

---

---

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

---

---

# Newsletter

December 2015

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

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

## THANK YOU

*Thank you to everyone who has supported Neighborhood Falmouth in 2015. We thank NF members for their memberships, and NF volunteers for their cheerful and passionate dedication. We also thank those of you who have supported Neighborhood Falmouth with charitable contributions.*

*Each of you has an important part in the success of Neighborhood Falmouth. As we enter 2016, we hope you will continue your participation, and share your NF experience with prospective members, volunteers and donors. Thank you!*

## WE HAVE RECOMMENDATIONS

Don't forget that Neighborhood Falmouth keeps a list of recommended service vendors including plumbers, handymen, and yard maintenance workers. If you need to hire someone at your home, give us a call. We may have a recommendation for you. Similarly, if you have worked with a service provider whose work has been excellent, let us know. We're always looking to keep our list up to date.

### Welcome new Members:    Welcome new Volunteers:

Dorothy Deluze	Ruthe Lew
Cynthia Hartshorn	Janet and Chuck Snyder
Luana and Bob Peterson	Betsy Whitters
Janet and Chuck Snyder	

**We're so happy you have joined us!**

### ***We gratefully acknowledge support from:***

Bank of Cape Cod · Beatrice A. Bunker Architecture  
Cape and Islands United Way · Cape Cod Five Cents  
Savings Bank Charitable Foundation Trust · Celebrations ·  
Falmouth Podiatry/Dr. Richard Armstrong · Falmouth  
Fund of Cape Cod Foundation · Janney Montgomery Scott  
· Dr. James W. O'Connor · Rapoza Landscape · Royal  
Megansett · Simply Hearing · Upper Cape Ear Nose and  
Throat · Waterbury Optometry · Windfall Market &  
Windfall Florals · Dr. William Wittmann ·  
Wood Lumber Company · Woods Hole Foundation



*Jackie Pratt with some of her books.*

## **A Profile of NF Member Jackie Pratt**

By Susan Loucks

A visit to Jackie Pratt's apartment reflects the eclectic tastes and ravenous reading appetite of Neighborhood Falmouth member Jackie Pratt. Jackie became a member of Neighborhood Falmouth last year, at a time when she was ready to become involved with new pursuits.

Born in 1947 and raised in Boylston, MA, Jackie Pratt calls her childhood "idyllic." She and her three younger siblings lived with their mother and stepfather in an old Victorian house on several acres in the country. She remembers that they would leave their house in the morning and ride bicycles or hike or explore all day long, returning only to grab lunch, or have dinner. It was an era when that's how life was, not having to worry about much. She went to dance classes, took piano lessons, and when it snowed, she and her neighborhood pals could ski down the backyard. She even remembers a contractor filling the foundations of local houses under construction with water so that kids could ice skate!

Later, the family moved to nearby Holden, and Jackie entered Wachusett Regional High School. The school was "demanding and wonderful," and she was introduced to classes that cultivated her growing interest in science and the humanities. She was particularly inspired by one science teacher, a PhD professor who also taught at Worcester Polytech. Ignited by the academic opportunities and challenges, she was soon

(continued on page 2)

## DATES TO REMEMBER

### Jackie Pratt – continued from page 1

winning science fairs, and she became the editor of the school paper. After graduation in 1965 she entered Carnegie Mellon's women college, Margaret Morrison.

"It was a very interesting time to be young, with so much going on. There was huge experimentation with all sorts of things: clothes, language, sex, drugs." Protest marches abounded, the women's movement was taking shape, and computers were in their infancy. She followed the Carnegie Mellon Engineering core curriculum (Margaret Morrison and Carnegie Mellon would merge in her senior year) and dove into the nascent field of technical writing, melding her interests in science and humanities. She remembers the room-sized computer, using punch cards (no keyboards!) to communicate with it, and ongoing fears the machine would overheat. "It was a heck of a lot of fun."

Advantage to the ladies, the schools had an appealing six-to-one ratio of men to women. At one point, Jackie's scholarship work-study program assigned her a job in the men's graduate dorm kitchen as a short order cook. She met science master's degree candidate Robert Cooper as she handed him his eggs one Saturday morning, and the rest was history. Not long after graduation, they married.

Jackie began work at a Pittsburgh public relations firm, Ketchum, McLeod and Grove, where she had worked as an intern, and was able stay in the field when she and Robert relocated to Manhattan after he accepted a position with Exxon. Two years later, his job took them to Baton Rouge, and with no PR jobs in sight, Jackie took advantage of free tuition at Louisiana State University, and entered law school. She found herself interested in oil and gas law, with its engineering and science aspects, a field classmates found difficult to understand, but which she enjoyed.

Around this time, Exxon wives often functioned as party hostesses and social connectors for their husbands. While she immersed herself in her studies and study groups, it became increasingly apparent that she was not the wife that her husband's life expected, and the marriage ended amicably.

Upon completing law school, Jackie joined Chevron's New Orleans office as a land attorney. This involved contracting leases for mineral and surface rights, for oil transport from wells, and for partnership agreements.

While at Chevron, Jackie met another Chevron attorney, Tom Parrino. They married in 1976, and  
(continued on page 3)



### **Falmouth Holiday Parade: Dec. 6, Noon**

NF invites members, volunteers, and friends to join us in celebrating Neighborhood Falmouth in the annual Holiday Parade. Please call the office if you can join us, or hop in when the parade passes by. The more, the merrier!

### **Meet for Breakfast: Monday, Dec. 7, 9:00 A.M.**

Our monthly Meet for Breakfast is the second Monday of the month at Friendly's. Our small, but stalwart, group would love for you to join us. We order from the menu, and separate checks are provided. Please call the office if you need a ride or to reserve a place.

### **Senior Salon: "I'm Dreaming of a White Christmas," Wednesday, Dec. 9, 2:00 P.M.**

Join us at Dillingham Place for "White Christmas" and other seasonal music from The Horizon Folk Group. Come and share the music and memories of your own Christmases past for a restful, non-commercial, holiday pause. Call the office if you can make it or would like a ride. We'd love to see you.

### **NF Book Club: Tuesday, Dec. 15, 2:00 P.M.**

Our next book for the book group is Anita Diamant's *Boston Girl*. We'll be meeting at the Falmouth Library in the Trustees Room. Our January meeting will be on Tuesday, January 26, and we will discuss *Blink: The Power of Thinking Without Thinking* by Malcolm Gladwell. This book is part of the Book Club Kits from the Falmouth Library and will be available on January 4. Call the office for directions. Newcomers always welcome!

### **Meet for Lunch: Wednesday, Dec. 16, 11:45 A.M.**

Enjoy lunch and holiday decorations with your NF friends at the Coonamessett Inn on Wednesday, December 16, at 11:45 a.m. All members, volunteers, and guests 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.

## Jackie Pratt – continued from page 2

moved to Houston a year later, where she joined Tenneco Oil as Gulf Coast Division Attorney. “I hated Houston,” says Jackie, “But, to be fair, there were other things that happened that sullied my view.” Among these were a well blowout at Tenneco, her husband’s job loss, and the ultimate deterioration of the marriage.

She found her way back East, to Boston, which was wonderful, although there were few jobs for an oil and gas attorney. A skilled writer and editor, Jackie held a variety of jobs, including editing a computer magazine and grant writing for the Brockton Museum (before it became the Fuller Craft Museum) and the Boston Indian Council.

In 1983, a relationship resulted in what Jackie considers one of her greatest accomplishments: her daughter Maxine Victoria “Max” Pratt. She smiles when she says that Max’s initials say it all. Though delighted with Max, Jackie felt overwhelmed as a single mother, and she fell into a dark period that resulted in time spent at Falmouth’s Emerson House. Both she and Max, then six, loved Falmouth’s beauty and people, and Jackie decided to stay, making Falmouth her permanent home in 1989.

Back on her feet, Jackie became a grant writer and assistant with the Cape Cod Council on Alcoholism and helped with the Boston-based “Lawyers Helping Lawyers” women’s support group. Courses at UMASS led to a substance abuse counseling license and a job at Gosnold as a detox counselor. Here she could use her interpersonal skills, and also her “adversarial” lawyer skills, she laughs, as she advocated approval for health insurance coverage for Gosnold services. Eventually, she also ran the Gerald Flynn sober house in Falmouth.

“My time with Gosnold was so meaningful. I especially loved to watch clients go through our program, and then spread their wings and fly. Yes, there were failures too, but it was lots of fun.”

Health issues intervened beginning in 2009 when, after hip replacement surgery, she developed MRSA, a serious drug-resistant bacterial infection, and went through intensive treatment for months after the surgery. In 2010, the MRSA returned and emergency surgery left her with a cracked femur, not one but two weak hips, and her mobility reduced to needing a wheelchair nearly fulltime. But don’t underestimate her, or her abilities. “My legs are pretty sturdy. But I know that the MRSA is likely to come back. My hope is that improved surgery and the eradication of MRSA will return me to my feet someday.”

Though Gosnold was supportive and hoped she would return, she knew it was time to retire. Now Jackie has time to focus on other things she loves: reading, writing, volunteering and, a great love, cooking. “Ever since college, I’ve had an interest in cooking. Like the Julia Child movie of a few years ago, I started working my way through the recipes in Child’s *Mastering the Art of French Cooking*. Max [now 32 and planning her August 2016 wedding in Falmouth] has sold me on healthy food options. I am a regular at the Falmouth farmer’s market. And if you think it’s challenging to navigate Marina Park in a wheelchair,” she says with a laugh, “I’ve found it’s easier to roll backwards! Admittedly, it’s a bit more dangerous for those wandering behind me.” She deadpans, “It’s hard to make friends when you run them over!”

In addition to cooking, she has joined NF’s Publicity and Public Relations Committee and is also volunteering for the new organization Mothers and Babies Recovery Network.

“There is so much here Falmouth,” she says contentedly. “I don’t think I could have the same quality of life in another place.”

### MARK YOUR CALENDAR

The Annual Neighborhood Falmouth Soup and Bread Lunch will be Saturday, February 13, in the Fellowship Hall at First Congregation Church on the Green. Lunch is free and open to all NF members, volunteers and guests.

### NF SENIOR DISCOUNTS

Eastman/Ace Hardware: 10% discount to members of NF on most full-priced items and available every day. You must present your NF membership card to receive the discount.

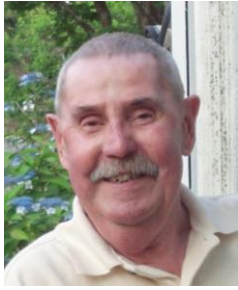
Falmouth Taxi Company: 25% discount to Falmouth Seniors. Be sure to ask for the discount if you use their service.

Green Shuttle: \$15 discount to members of Neighborhood Falmouth.

Mahoney’s Garden Center: 10% Senior discount every Wednesday.

Windfall Market: 5% Senior discount every Wednesday.

Dunkin’ Donuts: 10% Senior discount anytime—you have to request it.



## “Cookin’ Cozy”

By Bruce Ivar Haslun

Somebody once told us that things can get awfully quiet on Cape in the cold months. This will only be our second winter as year-rounders but Carol and

I aren’t seeing much quiet in our future. We no sooner air-kissed the ears of snowbird relatives and in-laws, waved tearful goodbyes to grandkids and their tourist parents, took some deep breaths, sighed a sigh or two of relief, and Here Come The Holidays!

First Thanksgiving, then Christmas Eve, Christmas Day, New Year’s Eve and Day. Then it’s my birthday and Saint Valentine’s Day. All the good holidays! I’m going to assume y’all are going to get invited to somebody else’s party. But I just know you feel obliged to bring “just a lil’ ol’ somethin’ been in my family for years, reminds me of my Grandma Perkins.” How about an easily transportable hors d’oeuvre or a salad of seasonal ingredients?

### *Ma McKiernan’s “Goes Real Good With Bourbon Mint Juleps” Appetizer*

Equal amounts soft cream cheese & bleu cheese  
Stir in one packet dry Italian salad dressing and fresh dill (or go ahead and use dry dill.)  
Mix into a spreadable, butter-like consistency.  
Cut out cocktail-size rounds of nice fresh, squishy, white bread (no substitutions!) or cut crusts off bread slices and then cut into quarters.  
Spread the cheese mix on the bread and top with a thin slice of cucumber or Roma tomato. (Green and Red? Christmas? Get it?)  
If entertaining at home, plate ‘em up. If taking them out: cheese mix in a container, bread in plastic bag, veggies into another bag, and put it all together at the party.

### **Waldorf Salad for Granpa Haslun Who Hates Waldorf Salad**

Toss spinach leaves, cubed unpeeled apple (your choice of kind), shredded sharp cheddar cheese, chopped walnuts or pecans (and fresh basil leaves and Bermuda onion to taste, both optional).

Whisk:

- 2 Tbls honey
- 2 Tbls cider vinegar
- 1 tsp celery seed
- 1 tsp dry mustard

- 1 tsp paprika
- 1 tsp lemon juice
- 1 cup vegetable oil

Toss the salad in a suitable size bowl if entertaining at home or a lidded container if going out. Put all the dressing ingredients into a proper serving utensil or a screw top jar for travelling. At the party, give your hostess that very most sincere smile and with just a touch of South Carolina accent and the slightest blush, “Just a lil’ ol’ somethin’ I threw together.”

Skoal, y’all!

## **DECEMBER CULTURE CLUB**

Enjoy the cultural life of Falmouth with help from NF! Many of our volunteers are already planning to go to these and other activities around town. If you’d like to go too, we’d love to get you a ride and give you a friendly person to sit with. Please call the office to learn more.

### **Friday, December 4 through Sunday, December 20, Weekends Only**

The Falmouth Theatre Guild presents "A Christmas Carol" at Highfield Theater, Fridays at 7:30 p.m. and Saturdays and Sundays at 4 p.m. Enjoy this holiday musical for all ages. Tickets are \$20 for adults, \$16 for children under 18, and \$18 for seniors 62 and over. Purchase tickets at the door or online at [falmouththeatreguild.org](http://falmouththeatreguild.org).

### **Saturday, December 12, 4:00 & 7:30 P.M.**

### **Sunday, December 13, 3:00 P.M.**

### **Falmouth Chorale—Angels and Shepherds**

Enjoy a program of pastoral and angelic-themed music that will fill your heart with Christmas cheer at the First Congregational Church, with special guests, the Cape Cod Children’s Chorus and a string quartet from the New England Conservatory. Neighborhood Falmouth members can enjoy discounted pricing of \$15. Please mail your check IN ADVANCE to Bobbie Miner at 34 Loop Road, Falmouth, 02540, and you can pick up your ticket at the door the day of the concert.

### **Friday, December 18, 7:00 p.m.**

### **Messiah Community Sing**

Join the Falmouth Chorale, the Falmouth Chamber Players Orchestra—and your family, friends, and neighbors—to sing or play at this traditional holiday event. A \$10 donation is suggested. Singers may bring their own scores or borrow them at the door. Additional information is available at 774-392-2383 or [info@falmouthchorale.org](mailto:info@falmouthchorale.org).



**HAPPY HOLIDAYS ONE AND ALL!**