

COURIER-CALENDAR

St. Anne's — Rosary Society fashion show, 8 p.m. Wednesday, Oct. 9, \$1.

St. Joseph's — Archconfraternity of the Holy Family, 9 a.m. Mass Oct. 6; breakfast and conference.

Our Lady of Mercy — Rosary Society Pilgrimage to Sacred Heart Cathedral, Monday, Oct. 7.

St. Pius X — Talk by Dennis Boike, marriage and family counsellor, on relationships between parents and teenagers, 8 p.m. Monday, Oct. 7.

Holy Apostles — Rosary Society communion breakfast in school hall after 9:30 Mass Oct. 6; reservations by tomorrow with Mrs. Debra McKay, 458-6097, or Mrs. Mary Kuder, 458-4154.

Catholic Widowed Parents Club — Regular meeting 8:30 p.m. Friday, Oct. 4; St. Theodore's, 168 Spencerport Rd.; all Catholic widowed parents welcome. Guest speaker, Daniel Meyers of GROW.

Catholic Mission Guild — Fall card party, 1 p.m. Wednesday, Oct. 9; 513 Monroe.

St. Christopher Social Club — Letchworth Park outing with Buffalo Catholic Alumni Club, Sunday noon, Oct. 13, at north shelter. Reservations by Oct. 6 with Gerry Yawman, 442-3326.

Southwest Golden Age Group — Variety program, 1:30 p.m. Friday, Oct. 4, 34 Monjca St. Newcomers welcome.

Mother Cabrini Circle — Scholarship tea, 3-6 p.m. Sunday, Oct. 6, Cutler Union, University Ave.

Open House — Our Lady of Mercy High School, 1437 Blossom Rd., 2-5 p.m. Sunday, Oct. 6, for 7th and 8th grade girls and their parents.

Paper Drive — Cardinal Mooney High School, 800 Maiden Lane, 8 a.m.-4 p.m. Saturday, Oct. 5. For pickup, 865-1000, Oct. 5 only.

Next-to-New — Allendale-Columbia School, 519 Allens Creek Rd., today and tomorrow, 9 a.m.-7 p.m.; Friday, Oct. 4, 9-noon.

Art, Craft and Antique Show — At the Pepper Tree, Rt. 20A, Honeye, Saturday Oct. 5 (rain date Oct. 6), 10 a.m. to 6 p.m. Benefit Richmond Volunteer Fire Department.

Genesee Valley Heart Association — Coronary Risk Factor Screening programs Saturday, Oct. 5, St. Joseph's Ukrainian Church, 940 Ridge Rd., 9 a.m. to 3 p.m.; Sunday, Oct. 6, St. Augustine's Church, 420 Chili Ave., 9 a.m. to 3 p.m.; Saturday, Oct. 19, Penfield Ambulance Corporation, 1585 Jackson Rd., 8:30 a.m. to 12 noon.

Polish Night — Celebration at Mother of Sorrows Church Hall, cocktails 6:15 p.m. and Polish-style hot buffet dinner, 7:30 p.m., Oct. 5. Featuring polka dance band and folk dancers. Tickets \$7 per person, contact 663-5432.

Italian Dinner — McQuaid Parents Club fund raiser for cafeteria renovation, 7:30 p.m. Saturday, Oct. 5, followed by dancing; cocktails at 6:30. Reservations: Mrs. Charles Salamone, 271-3799.

Smorgasbord — International table, all you can eat, at St. Pius X, Van Etten; Sunday, Oct. 6, 1-4 p.m.

Piano Recital — Richard Volpe of Nazareth College faculty, at Nazareth Arts Center, 3 p.m. Sunday, Oct. 6; free.

Early Arts in the Genesee Valley — Exhibit of paintings, household and trade objects, paperwork, costumes, from 18th and 19th centuries, at SUC Genesee gallery, daily through Oct. 20, 2-5 p.m.

Rochester Philharmonic — First of eight Promenade Concerts, Dome Arena, Saturday evening, Oct. 5. Isaiah Jackson conducting; Eastman Theatre Thursday series opener 8 p.m. Thursday, Oct. 10; David Zimman, conductor.

Alvin Ailey Dance Company — Oct. 3-5, Nazareth Arts Center.

The Skin of Our Teeth — Thornton Wilder comedy staged by dramatic arts department, SUC Genesee, 7:30 p.m. Oct. 11, 12 and 18, 19 Wadsworth Auditorium; general admission \$2.50.

Silent Spheres — New show at Strassenburgh Planetarium, opening Oct. 5.

As Long As We're Together — Documentary film by Sterlin and Victoria Harris on life in Micronesia, 8 p.m. Oct. 11, 12, Rochester's Museum's new Eisenhart Auditorium; adults, \$1.50, children, 50 cents.

Memorial Art Gallery — Sculpture and watercolors from upstate museums, to Oct. 13; Rochester Art Club, to Oct. 27; Decalomania, a ceramics exhibit, to Oct. 27.

Deadline

Calendar items should be mailed to the Courier-Journal Calendar Desk, 67 Chestnut St., Rochester, N.Y. 14604. Deadline is Wednesday noon, one week ahead of the publication date.

ALL IN THE FAMILY

Sarah Child

If it is true that you are what you eat then I am a painful of homemade sticky pecan rolls, a six-egg chocolate layer cake and a quadruple portion of my mother's potato salad.

With the help of an expert on obesity who approaches the problem from a psychological standpoint I have discovered a few things about myself.

To wit: I eat when I am bored, when I am uptight, when I am happy, when I am sad, when I am in need of a friend, when I am surrounded by friends, when I have something to celebrate, when I have nothing to celebrate, when everybody else is eating, when nobody else is eating, when food is highly visible, when food is nowhere in sight etc., etc., etc.

"Obviously," concluded my expert, only somewhat wryly, "food is very important to you."

Ah, if he only knew. I have tried to explain how intertwined are the good times of my childhood with a table laden to excess.

I doubt it is possible to explain this to anyone (a) Whose grandparents didn't emigrate here in the early part of this century from a European country where having a meal of bread twice a day was considered a triumph; (b) Who didn't have a mother and

two grandmothers, to say nothing of assorted aunts, all dedicated to the art of cooking varied and substantial meals based on both the Old World and the new American cuisines; (c) Who didn't begin life in the middle of the Great Depression.

I have tried explaining this to my expert, who remains completely unimpressed. Who knows? Maybe he has a European grandmother in his past.

Aware of the folly of taking something away without replacing it with something else, my expert has offered me the principle of substitution.

He is attempting, with some success, to direct my interests elsewhere. On the theory that a body in motion finds the chewing and swallowing processes hampered, he has recommended exercise. I can now jump rope with both feet off the ground. I jog. I run up and down the cellar steps as if the devil were hiding in the crawl space just waiting to jump out at me. And I can walk now — for hours.

Thus far, if put to a comparison test, the six-egg layer cake would win hands down. But, who knows — that may not always be the case: Out running your own three panting kids is the kind of thrill the Betty Crocker people haven't yet thought of packaging.



Photo by Susan McKinney

Reading the Seton Sale for Oct. 24, at the Holiday Inn, are Diane Like, left, and Mary Stid, who have charge of crafts.

Doing Their Job for Research

Converting the third floor of the Kearney Building of St. Mary's Hospital into six research laboratories and supplying them with new research equipment is the goal of the 18th annual Seton Sale on Oct. 24 from 10 a.m. to 4 p.m. at the second floor of the downtown Holiday Inn.

Seton is a laywoman's volunteer organization affiliated with St. Mary's Hospital and established in 1905. The new two-year project involves all 75 branches of the organization which includes more than 900 members.

Members have fashioned Christmas ornaments, curiosity items, and baked favorite recipe goodies such as cranberry and banana bread and coffee cakes. An indoor garden, a nuns' booth, a silent auction and an international boutique filled with gifts Seton members purchased from recent trips to Europe will highlight the sale.

A fashion show entitled "Women! Now and tomorrow" will be featured at a 12:30 luncheon Oct. 24 in the Windsor room at the Holiday Inn.

The new research labs and facilities will benefit the work of Dr. Paul Miller, who specializes in the effect of hormones on the growth of cells and tissues, and Dr. Kirtland Hoble, who is studying the effect of shock in pigs. Pigs have blood chemistry similar to humans and respond to shock in the same manner.

"The lab provides a stimulus to the academic process and to continue research, we need more space and equipment to get a valid grant," said Dr. Miller. "It's really a two-way street. The hospital supplies the research equipment and space, and the investigation supplies the funds."

The Setons will sponsor a ball Nov. 23, at the Flagship with cocktails at 7 p.m. and dinner at 8 p.m. "Let There Be Light" is the theme and the proceeds also will go to the development of new research facilities.

A donation of \$500 to the ball buys a gold bell while \$250 buys a silver bell and \$100 will buy a small complementary silver bell. The bells substitute for two tickets.

This year marks the 200th anniversary of Mother Elizabeth Seton, founder of the American Sisters of Charity. And the 90th birthday of Bishop James Kearney also will be celebrated at the Seton sale.

CDA ANNIVERSARY

Brockport — The Catholic Daughters of America will celebrate the 50th anniversary of the Brockport Court Oct. 13, with a Mass at 2:30 p.m. in Nativity Church and a dinner at Craig Hill Country Club. Mass will be concelebrated by Fathers John Philipps, pastor; Edward Lintz, pastor emeritus, and L. John Hedges, chaplain to area courts.

BLUE ARMY VIGIL

The vigil of prayer in reparation to the Sacred Heart of Jesus and the Immaculate Heart of Mary, sponsored by the Blue Army, will be held Oct. 4, at Holy Rosary. Assisting during the all-night vigil will be Msgr. John Duffy, Deacon Steven Kraus and Fathers Francis Vogt, William Endres and John Murphy. The 9 p.m. mass will be celebrated by Bishop W. Dennis Hickey.

Deaths

Madeline McNamara Dies; Priest's Sister

Miss Madeline McNamara, formerly of Corning, Sept. 23, 1974 in Rochester, her home for the past five years.

The funeral Mass was celebrated Sept. 26 in St. Mary's, Corning, by Father Robert F. McNamara, her half-brother. Fellow faculty members from St. Bernard's Seminary were Father McNamara's concelebrants, and students served as readers.

Miss McNamara, a drama instructor, will be remembered in Rochester and elsewhere for her "dramalogues," solo interpretations of plays which she presented before various groups in the diocese.

She was born in Corning Aug. 5, 1896, a daughter of Dr. Thomas A. and Katherine T. Dwyer McNamara. She attended St. Mary's School, Corning Free Academy, St. Elizabeth College in Convent, N.J., and the Emerson College of Oratory in Boston, which awarded her the Bachelor of Literary Interpretation in 1919. She later studied at the Yale University Department of Drama and taught speech and drama at

Glen Cove, L.I., High School. She also served as an instructor at a Summer session of the School of Drama, Catholic University of America.

With the American Red Cross during World War II, she was a recreational director at various Federal hospitals in the East. Later, while working at the Corning Glass Center, she initiated contacts which led in 1956 to the creation of the Papal Cup, Cardinal Francis Spellman's 80th birthday gift to Pope Pius XII.

She was a member of the board of directors of Corning Public Library, from 1965 until 1969, when ill health forced her resignation.

Survivors, besides Father McNamara, are a brother, Dr. Thomas L. McNamara of Corning, and several nieces and nephews in three generations.

ND Sisters Head for Africa

Four School Sisters of Notre Dame, leaving for Liberia, West Africa, in early October, received their Mission Crosses at a departure ceremony at the Notre Dame Motherhouse in Wilton, Conn.

Sisters Lorraine Burns, Mary Rose Curtin, Richard Mary Foley and Mary Petronilla Killigrew dedicated themselves to the people of God in Liberia at a Eucharistic liturgy.

All four missionary Sisters are from western New York. Sisters Rose and Lorraine grew up in Buffalo, Sister Richard Mary in Rochester, and Sister Petronilla in Corning. Sisters Lorraine, Richard Mary and Rose taught in the Rochester schools for many years.

Business In The Diocese

John J. Curran, president of the New York State Funeral Directors Association, will be a panelist at the first Annual Interdisciplinary Conference on Bereavement and Grief, Oct. 16 at the Yeshiva University in New York City. Curran will discuss "Bereavement and Grief as it Affects Children."

A graduate of Aquinas Institute and Rochester Business Institute, Curran has operated the John J. Curran Funeral Home for 15 years and is past president of the Blessed Sacrament Holy Name Society.