Please give us website feedback!

This past week Harvard Neighbors held a meeting for Board and Interest Group leaders to discuss the website. We realize the system is not yet perfect but we want it to be! We encourage anyone with thoughts or concerns about the website to please write to us at neighbors@harvard.edu and tell us what you think could be improved. We want this website to work for you! Please also be reminded that if you have not yet signed up for a profile now is the time to do so. We don't want you to miss out on any important communications! To create a profile visit http://www.neighbors.harvard.edu/ and then click “My Profile”.

The past two weeks have been busy for Harvard Neighbors. The Telling Lives: Memoir Writing group met on Monday, November 3rd. The Memoir writing group is a unique group at Harvard Neighbors. At group meetings members write about their lives and, if they choose, read their work aloud to other members. Group members can make notes and comments on the pieces to help the author in their writing. The Memoir Writing group usually meets the first Monday of the month at 12 noon in the Harvard Neighbors meeting room. Please email neighbors@harvard.edu if you are interested in more information! The Feng Shui Committee also met for the first time on November 4th. Special thanks to Rhea Lesage, Diana Stewart, Margaret Igne and Danila Terpanjian for their great ideas and suggestions for the room. We are looking forward to making the Neighbors Room a more welcoming and cozy space for our members. On Tuesday, November 11th Harvard Neighbors was closed for Veterans Day. On behalf of Harvard Neighbors we would like to take a moment to express our most sincere thanks to all of those who have served. Your service and your sacrifices are much appreciated.

Sometimes during the mad rush of the holiday season we forget what the holidays are really about, spending time with those who we love most, whether they be friends or family. In an effort to remember this we ask you to please save the date for the annual Harvard Neighbors Holiday Party which will be held on Wednesday, December 3rd from 5:00 — 7:00 pm. Join us at Harvard Neighbors for wine, a special seasonal cocktail and festive light fare. Get to know your new neighbors and spend time catching up with the old as the holidays approach. Feel free to bring your favorite holiday dish to share! Please register for this event on the Harvard Neighbors website by clicking on the event on the calendar, clicking the tab labeled “Register”, filling out the required information and then clicking the button labeled “Create registration”.

Save the Date!
Highlight of the week: Cultural Traditions

The Cultural Traditions Interest Group completed yet another successful Thanksgiving Dinner Demonstration this morning at Harvard Neighbors. The Thanksgiving Dinner Demonstration aims to show others more about the American Tradition of Thanksgiving. The Cultural Traditions group and several volunteers invite attendees to be guests at a traditional Thanksgiving Dinner where many homemade dishes are served. A big thank you to Mary Pope, Marsha Knoll, and their many volunteers for putting this event together. The next cultural traditions event will be a Celebration of Winter Holidays, held on Friday, December 12. For this event, everyone is encouraged to bring in some tradition, craft, song or food to give attendees a taste of their own country or cultures winter holiday tradition. The event will be held at Harvard Neighbors. If you are interested, or would like more information, please email neighbors@harvard.edu or join the Cultural Traditions Interest Group on the Harvard Neighbors Website.

The benefits of knitting

There is some evidence to suggest the crafting can help those who suffer from anxiety, depression or chronic pain. Crafting may also reduce stress and increase happiness, both of which protect the brain from aging. Effects produced from crafts like knitting can be similar to those of meditation. If you are interested in taking up a craft like this the Harvard Neighbors Interest Group Knitting for Everyone meets every Tuesday from 12-1pm. This is an informal group, not a class. Bring your lunch and your own yarn and knitting needles. Knowledge, patterns and advice are shared! For more information join the Knitting for everyone group on the Harvard Neighbors website.

Harvard Neighbors Classifieds

Ballroom Dancing
If you are interested in Ballroom Dancing and would like there to be an interest group dedicated to it please write to us at neighbors@harvard.edu.

Colombian Folk Dance
Are you interested in, or do you know anything about Colombian Folk Dance? If you know anything about Colombian Folk Dance, or are curious about it, please write to us at neighbors@harvard.edu
Events taking place in Boston this week

38th Boston International Antiquarian Book Fair

**Date:** Sat. Nov, 14-16 12-5pm  
**Location:** Hynes Convention Center  
For a fee of $10 dollars you gain admission to the annual fall gathering for booklovers. 134 dealers from the U.S., Germany, Hungary, Italy, Russia and the Netherlands will exhibit and sell rare, collectible, and antiquarian books, manuscripts, maps, prints and more.  
For more information visit [www.bostonbookfair.com](http://www.bostonbookfair.com)

30's and Under: Meditation & Discussion

**Date:** Tue. Nov. 18 7-9pm  
**Location:** Shambhala Meditation Center  
646 Brookline Avenue, Brookline.  
Join for meditation practice with instruction provided for first timers. Meditation is followed by a short presentation by a senior teacher or core group member. Group discussion follows and the evening will end with refreshments and social time. Explore the possibility of bringing meditation and Shambhala Buddhist teachings into your life!  

Faneuil Hall Tree Lighting Ceremony

**Date:** Sat. November 22, 2-9pm  
**Location:** Quincy Market Faneuil Hall  
Enjoy a day full of holiday entertainment at America’s first open air marketplace. Also experience Blink! A new Boston Holiday tradition that will feature a light and sound extravaganza using over 350,000 LED lights to illuminate Boston’s skyline. The tree lighting ceremony will also take place from 8-9 and will feature Mayor Martin J. Walsh.  
For more information visit the following website: [http://www.faneuilhallmarketplace.com/blink](http://www.faneuilhallmarketplace.com/blink)

Meet the Board!

Aubrey Leas, Harvard Neighbors  
Membership Committee Co-Chair and After Hours  
Interest group leader with Mia Metivier is a staff member at the Librarian’s Office of Harvard College Library. She graduated from Salisbury University and later received her M.Ed. from Northeastern University. A warm thank you to Aubrey for her dedication to Harvard Neighbors!

Food Better

Food Better is a partnership of Harvard University Dining Services and its’ Food Literacy Project, the Harvard Office for Sustainability and the Harvard Food Law and Policy Clinic. Food Better aims to help the Harvard Community focus on the food system and how to improve it. Food Better also works in tandem with a year long i-Lab challenge encouraging students to develop innovative solutions to make our food system more healthy and sustainable. Food Better will focus on producing sustainable and nutritious food, improving our diet, and climate change and the food system. For more information and a schedule of events visit the following website: [http://www.dining.harvard.edu/calendar](http://www.dining.harvard.edu/calendar)

Food Better is a partnership of Harvard University Dining Services and its’ Food Literacy Project, the Harvard Office for Sustainability and the Harvard Food Law and Policy Clinic. Food Better aims to help the Harvard Community focus on the food system and how to improve it. Food Better also works in tandem with a year long i-Lab challenge encouraging students to develop innovative solutions to make our food system more healthy and sustainable. Food Better will focus on producing sustainable and nutritious food, improving our diet, and climate change and the food system. For more information and a schedule of events visit the following website: [http://www.dining.harvard.edu/calendar](http://www.dining.harvard.edu/calendar)

Do you have something you would like to share with your Neighbors?

Please write to us at neighbors@harvard.edu if there is anything you would like to be included in the newsletter. We love hearing from our members and we want to be sure that everyone’s activities and interests are represented here! Let us know about upcoming events, whether they be Harvard Neighbors events, potential ideas for interest groups, or events from the greater Harvard Community and we will advertise them here!