants were also treated to a delicious holiday luncheon at Holyoke's famed Delaney House restaurant and a shopping and browsing stop at the popular Yankee



Candle Company of South Deerfield, who bills itself as "the world's greatest candle shop!" All in all it was a full and exhilarating day and a colorful, enchanting night. The trip was ably coordinated by Juanita Payne and sponsored by the WMCC Office of Elder Services.



Black History Celebration

Youth Committee meets to set vision for celebration on February 22 at the Center. Page 9



Shout outs from the Girl Scouts

The Girl Scouts share their accomplishments and gratitude to the Center. Page 4

Late Summer Bash Brings out the Ballers

Back on August 5, 2013, Redemption Hill Church (RHC) of Medford put on a Student Summer Bash for Middle and High Schoolers at Dugger Park. The bash was free for neighborhood youth and featured refreshments, give-aways, and prizes.



The primary event was a 3 on 3 basketball tournament for boys and girls. There was a great turn out from the community with around 60 kids playing in the basketball tourney. RHC thanks the West Medford Community Center for its great hospitality during the event. Check out a few pictures from the tournament. Redemption Hill has been a great friend to the community center since opening its doors several years ago. They've provided paper goods and cleaning supplies, rented our space for



meetings, and even sent teams of mission's workers to clean up the interior of the building from top to bottom. That's what we call "faith in action." Special thanks to Pastor Jon Chasteen for coordinating a great summer event for the neighborhood youth and for linking the WMCC up with Redemption Hill Church.

GREAT SUMMER READ

Brown Skin and the Beautiful Faith



A Poet's Reflection
by Terry L. Carter

TERRY CARTER

Brown Skin and the Beautiful Faith

A Poet's Reflection

Due out: June 2014

Slowness ~ Is the basis of speed



The Wellness Through Movement class has enjoyed increasing popularity since it began in September of 2012.

The Center hosts **Wellness Through Movement** classes open to members every Tuesday and Wednesday at 6:30pm. Instructor volunteers David Johnson and Kenny Gibson are lifelong residents of West Medford and are helping to keep our community fit, lean and limber.

Slowness is the basis of speed. Grace is the byproduct of awkwardness. Circles are shorter than straight lines. As a disciple, this is a world of paradoxes. This is a soft and gentle system of exercise.

Its physical components are unorthodox. Sensitivity is developed by the practitioner through exercises like lifting up clouds, hands floating on water. Hands and arms are strengthened, by holding the hands up to the height of the navel. Standing, and walking, turning, twisting, and training technique, help to make the practitioner improve stamina and flexibility throughout the whole body. Balance and awareness comes when one walks with the T-L-V foot work, also by standing on one foot while swinging the other foot, while making small circular movements. This is to enable one to find their own rhythm of life and become in tune with the universe.

IN MEMORIAM



Georgette Prinville
And
Wilbert D. Anderson

The WMCC wishes to offer our sympathies and thanks to the families of the recently passed Georgette Prinville (pictured above) and Wilbert D. Anderson. Both of these familiar seniors were staples of the community and will be greatly missed.

Georgette was a faithful member of the Center's Senior Club. Until she was taken ill several months ago, she hardly ever missed a day of lunch, knitting, yoga and other senior activities sponsored by our Office of Elder Services.

The families of both the dearly departed asked that neighbors and friends wishing to acknowledge their passing may donate funds to "West Medford Community Center, Inc." This request has already resulted in several hundred dollars' worth of contributions to this organization's operating budget.

We remain in gratitude to the Prinville and Anderson families and remember with fondness the lives of both Georgette and Wilbert.



Guest artist Stacie King Clayton belting out sweet music to our ears ..

Annual Harvest Tea Social Delights and Engages

In what has become an almost an annual Fall tradition, the WMCC and its fantastic Senior Club once again presented its festive Harvest Tea Social on November 16. The popular Saturday afternoon attraction played well to a leisurely audience of the young and the old, who thoroughly enjoyed its theme of "celebrating the season with food, family and fun."

Some unique and high-energy entertainment was provided by a troop of local Indian youngsters performing the hugely popular "Gangnam Style" Asian dance craze. There were also some stirring recitations, great music and other talents shared. And, as always, a significant portion of the ticket proceeds benefited the programs and services of the Community Center. Kudos to the Harvest Tea committee, which included Shirley Miller, Rachel Tanner, Joe Jones, Kettley Tucker, Edna Gavin, Kate Collins and many others, for producing such a memorable event. Hope to see you all again next year!



A diverse audience enjoying the festivities.



Furey Sisters, Linda and Karen check out the afternoon's program.



Charlie Parris chats it up with the ladies.

Meet Girl Scout Daisy Troop 68137

What happens when 11 little girls get together after-hours in a community center? You might think they're up to no good. In reality, everything is coming up daisies.

Meet troop #68317—a Medford Girl Scout Daisy troop. They've been a weekly staple at the West Medford Community Center since November 2012. Marah Atwell and Rebecca Scott volunteered to start the troop after they realized that locally, there was a lack of one for their girls to join. What they've built is a community for girls from all over the town to exchange ideas, have fun and grow.

Hailing from local elementary schools St. Joseph's, Columbus and Brooks, the girls are an adorable and energetic medley of neighborhoods, ethnicities and back- grounds with one thing in common. They love being Daisies.

"It's important for girls to have a community they can turn to outside of school. The Girl Scout Troop gives them just that," says Scott. "They can be themselves, have fun, work together as a group and learn new skills."

There have been several guests to help the girls in their journey to laugh and learn. With a heavy emphasis on animals, a path they chose together for 2013-2014, visitors have included lessons on caring for pets from Janey Rangel and her dog Daisy and Maria Mazzio from Medford pet shelter Kitty Connection, as well as a field trip to Looby Veterinary. And don't forget "downward dog," a



Doing the chicken dance

lesson learned during a visit from yoga instructor Tala Brewster, who taught the girls a few poses one night.

"I really embrace the Girl Scout's mission to teach girls leadership skills, and we look for ways to make sure the members of our troop influence what we do," says Scott. "The girls are quick to want to support both fun activities, as well as those that give back to the community." They showed this with a visit to the Medford's Fire Station No. 2 and during one of their outdoor meetings during which the girls helped clean up the trash along the Mystic River. Meet Girl Scout Daisy Troop 68137!

With the weekly fun sometimes ending in a dance party or even with pizza, it's been an amazing time for these 11 little girls, their parents and the troop co-leaders. It reminds us all, that life is brighter when you abide by the Girl Scout motto – "Make new friends, but keep the old. One is silver and the other is gold."



Coloring warm-ups before the meeting

Meet Girl Scout Daisy Troop 65264

Medford Girl Scout Brownie Troop #65264 remains ever grateful to the West Medford Community Center for providing our girls with a safe place to grow and learn, especially in these last few cold winter months.



Girl scouts celebrate one of their own turning eight

In February, we had a great time with Medford Daisy Troop #68137 -- which also uses the Center -- on a special skating afternoon. As troops that both meet at WMCC we have something special in common, and we're look forward to finding ways to do more joint events and "pen-pal" type projects together with the Center as our home base.



The girls try homemade soda with real molasses.

Being Brownies, our girls have badges to earn, including one for "Snacks" and the "Dancer" badge. For Snacks, the Girls had a great time sampling new homemade sodas, making vegetables into faces -- then devouring them! -- and a very special birthday party for one of our Troop members, who was turning 8. We called her birthday cake our "sweet snack" requirement!



Learning how to curtsy

Also, we had a lot of fun working on our "Dancer" badge, learning to walk with proper posture, do a curtsy and a deep curtsy. For proper posture we shared a couple of the books off the WMCC bookshelf to put on our heads so we would walk tall and carry ourselves well.



Leader Ann Frenning shows how to curtsy in pants!

Petit Bouts Pre-Schoolers Entertain the Seniors



In the two years since we've had the Petits Bouts French Pre-School residing on our second floor, the "little bits," as the name implies, have entertained and delighted our Elders on several occasions. This fall, they visited the senior lunch program on two occasions.

Around Halloween, the preschoolers came down in their costumes and paraded around the Founder's Room, receiving sweet treats for their efforts.

The Seniors are presented with a stirring rendition
Joyeux Noël



More recently, they presented a rousing selection of French-language Christmas songs to an enthusiastic audience of our seniors. We didn't understand every word, but we definitely were able to see their spirit and we appreciated their enthusiasm for sharing what they've learned.

5 New Board Members!

The West Medford Community Center held elections for the Board of Directors on March 30. With the departure of former Board President Calvin Lindsay and Treasurer Starry Poe, there were 5 open seats in addition to the 6 currently occupied seats held by President Brian Collins, Vice President Neil Osborne, Secretary Lovita Strain, Letha Roberts, Rachel Tanner and Bob Penta.

Apparently, the Center's getting its groove back. In recent years, interest in serving on the Board was not as high since the Board has been operating 3 members short of their 11 member seats. But this year, there were 13 applicants enthused about what's been going on at the Center and willing to step forward and contribute to this cherished institution.

Carolyn Rosen: "I look forward to working with my fellow board members in creating an exciting future for the Center"

Stacey Moore: "I know the Center of my youth is gone, but if there is a chance that I can somehow help the Community Center have a similar impact on another generation of youth, and adults, I'd like the opportunity to try"

Loring Greene: "I look forward to working alongside my fellow board members to acquire grants, utilize our space, and provide high-quality enrichment programs for our community"

Jarrett Lovett: "I thank you all very much for electing me as a new member on the WMCC Board of Directors. I am looking forward to applying my tireless energy and service to the opportunity and the work ahead"

Diane Sullivan: "I hope to bring my advocacy skills to the WMCC to assist in increasing youth development programs at the Center."



From left to right: **Jarrett Lovett**, Lovita Strain, **Carolyn Rosen**, **Stacey Moore**, Rachel Tanner, Neil Osborne. Brian Collins, **Loring Greene** and Letha Roberts. Not pictured are **Diane Sullivan** and Bob Penta.

The West Medford Karate Academy



Written by Loring Greene

My whole martial arts journey started in West Medford. Many of my peers went to after-school programs or went home when school was over. However both my parents worked and I was definitely too crazy to be with my grandmother all day. So they sent me to the karate studio Tuesday and Thursdays from 2:30 -8:00. Right across the street from Saint Raphael's next to Jimmy's pizza. The studio has expanded and moved to another part of Medford, but our roots remain in West Medford.



This is why we are very excited to present the birth of the West Medford Karate Academy, which began at the West Medford Community Center on January 8th and runs from 5:15 - 6:00pm on Wednesdays.



A single column could never express the unwavering support I receive from my Tang Soo do friends, family and The WMCC. Given that, I want to thank my instructor SBN Marco DiScipio (7th degree) for years of support, guidance and encouragement. Also thank you to all my TSD friends, family and extended family. Hopefully I can provide a fraction of what you have taught me to my community.

Our Tang Soo Do classes are traditionally run with the emphasis on character development through martial arts training. Students gain flexibility, strength, and confidence while learning focus, respect for self and others, and how to defend themselves.



Homework Club Expands

Youth activities at the West Medford Community Center are flourishing. Since the last newsletter, the West Medford Youth Club (WMYC) has taken shape more formally and continues to expand its membership and programs.

The WMYC is operated jointly by Medford in the Middle, Inc. (MinM) and the West Medford Community Center, and aims to offer Medford students a safe, healthy, learning environment for a variety of activities intended to inspire and challenge them to study, stay active, socialize, and share skills, expertise and ideas. It is open between 2:45pm and 6pm on weekdays that Medford Public Schools are in full-day session. It primarily serves Medford students aged 10-14 or grades 5-8, but welcomes interested Medford High-schoolers as well as younger children who are ready to handle the relative freedom of a "drop-in" program. Over 30 students are enrolled and the Club is still accepting members.

Recent special programs at the Club include Daily Math Challenge, Daily Language/Logic Challenge, a weekly Karate class, a weekly Math Games session and ongoing musical fun. The schedule of activities will be changing after the April vacation break so stay tuned.

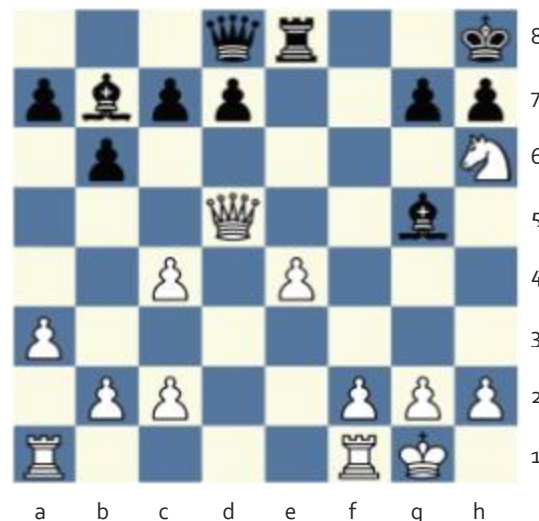
Since January, the Club has its own stop (Harvard @Arlington) on the #5 afternoon bus from the

Medford middle schools, making it really easy for middle-schoolers to reach the WMYC. We are very grateful for the support of the Medford Public Schools staff, especially Ms. Giombetta in Finance and Administration and Assistant Principal Ms. Marotta of the Andrews School, in making this a reality.

Since February, the Club has expanded staffing through a partnership with Tufts Literacy Corps. Every school day afternoon, 2-3 student Leaders and other volunteer Leaders are on hand to assist youth with homework, supervise computer use, and facilitate sports, games, musical fun, discussions and other activities according to youth interests and needs. All our Tufts Student Leaders have contributed noticeably to the positive energy, engagement and camaraderie at the Club and we are so grateful for their presence and support.

The WMYC is organized as a volunteer-supported community cooperative staffed by CORled parents, seniors and university students, so we thank all of our volunteers for their time, energy, and commitment to the safety and growth of our Medford youth. The Club also **welcome more adult volunteers!**

CHESS PUZZLE: WHITE TO MOVE



Find checkmate in 2 moves

SUDOKU CHALLENGE

6	7			8	1		2	4
			5		2	3		8
8	5			4	3			1
2			1			9	3	5
	4	7		5		1		
1		5	2			4	8	
7		1	6				4	9
	2	6	4					
		9	3				5	6

Test Your Logical Thinking

CHOOSE YOUR PAIN

A man is caught on the King's property. He is brought before the King to be punished. The King says, "You must give me a statement. If it is true, you will be killed by lions. If it is false, you will be killed by trampling of wild buffalo."

But in the end, the King had to let the man go. What was the man's statement?

Answers given on the last page ...

Black History Month Celebration

On February 22, 2014, The Center's Youth Committee organized an unforgettable Celebration of Black History.



Khayla Mitchell and Bianca Osias presented an incredibly moving "**Break these chains**" dance in front of an awestruck crowd that was simply mesmerizing.



West Medford's own Richard Caines served as the MC for our event, here posing with Ruth "Cherry" Youngblood. Both played a significant role in staging this event, and we look forward to many more from them. Below, our State Representative Sean Garballey celebrates his birthday at the Center and speaks eloquently on Black History as it pertains to West Medford.



A packed house was on hand to witness great speeches by the best of the best in our neck of the woods. Below, poet, actor and writer Terry Carter really doesn't need a microphone to get his message across. Former Board member, Educator and Radio Show host Gwendolyn Blackburn needed no notes, nor arm twisting to contribute in the celebration. Medford Mayor Michael McGlynn never misses an opportunity to come down to the Center or anywhere else in Medford to show his support for our initiatives. We wish to thank them all.



GENERATIONS CELEBRATING TOGETHER



That's how we roll!

BLACK HISTORY MEMORABILIA ON DISPLAY



Youth Committee

BLACK HISTORY EVENT VOLUNTEERS

Julia Davis
 Malikka Jones
 Jarrett Lovett
 Richard Caines
 Loring Greene
 Joanne Bell
 Nyla Bolden
 David Shelton
 Stacey Moore
 Andrele Jean-Jean-Charles
 Cherry Youngblood
 Valerie David
 Beverly Rice

*Volunteering is
Powerful*

My Experience at the Center and Game Night

Written by Iris Zinck

When I called the WMCC in search of a new meeting place for a support group, I certainly didn't think it would end up becoming a significant part of my life in just a few short months. But thanks to Board President Brian Collins, that's exactly what happened.

First, the support group. I am "out and open" about the fact that I have ADD (attention deficit disorder) and have participated in a Meet-up group called the Adult ADHD and Partners Support Group for the past three years. The group had been meeting in a community building in Malden that was suddenly shut down because it no longer met code requirements. I knew that the WMCC was a five-minute walk from the condo in West Medford where I have lived for over 20 years, but had never been inside it. I figured I had nothing to lose by calling and asking if there might be space available for the group. Brian returned her call and invited her to come take a look at the facilities. I did... and filled out a membership application on the spot.

Fast forward three months... the group has a new home at the Center and has devised a unique mini-sponsorship strategy to help cover the cost of renting space. Any local business people who would like to learn more about this opportunity are invited to contact me for further discussion. My email is iris.zinck@gmail.com. And anyone who would like to learn more about the support group is invited to visit the group's Meet=up site at

<http://www.meetup.com/AdultADHD>

To thank Brian and the Board for their help with getting the group restarted, I have volunteered to help with the newsletter, and will be gradually taking

over the layout and design part of the production process, starting with this issue. This will free Brian up to focus more on the content.

I am also getting a taste of the various activities the Center has to offer. My husband Bob and I attended the most recent "Game Night", hoping to find some Scrabble partners. Instead, they discovered a delightful new game, "Thinkblots," in the company of several other attendees.



Aww, Mama just got knocked out of the game!

Finally, I am contributing towards the activities provided by the Center by presenting a seminar there on April 16th. Please see the flyers on the bulletin board for more information.



Maya has a little sa-um sa-um up her sleeve

Game Night is the first Saturday of each month from 7-10 pm


West Medford Community Center Board of Directors

The Board of Directors wishes to thank all of our sponsors, volunteers and members who have helped us deliver our message and move us forward. Special thanks to Terry Carter, Iris Zinck and Warren Beldon for their contributions to our newsletters.


Not me, we



Brian Collins
President



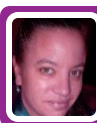
Neil Osborne
Vice President



Lovita Strain
Secretary




Rachel Tanner
Acting Treasurer




Diane Sullivan




Letha Roberts



Carolyn Rosen




Robert Penta



Stacey Moore



Loring Green



Jarrett Lovett

HOW DID YOU DO?

Chess puzzle:

1. Qg8+ RxQ
 2. Nf7#
- Checkmate!

Sudoku Solution

6	7	3	9	8	1	5	2	4
9	1	4	5	6	2	3	7	8
8	5	2	7	4	3	6	9	1
2	6	8	1	7	4	9	3	5
3	4	7	8	5	9	1	6	2
1	9	5	2	3	6	4	8	7
7	3	1	6	2	5	8	4	9
5	2	6	4	9	8	7	1	3
4	8	9	3	1	7	2	5	6

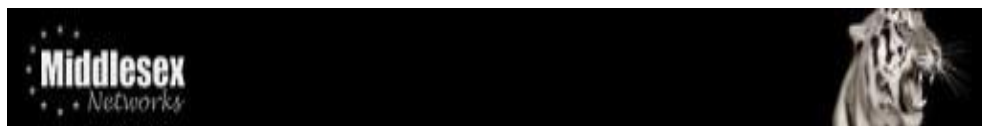
Choose Your Pain:

Tell the King "This statement is false." If the statement is false, then it's true. If it is true, then it's false! Either way the King gets all confused because there are statements that are neither true nor false.



Contact us to have your business advertised here

Email: icesemail@gmail.com



Mystic Valley Area Branch of the NAACP
Serving the towns of Arlington, Everett, Malden, Medford, Winchester, and Woburn

Coming Soon to the WMCC



WEST MEDFORD SUMMER BASKETBALL LEAGUE 2014

Senior Fashion Show



See our website: wmcc.us for more information about upcoming events and potential new partnerships including:

- Social Security Seminar: Tuesday, April 16, 2014
- Game Night: Saturday, May 3, 2014
- Senior Barbecue
- Senior Fashion Show
- Brandon Bolden Memorial Basketball Tournament

Check us out and like the WMCC on Facebook!

**Thanks for your ongoing support of the West Medford
Community Center, Inc.**