

---

---

**NEIGHBORHOOD**  
  
**FALMOUTH**  
*Meeting Seniors' Needs*

---

---

# Newsletter

May 2017

Phone: 508-564-7543  
PO Box 435, Falmouth, MA 02541  
[www.neighborhoodfalmouth.org](http://www.neighborhoodfalmouth.org)

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



## DATES TO REMEMBER

**The NF Spring Flowers Gala: An Evening of Flowers, Friendship, and Music, Friday, May 12, 6:00–8:00 P.M.** Join us at the Falmouth Yacht Club for flowers, food, music, and friendship with a silent auction and the famed Wheel of Fortune! Tickets are \$75 and all proceeds support NF.

**NF Book Club: Thursday, May 18, 2:00 P.M.** Our book group will meet on a Thursday this month at the Falmouth Library in the Trustees Room. We'll be discussing Camilla Lackberg's "The Ice Princess". Newcomers always welcome, and rides are available.

**Meet for Lunch: Wednesday, May 24, 11:45 A.M.** The Coonamessett Inn is a member favorite. All are welcome! We order from the menu, and get separate checks. Call the office to reserve a place and or if you need a ride.

### Looking Ahead

**Senior Salon: Wednesday, June 14, 2:00–3:15 P.M. Dillingham Place** "A Day in the Life of an Artist: A Conversation with Karen Rinaldo." Please let us know you want to attend. Refreshments provided.

**Lecture and Conversation: Tuesday, June 20, 7:00–8:00 P.M. Hermann Room, Falmouth Main Library.** Come hear Dr. Roger Landry, author of "Live Long, Die Quick", for his upbeat, engaging presentation. Free and open to the public. Please let us know you want to attend, and if you need a ride.



*Ken Peal at the recent NF Annual Meeting.*

## A Profile of NF Board President Ken Peal By Pamela Nelson

To honor his election to President of the NF Board, we are reprising this profile originally published in 2013.

Do you ever say to yourself, "Now, here is a person I would not mind being trapped with in an elevator?" Maybe you don't, but I do. And for me, Neighborhood Falmouth volunteer Ken Peal is just such a person. Not only would conversation likely meander along interesting and unexpected paths until we were rescued, but Ken just might have a penlight and a small screwdriver in his pocket....

Ken and his two sisters were born in Canada, growing up and attending school in Hamilton, Ontario, a steel town and home of the Tiger-Cats football team. The son of two teachers, Ken went on to get his degree in engineering from McMaster University. After

*Continued on page 2*



## Ken Peal — *continued from page 1*

working for a time in Ottawa, he went to the University of British Columbia, where he earned a master's degree in electrical engineering. He then took a job in a government research lab on the Great Lakes, at the Canada Centre for Inland Waters, during the International Field Year for the Great Lakes. However, frustrated that he was steered more into administrative tasks than into creative design work, he began to look around for other opportunities.

After meeting some people from the Woods Hole Oceanographic Institution who seemed to be happily doing design work in electronics, he, too, got himself a job at WHOI. At first, he did maintenance and repair for one of the early computer labs whose goal was to improve the reliability of computers so that they could be taken to sea on research voyages. Before long, he was pleased to move into more personally gratifying work designing electronics.

When he and his British-born wife, Rosemary, arrived in Falmouth in 1971 with their toddlers Richard and Jennifer, they purchased a house in West Falmouth, where Ken still lives. They were the second owners of this quaint, storybook home that was built in 1859 by the grandfather of its previous owner. Ken speaks appreciatively of his house, describing it as being very well built. Over the years he has done a lot of the maintenance work himself. While their son and daughter attended Falmouth schools, Rosemary, a trained radiology technologist, found satisfying work in this area. The couple sang in the Falmouth Interfaith Choir, now the Falmouth Chorale, and Ken was also a member for a time of the Greater Falmouth Mostly All-Male Men's Chorus. Unfortunately, Rosemary died of Alzheimer's disease in 2007.

For a few years the family owned an old Beetlecat, a wooden sailboat whose hull had been fibreglassed. They joined the Champoquoit Yacht Club and even raced their boat, although, says Ken wryly, "I always came in dead last." All the same, Richard and Jennifer enjoyed sailing lessons and growing up in West Falmouth.

At WHOI, Ken joined a group doing underwater seismology using an ocean-bottom hydrophone. This equipment, which measures pressures, was used in modeling the earth's crust below the seafloor. With his background, Ken was able to convert to digital data gathering and also to help develop an instrument that could measure movement as well as pressure. Over time, there was a push to use multiple instruments at once in order to get better data. Now the team deploys as many as 130 instruments simultaneously in an array. The instruments can also be reconfigured to look at different parts of the sound spectrum.

*Continued on page 3*

Please join us for the

## Neighborhood Falmouth Spring Flowers Gala

An evening of friendship, flowers, and fun supporting Neighborhood Falmouth's work with Falmouth Seniors and their families

Friday, May 12, 2017 • 6:00 – 8:00 P.M. • Falmouth Yacht Club

Plentiful hors d'oeuvres • Judy Risch on the Piano • Cash bar  
The "Wheel of Fortune" where every spinner is a winner!

A silent auction, including  
A weekend at a cottage on Nantucket  
A weekend at a home in Falmouth  
Fresh flowers, Art, Sculpture, Pottery,  
Memorable Experiences,  
and much, much more!

\$75 per person, R.S.V.P. by May 1  
Director@NeighborhoodFalmouth.org • 508-564-7543  
PO Box 435, Falmouth, MA 02541  
Purchase tickets online at  
Neighborhoodfalmouth.org



### *Welcome to our newest Members:*

Gayle Kough  
Sally Tomek

### *Welcome to our new Volunteers:*

Sharon McQuarrie  
Donna Mattison-Earls  
Lyn Misantone  
John Nolan

### *Welcome to our new Board Members:*

Pennie Hare  
Mary Pat MacKenzie  
Grant Willis

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

## Thank You to Our Business Sponsors!

*Atria Senior Living • Bayada Home Health Care • Bristol County Savings Bank • Beatrice A. Bunker Architecture • Cape Cod Cooperative Bank • Cape Cod Five Cents Savings Bank • Cape Cod Foundation • Chapman Cole & Gleason • Elder Life Care Network • Pat Dillon, Ermine Lovell Real Estate • Eastman's Hardware • Dr. Richard Armstrong, Falmouth Podiatry • Foley & Foley, PC • Gardens by Barbara Conolly • Hamilton Tree and Landscape • Heritage at Falmouth • Sophie Marcovich DMD • Janney Montgomery Scott • Carol Kenney, Esq. • Michael Leahy, MD • Dr. James W. O'Connor • Paint's On Us • Royal Nursing Megansett • Simply Hearing • Valle Group • Waterbury Optometry • West Falmouth Market • William Wittmann MD and Moira Shea • Wood Lumber Company • Woods Hole Foundation*

## MAY EVENTS AND ACTIVITIES

With spring here, there is so much to do, and we'd love to get you a ride to these or other activities if you are interested. Please call the office to learn more.

**Falmouth Theater Guild: Joseph and the Amazing Technicolor Dreamcoat— Weekends May 5–21, Fridays and Saturdays 7:30 P.M., Sundays at 2:00 P.M.** A musical based on the "coat of many colors" story of Joseph from the Bible's Book of Genesis. Tickets are \$20 for adults, \$18 for Seniors. Buy online at [falmouththeatreguild.org](http://falmouththeatreguild.org) or call 866-811-4111.

**Concert: Falmouth Chorale "I Hear America Singing" Saturday and Sunday, May 6 and 7, 4:00 P.M. at John Wesley United Methodist Church.** Featuring time-honored Americana pieces from greats like troubadour Woody Guthrie and classical composer Aaron Copland. Tickets are \$25/adult in advance, \$30 at the door. Buy online at [www.falmouthchorale.org](http://www.falmouthchorale.org) or call 774.393.2383.

**Woods Hole May Festival: Saturday, May 27, 10:00 A.M.–3:00 P.M.** Taft Playground and Ball Park, Bell Tower Lane, Woods Hole. Enjoy lobster rolls, hamburgers, and strawberry shortcake while seeing old friends and lots of young families. Parking is limited.



## Ken Peal — *continued from page 2*

Ken was aboard R/V Knorr in 1977 when living organisms adjacent to undersea vents and hot smokers were discovered in the Galápagos region. He was navigating ANGUS (Acoustically Navigated Geophysical Underwater System) when transmitted data revealed a brief spike in the water temperature, and he recalls the reactions of amazement and elation as the scientific party examined the data. The scientists suspected that this spike was the result of hot magma coming into contact with cold seawater at the site of a geologic fault. On the same expedition, the minibus Alvin was deployed so that investigators could inspect the site of the temperature anomaly close-up and also verify towed-camera images collected there that showed large white clams and brown mussels at a depth previously thought to be "like a desert."

Twelve years later, in 1989, an expedition to his native Canada particularly excited Ken's interest. He traveled to the High Arctic with an acoustician who was interested in making measurements to study multiyear ice over a period of a year. Their adventure began at the Resolute Bay Research Station where they rented ice huts, organized plans for meals, and arranged for the electronics and generators they would need. Next, accompanied by an Inuit guide who was there "to help fend off polar bears," they set up an ice camp on Melville Island's Sabine Bay. Ken designed the electronics for the measurements made during the three-week expedition. The scientists put instruments down through the ice into the water beneath in order to study ice physics. Vertical arrays of sensors were placed in each hole and left for a season, while the investigators retrieved their ice data via satellite transmissions and, as an added benefit, got useful data about the water just under the ice and about variations in ice thickness.

Ken retired in 2011. He makes deliveries for Meals on Wheels and is on the board of Cape Cod Apartments. He bikes in the mornings and continues to sing in the Chorale and at John Wesley Church. Ken met Michele, to whom he is now married, through the church choir. Neither was looking for a new spouse, but their shared musical interests brought them together. Ken also volunteers for Neighborhood Falmouth, as a driver as well as performing occasional household repairs, not to mention his Board service and committee work.

Leaving his lovely home after our chat, I reflected on our conversation. What stayed with me was a sense of Ken's quiet humility and patience, in addition to his gentle sense of humor. Definitely a person who would be good company on that stuck elevator I mentioned!



## “Cookin’ Cozy”

By Bruce Ivar Haslun

I thought, in case you’re planning to have a BBQ for Memorial Day, I would share a couple of appropriate recipes. I don’t believe I’ve ever met a bean I didn’t like. That includes most

any brand, jarred or canned, of baked beans. While I’ll eat any of them, I do find I like the thicker, dryer ones better than the soupy, thin sauced brands.

That being said, a number of decades ago I decided to experiment with making my own beans. I tried this and added that and left out the other thing. I served them all to friends at many a backyard fete and over time this recipe won the greatest applause, the most compliments.

### **Bruce’s Own Backyard Baked Beans** **(original recipe) – probably 4-6 servings**

- 1 lb dry navy beans
- ¼ lb ground beef or one Italian link sausage, out of the casing and crumbled
- 1 small onion, chopped fine
- ½ cup molasses
- ¼ cup catsup
- 1 TBL dry mustard
- Worcestershire, tabasco, and cayenne pepper to taste
- 2 TBL cider vinegar

Put beans into a Dutch oven with enough water to cover and soak overnight. Preheat oven to 300 degrees. Drain beans of any excess water and hold them in a bowl. In the Dutch oven, saute onion and beef. (Remember we aren’t making a meat sauce here. The meat is simply for flavoring. I don’t drain the meat after cooking.) Return the beans to the pot and add molasses, catsup, dry mustard, and 4 to 5 cups of water. Bring to a boil then cover and bake to reduce liquid by half, about 2 ½ hours. Stir in Worcestershire, tabasco, and cayenne. Bake uncovered to thicken, about 60 to 75 minutes. Stir in vinegar. Can be reheated in oven or on stovetop or, I suppose, a microwave.

My next door neighbor down in Gaffney was one of those Southern boys who will cook anything so long as he can do it outdoors in the backyard. His was the first fried turkey I ever saw, scaring the daylight out of me when the turkey dove into the hot fat, bubbling and hissing like Mount St. Helens!

We were invited to a Saturday night “Poke Rib Que.” He called in the early afternoon. He’s got the ribs soaking in Carolina mustard sauce, all the salads are covered, beers on the ice. But Miss Lucy had promised a hot casserole and she’s feeling poorly. “Be obliged if you’d whip up a mess of your baked beans.” Sure, I said, completely forgetting about the overnight soak! And so were invented:

### **Bruce’s Backyard Baked Beans** **(emergency recipe)**

- ¼ lb ground beef or one Italian link sausage, out of the casing and crumbled
- 1 small onion, chopped fine
- 1 can (15 oz) red kidney beans rinsed
- 1 jar (about 15 oz?) any variety B&M brand baked beans
- 1 can (about 15 oz?) any variety Bush’s brand baked beans
- 1 28 oz can whole tomatoes, drained (but save the juice)
- ½ cup molasses
- scant ¼ cup catsup
- 1 TBL dry mustard
- Worcestershire, Tabasco, and Cayenne pepper to taste

In a pot that will hold all the ingredients, brown the onion and meat. Add kidney beans. In a colander, drain the jar and can of commercial beans, stirring around to get them as “dry” as you can. Add them to the pot. Put tomatoes into a bowl and break them up. With a slotted spoon, add tomato pulp into pot. Add all else and simmer for 60 minutes. Add saved tomato juice if necessary to moisten.

Not quite as good as the original, but haven’t had any complaints.

Skool, y’all! Enjoy your Memorial Day, and don’t forget a prayer (or thought) for our military and their families, past and present, living and fallen.

