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NEIGHBORHOOD  
  
FALMOUTH  
Meeting Seniors' Needs

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# Newsletter

October 2017

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

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a friend!



## DATES TO REMEMBER

**Aging Anonymous: Wednesday, October 11, 2:00–3:15 P.M. Dillingham Place.** Join us for a conversation on your experience of getting older. This month's topic: "The Pets in our Lives." Bring your stories. Refreshments provided. Please let us know if you can make it or need a ride.

**Meet For Lunch: Wednesday, October 18, 11:45 A.M.** This time (fingers crossed!) no hurricane will get in our way! We'll meet at the Coonamessett Inn and order off the menu and request separate checks. Paying with cash is helpful.



**Annual Fall Gathering Lunch:  
Saturday, October 21, 12:00 noon.**

It's the Annual Fall Luncheon and ALL are invited! Join us in the Fellowship Hall of the First Congregational Church for a

delicious lunch. This is a great opportunity to spend time with new and longtime friends while enjoying a delicious repast. Rides are available. Please RSVP by October 13 to Susan in the NF Office.

**NF Book Club: Tuesday, October 24, 2:00 P.M. Falmouth Library Trustees Room** In November, we're discussing *The Bad-Ass Librarians of Timbuktu* by Joshua Hammer. All are welcome and rides are available.



*Cathy Kligler*

## A Profile of NF Volunteer Cathy Kligler

By Pamela Nelson

"I am a planner," says NF volunteer Cathy Kligler, "but sometimes I just have to let things unfold." Her tendency to plan enables her to pursue personally satisfying goals that often positively impact individuals and the community at large. After living in Falmouth full time for only four years, Cathy has managed to effect a number of beneficial changes to the greater community.

Born in Boston, Cathy was raised with her three siblings in Ashland, a metro-west suburb abutting Framingham. Her father taught English at Framingham North High School while her mother, who had majored in German at college, returned to teaching after raising her children. Her father established a translating business to augment his teaching salary, and her mother served as his German translator.

Cathy, who, like her mother, attended Mount Holyoke College, graduated in 1977 with a degree in biogeography, a major she devised herself because the college did not offer majors in environmental science or ecology. She headed to Washington, DC,

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after completing college. Her plan at the time was to “let it unfold.” She planned to backpack around Europe and Great Britain before settling down, and she needed to earn enough money to pay for her travels. Cathy started out as a waitress in a restaurant near the White House. Soon, however, one of her frequent customers offered her a good job with benefits, working as an administrative assistant in a public interest company. She worked at PTI, Public Technology Inc., for almost a year, even traveling to Europe on the job.

Cathy met her future husband, Roger Kligler, a fourth year Georgetown University medical student, that winter. When he matched for a residency program in internal medicine on Long Island, she followed him there, taking temp jobs in Manhattan until she had earned enough money to travel abroad. Roger contacted her while she was away, informing her that he wanted to move out west to complete his residency. After she replied that she would be willing to move to California for a couple of years, he transferred to UC Davis. Back from her travels, Cathy enrolled in an MPA program (Masters in Public Administration) at the University of Southern California in Sacramento, focusing on intergovernmental management, the interplay between local, state, and federal governments. It was a logical extension of her work at PTI in Washington, the job that had “unfolded” after her arrival in DC. The MPA included internships at various levels of government and gave her background she later found useful when she and Roger returned to the East Coast. A New England girl at heart, Cathy was delighted when they settled in Easton, MA, south of Boston, in 1982. There she served on the town finance committee and the personnel advisory committee.

Her three children, Ben, David, and Laura, were born in Easton, and Roger undertook a satisfying and busy internal medical practice in nearby Brockton. Cathy, not one to sit still, was fortunate to be able to afford help with childcare in her home. She was an active civic volunteer and soon received an intriguing invitation to join three other women who hoped to open a children’s museum in Easton. Securing the museum’s non-profit status, learning grant-writing skills, raising funds, researching potential exhibits, convincing the town to lease them an unused fire station to house the museum, and pulling the entire project together took five years.

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## OCTOBER EVENTS AND ACTIVITIES

October is a wonderful month to get out to enjoy our town. Here are just a few cultural things coming up. Let us know if you’d like a ride.

**Author Discussion and Conversation, Saturday, October 7, 10:30 A.M., Falmouth Library, Hermann Room.** Author and NF Volunteer Russ Lemcke will speak about his book *If I Could, I Would, An Inspiring Story of a Young Girl Who Lived Life to the Fullest*.

**Falmouth Choral Concert: “Baroque Splendor,” October 21 and 22, 4:00 P.M., John Wesley United Methodist Church.** Music by Vivaldi, Bach, Handel, and other greats with the orchestra and guest soloists soprano Erin M. Smith and mezzo soprano Meredith Ziegler. Tickets are \$25, and are available online or at the door.

**Play Screening: National Theatre of London’s *Angels in America, Part One: Millennium Approaches*, Friday, October 20, 7:00–10:00 P.M. and *Angels in America, Part Two: Perestroika*, Saturday, October 21, 2:00 P.M. at Falmouth Academy.** Tony Kushner’s award-winning plays on the AIDS crisis of the 1980’s in New York City. Tickets are \$15 and can be purchased online, by phone, or at the door.

**Play: *La Cage Aux Folles*, Friday and Saturday nights at 7:00 pm, and Sundays at 2:00 P.M., October 27–November 12, Highfield Theater.** A farcical romp set in a San Tropez nightclub. Tickets are \$20 for adults while Seniors pay \$18. Buy online or at the door.



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*Welcome to our newest Members:*

Roger Campbell

*Welcome to our new Volunteers:*

Julie Diem  
Jane Leonard

*We are so glad you have joined us!*



NF volunteer Marsha Zafiriou is editing an NF Member's manuscript for publication. Marsha's a retired school librarian and teacher, but she never stops teaching—it is in her blood.

She volunteers in schools, organizes the Falmouth Newcomers French Group, plays the organ, and is active in the Falmouth Reads Together Committee.

As a Neighborhood Falmouth volunteer, Marsha also takes people to doctors' appointments and helps with shopping.

We are happy to have her!

**Cathy Kligler — continued from page 2**

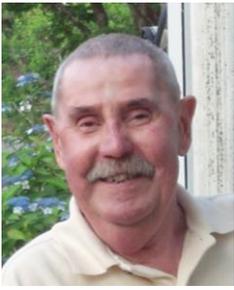
The popular museum has just turned 25 and has welcomed over 800,000 visitors since opening in 1991.

Cathy and one of her co-founders, another young mother, often discussed their future aspirations, Cathy confiding that she hoped to go to law school one day and her friend talking about becoming a doctor. Both of these determined women actually achieved their goals.

Thus, after taking on a two-year project at the Massachusetts Advocacy Center (MAC,) setting up a pilot program to acquaint families with various health screening benefits available to children, Cathy was accepted in 1995 at the Northeastern University School of Law. Known for its co-op program and for preparing its graduates to pursue public interest work, the school's philosophy fit with her personal goals. It was a challenge commuting to school in Boston during the day and arranging for reliable care for her three children, but "I treated it like a full-time job," she says. Graduating from law school and passing the bar exam at age 43, Cathy was accepted in a clerkship program at probate family court for a year. Then she took a job in New Bedford at the New Center for Legal Advocacy, a legal aid office, where she learned how to practice law by handling family law and domestic violence cases. Subsequently she surprised herself by opening a private law practice, which she operated for nine years. She got involved in mediation and collaborative law (alternative dispute resolution) before closing her practice in 2012. Roger, diagnosed with prostate cancer in 2002 and eventually dealing with Stage IV metastatic disease, retired from his internal medicine practice in 2015.

Cathy and Roger bought their home in Falmouth in 2003. They had been vacationing in the Woods Hole area since the 1980's and finally moved full time to Falmouth in 2013. Cathy quickly got involved in volunteering for non-profits. She began at the Service Center, (where she is now the Board Vice President), offering to donate her family law skills there. The Service Center's director referred her to the non-profit organization We Can. Coordinating with We Can, Cathy helped set up a collaborative program, resulting in the Service Center's offering family legal advice through a schedule of lawyers who rotate days there. Cathy is also a Neighborhood Falmouth volunteer, providing rides for members. Additionally, she is the most involved of her siblings in overseeing her mother's care at Falmouth's Heritage Assisted

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## “Cookin’ Cozy”

By Bruce Ivar Haslun

I guess it was sometime during our prolonged nor’easter at the end of the month that summer got blown out to sea to wherever summer goes when it decides it has had enough. Of course, Mother Nature, abhorring a vacuum, has to replace that season with another, and so we are blessed with autumn on the Cape. The outlanders, the students, the captains of finance and industry have shuffled back to the mainland. The snowbirds are beginning to have their motors tuned up, contemplating the price of gasoline, hoping that Florida or Georgia or South Carolina have returned to some normalcy. We all pray for that. Us full-timers aren’t really gloating (just kinda gloating) about getting our seats back at the QD, seeing how the Flying Bridge does as a year-rounder, having lunch without those awful “power” cell phone conferences or clueless students, pre-K though post-MBA, off to texting La-La Land.

It’s a time for lovely walks on the beach (but do mind the dogs who are back.) Now are the days of walking our trails and being awed by the changing leaves (but do keep an eye out for the arrogant bicycler.) This is the season for snuggling in with a supper of soup and sandwich.

Of yes! I know and I hear you. “Bruce, soup is such a chore! All that slicing and dicing, sautéing and boiling for hours on end to blend the flavors, get the proper nuance, the exact je ne sais quoi!” Naaah! I’m talking about quick, but good. A soup that’s do-able and something easy to go with it.

### **Easy Fish Soup with Sea Shells (serves 4)**

1 onion, chopped  
 1 garlic clove, sliced  
 3 TBLS olive oil  
 1 6 oz can tomato paste  
 1 can or bottle clam juice  
 Equal amount of water  
 1 bay leaf  
 Salt & pepper  
 1 lb firm fish  
 1 cup uncooked small pasta sea shells

Sauté first 3 ingredients to soften. Add next 6 and bring to boil. Lower the heat and add fish in bite size pieces. Cover and boil about 12 minutes. Add pasta and cook for 12 to 15 minutes. Remove bay leaf.

Notes: For fish, can use any white fish such as flounder, cod, or scrod. Can also use frozen battered fish. May need to add more water with the pasta. For

## Cathy Kligler — continued from page 3

Living. And Cathy and Roger are co-chairs of the Falmouth branch of Compassion and Choices, an organization advocating for physician aid in dying.

When Cathy isn’t doing volunteer work, she stays busy with her numerous other interests. An avid hiker, she has just returned from a trek in the Swiss Alps around the base of Mont Blanc. She studies cello, and participates in a chamber music ensemble through the Cape Cod Conservatory. Newly involved in singing, she is a member of the Unitarian Fellowship choir. She enjoys golf, plays pickle ball and platform tennis, and loves walking and bicycling. Most remarkable of all, she manages her schedule with such grace that she does not convey any sense of being rushed or overwhelmed. We are indeed fortunate that Cathy and Roger, facing retirement, chose to bring their talents and civic interests to Falmouth.



a sandwich go-with, I’d suggest tuna salad on toasted English muffin halves with a slice of tomato and cheddar cheese, run under the broiler to melt and serve open faced.

### **Potato, Corn and Cheddar Chowder (serves 4)**

4 or 5 red or baby yellow potatoes, chunked  
 ½ medium onion, chopped  
 1 cup chicken broth  
 Dash of hot pepper flakes (optional)  
 Black pepper  
 3 cups milk  
 10 oz corn niblets  
 2 TBLS flour  
 ½ cup shredded cheddar

Cook first 5 ingredients until potatoes are fork tender. Stir in next 2. Slowly add in flour, stirring and cook to thicken. Add cheese to melt.

Notes: For corn, use 3 ears fresh (if you have any left over from summer), or canned or frozen. I think a bacon, lettuce, and tomato sandwich on whole wheat toast would be nice. For a bit of adventure, slather one piece of toast with mayo, the other with peanut butter.

Skoal, y’all. Have a great walk!



NF seeks additional volunteers. Pass the word.