

RNN Newsletter

August 2018



Things members have learned this summer!

Lake Quannapowitt is the headwaters of the Saugus River which runs through the Saugus Iron Works and empties into Lynn Harbor. (Photos from Saugus Iron Works.)



Picking up a 22 inch feather from the beach, which turns out to be an eagle feather, could cost you a \$5000. fine and a year in jail, unless you are a member of a First Nation.

You can see 31 different species of hummingbirds displayed at the Harvard Museum of Natural History in Cambridge. See the glass flower exhibit while you are there.

Common side effects of hearing loss are depression and isolation. You may want to read *The hearing-loss guide: useful information and advice for patients and families* by John M. Burkey

Wild turkeys can fly close to the ground for up to a quarter mile.

New Members

Please make these new members feel welcome: Kathleen Dyer and Grace Fitzpatrick.

Thanks to all who have been talking to friends about RNN. We now have 70 members signed up. Refer friends to our website www.readingnncub where they can ask for information and a registration form.

We are working to get the Members Only section of our website active and will notify you when it is ready. In the meantime there is information available on the public site.

Upcoming program dates

Sunday, August 19th is our Kick-Off Event

2:30-4:30 p.m. RCTV (Reading Cable TV) 557 Main Street, Reading, MA

This is a time to socialize with old friends and meet some new ones, to have refreshments and learn some of the exciting plans for the year. If you know someone who may be interested in learning more about RNN, feel free to invite them.

Visit our RNN Table at Reading Street Faire on Sunday September 9th to say hello.

Tuesday, September 18th will be our first program of the year

2:30-4:30 pm Reading Public Library, Community Room

Please reply to the survey you received by email from Tom Mottl and the program committee.

Interest group updates

The next **Koffee Klatch** will be on Monday, August 20th at **10:00**. Join them for friendship, food & fun at Fusion Cafe.

The **Travel Group** visited the Saugus Iron Works in July and are considering a Boston Harbor Tour for the next outing.

The newly formed **Meditation Group** had an introductory session on August 3rd. If you are interested please contact Pat Brennan via email pbrenn42@comcastnet before the August 17th session.

Film/Arts visited the Scottish Rite Masonic Museum on August 8th. They are planning a trip to Beauport Hotel in Gloucester to explore culinary arts while looking out over the harbor.

Political Discussion Group will meet September 11th on Immigration policy and current laws.

Interested players for **Men's Bridge** should contact Dan Clark at dclark@trinitylg.com

Lend a Hand

Lend a Hand is a very important part of our group. We are all willing to pitch in to help each other but for it to work, our members need to ask for the help they need. Often, that isn't as easy as it sounds.

-Do you need a ride to Logan Express, to an appointment or elsewhere? We can help get you there.

-Are you feeling under the weather or not as mobile as you wish? An RNN member can bring you a meal, call or pay a visit or help out with an errand or a task around the house.

Contact:

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