

## DATES TO REMEMBER

### **Meet for Breakfast: Monday, Feb. 8, 9:00 A.M.**

Our monthly Meet for Breakfast is the second Monday of the month at Friendly's and we would love for you to join us. We order from the menu, and separate checks are provided. Please call the office if you need a ride or to reserve a place.

### **Meet for Lunch: Wednesday, Feb. 10, 11:45 A.M.**

We have a request to go back to the Coonamesett Inn, so let's do it! All members, volunteers, and guests are welcome. We order from the menu, and separate checks are provided. Please call the office if you need a ride or to reserve a place.

### **Aging Anonymous: Wednesday, Feb. 10, 2:00 P.M.**

Aging Anonymous has become a favorite for many NF members, and we'd love to welcome you, too. Come to share or listen as we talk this month about the reality of our lives getting smaller. Bring a friend. Rides are available—just let us know you want to attend. Hope to see you there!

**The Neighborhood Falmouth  
Annual Winter Gathering Lunch  
is Saturday, February 13, 12:00 P.M., in  
the Fellowship Hall at First Congregational  
Church on the Green. Lunch is free and  
open to all NF members,  
volunteers, and guests.  
Please join us! RSVP by February 8 to  
Susan in the NF office 508-564-7543.**

### **NF Book Club: Tuesday, Feb. 16, 2:00 P.M.**

In February, we'll be talking about *The Resistance Man* by Martin J. Walker. We meet in the Trustees Room at the Main Library. Newcomers always welcome!



*Tom and Ginny Gregg.*

## **A Profile of NF Volunteers Ginny and Tom Gregg** By Tom Sbarra

Tom and Ginny Gregg have been married for over 50 years and have had quite a time pursuing their wide range of interests, separately and together.

Surgeon, orchid grower, herbarium volunteer, Falmouth Choir member, canoe enthusiast, dogged advocate for solid waste management reform in Falmouth, NF volunteers. Quite a list.

Tom grew up in the Boston area and Ginny near Princeton, NJ. Although both went to school in New England, they met in New York. Having just graduated from Pembroke College with a degree in biology, in an era when she could not leave the dorm in Bermuda shorts without a long coat, she escaped to New York City where she was a lab technician at Sloan Kettering Cancer Institute, trying to develop the first treatments for childhood leukemia. Not long after, a recent Harvard College graduate, who says he spent more time paddling his canoe around New England rivers than studying, was looking to boost his resume before applying to medical school. He walked into Sloan looking for temporary work. Intrigued by, among other things, his "longish" hair (very avant-garde in 1959), Ginny urged the director to hire this raffish young man, even though he would be the only male in the division. First finding a common interest in tea breaks and sharing sugar packets, within a few years, they were married and Tom was in medical school at Columbia, thanks to a recommendation from Ginny's boss. A pretty

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## Ginny and Tom Gregg – continued from page 1

successful summer job!

Right after becoming a father and graduating from medical school, Tom was drafted into the military. The young family quickly found themselves in Iceland for two years, where this budding orthopedic surgeon was, in true military fashion, occupied delivering babies, spaying stray cats, and doing circumcisions. They wisely waited until the second year of the deployment, when a real obstetrician arrived, to have a second baby, and Ginny got to manage two babies in that remote and frozen land. The children survived—and one even became an arctic archeologist. Coincidence? I think not.

After finishing his orthopedic training at Boston Medical Center, Tom was enticed to move to Falmouth to join the established practice of Dr. David Babin, a partnership that would continue for their entire practice lives. Perhaps the bond these two developed centered around their mutual love of the water and the fact that no one else was willing to provide orthopedic coverage to the Martha's Vineyard Hospital. This included being called to provide care at all sorts of odd hours and in all kinds of bad weather. They would cross Vineyard Sound in some very small boats even in the dead of winter with survival suits on in order to repair a broken hip or reduce a dislocated shoulder, sometimes several times a day. This vital lifeline allowed hundreds of patients over the years to stay in their warm hospital beds while expert care came to them in a frosty Boston Whaler aptly named "Rubber Crutch."

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## FEBRUARY CULTURE CLUB

Isn't Falmouth great? Even in winter, there is so much to do! Many of our volunteers are already planning to go to these and other activities around town. If you'd like to go too, we'd love to get you a ride and give you a friendly person to sit with. Please call the office to learn more.

### **Lecture: Encounters with New England's Most Imperiled Wildlife**

Thursday, February 4, 7:00 P.M. Rhode Island-based science writer Todd McLeish will introduce the remarkable lives of the rarest and most endangered wildlife in New England, from birds and beetles to whales and plants. Join him on an entertaining first-person journey as he tracks basking sharks, collects biopsy samples from humpback whales, investigates the nesting burrows of elusive seabirds, and observes the metamorphosis of rare dragonflies at Museums on the Green.

### **Falmouth Theater Guild: "Lend Me A Tenor"**

Friday, February 5, at 7:30 P.M., Saturday and Sunday, February 6 and 7, at 2:00 P.M. at Highfield Theater. A screwball comedy set at the Cleveland Opera, Tickets are \$20 for adults and \$18 for Seniors 62+.

### **Concert with John Yankee: "Songs of the Sea"**

Monday, February 15, 7:00 P.M. at West Falmouth Library. Songs of sailing and fishing, shanties and sing-alongs, all interspersed with hornpipes, reels, and humor. Tickets are \$15 for adults. Advanced ticket reservations are encouraged by calling the Library at 508-548-4709.

### **Movie: Movie "Annie Hall" by Woody Allen**

Wednesday, February 17, 7:00 P.M. at Falmouth Cinema Pub. This is a benefit for the Carousel of Light, with a suggested donation of \$10 at the door.

### **Workshop: Explore Your iPhone**

Saturday, February 27, 12:30–2:00 P.M. at Falmouth Main Library. A free, hands-on, beginner's workshop with award-winning teacher, Lori Cooney. Come get an overview of the iPhone and explore navigation, important settings, native applications, and much more. This class is designed for a person who is new to using an iPhone. For more information, call 508-457-2555, ext. 6.

Meanwhile, Ginny was busy with the League of Women Voters. She became increasingly concerned about the town's irrational policy of burying trash and compost in a pit on Blacksmith Shop Road. She helped found the Solid Waste Advisory Committee, which has worked doggedly over the last 25 years to bring common sense to our trash management plan. Her initial work led to formation of "Pick of the Litter," set up at the dump to help recycle useable items. She even found the old garage to use for that purpose and persuaded the Falmouth Police to move it to the dump. She continues to work diligently to educate the public and our public officials, currently advocating for, among other things, a "pay-as-you-throw" system to help reduce the multimillion dollar cost that the town incurs to manage household refuse. She is also working on reorganizing the municipal landfill to further encourage recycling, with hope that it will happen this year.

After raising three boys who have gone on to become successful scientists and teachers, she admits to having had a hard time grandmothering three little girls. The experience did encourage her to get in touch with her talent for fiber art, knitting and crocheting, which still provide interest. The girls are getting both a science and an artistic education from their versatile grandmother.

As a 10-year-old, the chore of caring for his great aunt's orchid collection stirred Tom's intellectual and artistic fancy. You might say a little too much fancy: A charter member of the Cape and Islands Orchid Society, Tom maintains not one but two greenhouses next to his home and cares for more than 700 different orchids! He lectures about and fusses over them like a mother hen. He is quick to apologize that "only" 20 are in bloom, a big disappointment to him on the eve of the annual orchid show in late January. Even someone as expert as he is cannot completely control these fickle beauties.

As if not busy enough, Tom is part of a volunteer effort with several other people to digitally scan 8,000 native plants including 2,500 varieties of seaweed (who knew?) as part of an MBL grant for a herbarium of Cape Cod plants that has been going on for more than a decade. (Herbarium (n.): a collection of dried plant specimens, usually mounted and systematically arranged for reference.

Adding to this long list of volunteer projects, the Greggs are just getting started as volunteers for Neighborhood Falmouth. Thanks to them for contributing to life in Falmouth—and we welcome them to the NF family!

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**Welcome new Members:**

Irene Dalo  
Marilyn Sanborn

**Welcome new Volunteers:**

Mark Gordon  
Sheila Gordon

**We're so happy you have joined us!**

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**UPCOMING EVENTS**

**March 10, Senior Salon**

The Senior Salon on March 10 (2:00 p.m. at Dillingham Place) will focus on "Strategies for Making Life Easier." All are invited to share their discoveries, items, and gadgets that are making life easier. Think of (even bring!) a special can opener, assistive device, home improvement, locations where you can borrow a walker or cane, ideas on where to donate your things when you are ready to pare down... even books on aging or how you cook for one. Join the fun for this "show and tell!"

**SAVE THE DATE**

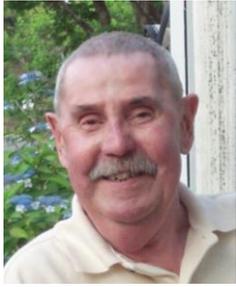
**June 30, 7:00 P.M. "Don't Get Caught Empty Handed: Caring for Your Aging Parents"**

A conversation with Janet Benvenuti, author and family and aging advocate, on how to address the legal, financial, medical, and caregiving challenges of aging, even when families live at a distance. Free and open to the public.

**2016 IS THE YEAR OF THE VOLUNTEER**

This year, Neighborhood Falmouth is putting an emphasis on our volunteers. As we grow, so does our need for community-minded individuals to help serve our members, even help in the NF Office. If you know of someone who might enjoy meeting wonderful Falmouth elders, and helping this terrific organization, please tell them about us (*or tell us about them!*). Volunteers can help as much or as little as they like. Scheduling is flexible.

Keep your eyes open this year as NF works to become more visible in the community. Your thoughts, help and ideas are always welcome!



## “Cookin’ Cozy”

By Bruce Ivar Haslun

Despite 20 years of living in the South, I never came around to the delights of trout or catfish. For my taste buds, the fish has to have spent its time in salt water and, preferably, cold salt water. Because it was dicey in “upstate” South Carolina as to what kind of ocean fish might be available and be fresh, I developed this recipe. It works with just about any firm white fish filet and can also be used with fish steaks.

### Bruce’s Fish Provencale (serves 2)

- 12 whole mushrooms
- 2 garlic cloves minced
- 1 small onion
- 1 can (14 oz.) artichokes quartered
- 1 can (14.5 oz.) tomatoes (broken if whole, or diced)
- 2-3 TBLS tomato paste
- 1 can (6 oz.) small black olives, pitted and drained
- 12 whole basil leaves
- 1 lb. fish fillet

Cut onion in half through the stem and cut 6 very thin slices from one half. If mushrooms are large, cut in half and then lay on cut-side and wedge. If small, quarter them. Either quarter whole artichokes or buy them that way.

In oil, sauté the mushrooms, onion, artichokes, and garlic about 10–12 minutes. Add olives (drained), broken (or diced) tomatoes with juice, and enough tomato paste to thicken. Simmer all for 10–12 minutes.

Put fish into a baking dish, add basil leaves, and pour on sauce. Bake uncovered for 45 minutes at 350 degrees. (Fish should flake when touched lightly with fork.)

Sprinkle with parsley (if desired) and serve with rice with a green vegetable mixed in (frozen peas or chopped spinach.)

Skoal, y’all!  
Bruce



### Volunteers

Can you spare some time on Saturday, February 13, to help us host our terrific Winter Gathering Luncheon? You can make a dish, serve, set up, or be available to bring a member. And you are always welcome to enjoy the lunch with the company of your NF family.

Please contact Davien Gould at [ribbit51@yahoo.com](mailto:ribbit51@yahoo.com) or call her at (508) 540-0885 to learn more or sign up. Thanks!

### Members

If you love to bake, we’d love your contribution of cookies, bars, or brownies for our Member luncheon on February 13.

Please contact Davien Gould at [ribbit51@yahoo.com](mailto:ribbit51@yahoo.com) or call her at (508) 540-0885 to learn more or sign up. We can arrange pick up or bring them with you when you come. Thanks!

### *We gratefully acknowledge support from:*

Bank of Cape Cod · Beatrice A. Bunker Architecture · Cape and Islands United Way · Cape Cod Five Cents Savings Bank · Cape Cod Five Cents Savings Bank Charitable Foundation Trust · Celebrations · Falmouth Podiatry/Dr. Richard Armstrong · Falmouth Fund of Cape Cod Foundation · Janney Montgomery Scott · Michael Leahy, MD · Dr. James W. O’Connor · Rapoza Landscape · Dr. Gerald Roan · Royal Megansett · Simply Hearing · Upper Cape Ear Nose and Throat · Waterbury Optometry · Windfall Market & Windfall Florals · Dr. William Wittmann · Wood Lumber Company · Woods Hole Foundation