

April 2017

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DATES TO REMEMBER

Annual Paper Shredding Fundraiser: Saturday, April 8, 10:00 A.M.–1:00 P.M. Lawrence School Parking Lot. This year there are TWO trucks for speedier service! NF members and volunteers can shred personal papers free, while others pay \$5 per box, thanks to our sponsor Janney Montgomery Scott.

NF Book Club: Tuesday, April 11, 2:00 P.M. Our book group will meet next in the Bay Room at the Falmouth Library. We'll talk about Geraldine Brooks' book "The Secret Chord." We've chosen a date for May: Tuesday, the 16th, but we're still looking at books, likely a Norwegian mystery. Join us! Newcomers always welcome, and rides are available.

Aging Anonymous: Wednesday, April 12, 2:00–3:15 P.M. Dillingham Place. Join us for a conversation on your experience of "Pets in Our Lives." Refreshments provided, rides available.

NF Annual Meeting, Thursday, April 20, 2:00 P.M., Highfield Hall. Help elect the new NF Board, and meet Volunteers, Board, and other Members at NF's annual business meeting. Refreshments provided, and let us know if you need a ride.

Meet for Lunch: Wednesday, April 26, 11:45 A.M. We all love the Coonamessett Inn, so we're going back. Please join us! We order from the menu, and separate checks are provided. Please call the office to reserve a place and let us know if you need a ride.

Looking Ahead

The NF Spring Flowers Gala: An Evening of Flowers, Friendship, and Music, Friday, May 12, 6:00–8:00 P.M. Join us at the Falmouth Yacht Club for flowers, food, music, and friendship with a silent auction and the famed Wheel of Fortune! Tickets are \$75 and all proceeds support NF.



Judy Risch at home.

A Profile of NF Member Judy Risch By Tom Sbarra

"Countercultural, that's what I am!" Judy Risch exclaimed.

She said it like it just occurred to her, but I think she has felt this way for a very long time. Judy Risch really was countercultural in the 1960's. At the outset of our interview, I wasn't sure the moniker still applied, but she convinced me otherwise—did she ever! If having a vibrant life filled with music, friends, travel, and public service is, indeed, counter to what the rest of us do, it is really too bad for us!

Judy grew up in Sharon, MA, the oldest of four siblings. Both her parents were talented musicians. Her father, a recent German immigrant, was as cultured as he was autocratic. The house was filled with artists, writers, poets, and musicians at his weekly salons. *No* pop culture was allowed, including magazines, radio,

Continued on page 2



and TV. Judy had the requisite six years of piano lessons, enough to play the classical melodies.

She realized early on that she had the gift of a musical ear. With near perfect pitch, she was able to hear a tune and reproduce it exactly. One day, she heard a Lena Horne song at a friend's house and loved it. When she came home and played it, her mother was amazed that she could play this forbidden music. It was the beginning of a career.

A self described "professional amateur," by her own admission, she never practiced her musical skills very diligently but was still able to use her innate talent to play professionally in a variety of venues. Her father wanted her to be a concert pianist, but she resisted to the point of studying sociology in college, following her "bleeding-heart" compassion, rather than music. She would thereafter follow both her musical talents and her empathic instincts in a life that happily bounced all over the place.

She got her first job playing piano for ballet studio classes at age 11 at the giddy pay rate of \$3 an hour. In high school, she accompanied the glee club and was part of a female quintet, the Quintones, that appeared regularly on Boston's WOR1 radio. In college, at Syracuse University and later BU she played at social events and fraternity parties. When the old Metropolitan Theatre (now the Wang) in Boston was being renovated, she gained entrée by helping with fundraising. After the successful renovation, she became the Coordinator of Special Events, arranging and organizing fundraising events from opening-night cast parties to multi-faceted galas with Pavarotti, Baryshnikov, and Liz Taylor and Richard Burton, among many others. After her "day job," she would cross the street to play stride piano and jazz at Jacob Wirth's pub. It was a glorious eight years filled with celebrities and excitement. The president of the center was Henry Cabot Lodge Jr., who asked her to play for his father's 80th birthday. Her mother, who was the same age as the birthday boy, gave her a playlist, which helped make Judy a big enough hit to get invited back to many other family events. They remained fast friends.

In Falmouth, she used to play at the Nimrod and currently occasionally plays at Jack's restaurant on Gifford Street. She is an accompanist for the Mashpee Senior Singers, a group of ladies who sing at nearby nursing homes and retirement centers. Judy describes this as incredibly uplifting for both the clients and the entertainers, and she encourages you to join either of these groups if you are interested.

Every time Judy was between jobs and had acquired a little money, she travelled, usually with friends, often to Europe and frequently for months at a time. In 1962



Welcome to our newest Members:

Midge and Herb Berman
Mary Pat Flynn
Joan and Charlie Mahoney
Nora Peters

And also to our new Volunteers:

Michael Goldring
Nancy Kealey
Natalie Lyman

We hope you enjoy your time with NF!

**The Housing Assistance Corporation's
Big Fix program coming to Falmouth**

This year's Big Fix is scheduled for Saturday, September 16, in Falmouth. Volunteers will spend four hours making small home repairs for seniors, veterans, disabled residents, and other homeowners in need of help around town. HAC hopes to assist 12 to 14 homeowners through this year's event.

Homeowners can apply for assistance through July 14. Factors including household income, repair needs, and the ability of volunteers to address those needs determine which applicants get chosen. Residents can apply for assistance or sign up to volunteer by visiting www.haconcapecod.org. Applications are also available at the Falmouth Senior Center and at town hall in the Veterans' Services office.

Thank You to Our Business Sponsors!

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Judy Risch — *continued from page 2*

at age 23, as she sailed from Boston, her mother shouted from the dock, “I hope you have health insurance!” She didn’t. There were many adventures, including time spent hiking on remote Greek islands. While on the island of Hydra, she met a strange man reciting poetry in a sheepskin, with a shepherd’s crook, although there appeared to be no sheep on the island. It was only years later she realized it was a young, as yet undiscovered, but already unusual, Leonard Cohen. Later on that trip, just as her mother feared, she became ill and, judging that the local doctor who was also the mayor and the pharmacist might be over his head, evacuated to Rome. There she was fortunate to land in a fine private clinic where she required surgery. After two weeks in the hospital, and with no money, she convinced the Italian medical personnel that as soon as she returned home she would take out a loan to pay for their very fine care. She did just that—and taking that responsibility pleased her mother as much as foregoing insurance had worried her.

In the 60’s, she worked in San Francisco as a sociologist, witnessing firsthand the flower-power revolution. She added a middle initial “X” because she thought the monogram, all the rage at the time, would look smarter. She was doing research on recidivism among parolees from the local prison system and writing pre-sentencing reports for judges. Far from Europe, she travelled on weekends all over the Pacific northwest, falling in love with Big Sur, among other places. She then got a job touring the country with the federal Office of Economic Opportunity, attending medical conventions trying to convince doctors to work for the newly formed anti-poverty programs, including Head Start, Vista, and Job Corps. The theme of the exhibit was “Health Care Is a Right, Not a Privilege.” (Sounds like we could use her help again.) When she returned to Boston, she served as an outreach worker for a new community health center in Colombia Point, then home to mostly poor immigrants, and at Children’s Hospital, where she was part of a team helping to form guidelines for dissemination of clinical information on the reporting of child abuse and neglect, well before it was much talked about. She also served as editor of the health center’s newsletter and was its oral historian. She clearly earned her sociology chops.

A friend reminded her in the 80’s that with her peripatetic lifestyle, having had a lot of different jobs and a whole lot of fun, she didn’t have much money or Social Security contribution and no pension plan. Through friends, she was able to secure an administrative job in the Massachusetts attorney general’s office where, although she chafed under the corporate culture, she uncharacteristically remained for

11 years. Fortuitously, then acting governor Jane Swift offered state employees a buyout for early retirement, just as Judy’s mom was becoming more dependent. She jumped at the offer and moved to Falmouth full-time to help her mother.

Judy was able to spend the last five years of her mother’s life with her. Even in her nineties, her mom remained young at heart, a free spirit and contemporary thinker who socialized with Judy’s friends. The two were kindred spirits and enjoyed each other immensely, right up to the old-fashioned cocktail her mother had the night before she died at age 99. Those years, and her bleeding-heart tendencies, led Judy to volunteer for Neighborhood Falmouth, helping others like her mom enjoy their later years at home— and we are lucky to have her!

Judy lived in a tiny apartment on Beacon Hill that was rent controlled beginning in 1970. In 1988, the building “went condo,” and she was able to scrape together enough money for a down payment. She now rents it out for a healthy fee, which provides extra spending money . . . travel anyone?

A little help from Donna LaRoche, professional organizer. ABC’s of Paper Management

Did you know that the three major paper management categories are **Action/Active**, **Basic/Reference** and **Classic/Archive**? When sorting your papers to keep, create these three categories.

Action Files These files include bills to be paid, cards to mail, invitations to return, papers to sign, and more. They require your prompt attention and should be stored on your desk or table for easy accessibility.

Basic Files These reference files include appliance manuals, car records, financial information, health history and proxy, home maintenance, insurance information contacts and types (auto, health, dental, home), legal information, medical information, recent tax papers, will, and more. Because these files may require your attention from time to time, keep them within easy reach.

Classic Files These archive files include adoption, baptismal, birth, citizenship, death, divorce, and marriage certificates; deeds; medical and military records, mortgage papers, old tax information back seven years, passports, Social Security cards, stock and bond certificates, vehicle titles, and more. Keep these in a very safe location such as a fireproof box or safety deposit box.



“Cookin’ Cozy”

By Bruce Ivar Haslun

I had a call from an old college buddy and fellow soccer teammate who now lives in the state of Washington. In olden times, he worked for four summers at *The Dan'l Webster*

Inn on Cape. He wrangled summer jobs for his two roommates, one now a Virginian, the other a Vermonter. They are, with wives, coming on a nostalgia binge in early summer. I also had a call from another alumni buddy, a USMC veteran, Viet Nam pilot, and retired major. He's down in North Carolina and loves crisscrossing the United States on a three-wheel Harley with a matching bike-trailer. "Thought I might come visit." I am so excited at having these first real guests from the USA that I've started to plan.

We are lucky to have a place close to both the beach and town that can accommodate guests despite the competition of lovely hotels and inns within walking distance. But it's at our home that we'll be serving:

BRUNCH FOR 11 ELDERLY ROWDIES

Since not everybody gets up at the same time, let's just have a little something to tide us over.

For the Early Risers – Raspberry Romanoff

3 cups vanilla ice cream, 1½ cups fresh or frozen raspberries, 1½ cups sour cream, 6 Tbl Gran Marnier Whip all to smooth. Pour into stemmed glasses and top with whole raspberries for garnish.

As the Folks Begin to Gather

In a nicely chilled and decorative bowl: Mix generous cups of cut cantaloupe, watermelon, and honeydew, stirred with ½ cup of lime juice, 4 TBL of honey, 3 TBL of granulated sugar. Put into the fridge overnight and set it out in the morning with some elegant stemmed wine glasses (you may have to wash some from the party the night before or from the Raspberry Romanoff). Suit yourself, but a dusting of toasted coconut would be nice.

And Now for Serious Breakfast – Edisto Island Gravy and Biscuits

For the biscuits: 1½ lbs self-rising flour, 10 oz shortening, ½ qt buttermilk. Mix first 2 ingredients until sort of crumbly. Add buttermilk to just moist. Turn out onto a floured board and pat out to about a ½ inch thick. Cut into 2 inch rounds (use a small glass if you don't have a scone cutter). Bake on ungreased pan at 425 degrees for 10 minutes. Can be made ahead of time and re-warmed in the oven in the morning.

Real Southern Sausage Gravy

Brown and drain 1 lb of pork sausage and set it aside. In that same pot, melt ½ cup butter. Add 2/3 cup flour and stir. Add about 3 or 4 cups whole milk and whisk to make a smooth white sauce. Add the sausage, salt, pepper (to taste), and pinch of Italian seasoning. Serve over warm biscuits. Again, you may make this ahead and re-heat on the stove while having your fruit.

Scrambled Eggs

I'm not going to insult your intelligence. They're terrific with Edisto Biscuits and Gravy because they really complement each other.

Coffee and Tea

It doesn't have to be a reunion of college buddies to enjoy this menu—family gatherings during the spring holidays will love it too!

Skoal y'all!

APRIL EVENTS AND ACTIVITIES

Don't let those April Showers keep you indoors! If you are interested in these or other activities, let us know! We can get you a ride and perhaps even find someone to join you.

Falmouth Chamber Players Orchestra, including our own Laura Sonnichsen, presents concerts Saturday, April 1, at 4 P.M. and Sunday, April 2, at 3:00 P.M. at John Wesley United Methodist Church. The program includes Chopin's Piano Concerto No. 2 with Stephanie Weaver, Haydn's Symphony No. 30, Donizetti's Sinfonia for Winds, and Mendelssohn's Symphony No. 5. Admission is by donation—suggested donation is \$20 for adults, \$5 for students. Visit FalmouthChamberPlayers.org for details.

Woods Hole Model Boat Show Saturday, April 22, and Sunday, April 23. Scale models will be exhibited in seven buildings along Water Street, and races of radio-controlled sailboats will be held in Eel Pond.

We are sorry to report the recent deaths of two NF members, Vicary Clark and Mary Wright, as well as three former members, Joe Day, Anne Nelson, and Les Wilkinson. We send condolences to their families and have many fond memories of each of them.