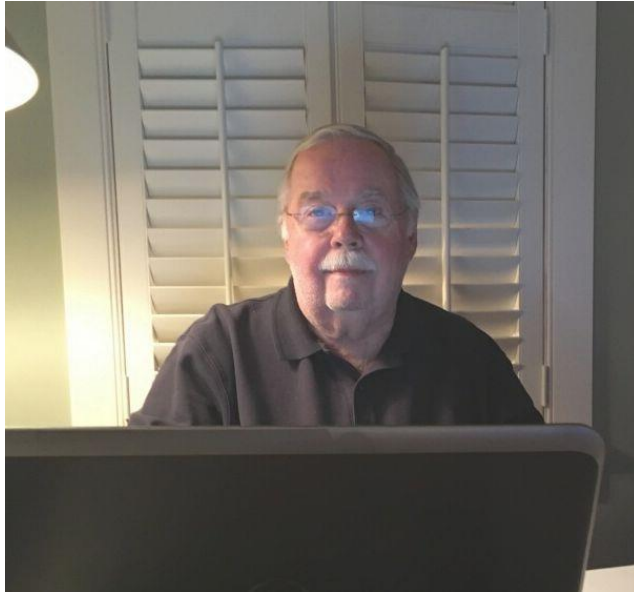


Meet Member Bill Jaros, Village Concierge

Has anyone not yet met Bill? He's been with the Village since before the beginning, as a founding board member, organizer, and nonstop volunteer. You've likely seen him at some Village event, and if you're one of the many members receiving services from our Good Neighbor Volunteers, then you may recognize his phone voice or email signature as the Village Concierge. In the 2½ years he's fulfilled this role, Bill has coordinated over 930



service requests! No small feat, since each request involves reaching out to appropriate volunteers, ensuring the request is met if at all possible, and following up to keep things running smoothly.

But you may not know about the interesting life Bill has led. Before his recent retirement, he worked at the M.I.T. Lincoln Laboratory managing projects for NASA, the Defense Department, the Federal Aviation Administration, and Homeland Security. Earlier in his career he took his family to the Kwajalein Atoll in the Marshall Islands for three tours of duty, totaling 13 years, where he managed radar operations and mission control center activities. Read more about Bill in the Board of Directors section under "About Us" on the website.

About 6 years ago, Bill and his wife Bernadette moved to Newburyport. He knew Paul Harrington, our Village president, from his former days in Concord, Mass. – and Paul quickly drafted Bill onto the board. As one of the founding members with considerable technical expertise, Bill was involved in setting up our Village website and designing the system for matching volunteers with members' needs and communicating information to members and volunteers.

With all this activity, it's surprising he still has time to pursue personal interests, which include woodworking and furniture refinishing, cooking, and watching New England sports. Still, it's clear the Village is as important to Bill as he is to the Village. "It gives you a lot of satisfaction," he says, "knowing you're helping people. But none of this would be possible without a group of dedicated and enthusiastic volunteers." Both the volunteers and Bill get a lot of appreciative comments back from members they've assisted.

Be sure to say thanks next time you talk to Bill. And even better, let his example motivate you to volunteer yourself, if able. He could sometimes use a little help!

Village Going Deeper Series: The Art of Age-ing... the Gift of Sage-ing® Workshop

October 24 and 31. It's not too late to register – see the Village website now! Village Volunteers are especially encouraged to sign up for remaining open slots.

Upcoming Events

See Website for more info!

Village Talks Open to the Public at Newburyport Senior/Community Center:

October 16, 1-2 pm. "Amesbury Women: Their Daily Lives at the Turn of the 20th Century" with author Edith Maxwell.

November 20, 1-2 pm. "Shady Talk... Everything You Wanted to Know About Trees But Were Afraid to Ask" with Jean Berger and Cris Miller.

For Village Members and Volunteers:

October 22, 6-7:30 pm, Village Dinner at The Grog. (Separate checks as usual.) RSVP by October 18.

November 19, 12-1:30 pm, Village Lunch at Park Lunch. (Separate checks as usual.) RSVP by November 15.

For Village Members Only:

October 3, 10 am – noon, Nature Walk in Maudslay with David Moon.

December 12 (save the date!) Village Holiday Party 6-8 pm, Portside Waterfront Restaurant and Bar.

To Contact the Village

For information:

call 978-206-1821

email:

info@greaternewburyportvillage.org

visit our website:

www.greaternewburyportvillage.org

For member services:

call 978-206-1821

email a service request to:

services@greaternewburyportvillage.org

Members Nature Walk in Maudslay State Park

On October 3, members are invited to a Nature Walk. Join David Moon, Director of the Mass Audubon Joppa Flats Education Center, and other naturalists in Maudslay State Park for a forest walk. We will explore the mature forest in the park, what the

season has to offer, including mushrooms and bird watching. Binoculars will be useful but not crucial. We'll meet in the Maudslay parking lot just before 10 am. Please register as soon as possible.

A Haiku Moment



lumbering to the pond
flat-footed pot-bellied swan
launching to perfection

Bill Franz



In memoriam
Annie Tunstall
Annie will be sorely
missed by her many
Village friends.

Upcoming Village Talks



Author Edith Maxwell

On **October 16**, the Village Talk features local author Edith Maxwell on “Amesbury Women: Their Daily Lives at the Turn of the 20th Century.” Edith draws on research and vignettes from diaries and oral histories of life-long residents to tell the stories of women living in our neighboring town when it was bustling with carriage factories, textile mills, and other workshops. Edith is a national bestselling mystery author, and her historical Quaker Midwife mysteries are set in Amesbury.

In the **November 20** Village Talk, Jean Berger and Cris Miller will give their Shady Talk — everything we wanted to know about trees and were afraid to ask. Trees by the numbers, the value of trees, what trees do for us—and Newburyport trees in a nutshell. You'll learn too about the organizations supporting the

enhancement of our city's urban forest. If you ever wondered who looks after the trees in our city, now's the time to find out. There will be a question and answer session after the talk, so please do not be afraid to ask!

Jean Berger is a certified Massachusetts Arborist, owner of Green Jean's Design and Horticultural Services. She has been gardening all her life but made it a second career after fundraising for nonprofits—she needed to be outside! She is a member of the nonprofit Friends of Newburyport Trees Board of Directors. Cris Miller is a life-long tree hugger. Having retired from a career in software, he is currently Vice Chairman of the Newburyport Tree Commission and President of Friends of Newburyport Trees.

Note: For more information on these and all Village events, please check the Event Calendar at the Village website: www.greaternewburyportvillage.org

Our Village's Mission

To promote living well and independently for a lifetime through community engagement and a network of neighborly support.

Tips for Aging Well

*From HelpGuide.org
International in collaboration
with Harvard Health:*

1. Learn to cope with change. Focus on the things you're grateful for, and accept what you can't change.
2. Find meaning and joy in life. Try a new hobby or learn something new. Get involved in your community.
3. Stay connected. Build an active social life and connect regularly with family and friends.
4. Get active and boost your vitality. Exercise is the top contributor to longevity. Eat well and get plenty of sleep.
5. Keep your mind sharp. Games, puzzles, taking on a new subject – it all works!

We Want To Know If you know a member or volunteer who is facing surgery, a loss, or an important milestone, let the Village know so we can acknowledge it appropriately and offer help as needed. Please call 978-206-1821 or email membership@greaternewburyportvillage.org.