
NEIGHBORHOOD

FALMOUTH
Meeting Seniors' Needs

Newsletter

July 2017

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DATES TO REMEMBER

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.

The NF book club will resume in September as well, but has chosen books for the months ahead, so plan to read any of these, and join us in September!

Book Club Books and dates upcoming:
Tuesday, Sept. 19 - *The Red Coat* by Dolley Carlson
Tuesday, Oct. 24 - *The Bad-Ass Librarians of Timbuktu* by Joshua Hammer
Both meet at 2:00 P.M. in the Falmouth Library Trustees Room

Have a great summer all!



Welcome to our newest Members:

Manny Amaral
Mary Lou Holland
Joan Roof

Welcome to our new Volunteers:

Arlene Gibson
Linda Lonergan
Kevin Lynch
Sheila Mansfield
Lorraine Nagy

We hope you love NF as much as we do!



Nancy Walbek with one of her many photographs

A Profile of NF Volunteer Nancy Walbek By Pamela Nelson

When I arrived on her doorstep, I suddenly realized that NF volunteer Nancy Walbek lives in a house familiar to me, remembered from my childhood summers in Woods Hole. It is a distinctive 100-year-old rambling Cape Cod quadruplex house, four contiguous wood-shingled homes. I did not know, however, that the little girl watching me from behind the neighbors' screened door was Nancy's granddaughter Lucia. For Nancy and her family, this side-by-side arrangement at the east end of the four-home structure is perfect.

Born on Long Island, Nancy was the youngest of three children. By the time she started school, the family had moved to Bronxville in Westchester County. There she attended public school from kindergarten through high school, receiving an exceptional education she fears is mostly unmatched nowadays. Her father, an electrical engineer, commuted by train to Manhattan for work, and her mother, who had majored in home economics at

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Cornell, returned to teaching when her two oldest children were in college and later took college science courses herself.

Nancy describes her family as the classic 1950's family, "out of Dick and Jane. You know, Dad on a train in a suit, so conventional." They may have looked the part, but in truth, the real story is far more interesting. When her mother was occasionally asked why she thought her children were so successful, she would say, "We had dinner together every night, and each of the children had a serious hobby they worked at, and we supported their efforts."

David, eight years older than Nancy and fascinated by radios and electronics, worked during the summers in a local electronics repair shop and grew up to be an electrical engineer, ultimately becoming head of the Department of Engineering at UC Berkeley. Caroline, five years Nancy's senior, was a rock hound, and family trips were often interrupted by her requests to get out of the car to chip some interesting looking rocks. A sociologist who served as the first female chair of the NYU sociology department, she thinks her hobby helped her to be observant.

As for Nancy, she took up photography at a young age, doing darkroom work starting in fourth grade. Her uncle, a professional photographer, was helpful, and her family encouraged her organizing a basement darkroom in the laundry area, which she used on weekends. She pursued her hobby through high school, became the yearbook photographer, and used photography in science projects. Here on Cape Cod, fifty years after her high school graduation, she has joined two photography groups (and took one of the portraits in Neighborhood Falmouth's current portrait exhibit). She has exhibited and won prizes for her photography both in Minnesota and in Falmouth.

Another high school interest, music appreciation, was nourished in a senior elective, taught by the school's choral director. The students not only listened to music in their classroom but also in concert halls through subscriptions the school held to several New York City concert series for the benefit of this class. Nancy took full advantage of the opportunity to go to the city, falling in love with opera and classical music. She also participated in the school orchestra, playing the oboe, although the oboe stayed behind when she went off to college. She admits to being a music spectator now, driving to Kingston to see the Metropolitan Opera simulcasts and accompanying her grandchildren Lucia and Miguel to local concerts. Nancy attended Antioch College, which featured in alternating quarters a work/study program. With a major in psychology, she chose to work in a psychiatric unit of a Boston hospital, in the Office of

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JULY EVENTS AND ACTIVITIES

We made it! It's June at last. A wonderful time to enjoy much of what Falmouth has to offer. Weather can be good, with just the right amount of summer visitors. Let us know if you'd like to go and we'll work to get you there!

Play: "Emily Dickinson & I: The Journey of a Portrayal," Friday, July 7, and Saturday, July 8, at 8:00 P.M., Sunday, July 9, at 4:00 P.M. at the Woods Hole Community Hall. British actor Edie Campbell presents her one-woman show, which she also co-wrote. Tickets may be purchased in advance from Eight Cousins for \$12, or at the door for \$15. For questions or reservations, call Maria Moniz at 508-540-4305.

Concert: "Songs for Summer" Wednesday, July 19, at 12:15 P.M. at Church of the Messiah, Woods Hole. Vocalist Stephanie Miele and pianist Christy Saling will perform for the church's Noon Tunes series.

College Light Opera Season 49 at Highfield Theater, Tuesdays through Saturdays, 8:00 P.M., Thursday matinee at 2:00 P.M., June 27 – August 26. Enjoy Broadway stock musicals all summer long. In July: "Anything Goes," "My Fair Lady," "Bells are Ringing," and "Patience." Check complete schedule at www.collegelightoperacompany.com or call 508-548-0668.

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Nancy Walbek — continued from page 2

Education for the federal government in Washington, and in a family service program of the Salvation Army in Chicago. And at an Air Force base in Dayton, Ohio, she helped develop a program for training US Air Force personnel to communicate with their Iranian counterparts in a culturally sensitive manner.

As a woman college graduate, Nancy discovered that a bachelor's degree gave her limited work options. After marrying one of her college classmates, she and her husband Norman moved to Evanston to pursue graduate studies at Northwestern University. With support from the Ford Foundation, Nancy was able to spend six months in Colombia doing real life field research for her doctoral degree. The research topic, how to help people with limited resources adequately nourish their children, provided material for her thesis, also published as a journal article.

The following year the couple took faculty positions at Union College in Schenectady, the first year that women students and women faculty were accepted. Nancy's teaching job lasted four years, after which she applied herself as a postdoc and became pregnant with the first of their two daughters.

Several years later, Norman accepted a position teaching political science at Gustavus Adolphus College in St. Peter, Minnesota, and the family moved there. Nancy worked at a series of satisfying part-time jobs, including teaching at Gustavus, where she offered a course in human sexuality. Then she was hired at a state regional treatment center in St. Peter, where she developed and evaluated residential treatment programs, primarily for sexual offenders and the criminally insane. This half-time job lasted 28 years and allowed Nancy to be close to her two school age daughters, providing the quality of life she required and valued.

Regarding her marriage, Nancy describes a mixture of good years and also years of "civilized" conflict. There were certainly special opportunities that the marriage afforded the family. One highlight was an 11-month teaching exchange in Japan, when the girls were three and seven. While Norman taught advanced students, Nancy tackled introductory conversational English, basing her teaching style on the Japanese lessons she took on arrival. For instance, there was playacting, with conversations set in a restaurant or train station. The couple also attended conferences in London and Barcelona during this time.

However, after the girls finished college, Nancy's 35-year marriage ended. She explains, "It takes a huge amount of energy, pretending to be a happily married couple. No one wants to hear that you are not. I've compared it to being closeted as a gay person. There's a truth you aren't telling anyone, even your closest friends and family." Nancy continued working, until

her daughters, now living outside Pittsburgh and in Woods Hole, had children themselves. She retired in order to be able to spend more time with them.

In 2013, encouraged by her daughter Valerie, Nancy moved to Woods Hole. She enjoys supervising Lucia and Miguel after school when their parents are at work. She likes biking with a group and hiking, as well as platform tennis and pickle ball. She joined the Newcomers' Club in Falmouth and the Woods Hole Woman's Club, for which she does publicity.

Of Neighborhood Falmouth she muses, "I love dealing with the members because I feel I am atoning for not having been a very good daughter to my aging parents. Members provide so many good ideas and examples of how to age well." She devotes Monday afternoons to member Carin Galbraith, whose lovely profile she wrote for NF's March newsletter.

Somehow Nancy finds time to travel, both to visit daughter Carrie's family near Pittsburgh and to see the wider world. She recently returned from Cuba, and is considering trips to Iceland, Peru, and the Azores. Although Nancy has officially retired, her daily schedule is fully booked. She lives her life at a breathtaking pace, extracting "juice" from her numerous interests, and sharing her wisdom, enthusiasm, and humor with her companions and family.



NF awarded Service Enterprise Certification

We are proud to announce that NF has been awarded "Service Enterprise Certification" for achievement in volunteer management and engagement.

Neighborhood Falmouth's certification as a Service Enterprise organization is public recognition by one of the most prominent national organizations dedicated to volunteerism, Points of Light. This recognition will help others see how NF successfully uses volunteers to make a positive impact in Falmouth, and with Seniors. We know internally how valuable our volunteers are, and now the rest of the community can know, too, that Neighborhood Falmouth appreciates and uses best practices in working with its terrific volunteers.



“Cookin’ Cozy”

By Bruce Ivar Haslun

I really have no explanation, but, growing up, I was never a great aficionado of salad, and even less of cold soup which I considered a very humorous oxymoron. Sadly, my growing up

years lasted well into my fifth decade. I would, of course, eat both soup and salad to be a polite guest and never outwardly complained. But always I was awaiting that red rare roasted beast, the juicy fried encrusted chicken, the saucy spiced pork on a bulky roll . . . THE REAL MEAL!

One summer, a dear old friend, Kyle Slayback, introduced me to a very simple cold soup that was so refreshing I still use it both as a soup and, with a dollop of gin or a tot of vodka and some crushed ice, as a summer elixir. (I gave you the recipe last July.) And thus began a new respect for cold soup.

Then I somehow discovered that salad did not have to be synonymous with boring: the tomato, lettuce, celery, carrot that Mom called garden salad. I began to read, to experiment, and Holy Basil, who knew that salad could be tasty?!? So, let’s explore summer soups and salads.

Gaffney Methodist Church Ladies Peach Soup (5 cups)

(South Carolina peaches [and ladies] are sweeter than Georgia’s)

- 6 large ripe peaches, peeled and chunked
- ¼ cup sugar
- 1 cup water or more
- 1 cup whipping cream
- 1 cup dry white wine
- Zest from one lemon
- Garni of finely chopped peach and fresh mint

Get a saucepan of water up to a boil. Stick a fork into the stem end of a peach and hold it under water for 60 seconds. Core out the stem and peel the fruit. (The hot water makes the skins come easily off.) In one cup of the boiling water, add sugar and dissolve. Reduce heat and add chunked up peaches. Cover and simmer 5 minutes. Put mix into whizzer (Cuisinart) with cream, wine, and lemon. Magically produce soup and chill overnight! Serve in cups alongside of below salad.

Avocado Shrimp Boats (4 servings)

- 2 large, ripe avocados
- Lemon juice
- 1 medium tomato, peeled and diced small
- 2 green onions, thinly sliced (or finely chopped)
- 1 TBL mayonnaise & 1 TBL catsup, mixed
- 1 TBL lemon juice
- 1 tsp dry parsley
- Dash Cayenne pepper
- 10 oz. shrimp, cooked and diced
- Boston lettuce leaf bowls (optional)

Halve, seed, and scoop avocados into mixing bowl, reserving avocado shells and coating them with lemon juice. Dice avocado pulp and add diced tomato. Mix should be a chunky paste-like salsa. Combine next 5 ingredients and pour over avocado mix. Fold in diced shrimp. Fill avocado shells, or discard shells and fill Boston lettuce leaf bowls. Chill and serve.

#2 Strawberry Soup

(Note: This is Carol’s favorite, especially frozen, as a dessert, and has been shared here before but worth repeating.)

Into the whizzer (Cuisinart): 1 lb. fresh strawberries (I don’t really have to tell you to cut off the stems, do I?), 1 cup of sour cream, ½ cup whole milk (no cheating!), ¼ cup sugar, 1 TBL lemon juice. Whiz until it looks like soup and into fridge until icy cold. Serve in cups or a nice wine or martini glass.

Antiguan Tomato Stack

On a lovely, old, heirloom side dish: A peeled tomato slice, perhaps ½ inch thick, a slice of blue cheese (or if you can’t get a whole hunk of blue cheese, you can use a large sprinkle of crumbled), repeat tomato, then cheese again, and end with another tomato slice on top. Whiz some olive oil and a bunch of basil (leaves and stems) and pour over stack. Serve chilled.

Happy start of summer and Skoal, Y’all!