



# West Medford Community Center Newsletter



## Fall 2014

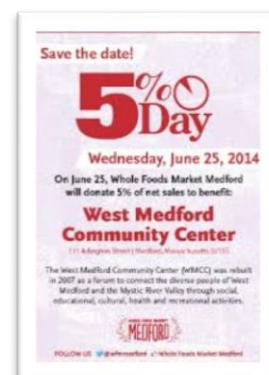
COMMUNITY IS OUR MIDDLE NAME

IN THIS ISSUE

## Sign of The Times

Thanks to some great creativity and nifty cratch carpentry, a recycled WMCC event banner has become the new sign that welcomes members, guests and new friends to our beloved Arlington Street home. Bill Tanner has proven to be quite the handyman in any number of small "fix-it" projects around 111. This great new sign has taken his volunteer projects to a new level and given the building's façade a greatly needed marquis. Please take the time to thank him for his efforts. The sign looks fantastic and has really added an updated identity to this historic address.

As reported in the Medford Transcript, the Center erected a Little Free Library for community residents to donate and share books. The little bird-like house with books was dedicated to the Center from the Power Kids summer group during a ceremony that honored the Center's President Brian Collins, who was celebrated as an honorary Power Kid for his volunteer work at the Center.



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Whole Foods gives WMCC a 5% day to raise funds for new computers.



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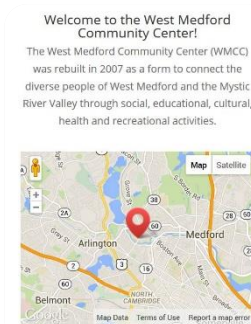
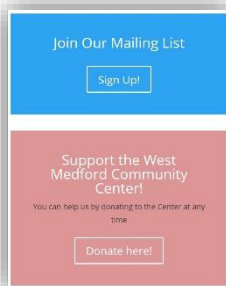
Girls In Action debuted this Summer in West Medford's First Summer Girls Basketball League.



# New Center Website Up and Running

The WMCC website just got a fresh coat of paint, and it's still drying. Here are some of the changes we've instituted to make it easier to navigate and stay informed on all our activities.

Our landing page has been redesigned in appearance and



lurking beneath the pages, you'll find links to contacts, links for membership applications, our current activities in calendar form not to mention a button to enable those wishing to donate to the Center online.

There is space to ask questions, leave comments, inquire about rentals and keep abreast of future activities. You can help us help you, by navigating to our website and scrolling down to the bottom of the page and giving us a piece of your mind,.. the good piece!



Brian Collins is the President of the Board of Directors for the West Medford Community Center.

## President's Message

*It has been a highly productive year, ushering in 4 awesome new board members and an increased passion to expand and consolidate our services to the Ville. We bid farewell to board members Letha Roberts and Starry Poe whose contributions have laid the groundwork for our current gains. Former board President Calvin Lindsay no longer serves with us on the board, but we now engage in a strategy that he set forth and continues to support.*

*The name of the game now is sustainability, and with our recent*

*fortunes regarding the support we are receiving due to the good work of our State Reps Sean Garballey, Paul Donato and State Senator Pat Jehlen, we are eager to solidify and establish the right business model for our community, our members, our time.*

*We have a new website that we are developing that I trust will augment our outreach efforts, new computers to keep pace with student demands, and new faces to keep us fresh.*

We rise

## GIRLS IN ACTION



Girls In Action officially kicked off the summer with their feet to the ground....literally. G.I.A. is dedicated to building self-esteem and leadership capability in girls and women of all ages and stages. Our programs support the achievement of physical, mental, social, emotional, spiritual, and economic success. G.I.A is part of and supported by the West Medford Community Center's Youth Committee. This summer we enlisted 13 young ladies to play basketball. Drills, games and teaming was instilled during the 8 weeks the young ladies met. We had the support of high school basketball players for coaches, parents as team "moms" and WMCC Board President, Brian Collins as ref. Each practice we had the bleachers filled with their own personal cheering section.



While the young ladies played basketball, G.I.A. was able to get a women's walk group together that walked the perimeter of the mystic river. What an awesome way to release that day at work, admire the nature and get some exercise in.

## Hi-Def Has Arrived

The call went out far and wide to the friends and members of the Center and "lo and behold", the Founder's Room has a shiny new 60" state-of-the-art TV adorning the walls. The old big-screen projection TV, donated years ago by Charles Parris, bit the dust a few months ago and a flyer immediately went up asking for contributions toward a new set.

Slowly donations began to come in, but during the recent 2014 West Medford Reunion, a legendary gathering of West Medfordites from across the country, several folks got together and took the proverbial "bull by the horns", pooling resources and actually visiting a local electronics store and purchasing the top shelf hi-definition, computer-ready, "smart" TV and the hardware to mount the set.



Shortly thereafter, local electrician Todd Miller got together with WMCC "super-volunteer" Bill Tanner and professionally wired and mounted the set on the main wall of the Founder's Room. A blu-ray DVD player was recently donated by Warren Belden, Sr. to enhance viewing even further. A shelving system is in the works to store all of

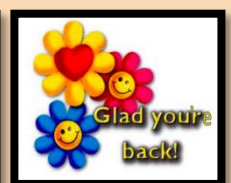
the hardware and hide some exposed wires.

Now, the seniors gathered for their afternoon lunch can only grouse about what channel's on. There are no complaints about the picture quality whatsoever. From the Sisters-in-Sweat, who exercise to a DVD walking program three days a week, to the movies and video games that are being displayed, the TV is a big hit!

Thanks go out to a bunch of folks for contributing toward the television purchase including the 2014 West Medford Reunion Committee, Jamie Hoyte, Curtis Keel, Fletcher Coleman, Joseph Jones, Rev. David Kilpatrick, Penny Turner, Bobbye Booker-Coleman, Norma Thompson, Buddy Clayton, Whitfield Jeffers, Gayle Thomas, William Phillips, Myra Adams, and Mabelle Barnette.

## WELCOME BACK CHERYL

Cheryl Shaw's record of volunteering at the Center includes her efforts in leading the Drill Team, a marching dance troop that participated in Medford's Memorial Day Parades back in the 1970s. She's back with us providing kids dance classes, and line dances for all ages.



# Breakfast Forum

## We Are *here*, *hear* us Roar!

On Saturday, April 12th the WMCC opened its doors on a beautiful Spring morning to host its first ever Legislative Breakfast Forum. More than 70 community members were welcomed to a spread of breakfast treats, coffee and juice made possible by the kind donations of The Magnificent Muffin Shop, Dunkin Donuts and kind volunteers.

The audience heard updates from Board President Brian Collins, were introduced to newly elected Board members and learned of the Center's ongoing and upcoming activities. Mayor McGlynn took to the mic reflecting on the unique richness of the history of West Medford and the essential role that the WMCC has played in its continuity. Distinguished guests also included State Senator Pat Jehlen and State Representative Paul Donato. While State Representative Sean Garballey was unable to join us, he was instrumental in carrying out the charge of the day.

In the days leading up to the Breakfast Forum, the Massachusetts Legislature was in the beginning stages of their annual budget debates for the upcoming fiscal year, FY2015 (beginning July 1, 2014 and ending June 30, 2015). Rep. Garballey, with the full support of Rep. Donato, had filed an amendment to the proposed House budget, an amendment that would provide \$50,000 in state funding to the WMCC for FY2015.

The Senate would soon begin their budget debates the following month, and during the open discussion portion of the event, the question was posed to Sen. Jehlen whether she would also file an amendment on behalf of the Center for \$50,000 in FY2015. And she agreed. Both the House and Senate of the MA

Legislature agreed to the funding, and in July, Governor Patrick signed this funding into law!

The WMCC Board of Directors continues to work with Rep. Garballey and the Patrick Administration in an effort to secure these funds and is committed to utilizing these funds in a way that best serves our community.



## Seniors Hit the Road for Atlantic City

With kudos to WMCC Senior Clubber Juanita Payne for patiently and persistently coordinating the outreach efforts, we finally hit the number on participants and sent another happy group of Seniors down to Atlantic City for a fun time of slots, shows, and shopping at "Las Vegas East" -aka- Atlantic City, New Jersey! About thirty folks boarded a luxurious Yankee Line Bus for the three day trip. Travelers stayed at the luxurious Resort's Casino & Hotel right on the famous Atlantic City Boardwalk and enjoyed sumptuous buffets, games, and all the other activities this famous seaside tourist destination is known for.

Next stop...Hyannis, MA for our annual Lobster Roll Cruise on August 21, 2014. Relax and enjoy spectacular ocean views from the deck of the spacious S.S. Lobster Roll cruise ship. Glide through the calm waters of Sesuit Harbor and into the serene beauty of Cape Cod Bay. Departing soon via Yankee Bus from the WMCC. FMI, contact Juanita Payne at 781-488-5370, or Terry Carter at 781-483-3042.



## Dance Classes Abound

As the summer days ended, it was time to go back to school and with the thoughts of cooler weather, G.I.A. began their practice for the 2nd annual Medford Got Talent, directed by Valerie "Vee" David and our own line dance group, led by West Medford Community Center original dance teacher Ms. Cheryl Shaw.



Each class is supported by the WMCC Youth Committee and may or may not have a charge. On Saturday @ 3:00 the younger group meets and are working on some routines that will be showcased at G.I.A. presents Medford Got Talent. The talent show is slated to be held in October 2015 but Valerie "Vee" David is determined to have another successful event and has enlisted Ms. Cheryl once again to choreograph the dance routines. These young ladies (and we are looking for young men) are all giggles, splits and fingers snapping as Cheryl Shaw continues her legacy as West Medford dance instructor. We are looking for more adults and seniors to learn routines and participate in the talent show dance practice on Tuesday @ 6:00 p.m. Talks of Dream Girls, The Wiz, some tap dancing and jazz routines are in the works. As the week continues there is no stopping us. All ages meet on Thursday @ 6:00 p.m. to do the electric slide, wobble, cha cha and the cupid shuffle. But Cheryl is not stopping there is she working on creating her own line dancing that will represent....yes West Medford. How exciting is that? For additional information please email [westmedfordgia@gmail.com](mailto:westmedfordgia@gmail.com).

# Whole Foods 5% Day Nets New Computers



Our quest to provide an effective educational and social outlet for students through our after school programs just got a big boost. Whole Foods Market located at 2151 Mystic Valley Parkway has served this community now for decades. Their support of our programs span this same period. Previous incarnations of our after school programs have received support from Whole Foods in the past, most recently in 2010 when the Center's Homework Club met regularly for homework help, and Whole Foods contributed healthy snacks and refreshments for the kids then. Today we have the Afternoon Youth Club, the AYC – lead by MinM (Medford-In-The-Middle) along with Joe Jones and Retired Prof. Ann Thomson who ran the aforementioned Homework Club.



Upon hearing that the Center has revived our student programs, Kimberly Ransom who serves as the Community Liaison and Marketing Team Leader for Whole Foods reached back in a big way. .



Whole Foods offered to donate to the Center through giving us a 5% Day, which is five percent of their proceeds for a specific day would be donated to the Center. Their donation has allowed us to purchase 10 brand new computers to support student educational needs and more generally allows us to support a variety of technological initiatives.

On Wednesday, June 25<sup>th</sup>, 5% day happened, and the troops were out. Board members and volunteers met and spoke with shoppers expounding upon the good work that's being done downstream, right around the bend, at the West Medford Community Center.

Thanks Whole Foods!



# Afternoon Youth Club Activities

Afternoon youth activities at the West Medford Community Center (WMCC) have restarted for the 2014-2015 school year, and are taking shape under a new name: the West Medford Afterschool Youth Club (AYC).

The AYC offers 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 currently managed by Medford in the Middle, Inc. (MinM) with the participation and assistance of local seniors, parents and college students from Tufts' Leonard Carmichael Society and the Tufts Literacy Corps. Every school day afternoon between 2:45pm and 6pm, multiple student Leaders and other volunteer Leaders are on hand at WMCC to assist youth with homework, provide tutoring, supervise computer use, and facilitate sports, games, musical fun, discussions and other activities according to youth interests and needs.

Special programs and activities unfolding over the next few months include Loring Greene's Tang Soo Do class, Math Games with Brian Collins, Discovering Politics with Attorney Neil Osborne, and Presentation Skills with Maria Scott. Youth will also have occasions to earn a Red Cross babysitting certification, plant bulbs for a WMCC Spring garden, watch movies, and enjoy other learning opportunities.

Since there are many new faces among both AYC youth members and Leaders, we are working together to reestablish a supportive and productive club culture and environment. This includes formalizing and standardizing our practices and procedures to ensure we continue to operate safely and effectively.

The AYC is still enrolling members for 2014-2015. It is targeted to Medford students aged 10-14 years or grades 5-8, however it welcomes Medford high-schoolers seeking tutoring help. It can also accommodate children over 8 years who are ready to handle the relative freedom of a "drop-in" program or who come with a parent volunteer. WMCC is served by the Medford Public School buses (#5 from the middle schools, #7 from Brooks) making it an easily accessible afternoon resource for kids.

Organized as volunteer-supported community cooperative, the AYC is grateful to its volunteers for their time, energy, and commitment to the safety and growth of our Medford youth. **NEW ADULT VOLUNTEERS ARE ALWAYS WELCOME!** If you are able and willing to help out, even a few hours a month – for example, to share career experiences or demonstrate a hobby—please contact Deborah Soule at MinM.

**CHESS PUZZLE: WHITE TO MOVE**

Find checkmate in 2 moves

**SUDOKU CHALLENGE**

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

**Test Your Logical Thinking**

**LIGHT MY FIRE**

You are in a dark room with a candle, a wood stove and a gas lamp. You only have one match. Which do you light first?

Answers given on the last page ...

# New Programs

This year, we've begun holding meditation classes every Sunday morning at 9 am lead by Wendy Barrett.



Iris Zinck leads an ADD support group here at the Center once a month on the fourth Thursday.



The new West Medford Karate Academy is starting a new fall session to begin ... Black belt Instructor and WMCC board member Loring Greene has turned his passion loose on the kids and his program remains one of the our biggest attractions. Contact Loring for more information about his program that promotes healthy mind and enrichment activities for our youth.



Brian Collins leads the Math Club once a week where the goal is to have fun while exposing the many faceted relationships between our activities and Mathematics. The students play games, solve puzzles, program on the computer along with tackling student's questions from class. Last year, the kids learned how to solve a Rubik's Cube and performed experiments with the Monte Hall problem. This year we'll work with Tangrams, Pascal's Triangle, Music-Math, and show how computers are just really big calculators.



## VOLUNTEER SHOUT OUTS

Without U, there's no US

*Bill Tanner*

*Jim Considine*

*Valerie Rice*

*Beverly Rice*

*Leigh Canada*

*Scott Carter*

*Todd Miller*

*Jris Zinck*

*All Senior Group members*

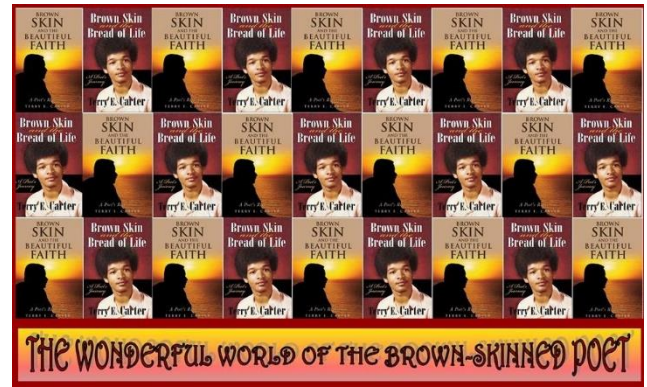




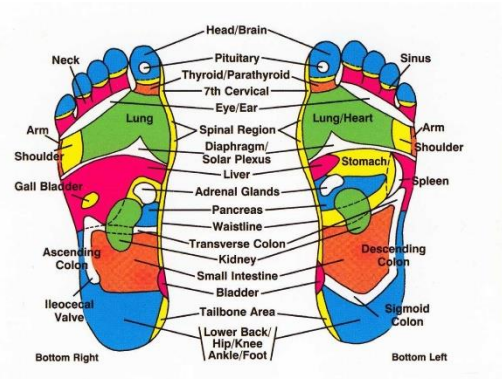
# Center Hosts Book Event with the Brown-Skinned Poet

Written by Terry Carter

On May 30, 2014, our own Director of Elder Services, local poet and author Terry E. Carter hosted his second new book release party here at the Center. Terry's second book of faith-inspired poetry, "Brown Skin and the Beautiful Faith: A Poet's Reflection" was just published by Xulon Press and is now available. The WMCC event was attended by folks from the community, as well as a number of the author's friends and family from Boston and the South Shore. The highly-entertaining evening featured readings from the author's work, as well as some fantastic music and poetry presentations from several of his artistic colleagues. If you missed the event, please be on the look-out for another such evening in the fall. You can also get both of Terry's books, signed by the author, here at the WMCC, during Elder Services operating hours, Tuesday through Thursday, from 10 am until 3 pm.



## Senior Program Adds Variety to WMCC Menu



Thanks to the skills of AMTA certified and licensed practitioner Jane Aire Beckwith, MST, the ancient art of reflexology is now being enjoyed one-day-a-week by seniors at the center. Reflexology is an ancient healing art related to the acupuncture and acupressure techniques practiced in the Orient for centuries. According to Ms. Beckwith, it is "an integral tool for restoring the body through natural pathways that originate in the hands and feet. Through gentle, focused progression, it provides deep relaxation, strengthens the immune system and relieves both muscle aches and rheumatism. As a direct route to the organs, reflexology is also inherently efficient and effective." Jane is available for appointments here at the WMCC on Tuesdays, from 12:30 p.m. until 2:30 p.m. Call her at 727-389-3899 for appointments.



**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, Medford In the Middle, Leigh Canada and Diane Sullivan for their contributions to our newsletters.

**Not me, we**



**Brian Collins**  
President



**Neil Osborne**  
Vice President



**Lovita Strain**  
Secretary




**Carolyn Rosen**  
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**Rachel Tanner**




**Diane Sullivan**




**Robert Penta**



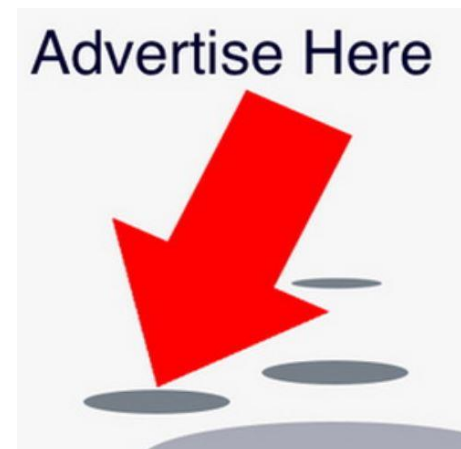
**Stacey Moore**



**Loring Green**



**Jarrett Lovett**



**Contact us to have  
your business  
advertised here**

**Email:**  
westmedfordcommunitycenter@gmail.com

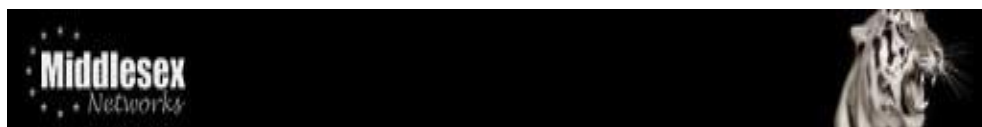
**HOW DID YOU DO?**

**Chess puzzle:**  
1. Nxf6+ QxN  
2. Qf8#  
Checkmate!

**Sudoku Solution**

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

**Light My Fire:**  
The match.



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

# Coming Soon to the WMCC



See our website: [wmcc.us](http://wmcc.us) for more information about upcoming events and potential new partnerships including:

- Social Security Seminar: Wednesday, Oct 29, 2014
- Game Night: Saturday, November 8, 2014
- Adult Halloween Party, Saturday November 1, 2014
- Flea Market & Bake Sale, Saturday, November 15, 2014

Check us out and like the WMCC on Facebook!



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