

August 2015

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Thanks to all our members and volunteers for making Neighborhood Falmouth such a terrific organization. Please be sure to pass the word to your friends and neighbors about NF. New members and new volunteers are always welcome.

DATES TO REMEMBER

Neighborhood Falmouth activities take a hiatus in August, so mark your calendar for these September dates.

Meet for Breakfast: Monday, Sept. 14, 9:00 A.M.

We are back at Friendly's for coffee and breakfast. Hope you'll join us, but do let us know, if possible, so we can hold a seat for you.

Meet for Lunch: Wednesday, Sept. 16, 11:45 A.M.

Let's head to the Coonamessett Inn for good food and conversation. Call the office if you can make it or would like a ride. The more the merrier!

NF Book Club: Sept. 17, 2:30 P.M.

Thursday, September 17th at the Main Library. Call the office for the title. New members welcome.

For Volunteers: NF Volunteer Appreciation Party, September 20, 5:00 P.M.

NF loves its volunteers and invites all volunteers to the annual celebration and appreciation party, this year in the WHOI Clark Room on the Quissett Campus. Invitations are coming shortly and spouses are welcome. RSVP to Susan in the NF Office by September 11. Hope to see you there!

HEADS UP for two new program series for members which will begin in September: "Senior Salons", and "Aging Anonymus". The details and dates will be included in the September Newsletter but in the meantime, save **Wednesday, September 9th 2 - 3:30 at Dillingham Place** for the first of the Senior Salons: "Better Than Broadway, My Forty Years in Community Theater: An afternoon with actor/director Davien Gould."



Bob McIntire in his garden

A Profile of NF Board Member and Volunteer
Bob McIntire, Part 2 of 2
By Pamela Nelson

In 1971, Bob and Shirley McIntire were considering moving from the Washington, DC, area to a community forming around a Germantown, Maryland, farm that had been purchased by their church, the ecumenical Church of the Saviour. They were interested in supporting the church's operation of Dayspring, a center for visitors from around the world to practice silent, meditative retreats. Their articulate and charming seven-year-old son had negotiated with his parents to get a lamb to raise if the family actually moved to the Dayspring community. Before the family reached a final decision about relocating, their beloved son was struck by a truck and killed, not far from where they were living. The family was devastated. They moved to the Dayspring community, in part because they could not bear to stay in a house so close to where their son had lost his life.

Eventually, as their grieving continued, they made a family decision to adopt a baby boy. But the adoption process was long and frustrating. It seemed that no American babies were available for them because of their existing family. At last they learned of

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Bob McIntire – continued from page 1

a State Department connection that would enable them to adopt an orphan from Ecuador. Bob and Shirley ended up adopting twin boys who had been abandoned in the jungle at about one year of age. The boys were malnourished and unhealthy when Bob first visited them at an orphanage in Quito. He had them hospitalized to receive antibiotics and antifungal therapies and also proper nourishment before they entered foster care, while he and Shirley tackled the paperwork required for the international adoption. Once Shirley brought them back to their new home in America, they began to grow and thrive.

Bob continued his cancer research, but after 20 years in the Public Health Service, he was able to take full retirement with all the benefits of U.S. military service, including excellent medical benefits. He and Shirley were free to move with their fourth-grade sons. "I was an inveterate sailor," he says. He told his wife, "I've got to live some place where I can sail." They looked along the East Coast from Charleston to Cape Cod. They were tired of living in a metropolitan area and wanted a small town that was complete in itself. Although he was retired, Bob was interested in starting a clinical practice. "I had retired. I didn't care if I made money. I just wanted to take care of patients." Dr. Lang Burwell, visionary founder of Falmouth Hospital, encouraged Bob to move to Falmouth. Bob was attracted by the teamwork and collegiality he found at Falmouth Hospital. "When I retired, we moved up here the next day."

Bob and Shirley moved into a house on the Falmouth Green that had previously been owned by a doctor, who had set up an office there. The twins were able to walk to Mullen-Hall School, and the parents went into business for themselves, with Shirley again working as a nurse. Bob was unfazed by the amount of time he had spent away from clinical medicine. He felt he had obtained an excellent foundation during his training. "Physical examinations and diagnoses are just like rolling off a log. I love problem solving. And even in 1983 there were very few drugs available. When I was starting medical school, only about 10 drugs were recommended as necessary and effective, and one of them was iron! Insulin was another. Penicillin and sulfa also. There were no blood pressure medications. We used a low-salt diet." Bob obtained privileges at Falmouth Hospital when he was 50 years old.

After six or seven years in solo practice, Bob joined with two other doctors, in an oncology practice. At first they administered chemotherapy in the hospital's Ambulatory Care Unit, later moving to Homeport, where they had a small cancer clinic.

Life at home was complicated at times. One of the twins, Andy, was learning disabled, and the other, Matthew, began a life-long struggle with substance abuse when he reached his teens. Both parents

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please consider making a donation
today. You'll be helping us help
the Seniors that you
care about.
Thank you!

Bob McIntire – continued from page 2

agonized as they tried unsuccessfully for years to help Matthew conquer his demons. Their three daughters, however, all found personal fulfillment in good careers and stable relationships. The oldest, an occupational therapist, specializes in hand therapy. The middle daughter became a nurse and the youngest a schoolteacher. Shirley welcomed everyone home for Christmas, Thanksgiving, and Easter, and their home on Mill Road became the focus of large and festive family gatherings that included all the adult children as well as the grandchildren.

In 1998 Shirley was ready to retire, and Bob stepped back from his busy practice, just doing some on-call coverage when his help was needed. The couple had time to travel together, enjoying Elderhostel trips, including a garden trip to Cornwall and a cooking trip to Sienna. They also took a grand circle river cruise from Vienna to Amsterdam, another highlight. They were active in the community, with Shirley joining the board of the Penikese Island School, before Bob followed her on that board. Strong believers in Christian community, they joined the Church of the Messiah because of its outreach programs, later switching to the John Wesley Church.

Shirley developed an untreatable heart condition that led to her death in 2008. Bob maintains the gardens they planted together around the house they remodeled to grow old in. He plays golf and tennis with friends, attends Tumor Board at the hospital, and provides rides for members of Neighborhood Falmouth. Bob stays connected to Shirley's extended family, pleased to join group events as the senior family representative. "I'm the last man standing," he says, with a smile.

However, he is not standing alone. Tanya White, who attended school with Shirley and Bob back in Falls Church, is now his steadfast partner and companion. Theirs is a long-standing friendship that has become a committed relationship, and they navigate social and family events as a comfortable couple, sharing each other's families and enhancing each other's lives—as well as those of Neighborhood Falmouth members (both serve on the NF board).

AUGUST EVENTS AND ACTIVITIES

It's summer in Falmouth with so many wonderful things to do. Let us know if you need a ride to one of these events, or to another. We'll be happy to help!

Author Reading: "To Tell the Truth"
Thursday, August 06, 7:00 P.M.

Eight Cousins Books

Join doctor, author, and former NF Board Member Robert Reece for a reading from his new book *To Tell the Truth: Based on the Author's Forty Years of Clinical and Trial Experiences in Abusive Head Trauma—Shaken Baby Syndrome Cases*.

Falmouth Town Band Summer Concerts
Thursday evenings 7:30 P.M. through August at the Music and Arts Pavilion, Marina Park.

All concerts are free of charge and open to the general public. Bring your chair or blanket to enjoy these outdoor concerts.

J. David Markham Lecture: "Napoleon"
Thursday, August 13, 7:00 P.M.

Falmouth Museums on the Green

J. David Markham, President of the International Napoleonic Society, will discuss the life of the man who most historians agree was one of the most compelling and gifted military leaders of all time.

Lobster on the Lawn, St. Barnabas Church
Mondays through August 24, 5:00 P.M.

The meal consists of a lobster roll, chips, and your choice of beverage. Dessert is a slice of pie. The price is \$15.00, and children's meals are available.

CLOC—College Light Opera: "Me and My Girl"
Tuesday, August 25 – Saturday, August 29, 8:00 P.M., Thursday Matinee at 2:00 P.M. Highfield Theatre

Enjoy the 1986 Broadway version of the hit 1937 British musical. The score includes "Me and My Girl," "Love Makes the World Go 'Round," and "Doing the Lambeth Walk." Tickets are \$36. For reservations call 508-548-0668.

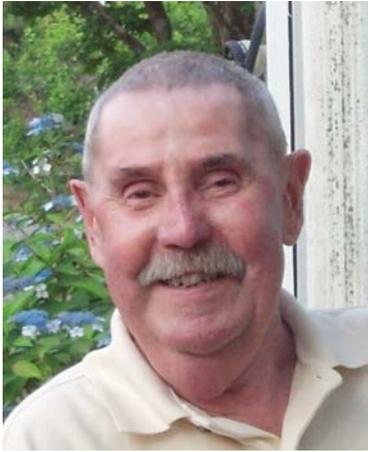
If you would like to become more involved with Neighborhood Falmouth, we welcome your participation! We are seeking additional committee members to help guide and grow this terrific organization. Committees usually meet monthly with occasional additional activities.

Committees include:

**Development Committee
Membership Committee
Public Relations Committee**

**Hospitality Committee
Program Committee
Volunteer Committee**

Meet new friends and make a difference for NF. If you are interested, call Susan in the NF office. Thanks!



NEW FEATURE "Cookin' Cozy"

Cooking' Cozy is a new feature about meal ideas and preparation for one or two, occasionally for three or four. My objective will always be to have fun cooking, to

suggest eating a bit more adventurously, to get fewer meals from the frozen food aisle. I will be trying always for "good taste" in both the sense of a delicious concoction and also in the sense of elegance.

I like to be a bit loose about ingredients. You know how free you want to be from sodium and fat and gluten. You know how much you can eat, what proportions are correct for you. I can tell you a recipe calls for a cup of hot salsa, but you may know a quarter cup is plenty for your sensitive system. I'll tell you what can go into the dish, but you can always add or subtract. I find a little eye of the newt or moth wing dust can go a long way.

I haven't used microwaves very often and don't currently own one. I think they're terrific for reheating last night's dinner for today's lunch, and the only way to go when "cooking" frozen dinners. But I learned cooking on and in stoves, electric and gas, and I still find I do my best work and have the most fun with a real pot burner. Besides, I'm 77 years old, a long-time retiree, what the blazes am I rushing to do? If the living room doesn't get dusted today, I'll maybe get to it tomorrow.

So as my Grandma Ingeborg used to say, "Skoal!" To which, having moved to Falmouth from South Carolina, I'll add, "y'all!" Let's cook cozy!



Mrs. Child's Lamb Chop Harbert

Ingredients:

Lamb chop(s)
Garlic or garlic powder
Cracked black pepper
Blue cheese (crumbled works well)
Hot sauce
Worcester sauce
Beef broth

Since they're small, I usually do two chops per person.

Lay the chops out and rub them with a cut garlic bud or sprinkle with garlic powder.

Sprinkle with cracked black pepper.

Mix together with a fork to form a spreadable mixture: blue cheese, Worcestershire sauce, and Tabasco-style hot sauce to taste, enough for one side of each chop.

Butter this mix onto the chops, and then press the chops together sandwich-style.

Stand them on their bone ends in an oven dish. (I find a mini-bread loaf pan works well.)

For each chop add about 2 1/2 ounces (a shot glass full) of beef broth.

Cook in a 350 degree oven for up to 1 hour and 15 minutes, basting every 15 minutes. . .or when you think of it.

This is an ancient Julia Child recipe. You may want to watch it more carefully after the first 45 minutes. I like my chops with a pink color and so 60 minutes is plenty. One hour and 15 minutes gets them to medium-well. I usually serve with some sort of creamy potato and a salad as sides.

Skoal, y'all!

Would you like one of these?

Members of the NF family are giving away these items. Would they be helpful for you? If you can pick them up, any can be yours. Call the NF Office for more information.

A 3-wheel bicycle. Much loved but not used much.

A stair lift. Straight. Must pay professional to be installed. Very heavy. Currently in Osterville.

Merlin magnifying reading machine. Must be attached to a computer monitor screen, not included. Currently in Osterville, but could be brought to NF Office. Also very heavy.