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NEIGHBORHOOD  
  
FALMOUTH  
Meeting Seniors' Needs

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# Newsletter

March 2017

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

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## DATES TO REMEMBER

**Senior Salon: Monday, March 6, 2:00–3:15 P.M.**  
*Judy at the Piano.* Sing along with Judy Risch at the Falmouth Senior Center. Refreshments provided. Please let us know you want to attend.

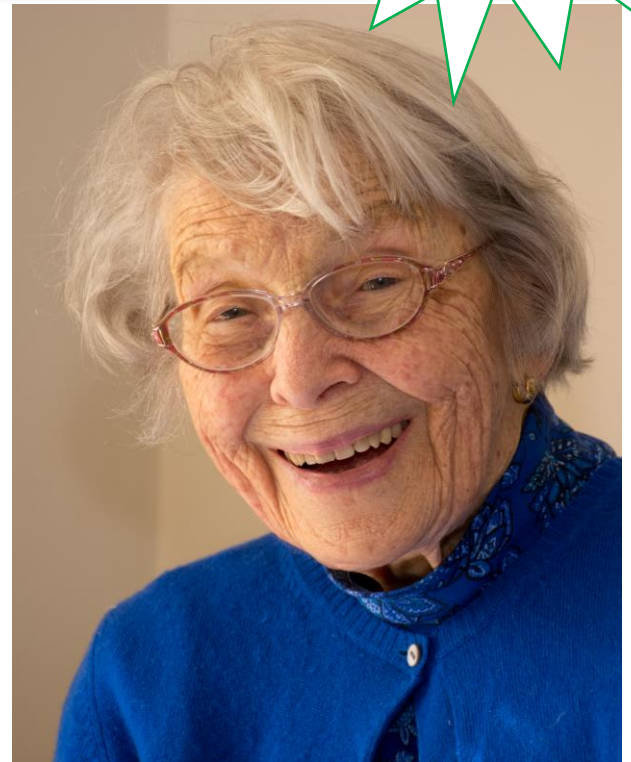
**NF Book Club: Tuesday, March 14, 2:00 P.M.**  
We'll be talking about *The Good Girls Revolt* by Lynn Povich at the Falmouth Public Library Trustees Room. Join us! Newcomers always welcome, and rides are available.

**Meet for Lunch: Wednesday, March 22, 11:45 A.M.**  
Aren't we glad the Coonamessett Inn is staying? Please join us! We order from the menu, and separate checks are provided. Please call the office to reserve a place and let us know if you need a ride.

## Looking Ahead

**Annual Paper Shredding Fundraiser: Saturday, April 8, 10:00 A.M.–1:00 P.M. Lawrence School Parking Lot.** This year there are TWO trucks for speedier service! NF members and volunteers can shred personal papers for free, while others pay \$5 per box, thanks to our sponsor Janney Montgomery Scott.

**May 12, The NF Spring Flowers Gala  
An Evening of Flowers, Friendship and Music**  
Join us at the Falmouth Yacht Club. Enjoy delicious food, music, and good company with a silent auction and the famed Wheel of Fortune! Tickets are \$75.



*Carin Galbraith in her garden last spring.*

## A Profile of NF Member Carin Galbraith By Nancy Walbek

Carin Galbraith's story begins with the immigration of her parents from Sweden in the early 1900s. Her father first worked on a farm in Vermont, but then left and walked back to Boston, where he had relatives, to seek better employment. From there, he moved to New York, where he met her mother through Swedish immigrant social events. He entered the then new telecommunications field and was employed for many years at Columbia Broadcasting System. Her mother worked as a nanny in New York before the two met and married.

Carin, the middle of three children, enjoyed living in the same house in Queens through her school years. The families in the neighborhood went to different churches and spoke a variety of languages at home,

*Continued on page 2*



including Greek, Italian, and German. The kids all played together, and Carin relates that she learned how to say “shut the door” in these languages by hearing the mothers yell at the kids as they headed out to play. Carin was a Girl Scout and also enjoyed playing with dolls, riding a bicycle, and jumping rope. The family had no relatives nearby.

During the Depression, there was little work for her father and one summer he was able to take the family to Sweden, where he worked on the family farm. Ten-year-old Carin was thrilled to spend time with 15 cousins and other relatives. It was during that summer that she learned Swedish. After that, she stayed connected with her Swedish relatives.

Carin attended Hunter College for one year, intending to become a teacher. She also enjoyed dating young men and recalls meeting her Scottish-heritage husband Kenneth at a high school alumni event. “I was across the room when he walked in with a friend of my brother. He was wearing a cream colored sweater and looked so good to me that I was smitten even before being introduced a few minutes later.” Continuing her education was no longer her first priority. Happily, first impressions served her well, for the couple enjoyed a loving marriage for 50 years.

Initially, the young Galbraiths lived near their parents in Queens. During World War II, Ken’s work as an air traffic controller was needed in the States, so he was not assigned overseas. But because he was transferred to several different airports, the family lived in Vermont and White Plains, NY, before settling in Lynbrook on Long Island to raise their four daughters. Carin now speaks of her daughters as a “gift from God” and is especially proud that they are all engaged in doing things to help people. Perhaps they were influenced by observing their parents. The activities Carin best remembers from these childrearing years include caring for Ken’s mother who experienced dementia, teaching Sunday school, and being involved with the Girl Scouts.

When their daughters were out on their own, Carin and Ken moved to Granby, CT, where Ken continued to work for 10 years and they then enjoyed 10 years of retirement. Carin remembers that the two of them “did everything together.” They were very active in a community garden and grew and preserved enough vegetables to eat through the year. They entertained often, attended many concerts, and enjoyed hiking and canoeing close to home and in the Adirondacks and Green Mountains of Vermont. At about age 60, Carin reports having hiked up Mt. Marcy with a 40-pound pack and camping overnight in the woods (“There was

*Continued on page 3*

## YOUR HELP NEEDED...



### Volunteers and Members

As part of our Annual Paper Shredding Fundraiser on Saturday, April 8, we will be holding a bake sale. We’d be grateful for any contributions of cookies, bars, or brownies (non-gooey, and cut please). Please let Susan in the NF Office know by Monday, April 3, if you can help. We can pick up or you can deliver.

Reach Susan at 508-564-7543 or [director@neighborhoodfalmouth.org](mailto:director@neighborhoodfalmouth.org), Thank you!



### *Welcome new Members:*

Martha Adams  
Norma Engles  
Noreen and Doug Greetham  
Don and Sheila Hailer  
Charlie Nichols  
Mary Schiffman and Ed Locke  
Ann Wall

### *Welcome new Volunteers:*

Mary Jo Bradley  
JoAnn Fishbein  
Ilene Karnow  
Robin Ketchum  
Ken Kosel  
Susan Marlatt  
Janet Moller  
Elga O’Dell  
Scott Sargent  
Margaret Sulanowska  
Bud Tracy  
Marie Vautour  
Colleen Wood

*We hope you enjoy your time with NF!*

no campground up there,” she says.) Further from home, they camped in Key Largo, Florida, a number of times and also travelled in the West. Recalling visits to Big Bend, Texas, and Yosemite National Park brought a special smile.

Soon after Ken’s passing in 1991, Carin moved to Falmouth to be near her youngest daughter and to assist in the care of two young grandsons. Involvement with the Women’s Union of First Congregational Church, attending performances at Highfield Theater, and working in her garden have been highlights of her activities in Falmouth.

While there is less stepping out for these activities in recent years, Carin continues active engagement in shaping the future. She is an avid recycler. When it was time to buy some replacement light bulbs, she selected LEDs both because they are better for the environment and because they should last for seven years. And, she recently requested a referral for physical therapy so that she could “stand up straighter for the pictures at (her) sister’s 100th birthday celebration.”

Carin maintains a team of helpers who make it possible for her to continue to cook her own meals and stay in her own home. The helpers include one of her local grandsons who is now grown and lives nearby with his wife and baby girl Lillianna. He visits often to fix things and offer the “tech support” she sometimes needs with her Kindle and answering machine. All four daughters, other family members, Neighborhood Falmouth volunteers, church members, occasional home nursing visits, and some hired help with gardening and cleaning offer ongoing support and social contact. It’s important to appreciate that she is not a passive receiver of services—she gives back so much affirmation that it is truly a pleasure to work with her.

Carin’s exceptional sense of humor is part of the exchange. This asset was evident when I first met her in November 2015. Arriving on her doorstep to go grocery shopping, I introduced myself and announced, “Your chariot is here.” Looking directly at me with a twinkle in her eye, she came right back with, “You’re not exactly the chariot I’m expecting these days.” That same brightness and good humor has enlivened all of our weekly outings since then and make it a great joy to relate some of her story here.

You may want to wish Carin a happy 98th birthday on March 18th!



### A Great Opportunity for NF Members

If you could share memories of your past with your loved ones what would they be? What events in your life helped define you? How would you like to be remembered?

A Legacy Project provides you with an opportunity to record, preserve, and share your stories. NF Volunteer JoAnn Fishbein is offering to work one-on-one with members of Neighborhood Falmouth to create free audio recordings of their life stories. While generating a precious gift for your family, sharing stories can also provide a beneficial effect on your health, both physically and psychologically. A retired social worker specializing in geriatric and hospice care, JoAnn has created legacy projects with many of her clients.

If you are interested in a creating your own legacy project, please contact Susan in the NF Office.

The Dr. Atul Gawande  
Simulcast  
will be rescheduled in  
the summer or fall!



We will keep you posted when a new date is announced. Thanks!

### Thank You to Our Business Sponsors!

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## “Cookin’ Cozy” By Bruce Ivar Haslun

A blizzard down in South Carolina meant about 3 inches of big, wet, sloppy flakes, enough so that the littlers could go out to a good-sized front yard and roll all the snow into a 4 or 5 foot

snowman, complete with charcoal briquette eyes, carrot nose, a red licorice whip mouth, and one of Mama’s old Derby Day hats. The older Good Ol’ Boys, from age 16 to 66, would rev up the Dodge Ram, Ford F-150, or Chevy Tahoe and go do some drivin’. That meant going full throttle and doing 180’s or 360’s, or plowing into a ravine, or through some moonshiner’s cornfield. Yee-Hah! Love them blizzards! But always, eventually, we’d huddle together, say grace, and share a meal.

We’re a lot more circumspect here in The Land of Steady Habits. I telephoned some reverse immigrant neighbors from Georgia and suggested that since a blizzard was predicted, let’s skip the petite snowman and resist the NASCAR wannabees. They’d walk over with a good bottle of burgundy. Cocktails at 5, dinner at 7.

Here’s an easy to put together pot roast just looking for a blustery, cold day, warm friends, a bit of bourbon and creek water, and a glass or two of burgundy.

### **Hearty Winter Pot Roast** (serves 4-6)

- 1 (2 lb.) chuck roast of beef
- 2 TBL olive oil
- 1 ½ cup dry red wine (burgundy, Beaujolais)
- 2 cups (1 can) beef broth
- Halved or quartered baby red, yellow, or fingerling potatoes (as much as you want)
- 1 jar drained baby onions
- 1 (14 ½ oz.) can diced tomatoes, undrained
- 3 stalks celery, sliced
- 3 carrots, sliced
- 1 TBL Dijon mustard
- 2 garlic cloves, minced
- 1 bay leaf
- 1 tsp each: thyme, sage, oregano
- 1 tsp red pepper flakes
- Salt & pepper to taste

In a Dutch oven on top of stove, brown the meat in hot oil on all sides. Remove meat and heat vegetables in the oil. When heated through, return roast to pot and add all other ingredients. Bring to a simmer, cover, and roast 90 to 120 minutes in 350 degree oven. Remove and slice roast, and place onto large platter. With slotted spoon, surround roast with veggies. On stove top, over high heat, reduce

remaining liquid by 1/3. Can add a bit of flour or cornstarch to thicken. Pour over meat and veggies and serve.

Stay warm! Spring is coming!  
Skoal, y’all!

## MARCH EVENTS AND ACTIVITIES

Don’t let winter hold you back. If you are interested in these or other activities, let us know! We can get you a ride and perhaps even find someone to join you.

**Play: Woods Hole Theatre: *One Slight Hitch*. Community Hall, 68 Water Street, Woods Hole. Playing on these dates and times: March 9-10-11 at 7:30 P.M., March 17-18 at 7:30 P.M. and 19 at 2:00 P.M., March 23-25 at 7:30PM.** Laugh along with the family at a wedding gone perfectly...right! Tickets are \$15.00 by calling 866-811-4111 or online at woodsholetheater.org.

**Documentary Film: The Music of Strangers: Yo-Yo Ma and The Silk Road Ensemble, Saturday, March 11, 7:30 P.M., Redfield Auditorium, Woods Hole** The film follows performers reaching across cultural, musical, and language barriers to create music together. Tickets are \$14 general or \$25 for two people, and can be purchased online or at the door.

**Concert: Falmouth Chorale and the Zamir Chorale of Boston present “PsalmSation” Sunday, March 19, 7:00–9:30 P.M. at the Lawrence School Auditorium.** The program features Handel’s “Coronation Anthem No. 4,” Bernstein’s “Chichester Psalms,” and Boston composer Emmett Price’s “Joyful Noise.” Neighborhood Falmouth members can receive discount tickets for \$15 (regular price is \$25 or \$30 at the door) by sending a check directly to Bobbie Miner, 34 Loop Road, Falmouth. Checks must be received by Monday, March 13.

**Play Screening: National Theatre of London’s *Hedda Gabler* Friday, March 31, 7:00 P.M., and Saturday, April 1, 2:00 P.M. at Falmouth Academy.** A modern production of Ibsen’s masterpiece. Tickets are \$15 and can be purchased online, by phone, or at the door.



See you in April!

