

July 2016

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

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

DATES TO REMEMBER

NF Portrait Exhibit: Throughout July

The new photo portrait exhibit *Neighborhood Falmouth Honoring a Part of Our Community* has opened at the Falmouth Main Library Reading Room Alcove. The exhibit celebrates the lives of a group of NF members and volunteers. Exuberant thanks to photographer Robert Goldsborough, and to Nancy Walbek. The exhibit will be up through July before it moves to venues around town. Come to a reception for the exhibit. See page 3.

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: Wednesday, July 20, at 2:00 P.M.

In July, we'll meet in the Trustees Room at the Falmouth Library to discuss *A Strangeness in My Mind* by Orhan Pamuk. Newcomers welcome.

Carousel of Light: Friday, July 29, 5:00–8:00 P.M.

Bring your grandchildren, or anyone young at heart, to the Carousel of Light, at the Mullen Hall Playground on Friday the 29th, when all proceeds will be donated to NF, thanks to the generosity of our friends at the Carousel.



Carousel of Light Raffle: Friday, July 29, 7:45 P.M.

You can win this original 12"x12" framed oil painting, painted and donated by Karen Rinaldo. The drawing will be held at the Carousel that evening. Tickets are \$5 each and are on sale at Eight Cousins, the Falmouth Chamber, Caline's, Treasure Chest and online at our website neighborhoodfalmouth.org. See the painting in the window at Kinchla Real Estate on Main Street!



Barbara Douglass and some of her handmade baskets.

A Profile of NF Member Barbara Douglass

By Pamela Nelson

Over this past winter, Barbara Douglass developed such terrible back pain that she could barely walk. "I don't have family nearby. My neighbors are wonderful but I'm not going to call them and say I have six doctor appointments next week," said Barbara. She hoped to avoid surgery by having steroid injections and to regain her ability to walk. However, her doctors told her she was not to drive in the interim. "Not driving really drove me up the wall," she said.

Through her friend Joanne Voorhis, Barbara was familiar with Neighborhood Falmouth, and she used to play paddle tennis with NF director Susan Loucks. Susan suggested that she try a Neighborhood Falmouth membership to see if it met her needs, and Barbara was delighted to find that "Neighborhood Falmouth restored my feeling of independence."

Barbara's busy schedule definitely necessitates independence: she takes a weekly nature drawing class with NF member Julie Child, and has herself taught basketmaking at the Woods Hole Library. Her book group meets twice monthly, once to discuss the book and once to socialize. Barbara is also an enthusiastic gardener, although her recent inability to bend over for long periods of time has necessitated hiring a helper.

Barbara has always taken on volunteer positions with organizations that benefit her community. She is currently committed, as corresponding secretary, to

(continued on page 2)

Barbara Douglass – continued from page 1

Falmouth's branch of the PEO, the international Philanthropic Educational Organization. Its members accomplish its mission, "Women Helping Women Reach for the Stars," by promoting educational opportunities for women through grants and loans.

* * * * *

The road to Barbara's current busy life in Falmouth began in Marion, Indiana, where she was born. She grew up on Chicago's South Side, in Morgan Park, and her father, a dairy technologist, commuted by carpool to the stockyard area headquarters of Swift and Company, where his major focus was the ice cream business. Sometimes Barbara played baseball and football with her younger twin brothers, five years her junior, but they were not close as siblings.

[indent]Barbara later attended Morgan Park Junior College, where she met Gerry Douglass, a recently discharged Navy pilot. They got married in 1949 and moved to Coral Gables, Florida, where Gerry finished college with a degree in food chemistry. Their first child, Scott, was born in Florida, and their second, Bob, in Indiana, where Gerry had set up a food brokerage. There he also worked with dairies and helped them develop products, such as stabilizers for ice cream.

In 1955 they moved to Modesto, California, in the San Joaquin Valley. While Gerry did research for a small dairy company, Barbara fell in love with gardening, doing landscaping around their home, and she also joined the board of the League of Women Voters, working on local and state water issues. Their two younger children, John and Sue, were born in Modesto. Barbara enjoyed living in Modesto, equidistant and one hour away from both San Francisco and the Sierra mountains. The family hiked and sledged in the mountains, and one year they even rented a small trailer to camp in the mountains. They were glad they were not in a tent when their garbage froze solid during one night in July! Barbara and a friend took the older kids for daytrips to San Francisco. Her son Bob memorably was smitten with an electric kiddie car at FAO Schwarz's elegant toy emporium and took off in it while Barbara chased after him around the store.

Gerry's company moved to Carmel Valley, although the Douglass family lived there only one year. In spite of the short stay, the town made a big impression on all of them. Of the area Barbara says, "It was the most beautiful place in the world that you could live." Over the years Barbara has enrolled at times in college level English literature and academic art history and appreciation courses. She particularly enjoyed a class in semantics at Carmel Junior College, a course that she took along with a number of foreign language professors from the nearby Army Foreign Language School.

(continued on page 3)

We remember NF Members

*Jean Adelman
October 20, 1922 – June 15, 2016*



and

*Donna Mates
May 9, 1945 – June 8, 2016*



*Both died recently, and we extend
our condolences to their
friends and families.*

Thank you

Thank you to photographer Jorge Muxica of Kalospix for taking pictures during this May's Gala fundraiser, and for the work he is doing to help capture NF in pictures. Kalospix (www.kalospix.com) is Jorge's professional photography business "for creating a footprint in the visual arts and specializing in Weddings, Editorials, Portraits, Fashion Glamour, etc."

FEEDBACK REQUESTED!

QUESTION 1:

We are updating our vendor list and would like to add many more qualified businesses and individuals to the list. Please let us know about your favorite service providers by filling in the form below or calling or emailing the NF office. 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.

Plumber _____

Electrician _____

Yard Worker _____

House Cleaner _____

Other (name and type of service)

We are also collecting Professional Service people:

Estate Planning _____

Accountant _____

And don't forget to ask us for recommendations when you need them! Thanks!

Barbara Douglass – continued from page 2

After moving the family to West Bloomfield, Michigan, in 1961, Gerry traveled a lot and was often away from home from Sunday evening through Friday. Barbara became “the main housekeeper” in his absence, and was also deeply involved in community volunteer work during a time of severe local economic depression. She joined the League of Women Voters, whose major focus in Michigan was on housing, and she participated in PTA book sales and in the Friends of the Library. When a Girl Scout leader was needed for a troop of sixth graders, Barbara stepped up. The girls particularly wanted to go camping and on field trips. Barbara was inexperienced as a camper but intrepid, and with Gerry’s guidance, she and all the girls learned how to pitch a tent and other rudiments of camping.

When the family moved to Sherborn, Massachusetts, in 1968, Barbara took up tennis, joined its library, and became active in her church. By 1983, when Gerry underwent coronary artery bypass surgery, the children had grown up and left home. The doctors told Gerry he might live just another five years, and so he decided it was time to take early retirement and enjoy the life he still had ahead of him. Barbara and Gerry moved to Falmouth in 1985. Gerry loved golf and boating, and in fact he lived until 2007 and was able to stay active up to the last two years of his life.

In addition to her other interests, Barbara took up basket making. In Sherborn, she had learned to make a simple, round reed basket. In Falmouth, she discovered that she could take a local course in Nantucket basket making. She enrolled in classes for both oak and reed Nantucket baskets, and learned to make the wooden bases, rims, and handles as well. Gerry, who loved woodworking and had a workshop in the basement, helped make the wooden parts and fit the rims on the molds, difficult for one person to manage alone. Barbara, interested in making different sorts of baskets with a variety of materials, also took classes from a woman she met at basket shows held at Heritage Museums in Sandwich. She now has a large basket collection at home, with examples from around the world as well as ones she has made herself. Her classes at the Woods Hole Library in spring are always well attended, and the same people sign up year after year. After all, Barbara Douglass is an inspiring teacher, and she is fun to be around!

You Are Invited

Please join us for a reception in celebration of the *Neighborhood Falmouth Honoring a Part of Our Community* exhibit, in the Hermann Meeting Room at the Main Library on Wednesday, July 20 from 4:00–6:00 P.M. Light refreshments will be served.

Welcome new Members:

Carlotta Cross
Gina White

We're glad you have joined us!

MORE FEEDBACK REQUESTED!

QUESTION 2:

We are curious to know if you attended any of our 2015-2016 programs and how you felt about them. Please contact the office with your honest feedback. Thanks!

Did you attend any Senior Salon or Aging Anonymous programs at Dillingham Place this year? If not, why? If yes, what did you especially like or dislike? Should we continue with these?

As a reminder, Senior Salons included: "My Life in the Theater with Davien Gould", "Strategies for Making Life Easier," with occupational therapists and Eastman's Hardware, and "A June Songfest." Aging Anonymous topics included loss, faith, and anything else that came up.



"Cookin' Cozy"

By Bruce Ivar Haslun

When I was a small boy I thought "cold soup" was a real hoot, a classic oxymoron! But then I grew older and perhaps wiser and saw (tasted?) the error of my ways. I first encountered a cold peach soup one summer's evening at a restaurant called the Golden Lamb Buttery in the tiny town of Brooklyn, CT. I was hooked and have been collecting and experimenting ever since. Here are three picked because Carol loves them.

Kyle Slayback's Gazpacho (10 cups)

2 cans beef broth
2 cans tomato soup
2 cans water
4 tbs red wine vinegar
Dash of garlic powder
Tabasco sauce to taste
Finely diced: ¼ cup celery, ¼ cup onion, ¼ cup green pepper, ½ cup cucumber

Combine all and refrigerate. This is a soup you'll want to drink. In fact, I usually store it in a rinsed fruit juice bottle and drink it any time of day as a summer refresher. I've even been known to stir in a tot of gin (vodka would also work) as a "before dinner." Can halve the recipe, but it keeps well and doesn't last long in our house.

Chive and Cucumber Chilled Soup (4 servings)

1 tbs butter
2 leeks, white and pale green parts
1 large potato, peeled and chopped
½ cup heavy cream
2 ¼ cups vegetable broth
2 cucumbers, peeled, seeded, and chopped
1 cup fresh snipped chive

Sauté butter and leeks for 5 minutes. Add broth and potato and simmer 12 minutes. Pour half the cooked liquid into a bowl. In a food processor, puree the veggies from the pot and remaining half of the liquid. Add cream, whip by hand, and set aside. Combine cucumber, chive, and remaining liquid, and puree in food processor. Mix the two purees by hand and chill well.

Strawberry Soup (4 cups)

Puree in food processor (or blender): 16 ounces fresh strawberries, 1 cup sour cream, ½ cup milk, ¼ cup sugar, 1 tbs lemon juice. Chill thoroughly. This is even good frozen as a dessert!

When Carol wants to be especially generous with her praise for something I've prepared, she has a shorthand expression: "Dinner party quality!" All three of these have won that distinctive accolade.

Skoal, y'all!



We gratefully acknowledge support from:

Beatrice A. Bunker Architecture • Cape and Islands United Way • Cape Cod Cooperative Bank • Cape Cod Five Cents Savings Bank • Cape Cod Five Cents Savings Bank Charitable Foundation Trust • Bristol County Savings Bank • Celebrations • Elder Life Care Network • Pat Dillon, Ermine Lovell Real Estate • Dr. Richard Armstrong, Falmouth Podiatry • Falmouth Fund of the Cape Cod Foundation • Foley & Foley, PC • Gardens by Barbara Conolly • Hamilton Tree and Landscape • Janney Montgomery Scott • Jorge Muxica, Kalospix • Carol Kenney, Esq. • Michael Leahy, MD • Dr. James W. O'Connor • Dr. Gerald Roan • Royal Nursing Megansett • Simply Hearing • Upper Cape Ear Nose and Throat • Waterbury Optometry • Windfall Market & Windfall Florals • Dr. William Wittmann • Wood Lumber Company • Woods Hole Foundation