

June 2016

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DATES TO REMEMBER

Meet for Breakfast: *See you in September!*

Senior Salon: Wednesday, June 8, 2:00–3:30 P.M.
Come to Dillingham Place for “A June Songfest,” thanks to the musical talents of NF Volunteer Judy Risch. Judy will play familiar music (Oldies for Oldies!) and all are welcome to sing, hum, or tap their toes. Let us know if you are coming, and if you need a ride. (Also see pg. 2 to answer our survey.)

Meet for Lunch: Tuesday, June 21, 11:45 A.M.
In June, we’re headed to the Flying Bridge for friendship, conversation, and their famous tower of onion rings. All are welcome. We order from the menu, and separate checks are provided. Please call the office if you need a ride or to reserve a place.

“NF Week” Monday, June 27–Friday July 1
Join NF as we celebrate our members and volunteers in a variety of ways. Look for our portrait exhibit of the NF Community around town, for NF bumper stickers on cars you may see (or be in!), and information in the *Enterprise*. Also, NF Week includes the free-to-the-public talk by Janet Benvenuti (more below). Hope you can join us!

NF Book Club: Wednesday, July 20, at 2:00 P.M.
In July, we’ll meet to discuss *A Strangeness in My Mind* by Orhan Pamuk. Newcomers welcome.

June 30, 7:00 P.M.

“Successfully Supporting Your Aging Loved Ones”

Unitarian Universalist Church, Sandwich Road

A conversation with Janet Benvenuti, founder of Circle of Life Partners, author of *Don’t Give Up on Me!* and family and aging advocate, on how to address the legal, financial, medical, and caregiving challenges of aging, even when families live at a distance.

Free and open to the public.

Thanks to Sponsors: Elder Life Care Network, Janney Montgomery Scott, Carol Kenney, Esq., and Royal Nursing Megansett



Madeleine I. Felker celebrating her February birthday.

A Profile of NF Member Madeleine Felker
By Tom Sbarra

Author’s note: The “I” in her name must be short for “What can I do for others?”

Madeleine Felker has been a lecturer, translator, radio and TV writer, reporter and producer, author, playwright, Reiki master. She has donated countless hours to the citizens of Falmouth, teaching classes and workshops in a variety of settings. Imagine what she could have done if she would have just stopped lying around and gotten busy!

In some ways, it is hard to believe this diminutive and soft-spoken woman could have such a range of interests and talents and the energy to share them so widely, but she is surely a force to be reckoned with. Her current endeavor is The Independent Writers Group—ten guys she teasingly calls her “boy toys,” who are trying to reinvent ourselves as writers under her strict and discerning eye. We willingly subject ourselves to being reminded every other week that we could have done more and wait at the hem of her very stylish dress for some pearls to help us move forward. It appears to be working splendidly, as several members of the group have published books and articles written under her guidance each year, each requiring a celebratory champagne toast upon publication.

(continued on page 2)

Madeleine Felker – continued from page 1

Madeleine loves theater, art, and music, and does not like to miss an opportunity to attend the Cape Cod Symphony, a Highfield Theatre production, or any of the classes/museum tours Susan Pennington offers through the Cape Cod Conservatory. Her Falmouth career, extending over 35 years, includes workshops given through the Conservatory and the now sadly defunct Inkwell Bookshop. They included classes in Hungarian language and culture, photography, and the craft and business of all varieties of writing, including plays, short stories, nonfiction, journalism, and poetry. Over the years, she persuaded (she can be very persuasive) numerous prominent and local writers to share their experiences with her students. Prior to this life, she was commuting daily to Boston and Cambridge by bus to teach workshops and classes. Before that her life was, well, busy and, umm . . . pretty complicated.

Madeleine grew up in Hungary, surrounded by the splendor of early twentieth century Budapest with all of its European charm and culture. Her father, a pharmacist and healer, as pharmacists often were in those days, provided a middle class environment in which she could receive a classic education, studying Latin, French, German, arts, and literature. Tragically, as in *The Sound of Music*, this lifestyle came crashing down with the Nazi occupation in 1944. Her father and her husband were imprisoned, and life as they knew it came to an abrupt end. Out of prison but stripped of their home and the pharmacy, her father was working in a small drugstore in the countryside. In December 1947, the local Communist Party leader, who had a sick child, insisted he go to Budapest in the middle of a snowstorm to get a supply of medicine. When they arrived at the station, the train was already pulling out. The officer forced him to try to board. Tragically, he fell and was killed by the moving train. He was 49 years old. Brief hopefulness at the end of the war gave way to the equally brutal Soviet occupation, and trading one dictator for another did nothing to help the Hungarian people. A decade later, another window of optimism was slammed shut after the few weeks of the Hungarian Revolt in 1956, leading to even more oppression.

At this point, Madeleine feared for the safety and psyches of her teenage daughters. Fortunately, miraculously, her famous relative, Albert Szent-Gyorgyi, who had won the Nobel Prize in Medicine in 1937 for the discovery of Vitamin C (fittingly, the source of which was Hungarian paprika), had escaped years earlier and was living in Falmouth. Even more fortunately, his heart was as big as his brain, and he found a way to sneak the two girls out of Hungary to Woods Hole, where they eventually thrived. The older daughter, Dr. Tunde E. Felker became a well-known medical researcher studying cholesterol metabolism; sadly, she died of breast cancer in 2010.

WE WANT YOUR OPINION!

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 the upcoming “A June Songfest.” Aging Anonymous topics included loss, faith, and anything else that came up.

The younger daughter, Csilla, lives in Texas with her husband, John, and three children, Izabella, Patrick, and Angelika. Csilla and John are both internationally known art conservators.

Back in Budapest, the authorities were, to say the least, not pleased when the ruse was discovered. Madeline’s prominence as a writer and TV personality probably saved her from the gulag, but the Soviets revoked her passport, and it would be 10 long years before she herself could escape and reunite with her children in Woods Hole. Free at last, this refugee arrived with \$5 and no English. At an age when many would consider retirement, she had to start a new life in the new world. But, plucky girl that she is, she was soon fluent enough to spread her wisdom and imagination, eventually with countless students in Boston and Cambridge and, lucky for us, in Falmouth.

Many people have helped Madeleine with this extraordinary career. Her father instilled in her a strong sense of service to others. He was always willing to help neighbors and customers in his pharmacy, regardless of their ability to pay during the difficult economic times of the 1920s and 1930s. He built a room in the basement of the pharmacy to hide the Jewish family of one of his employees from the Nazis. They survived the war, and years later, under communist rule, one of the family members who was then working as a government minister managed to provide passports to the Felker children to help smuggle them out of Hungary.

Other angels along the way included a friend in Budapest who would help Madeleine find work, a relative to spirit her children from behind the iron curtain, librarian Ruth Schleicher who took her under her wing when she found Madeleine wandering around the Woods Hole Library. Ruth provided her with her first English textbook, introduced her to friends, enrolled her

(continued on page 3)

GALA THANKS

Neighborhood Falmouth is even more financially sound, thanks to the nearly 200 businesses and individuals who donated gifts and gifts of time to our Annual Spring Gala, and who attended the evening and shared in the great fun and friendship. Thanks to all of you, NF raised a record-breaking \$21,000, which will help make the lives of Falmouth Seniors better, and our community closer. Special thanks to:

Sponsors

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Madeleine Felker – continued from page 2

in clubs, and invited her to parties. She invited her to AARP, where as vice president would work for years organizing museum trips, slide presentations, and editing the newsletter. The Hough family, owners of the *Enterprise* were also very helpful, publishing numerous accounts of Madeleine's history and publicizing her workshops and tours. A kind professor in her English-as-a-second-language program at Harvard suggested she try teaching Hungarian language and culture and calligraphy (because her handwriting was so good!) and helped her get started. Within a few years, she was teaching creative writing workshops—in English! She was introduced to someone who gave her a job in a retail store in Harvard Square, and within weeks Madeleine was the manager. She found angels everywhere, a tribute to her magnetism and the welcoming generosity of everyday Americans.

An inveterate walker and so accustomed to fierce independence, it pains her to require the services of NF to get around. Adding insult to aging, three freakish and severe auto accidents, the most recent when she was run over in the Teaticket post office parking lot, have left her uncharacteristically and suddenly more dependent than she ever thought she would be, despite almost continuous physical therapy. In addition to requiring her to seek rides, the injuries have caused her to greatly curtail her beloved teaching that she provided to us for so long.

We are, indeed, fortunate to have such a talented addition to our town and our organization. NF is, in turn, happy to be of help, to give back to someone who has given so much. Madeleine is extremely grateful to the volunteers of NF and to Peggy, Susan, and Laura for all their help, support and friendship—angels, all of them.

But Madeleine is not done yet! Slowed, but with no interest in stopping, she has written a three-volume memoir to document this remarkable life. If she can find the time in her still busy schedule to edit it, she would like to publish it both in English and Hungarian. For now, we can expect to see this petite lady with her stylish hats out and about all over town.

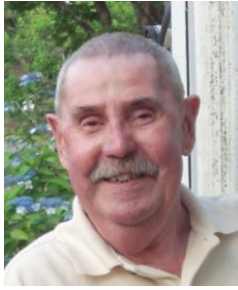
Welcome new Members:

Diana Sweenie
Elizabeth and Edward Thompson

Welcome new Volunteers:

Susan Butler
Jane Dunworth-Baker
Michael Heylin

We're glad you have joined us!



“Cookin’ Cozy”
By Bruce Ivar Haslun

I guess we can finally suggest that the “warm season” has arrived. I hesitate to say “summer” because the Mother Nature of the North might hear, cackle to herself, and drop 18 inches of snow on us! Having moved back north after 20 years in South Carolina, I’ve come to realize that there is more than one Mother Nature. The Northern one has only three children, the Southern one has four. One of them is called “Spring,” a bright, warm-hearted tyke who loves flowers, leafing trees, birds nesting... A glorious child! Ah well.

Perhaps this is a good time to get some warm weather recipes to y’all. Here are some summer salads.

Dilled Pea Salad (3 ½ cups)

Thaw a 16 oz. bag of petite peas. Combine ¼ cup mayonnaise, ¼ cup sour cream, 1½ Tbls horseradish, 1 ½ Tbls Dijon mustard, 2 tsp of dried dill. Add the peas and mix well. Chill overnight. A nice presentation is to serve the salad in red cabbage or Boston lettuce “bowls.”

Bruce’s Tomato Salad (4 servings)

3 large, ripe tomatoes, peeled and cut into large dice
1 red onion cut into medium dice
One 5 oz package of crumbled bleu cheese
One 8 oz bottle zesty Italian salad dressing
If available, add whole basil leaves to taste
Mix all and chill well. Although it makes enough to serve 4, it usually doesn’t last more than 2 days around our house!

Lime and Thyme Potato Salad (serves 4)

First, make the dressing by mixing 1/3 cup of mayonnaise, 1/3 cup sour cream, fresh thyme or 1 tsp dried thyme, ½ tsp lime zest, juice of one lime, and set aside.
Now, dice 3 or 4 potatoes. (Yukon Gold work well.)
Boil the potatoes until done to your liking.
Stir the drained hot potatoes with the dressing and chill overnight.

Carol’s Favorite Asparagus Salad (serves 4)

Steam 1 pound of uncut asparagus to tender and plunge into ice water to stop the cooking. Whisk together 1 Tbls orange juice and ¼ cup olive oil. Peel and section 2 oranges or use a can of drained Mandarin oranges or 3 or 4 clementines. Mix the oranges, asparagus, and 1

cup crumbled blue cheese. Drizzle with the orange vinaigrette dressing.

Some Hopefully Helpful Hints:

To peel tomatoes, cut out the stem with a paring knife, leaving a shallow, conical hole. Fill a saucepan with enough water to completely cover the tomato and bring water to a boil. Stick a fork into the stem hole and hold the tomato submerged in boiling water about 60 seconds. Remove and let cool so you can handle it. Using a paring knife against your thumb, pull strips of skin off tomato. (This method also works for peaches.)

When making potato, rice, pasta, or other starch dishes and a sauce mix, always mix them when the starch is hot. It will absorb the sauce and enhance the flavor.

In regards to the serving portions above... Remember, you can always make more or less by adjusting up or down. Cooking is mainly art with a little science thrown in!

Skoal y’all!
Bruce

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- 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 • 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 • 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*