ALLIANCE NEWSLETTER

Cedar Lane Unitarian Universalist Congregation, 9601 Cedar Lane, Bethesda, Maryland 20814-4099

Connecting/Sharing/Enlightening

Linda Gianessi, *president* **November 2026** Leslie Backus, *editor*

The Alliance of Cedar Lane is a non-profit affiliate of the Cedar Lane UU Congregation. Its purpose is to promote programs and activities of a cultural and community nature that support Unitarian Universalist principles. In furtherance of these purposes the Alliance raises its own funds and establishes its own budget. VOTEVOTEVOTEVOTEVOTEVOTEVOTEVOTEVOTEVOTEVOTEVOTEVOTE

Alliance Day

Thursday, November 12, 2026

The Alliance is open to all who wish to join, even those not members of CLUUC. We meet monthly on second Thursdays for a potluck and lecture.

If you haven't paid your dues for this year, see the directions on the last page. Dues payers get to vote and get a hard-copy Directory! If the cost is a hardship, call Beverly Catron at 301-424-6766.

Beverly Catron, membership chair

Below are the volunteers for our next meeting:
(If questions, contact Don Woodruff,301-602-7634)

Set-Up (arrive 10:30 am)	Don Woodruff
	Mary Morse
AV Setup:	Mike Morse
Greeter (arrive 11:30 am)	Wayne Mara
	Dottie Mara
Receive Food (11:30 am)	Doug Hardy
Clear Luncheon Tables	Ellen Duke
(12:45-1:00 pm)	Tina Borror
Clear Serving Tables (12:45)	Helen Pechacek
Tablecloths	Michael Thoryn
	Len Adler
Bar supplies:	Joe Merenda
Bar set up:	Joe Merenda
Bartender (arrive 11:30 am)	Robin Larkin
Flowers (arrive at 10:45 am)	Jean Schiable
Kitchen Cleanup	Don Woodruff
	Bob Pechacek

Luncheon Schedule:

11:30	Socializing and set up
12:00	Lunch
12:45	Announcements
1:00	Program Begins

December Newsletter Deadline

Submit items to Leslie Backus (backusle@verizon.net) by Saturday, November 23!

President's Message

As you read this column, I hope that you have already voted or plan to do so on November 3rd. If you need a ride to the polling station, please reach out to a friend or family member.

Meanwhile I hope you will check out the Memory Wall and Garden when you get a chance. Cedar Lane hired an experienced stone mason to create a new row on the lower part of the wall for more name plates. This new row increases the available spaces by 50%.



Cedar Lane also contracted with a landscaper to renew several of the gardens near the Memory Wall and the Chalice House. Our own Carolyn Morrissey designed and oversaw the installation of the new plantings which are largely native and deer resistant.



Happy fall to everyone. I hope to see you at the November 12th luncheon!

Linda Gianessi, President

November Program

Before it was Leisure World, it was Edmonson Farm



Prior to the Civil War, Paul Edmonson, a freed Black man, lived with his family on what was then one of the largest Black-owned farms in Montgomery County, now part of the land comprising Leisure World. However, while he was free, Paul's wife and their 14 children were all still enslaved. Join Dianne Bradley and Juanita Sealy-Williams of the Edmonson Historical Society as they tell the fascinating story of Paul's journey to free his family from slavery and





their part in the abolition movement.

Wayne & Dottie Mara

October Program



Nancy Soreng spoke about the three state-wide ballot questions and about the Special Session and the subsequent court cases relating to Question 3.

Tuesday Morning Bridge

We meet for friendly, in-person play every Tuesday, 10 am to noon in the Fellowship Hall in the main building (advanced beginner or intermediate level bridge). You do not need a partner, and you are welcome to bring friends! We encourage membership in the Alliance, but it's not required. Please join us. For more information, contact one of our co-chairs: Robin ↗ (robinlarkin@comcast.net) or Mary Beth Nowinski (mnowin@aol.com)



Robin Larkin

October Social Responsibility

Our charity for October was Disability Rights Maryland (DRM). This organization makes sure that elections are fair, open, and easy for people with disabilities. DRM helps these voters through: voter education, registration support, making sure that polling places are truly accessible, providing a dedicated hotline, and fighting against unfair rules that block people from voting. Thanks to your generosity, we were able to donate $211.00 to Disability Rights Maryland.

Dottie Mara

October Correspondence

10-8-26. **Birthday card** with notes from Alliance members (who were at the October luncheon) to **Glenis Bellais** whose birthday is 10-9-26.

10-14-26. **Birthday card to Ralph Krause** who will be 92 on 10-17-26.

10-14-26. **Thank you** note to **Nancy Soreng** who spoke to us about the three State-wide questions and subsequent court cases relating to Question three.

Jean Schaible, Corresponding Secretary

Jewelry Sales

Watch the eNews for the next Alliance jewelry sale! We have lots of wonderful jewelry, including many artisanal silver pendants with semi-precious stones! Before and after service. Cash preferred; credit and debit cards, and Venmo are accepted. Donations of gift boxes and jewelry bags would be appreciated.

Judy Laurenson

Alliance Used Book Sales



The next Alliance Used book sale is Sunday November 21 in the Fellowship Hall before and after the service. You may also donate books in good condition at this time. We have some new exciting books for sale. Please bring cash. Prices are very reasonable. Do stop by and see what you can find. Questions: HelenPechacek@gmail.com

Helen Pechacek

Book Club

Alliance Book Club meets the first Friday of every month at 11 am in the library. Our next meeting is **Friday November 6,** and we will discuss *Drawn Testimony: My Four Decades as a Courtroom Sketch Artist* by Jane Rosenberg. Questions? email Helenpechacek@gmail.com. Welcome to all!



Upcoming books include:

December 4 *Remarkably Bright Creatures* by Shelby Van Pelt, (Fiction) 2022, A charming and witty book that traces the friendship between a 70-year-old widow and a giant Pacific octopus. She cleans at an aquarium near Puget Sound. (Allison Burton)

January 8 (the first Friday is New Year's Day) *The Rose Code* by Kate Quinn (Historical Fiction) 2021, 656 pages. The story follows three women working as code breakers at Bletchley Park during World War II. (Mary Morse)

February 5 *A Marriage at Sea* by Sophie Elmhirst (Nonfiction) 2025, 256 pages. A true story of Maurice and Maralyn Bailey, a couple whose yacht sank in the 1970s leading to months of survival on a tiny life-raft. (Jean Schaible)

Helen Pechacek, Alliance Book Club

Managing Decline

I'm more afraid of physical and mental decline than death. Decline is real to me; I see it in myself and others. And death is coming however much I delay it. My current vision of death is forgotten nothingness so living my best life for as long as I can is my strong preference.

When I was a younger man, I never thought I would begin a sentence "My urologist," or "my cardiologist," or "my dermatologist." But today I see all those specialists and more every six to twelve months and so far, each of them tell me I'm OK at this time. The cardiologist keeps saying surgery for leaky heart valves is ten years away. The urologist says my low PSA and ability to sleep through the night after prostate reduction surgery is the path to follow long-term.

I'm often told I don't look my age, 78. Acquaintances throw out numbers in the low 70s and even 60s. My response: "I will look my age. Just give it time." So, I manage my slowish decline and call on the wisdom that comes from age and experience to make good choices.

Some choices have led to bodily **Improvement --** Cataract surgery on both eyes allows me to see as well as I ever have.

Managing decline means **Adjustments --** Getting up and preparing to face the day takes much longer than it used to. Years ago, we replaced all our toilets with taller models. That makes it easier to stand up after sitting down. I did an overnight sleep test and was diagnosed with sleep apnea. I use a CPAP every night and bought a lightweight device for travel. I treat dry eyes, a recent diagnosis, with lubricating eye drops and warm compresses twice a day.

I've lost patience with the effort it takes to learn new technology. Pat and I just installed Ring Doorbell cameras and that means a new app and complex instructions. I reluctantly did the research.

To maintain strength and balance I take yoga and full body exercise classes and keep moving while watching television and on-line shows.

All these adjustments are to mitigate **Decline --** I have difficulty recalling words, names and dates that used to come immediately. So far, I consider this normal.

I will have a Costco hearing check in the next few months. Pat often calls to me from other floors without getting my attention. I make out sounds but not distinct words. When I hear her, I walk -- still walk well -- to the stairwell and ask her to repeat.

I am navigating the path to decline and disability. I hope the journey is a long one with joy and good times along the way. *Michael Thoryn*

"Fight truth decay!" *Anonymous* (or I don't know who said it first.

MoCo Fix-It Clinic

The Department of Environmental Protection (DEP) invites residents to its upcoming Fix-It Clinic, from 11 a.m.–3 p.m. on Saturday, Nov. 7, at the Wheaton Headquarters Building, located at 2425 Reedie Drive. If you have an item in need of repair, this is a great opportunity to get hands-on guidance and extend the life of household items.

Participants may sign up for an appointment in one of the following categories:

- Clothing & Textiles
- Bicycles
- Jewelry
- Small Wood Items/Furniture
- Electronics
- Mechanical & Small Appliance Items

Book an Appointment

Midterm Elections This Tuesday!!

In case you hadn't heard, there will be an election on the 3rd. If you haven't voted, please do! The League of Women Voters' Vote411 website has personalized information for your precinct. They have voting information and candidates' answers to pertinent questions on current sues. If you would like to know whom the teachers' union is endorsing, the Maryland State Education Association's statewide recommendations are here. Their recommendations are based on extensive interviews of candidates and their positions on educational issues.



L. Backus

"The big trouble with dumb bastards is that they are too dumb to believe there is such a thing as being smart." *Kurt Vonnegut*

ALLIANCE MEMBERSHIP DUES 2026-2027 Join now! Dues are $20 per person (Any additional amount will help the work of the Alliance!). Be sure to fill in *all of the information* below. Mail this form with a check, payable to CLUUC Alliance, to: Alliance Membership Cochairs: Barbara Tomar/Beverly Catron, 2400 Birch Drive, Silver Spring, MD 20910, *OR* you can drop them off in the Alliance mailbox at CLUUC, *OR* bring them to a monthly meeting! You will receive a directory later. PLEASE PRINT!!

NAME*_____PHONE: _____

FULL ADDRESS: _____

_____

E-MAIL* _____ TODAY'S DATE: _____

EMERGENCY CONTACT: Name_____Phone_____

MEMBERSHIP DUES: _____ ADDITIONAL DONATION: _____TOTAL PAID: _____