
NEIGHBORHOOD
FALMOUTH
Meeting Seniors' Needs

Newsletter

August 2016

Phone: 508-564-7543
PO Box 435, Falmouth, MA 02541
www.neighborhoodfalmouth.org

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DATES TO REMEMBER

NF Portrait Exhibit in August

Neighborhood Falmouth Honoring a Part of Our Community, the portrait exhibit that celebrates the lives of a group of NF members and volunteers, moves to Eastern Bank on Main Street in Falmouth for the month of August. If you missed seeing it at the Main Library, be sure to stop in and see it when you are on Main Street.

Meet for Breakfast & Meet for Lunch: With the busyness of summer, these activities are on hiatus for the summer. See you in September!

NF Book Club: Tentatively Wednesday, September 7, at 2:00 P.M. We're relaxing and reading in August, so plan to join us in September when we'll meet in the Trustees Room at the Falmouth Library to discuss *What She Knew* by Gilly Macmillan. Newcomers welcome.



Jayne Abbott in Waquoit

A Profile of NF Member Jayne Abbott By Carol Chittenden

Don't believe Jayne Abbott when she says she "never did anything remarkable." She must have done *something* to become known as the Mayor of Waquoit.

Jayne was the older sister in a Philadelphia family to Joan, June, Joy, Jill, and . . . Carlos! Their mother was a 1928 graduate of Sweetbriar, and their father, Carlos Berguido, was from Panama. His family had also lived in France, then settled in Philadelphia. The Berguidos met the Abbotts as the girls from both families attended Agnes Irwin, a highly respected private girls' school just west of the city.

Dr. Abbott, along with a University of Pennsylvania Medical School colleague named Munro, purchased land on Waquoit Bay's Metoxit Point around 1900. Over the years, members of both families have summered there, with three living here year round. When Jayne Berguido married Tom Abbott in 1952, she became part of that matrix, and Tom's sister is her next-

Thank you!

Thanks to each and every one of you for your interest and participation with Neighborhood Falmouth. Together we are building a terrific organization that is making a meaningful difference for Falmouth Seniors and their families.

If you received a letter in the mail from us, please return your gift of support in any amount so that NF will stay fiscally fit and we can continue this great work.

Thank you again!

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AUGUST EVENTS AND ACTIVITIES

With summer here, there is so much to do, and we'd love to get you a ride to these or other activities if you are interested. Please call the office to learn more.

Concert: The Rowan Brothers: Thursday, August 11, 2016, 7:00 P.M. at West Falmouth Library.

The Rowan Brothers offer a versatile and exciting mixture of American roots, bluegrass-flavored folk, and Everly Brothers style rock and country. Tickets are \$15 and available at the West Falmouth Library or call 508-548-4709 to reserve a seat.

Jewish Film Series: Rabin In His Own Words

Tuesday, August 16, 2:00 P.M. at Falmouth Jewish Congregation. Honoring the 20th anniversary of Israeli Prime Minister and Nobel Peace Prize laureate Yitzhak Rabin's death, this profound film presents gripping never-seen footage about Rabin's life and work—in his own words. A combination of rare archival footage, home movies, and private letters reveal the man and the statesman in a significantly new light. Hebrew with English subtitles. Tickets \$9, \$12 for nonmembers, available at the door or in advance by sending payment to FJC. Call 508-540-0602 for more information.

Party: Ice Cream Social with Entertainment

Monday, August 29, 2016, 1:00 P.M., Falmouth Senior Center. Indulge yourself with an ice cream treat from Falmouth's very own "Smitty's" along with entertainment by Earl Marriott on piano!!! \$5.00 payable in advance. Space is limited. Call 508-540-0196 to reserve your seat.

Welcome new Members:

Mavourneen Gamble
Adele Giabbai
Barbara Parrish
Jean Rose

Welcome new Volunteers:

Cassie Somers
Julian Somers

We're glad you have joined us!

Jayne Abbott – continued from page 1

door neighbor. A few parcels were sold to friends, and nearly everyone on Metoxit Point shares long roots along the east side of Waquoit Bay.

Tom spent summers on Waquoit Bay his entire life and was on the collecting crew at the MBL during World War II, when no adults were available to hire. After serving in Japan during the Korean War, Tom worked in the Boston area for many years. Jayne worked at The Riverside Press for the director, Stanley French, in Cambridge, where they lived. They moved from Cambridge to Dedham in 1956, and their three children were born there. At one point, Jayne worked for Mrs. George B. Dabney, daughter of Joseph Story Fay, well known to Woods Hole and Falmouth.

By 1972 when Tom and Jayne moved to Waquoit permanently, they built their home on the bluff, planted gardens, and took to the water at every opportunity. Tom was an avid sailor. In contrast, Jayne bicycled, and they passed these habits along to their three children. Today, daughter Kathy is the new President and CEO of Boston Harbor Now, which connects Boston, the harbor, and the islands, and seeks to integrate them into the fabric of daily city life. Peter's salt-water interest led him into the Navy, where he became a helicopter pilot; he still lives in San Diego with his wife Snowie. Alex and his wife Jenny work for environmental organizations and live in Freeport, Maine. Their two children are following a well-marked path with a love of saltwater and Cape Cod.

In the early 50's, Jayne had a summer job at the Deauville Shop on Queen's Buyway. Then, as a year-round resident, she spent 37 years at Marine Research, Inc., environmental consultants, which became Normandeau Associates, on Falmouth Heights Road. The environment was and is a central concern for Jayne. Her daily seven-mile bike rides from Waquoit to Falmouth Harbor and back gave her a close view of changes, not only by the season, but also by changes in the community.

Her participation in the League of Women Voters showed her what one active citizen can do, and she did it. She persuaded the Falmouth Beautification Council to sponsor the spring Townwide Cleanup, which continues as a regular event. She also organized the June and September cleanups of Washburn Island. Tom served on the Conservation Commission and the Association to Preserve Cape Cod board while Jayne held memberships on the original Charter Commission and the Solid Waste Committee. Both were Town Meeting members. She and Tom were charter members of The 300 Committee, longtime members of Citizens for the Protection of Waquoit Bay, and active in establishing the Waquoit Bay National Estuarine Research Reserve (WBNERR): the kinds of people who invest themselves in the best Falmouth can be.

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Jayne Abbott – continued from page 2

One morning last year Jayne woke up to find that her balance was gone. What a loss for a dedicated cyclist! But she has used Neighborhood Falmouth for occasional transportation, and stays amazingly active gardening, feeding and observing birds, and participating in the League of Women Voters. Presently working with Representative David Vieira, her primary focus is to obtain the same 35 mph speed limit for the Waquoit business district on Route 28 that has always applied to East Falmouth, Teaticket, and Falmouth. She started this effort in 1993 when the Waquoit Association participated in the State’s Adopt-A-Highway program. As any good mayor does, she encourages and pokes up folks who appear to be slouching in their stated commitment to a cleaner, better world.

MORE FEEDBACK REQUESTED!

Thanks to the many of you who gave us your recommendations for our vendor list. We always welcome your recommendations of qualified businesses and individuals to our list. We are still seeking recommendations in the following areas. These should be people whose services you have used and enjoyed personally and whom you know will treat NF members fairly, promptly, and with excellent work. Please provide name, phone, number, and any comments.

Hair Cutting/Hair Dressing at Home (also manicures, etc.) _____

Snow Shoveling _____

House Cleaner _____

Weeding _____

Any Other (name and type of service) _____

Please mail this to the NF Office or call us at 508-564-7543. And don’t forget to ask us for recommendations when *you* need them! Thanks!

“Cookin’ Cozy”

By Bruce Ivar Haslun



Last week, after changing out of our “Sunday-go-to-meeting” clothes, Carol announced that it was time to “bring in the sheaves.” She wasn’t waxing poetical about Pastor Drury’s sermon. Just

announcing our first crop of tomatoes was vine ripe. Our Cape farm is pretty modest, just 10 galvanized tubs raised up on bricks, 8 varieties of tomatoes and then a small herb plot just outside the kitchen door. In South Carolina, we had a lot of garden space. While we always had 15–20 tomato plants, there were squash of many varieties, pumpkins some years, cucumbers, and assorted others.

Right about this time of year, every growing season, would come zucchini and summer yellow squash time. We don’t have room to grow our own anymore, but the markets are full of them. I hope you’ll find that here are some good things to with them.

Aunt Jane Haslun’s Zucchini Casserole

In olive oil, brown 1 zucchini, 1 yellow squash, and half an onion, all sliced in rounds. Add half of a red pepper julienned and 2 or 3 sliced mushrooms. When you like the consistency of your sauté, drain a 15 ½ ounce can of tomatoes, breaking the tomatoes up in a bowl. Add the accumulated juice from the broken up tomatoes (not what came in the whole can) to the vegetables. Put everything into an appropriate size casserole dish. Top with sour cream, sprinkle generously with shredded cheddar, then Italian-seasoned bread crumbs mixed with parmesan cheese. Bake at 350 degrees for 30 minutes. For a heartier dish, you can add ground beef.

Here’s another of those recipes that I love. You put in the work and time of julienning the squashes, but come away with 2 distinctly different dishes. Start with 2 zucchini and 2 yellow summer squash. Julienne them all to the width of fettuccine pasta. In a colander, toss all with 1 tsp salt and let drain for 60 minutes. Pat the squashes dry and divide equally into 2 mixing bowls.

Alfredo Zucchini

Sauté the contents of one bowl of squash with 3 minced garlic cloves for 4 minutes. Into the now empty bowl pour half a jar of commercial Alfredo sauce and ¼ cup parmesan cheese. When the squash is hot after sautéing for 4 minutes, stir with bowl of sauce. Sprinkle with a touch of nutmeg.

Bruce's Teriyaki Rice and Vegetables

To the other bowl of julienned squashes, add 1 shredded carrot and a julienned sweet red pepper. Sauté all in sesame oil until soft. Meantime, cook up a box of wild and brown rice according to directions, but leave out the seasoning packet. While rice is hot, mix in that same bowl with veggies. Add soy and teriyaki sauce to taste. (Remember! Always mix sauce with hot starch.)

All of these can be served then and there. All can be reheated in a pot on top of the stove. All can be reheated in a casserole in the oven. All can be microwaved. None will suffer from freezing. I don't think I'd make less than outlined here, but I've made all 3 dishes for 80 people by simply multiplying. What's not to like about summer eating?!? (Well, beets! Okay, beets.)

Skoal, y'all.



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