



Village Voices



CUTTING THE CAKE, from left: Peter Javscas, Northwest Village Network; Jane Eeley, Penn's Village; LeAnne Hall-Stowe, Visiting Nurse Association; Phil Hinline, EFV Co-chair; Rick Spector, Philadelphia Corporation for Aging; Mary Flourney, EFV Co-chair; Susan Wortman, UUH Outreach Program; Charlie Day, EFV Founding Chair.

EFV Celebrates Five Years

By Mary Flourney

More than 100 people, both members and interested guests, attended the 5th Year Anniversary of East Falls Village on Saturday, June 4th in the Kanbar Center at Philadelphia University. After a lively social hour and music by four members of the Philadelphia Recorder Society, co-chair Phil Hinline narrated a slide show about the history of EFV and its accomplishments (see box below).

Special guests from neighboring villages and local agencies helped cut the cake and drew tickets for raffle prizes donated by local businesses and residents. The raffle proceeds were designated for the new Assisted Membership program, which provides assistance for those who find the annual fee to be a hardship.

For more pictures see page 2 and "event photos" at eastfallsvillage.org

In 5 Years

Over 675 programs from A to Z (with the exception of X-rated!) have been held

Volunteers have given **over 17,000 hours** to East Falls Village.

Volunteers Live Longer, Healthier Lives

By John T. Gillespie

One of the great ironies in life is that in helping others we help ourselves.

Countless studies have confirmed the link between volunteering and good health and longevity. Even the smallest favor done for others can yield emotional rewards, proving that giving is better than receiving.

Take driving someone to the supermarket or doctor's office. No task is more routine, yet no service means so much to those unable to drive themselves. Last year 12 Village volunteers rotated as drivers.

"A ride is no big thing, but, if you need one, it's invaluable," says volunteer driver Winnie Fessenbecker. "You get a good feeling and you appreciate your own health." She also knows she may need a ride one day herself.

Philadelphia Corporation for Aging's (PCA) Andrea Birget, manager of the senior companion program, says that volunteers "have higher rates of overall happiness, life satisfaction, self esteem and physical health, as well as lower rates of depression."

An issue brief compiled by the Corporation for National and Community Service shows that volunteers live longer. In a study of Americans 60 or older, those who volunteer reported lower disability and higher levels of well-being relative to non-volunteers. Volunteers are also

(continued on page 3)

Welcome New Members!

- ▶ **Charlene & Geoffrey Brock**
- ▶ **Elizabeth Corea**
- ▶ **Sandra Erickson**
- ▶ **Melanie Freely**
- ▶ **Mary Horne**
- ▶ **Vic & Mimi Mather**
- ▶ **Steve Peitzman**
- ▶ **Charles E. & Mary MacGregor Mather**

For their contact information, log in to eastfallsvillage.org with your user name and password to access the members-only Membership Directory.

For help on how to log in to the members-only part of the website, see pages 9-10 in your copy of the 2016 Member Handbook & Directory or email info@eastfallsvillage.org.

Village Voices is a publication of East Falls Village (EFV), a program of East Falls Community Council. No portion of this newsletter may be copied or reprinted without the permission of East Falls Village. All East Falls Village programs and activities, including Village Voices, are created, developed and executed by Village Member Volunteers.

Editor:

John Gillespie

Contributors:

Mary Flournoy, Tom Smith, Tom Sauerman

Design and Layout:

Kristin Puls of Mountain Paper
www.mountainpaper.com

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Celebrating Five Years



Peggy Leiby and friends from the Philadelphia Recorder Society played throughout the social hour.



Our Administrative Coordinator Margie Neary gets to enjoy herself after preparing the wonderful slide shows for the 5th Anniversary program

EFV Co-chair Phil Himeline & East Falls Community Council President Bill Epstein. EFV is a program of EFCC.



Sisters Eileen Furlong & Jean McWilliams



Kathy Seed, Tom Smith, and Glennis Pagano



Phil Steinberg & Kay Keenze. Phil's wife Doris set in motion the planning group that generated East Falls Village.



Kumar Kishinchand & Susan Smith



Martha Matzko, Gayl Henze, and Margaret Sadler



Peggy Sgarra, Jeanne Maxwell, and Nell Anderson



Enjoying the hors d'oeuvres buffet catered by Philadelphia University



Many thanks to Wendy Moody for contributing her photos for this section!
For more pictures, see "Event Photos" on eastfallsvillage.org.

Volunteers

(continued from page 1)

twice as likely to donate to charity.

Joe Terry, who monitors calls to the Village hot line, says that volunteering has “made friends of neighbors.” In a recent week he fielded 21 calls for everything from a Village-sponsored Coast Guard tour, to requests for landscaping service, rides, the monthly lunch at the Adobe Café in Roxborough, and a tour of the Kimmel Center.

Last year 76 volunteers – 40 percent of EFV’s total membership – gave 5008 hours, roughly half in “member-to-member” services and half to organizational and administrative tasks, such as communications, civic engagement, social and cultural activities.

A study by Experience Corps, which recruits older adults to serve in schools like Mifflin, showed that volunteers experience increased brain activity as measured by MRIs and the preservation of cognitive function.

Village volunteer director Anne Hagele calls the social interaction that comes with volunteering an antidote to depression and isolation. “If you’re depressed, it’s hard to live life successfully.”

Milestones, the newsletter of PCA, reports that bereaved individuals who engage in volunteer activities experienced a shorter period of depression than those who did not volunteer.

“Retirement and aging can be a difficult transition period for many seniors,” says PCA’s Birget. “Social connectedness and social roles are key protecting factors and can help individuals through difficult transitions or challenging periods in their life. Participation in volunteering provides a source of support, a reason to get dressed and out of the house on a regular basis, and exposure to a network of peers. This sense of purpose and belonging leads to improvement in mood and mental health.”

76 Village
volunteers
gave **5008**
hours in 2015...



MEMBER-TO-MEMBER & COMMUNITY SERVICES

12 volunteers
provided 49 rides

EFV members hosted
20 events in their homes

10 volunteers provided
10 household tasks

6 telephone
answerers were on duty
for 2397 hours

27 volunteers read to Mifflin
School students for 126 hours



ORGANIZATIONAL SERVICES

35 volunteers gave 2611
hours serving on 11
teams

9 volunteers each gave
50-99 hours

2 volunteers each
gave 200-300 hours

1 volunteer gave
300-400 hours

1 volunteer gave more
than 500 hours



BECOME A VOLUNTEER!

Interested in helping out around
the Village? Contact:

info@eastfallsvillage.org

267.444.4507

Summer Safety For Computers

- ✓ Make sure you are using an anti-virus software (Norton, McAfee, Kaspersky, AVG, etc.) Some versions are free.
- ✓ Don't keep your internet connection open when you're not using it; reconnect when you do.
- ✓ Don't respond to messages claiming to have found "serious" problems with your computer; they're likely to be scams; don't call the phone number listed with such messages.

The best response to suspicious messages is to reboot your computer; you should reboot regularly anyway.

Have a great summer!
-Your Friendly Tech Team



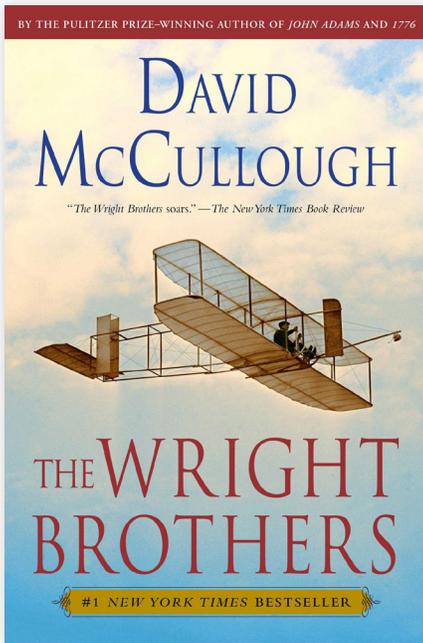
Village Member Honored

Long time Falls resident Julie Camburn receives Good Neighbor Award from Town Watch in honor of the more than 25 years that she worked as editor of *The Fallser*. From left: Marie L. Filipponi; Pat Adams; Mary Jane Fullam, director of Town Watch; Julie Camburn; Bob Camburn; Bill Epstein.

READING CORNER

The Wright Brothers

By David McCullough / Review by Tom Sauerman



David McCullough knows how to bring history alive. His latest biography, *The Wright Brothers*, is peppered with quotes from a family of prolific correspondents who kept records through thousands of diary entries, scrapbooks, notebooks, and letters.

Those records offer a detailed account of the run-up to success and vindication at

Kitty Hawk. In layman terms McCullough recounts how the Wrights discovered the principle of fixed wing flight and the method of control. Wilbur, four years older, was the driving genius; Orville, the gifted mechanic. With barely a high school education but plenty of books at home supplied by their preacher-father, the Wrights were autodidacts. Retiring in nature, both worked in relative anonymity until their great achievement propelled them to fame.

Their exploration of manned flight began in the back room of their bicycle sales and repair shop in Dayton, Ohio. Intrigued by kites, the brothers built a primitive wind tunnel and eventually fashioned surprisingly efficient wings and propellers. From hours of watching birds, they learned what gave wings lift and the birds direction through the lowering and raising of wing tips, known as “banking.”

Discovering the coefficient of lift was one thing. Applying it to manned flight was another. The Wrights worked 16-hour days, six days a week, conquering one

problem at a time. They built and flew gliders – over 700 times – to test their lift theories before adding power. On December 17, 1903 at Kitty Hawk, NC, the brothers entered history in a series of four flights, the longest lasting 59 seconds and half a mile. The famous photograph shown below with Wilbur running alongside captured the moment.

The book documents the challenges that had to be overcome in order to fly: how to build a small engine for thrust and power, how to design a propeller, and how to control the plane once airborne. The author tells the story in understandable terms, a story of grit, patience, and perseverance.



Famous flight of the Wright Flyer I, December 17, 1903, Orville piloting, Wilbur running at wingtip.



East Falls Village

P.O. Box 12672
Philadelphia, PA 19129

Deliver to:



EFV Events

KEY

REG = Registration Required or Recommended

\$ = Fee Required in Advance



EastFallsVillage.org
Click on Calendar of Events



267-444-4507

TO REGISTER

Post on your refrigerator! PLEASE NOTE This is a partial listing. Details may change. For more information, check EastFallsVillage.org or consult the EFV Weekly Update, emailed to members on Tuesdays.

Thursday Morning Walks & Stop at a Local Café

All are welcome to join us for some exercise, good company, and a snack.

For same-day information, call 215-817-9430.

Every Thursday 9:30 am

Meet at the Falls Library Garden

Saturday

**July 3
1 pm**

Violet Oakley & The Woodward Family

Woodmere Art Gallery, 9201 Germantown Ave.

Carpool from Falls Library at 1 pm or meet us at the Woodmere for the 1:30 docent tour. No charge for the museum or the tour, but please register.

This exhibition celebrates the generosity of the Woodward family, which transformed Chestnut Hill. In the early 20th century, George Woodward invited Violet Oakley and her circle of artists to live and work in Chestnut Hill. **REG Recommended**

Wednesday

**July 13
11:15 am**

Lunch of the Month: In Riva

4116 Ridge Ave.

Carpool from Falls Library at 11:15 or meet at the restaurant at 11:30. Enjoy some great pizza, baked in a wood-fired oven, and maybe sit on the patio overlooking Kelly Drive.

REG Recommended

Tuesday

**July 19
11:30 am**

Lunch in the 'Hood: Independence Beer Garden

6th & Market Sts

Carpool from Falls Library at 11:30 or meet at the restaurant at 12. This outdoor beer garden overlooks Independence National Park.

REG Recommended



Sunday

**July 31
11 am - 4 pm**

Schuylkill River Boat Ride & Tour of Bartram's Garden

Carpool from Falls Library at 11 am.

This narrated boat ride and trip to the historic house and gardens was so popular that we're repeating it! We will take the 12 noon boat from the Walnut St. Dock on the Schuylkill Banks. Upon arrival at Bartram's Garden, there is a 1/4 mile walk uphill from the dock. 2-hour guided tour of the house and garden. Make your own reservations for the Noon ride (\$30) at 800-979-3370.

REG Recommended

Programs not listed here, such as bridge, memoir-writing, hands-on help with smartphones or tablets, are for members only and are scheduled month-by-month.

(over for more programs)



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Wednesday
August 17
6:30 pm

Maggie Grows

Falls Library, Warden Drive & Midvale Ave.

Screening of Maggie Grows, a documentary about Maggie Kuhn, the feisty Germantown resident who founded the Gray Panthers and championed the role of the elderly in America.

Thursday Morning Walks & Stop at a Local Café

All are welcome to join us for some exercise, good company, and a snack. For same-day information, call 215-817-9430.

Every Thursday
9:30 am

Meet at the Falls Library Garden

Wednesday
August 10
6:30 pm

Friday
August 12
10 am

Monday
August 15
11 am

Tuesday
Sept 13
11:15 am

Thursday
Sept 22
11:30 am

Thursday
Sept 29
9:30 am - 2 pm

Introduction to Facebook

Falls Library, Warden Drive & Midvale Ave.

Larry Benjamin will show how to set up an account, search for friends, and post messages and pictures.

Cuppa Joe

Epicure Cafe, 3401 Conrad St.

Join us for a coffee or tea, maybe a pastry, and good company!

Lunch of the Month: Valley Green Inn

Valley Green Rd at Forbidden Dr.

Carpool from Falls Library at 11 am or meet at the restaurant at 11:30.

Join us at this lovely spot – the last remaining tavern along the Wissahickon. **REG Recommended**

Lunch of the Month: Pizzeria Nonna

5301 Germantown Ave.

Carpool from Falls Library at 11:15 or meet at the restaurant at 11:30.

Join us at this new pizzeria that's getting great reviews.

REG Recommended

Lunch in the 'Hood: Cedars

616 S. 2nd St.

Carpool from Falls Library at 11:30 or meet at the restaurant at 12.

Located in a historic building, this restaurant has authentic Middle Eastern food and décor. Over lunch, Fred Vincent will talk about the neighborhood and lead an optional tour afterwards.

REG Recommended

Special "Walk": Meadowbrook Farm & House

1633 Washington Lane, Jenkintown

Meet at the Falls Library at 9:30 for carpooling.

Meadowbrook Farm, once home of J. Lidden Pennock, is now owned by the PA Horticultural Society. Tour the gardens and even buy a plant or two. Take a tour of the historic home (\$15).

REG Recommended

Programs not listed here, such as bridge, memoir-writing, hands-on help with smartphones or tablets, are for members only and are scheduled month-by-month.

(over for more programs)