
NEIGHBORHOOD

FALMOUTH
Meeting Seniors' Needs

Newsletter

August 2017

Phone: 508-564-7543
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www.neighborhoodfalmouth.org

Pass the word
about N.F. Share
this newsletter with
a friend!



During the busy summer, most NF programs go on hiatus. The NF Meet for Lunch will be back in September, as will programs of interest to members and volunteers.

LOOKING AHEAD

NF Book Club: Tuesday, September 19, 2:00 P.M.

Our September book is *The Red Coat* by Dolley Carlson. We'll meet at the Falmouth Library in the Trustees Room. Please join us! Rides are available.

Helping Hands Helping Seniors: Saturday, September 23, 11:00 A.M., Waquoit Congregational Church

Tell your friends about this annual NF presentation to the community about volunteering for and membership in Neighborhood Falmouth. Please come with your friends!



**Video Broadcast
Lecture with Dr. Atul
Gawande, Monday,
September 25,
Falmouth Library,
Hermann Room, 5:00 –
6:00 P.M., Doors open
4:30 P.M.** Rescheduled
from February,
renowned author and
surgeon Dr. Atul
Gawande will speak
from Boston on the value
of community, and

opportunities, as we grow older. Tickets are free, and reservations are necessary by calling the NF Office.



Russ Lemcke

A Profile of NF Volunteer Russ Lemcke

By Tom Sbarra

"I feel like I should be paying members to give them a ride," says Russ Lemcke about his volunteer work for NF. Like many volunteers, he is constantly amazed at the remarkable members he encounters working for this fantastic organization. "The conversations you have just driving someone make your whole day." Russ is not new to the idea of giving to others. Born in rural Saskatchewan on a tiny farm in a tiny community of 800 people, his parents, with little resources of their own, nevertheless instilled in their five children from an early age that giving to others was a primary responsibility. His mom made quilts for auction to support the local cottage hospital, and his dad literally built bridges to help the community connect across the multiple streams in the area.

The youngest of the children, a "surprise" to his parents, Russ insists he was treated overly well by his siblings, "like a pet." He attended the one-room schoolhouse four miles away, "in town,"

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commuting with his sisters by horse and buggy or horse and sleigh in the winter. One of his jobs was to feed the horse at noon each day.

A kind and perceptive teacher, Mrs. Hobson, recognized his skills in math and science and urged him to go to university. He says he didn't even know what university was then, but he was offered a government scholarship at the University of Saskatchewan 250 miles away in Saskatoon. He matriculated as an engineering student because a degree promised a job and a way out of the poverty and subsistence living on the farm. He was quickly shocked by the complexity of life in the city and the demands of college. He wanted to quit and return home, but his mother persuaded him to stay. He went on for the engineering degree and never looked back.

As a child, he loved tomato juice—but the family could not afford it. After graduation, to celebrate his newfound independence, he bought a large can of tomato juice with his first paycheck and drank the whole thing in one sitting.

One job led to another and another, and he moved from Saskatchewan to Ontario. He began to realize that working in Canada in those days kept him on the second rung of the companies, which were invariably owned by American or British parents. While working in Ontario, he wrote to the vice president of the company in Seneca Falls, NY, and asked for a transfer. Somewhat to his surprise, his request was granted immediately, and he and his wife moved to upstate New York, yet further from home. While this gave Russ more opportunities, he also realized he needed more education. He began taking courses and eventually earned both MBA and marketing degrees. This, in turn, led to the executive suite, international responsibilities, and board appointments galore.

In the midst of his rise in the business world, family catastrophe occurred. His first daughter was born with what, in the first weeks of life, became apparent was retinoblastoma, a relatively rare cancer of the eye. The nearest facility with expertise was a 4.5 hour drive away in New York City, a trip they would make hundreds of times over the next 20 years as Stephanie battled the disease.

Despite her very poor vision, multiple surgeries, and extensive chemo and radiation therapy, she was able to enjoy life in a variety of ways. As is often the case with childhood illnesses, she taught her family the meaning of personal courage and audacity, becoming an accomplished equestrian, somehow able to guide the horse through complex obstacle courses during

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AUGUST EVENTS AND ACTIVITIES

It's August and the town is in full swing with activities of every sort, every night. Here are just a few cultural things happening this month. Let us know if you'd like to go, and we'll work to get you there!

Lecture: "The Spy Who Couldn't Spell: A Dyslexic Traitor, An Unbreakable Code, and the FBI's Hunt for America's Stolen Secrets," Wednesday, August 2, 7:00 P.M., Falmouth Museums on the Green

In this fast-paced true-life spy thriller, author Yudhijit Bhattacharjee reveals how the FBI unraveled a strange web of codes to build a case against Brian Regan, known as The Spy Who Couldn't Spell.

Falmouth Town Band Concerts, Thursdays, 7:30 P.M. through August, Marine Park, Scranton Avenue. Free. Bring a chair or blanket for your comfort and enjoy the music!

Lobsters on the Lawn at St. Barnabas on the Village Green, Mondays through August, 5:00—7:00 P.M. Enjoy lobster rolls, chips, and pie on the big lawn across from the Falmouth Village Green.

Movie Matinee at the Senior Center: "Spotlight" Wednesday, August 16, 1:00 P.M. Free. Movies are a regular monthly feature at the Senior Center. Call 508-540-0196 to sign up.



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Welcome to our newest Members:

Leslie and James McDonald
Gardner and Peggy Lewis

Welcome to our new Volunteers:

Caroline Ceglarski
Paul Goldstein
Terri Kelley
Alex Romine
Diana Chapman Walsh
Susan Warren

*We hope you love NF
as much as we do!*



Russ Lemcke — continued from page 2

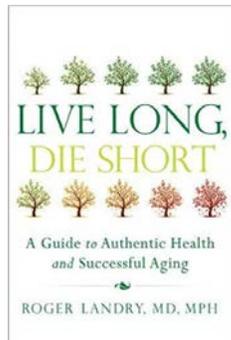
competitions. She became infatuated with the Irish band U2 and through their enormous generosity and considerable effort by her mother and Russ was able to meet the band and spend afternoons with them on two occasions.

Learning was difficult for Stephanie because of her limited vision, and the family, including her younger sister, spent thousands of hours helping her with her lessons. Tragically, Stephanie’s cancer returned at age 16, and she lost her battle at 19. Needless to say, her life and struggles had a profound effect on Russ and the whole family.

He has, over the ensuing decades, written a remarkable book about her amazing life called *If I Could, I Would*. Just been published, it has garnered a lot of favorable notice on the radio and from hospice organizations, who see the honest lessons that Russ and Stephanie can teach us about love, loss, and the feelings of inadequacy that are often felt by parents of very ill children. The book is available at Eight Cousins in Falmouth. All proceeds are directed to charity.

After Russ and his Meg moved to Cape Cod in 1998, Russ became interested in curling, perhaps harking back to his Canadian roots. Falmouth, thanks to the generosity of the Lilly family in the 1970s, has one of the few curling facilities in the region. Shortly after joining, he became aware of the multiple upgrades needed and soon found himself head of the committee that was doing the planning and fundraising for the project. Perhaps remembering his daughter’s disabilities, he helped his good friend Tony Colacchio, another NF volunteer, make the arena completely handicapped accessible. A decade of hard work paid off, and Russ and Tony now accompany a group of enthusiastic wheelchair curlers to events around the world. Russ also supports Falmouth Academy, the Falmouth Service Center, Hope Hospice, and many other deserving organizations in the area.

Russ feels fortunate to have indeed come a long way from his very modest roots. He is “honored” to live in a fine place like Falmouth where he can, through giving of his time, energy, treasure, and expertise, explore opportunities to make the community an even better place. Thank you, Russ, for being here for all of us.



If you missed, NF’s presentation of Dr. Roger Landry speaking on his book “Live Long, Die Short”, our friends at FCTV-TV recorded the presentation and are broadcasting it throughout August, beginning with these dates:

Tuesday	08/01/2017	10:25 A.M.
Wednesday	08/02/2017	4:10 P.M.
Friday	08/04/2017	3:00 A.M.
Saturday	08/05/2017	midnight
Monday	08/07/2017	6:40 A.M.

Call or check FCTV’s website to see additional broadcast times.



Psst! NF Seeks additional volunteers. Pass the word.



“Cookin’ Cozy”

By Bruce Ivar Haslun

Early July and by now “corn should be high as an elephant’s eye.” I limit my own farming to tomatoes, sweet peppers, and herbs, but at 14 cents a cob over at Shaw’s this week, it would

appear the crop is abundant. Also, my purveyors of the liquid variety down at the Rebel Yell Bourbon Distilleries report no problems with their production.

But as to my own crops, the tomatoes this year have been off to a slow start. I’ve had a handful of red and yellow grape tomatoes, but the Big Boys, and even the Early Girls, aren’t very robust and are still very, very green. Perhaps the lack of a spring season? Perhaps too much rain? Not enough warmth? Maybe just a lousy farmer? Surely not! No self-respecting tomato grower ever, ever admits to fault.

So two recipes. The first is for those who have grown lovely red plump ones or are smart enough to forget the whole meshugama and just go buy the dang things. The second for those like me who are too impatient. The Southern years taught me there is nothing wrong with green tomatoes.

Provencal Stuffed Tomatoes (6 servings)

6 medium-to-large plum tomatoes

Salt & pepper

1/3 cup good parmesan cheese, grated

¾ cup Italian bread crumbs

2/3 cup fresh parsley, chopped

4 cloves garlic, minced

¼ cup olive oil

2-3 TBLS fresh basil, snipped

Cut tomatoes in half, either lengthwise or athwart. Scoop out and reserve pulp. Place shells in an appropriate sized, oiled, bake dish. Sprinkle with salt and pepper. Stir the reserved pulp and all else in a bowl. Spoon into and over shells. Bake 350 degrees for 25-30 minutes. (You can substitute regular round tomatoes but slice off stem end and scoop out from there. Proceed as above.)

Gaffney Ladies Mah Jong Society Green Tomato Pie (8 servings)

1 cup light brown sugar

1/3 cup flour

2 TBLS lemon juice

½ tsp nutmeg

½ tsp cinnamon

Salt

3 green tomatoes, thinly sliced

2 nine-inch frozen pie crusts

Preheat oven to 425 degrees. Mix first 6 ingredients in a bowl. Add tomatoes to coat and cover. Press a pastry shell into pie dish and trim. Layer in tomatoes and top with second crust. Seal and fork vent. Bake 15 minutes. Reduce heat to 350 degrees and bake 40 minutes.

Skoal, Y’all!

Bruce



The Latest and Greatest about Neighborhood Falmouth

In case you weren’t able to come to NF’s Annual Meeting in April, we’d like to make sure you know what’s going on with this fabulous Falmouth organization.

The Board

NF continues to have a terrific group of Falmouth leaders heading the organization. They include:

Bobye Anderson (Vice-President), Carol Chittenden, Vicky Cullen (Honorary), Jack Easterling, Marcia Easterling, Martha Gavenas, Pennie Hare, Dick Jones (Honorary), Peggy Ledwell, Jim Lloyd, Mary Pat MacKenzie, Bob McIntire, Rebecca Moffitt, Ken Peal (President), Karen Rinaldo (Treasurer), Tom Sbarra, Gretchen Sweeny (Secretary/Clerk), Joanne Voorhis (Honorary), Grant Willis, Tanya White

The Statistics

Right now, NF has 129 members and 13 prospective members on a waiting list. We have about 100 volunteers helping with activities from driving members to stuffing envelopes in the office. About 9% of NF members receive financial assistance from the NF Scholarship Fund.

The World of Villages

There are about 200 “Villages” like Neighborhood Falmouth in existence, including two others nearby: Nauset Neighbors, for the Outer Cape, and Martha’s Vineyard at Home, serving the island. There are 150 Villages in development, including Coastal Neighbors Network in Dartmouth opening in September.