

July 2015

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DATES TO REMEMBER

Even though many NF activities take a hiatus in July and August, we had so much fun at lunch in June, we decided to meet in July as well!

Meet for Lunch: Wednesday, July 15, 11:30 A.M.
We couldn't resist scheduling lunch in July. So, to beat the summer lunch rush, let's meet at 11:30 a.m., instead of the usual 11:45. We'll head to Crabapples Restaurant on Palmer Avenue. Call the office so we have a good head count. All are welcome. Let us know if you need a ride.

NF Friends, Volunteers, and Members

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 put into action ideas and activities that will help this wonderful organization grow.

Committees meet monthly and are involved with additional activities.

Our current committees include:

Development Committee

Helping NF raise funds through grants, events, and community donations?

Hospitality Committee

Helping organize the atmosphere and refreshments at NF activities and events

Membership Committee

Helping NF reach out to both prospective and current NF Members

Public Relations Committee

Helping raise awareness of NF in the media and the community

Volunteer Committee

Helping NF reach out to both prospective and current NF Volunteers

Meet new friends while you make a meaningful difference for NF. If you are interested, call Susan in the NF office.



Bob McIntire at home

A Profile of NF Board Member and Volunteer

Bob McIntire, Part 1 of 2

By Pamela Nelson

Oncology—the study of cancer and its treatment—was in its infancy as a medical specialty 50 years ago. Diagnosing cancer and monitoring therapies to conquer its effects captured national attention and drove medical science during much of the second half of the twentieth century. A number of tools to meet cancer's challenges were developed through basic research.

In 1958, Neighborhood Falmouth board member and volunteer Bob McIntire, a rising senior medical student at the University of Virginia (UVA) in Charlottesville, landed a summer job in Bethesda as a research assistant at the National Cancer Institute, a division of the National Institutes of Health (NIH.) Scientists there were trying to diagnose cancer in its early stages. A prerequisite for taking this job involved Bob's accepting a commission in the Public Health Service, which seemed incidental at the time but turned out to be invaluable a few years later when he decided he wanted to pursue a career in cancer research.

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Bob McIntire – continued from page 1

Bob, spending the summer in a lab in Bethesda, was a very long way from his birthplace of Portland, OR. His parents had not expected him to go into medicine or science. In fact, when Bob was born, his father was an FBI agent with a law degree, working on kidnapping cases on the West Coast. Until Bob was two years old, he and his parents moved frequently, living in hotel rooms in five different locations, with Bob often bedded down at night in a dresser drawer rather than a crib. After being transferred to Washington, DC, his father was able to provide his growing family a more stable life throughout the remainder of his FBI career. Bob's two younger brothers were born in the Washington area, and their mother, who had been a schoolteacher and who was in charge of running the family, raised them in Arlington and later in rural Falls Church, VA. Bob met his future wife, Shirley, in high school there. He and Shirley went to Charlottesville for college, and they married during Bob's senior year. He had enrolled in Naval ROTC, a good arrangement for him because the Navy fully covered his college expenses.

However, a high school football injury led to chronic shoulder dislocations and limited mobility. As a result he was given a medical discharge from the Navy after just two years. Thereafter, with no financial support from home, the young student couple struggled to make ends meet, both taking part-time jobs. When Bob went on to medical school at UVA, Shirley put her nursing training to work, while Bob found employment doing clinical lab tests, back in the era before automated lab testing. He also worked occasionally as a nurse, developing a healthy respect for nursing and nurses that served him well when he later undertook clinical work. "It never failed to endear me. I had an easy life in medicine, with the nurses on my side."

Having completed medical school, Bob and Shirley moved to Cleveland. After two years in an internal medicine residency at Western Reserve, he realized he was not interested in practicing clinical medicine. He laughs as he remarks, "I had some sort of phobia against dealing with psychosomatic illnesses." Instead, he activated his reserve commission in the Public Health Service and was welcomed back to the biology lab where he had previously held a summer research position. He began at NIH in the early 1960's and was there when President Nixon instituted his "War on Cancer" in 1971. Bob thought he would begin his research by working on the diagnosis of early stage cancer, using tumor markers, first in a mouse model and later in humans with liver cancer. Most tumor markers, he explains, are proteins detectable in blood. Bob developed a quantitative assay for a protein whose levels became markedly elevated in the presence of liver cancer. In other words, even if a certain marker protein could be demonstrated in minute quantities in a normal individual, the amount of that protein rose

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Thanks to everyone who came out to the Flying Bridge for lunch in June and a chance to say goodbye to former Executive Directors Ken and Karin Bohr, who have moved back to Illinois (and plan winters in Arizona). A total of 29 Members, Volunteers, and friends came to lunch and we had a ball! We hope you'll join us next time.

Bob McIntire – continued from page 2

significantly in patients with cancer. “My goal was to use markers to design and to monitor the efficacy of therapy.” Because chemotherapeutic agents generally work for only a limited period of time, it was his hope to identify when a particular therapy was becoming ineffective and needed to be replaced with a different drug regimen. In the early days of his research, most doctors resisted giving up on a treatment that had previously been successful, even if tumor markers were rising. Now, 40 years later, Bob says oncologists increasingly utilize tumor markers to make therapeutic decisions.

In addition to pursuing a 20-year career in science at a time when basic cancer research was receiving generous government support, Bob had plenty going on outside the lab. He and Shirley had four children, three daughters over six years, and then a son. Through their membership in Washington’s ecumenical Church of the Saviour, the couple supported social justice causes in the Washington area. In the mid 1960’s, they joined other medical professionals who were working hard to set up a medical clinic in a poorly served community in southeast Virginia. In spite of considerable expenditure of time and effort, the clinic did not work out successfully.

In April 1965, immediately following the assassination of Martin Luther King Jr., violent protests broke out around the nation’s capital. Bob and other physicians working at NIH could see smoke rising above the city, and decided to ignore the imposed city curfew. They drove into Washington to the jail where arrested protestors were awaiting processing. Their hope was to become a visible presence inside the prison building in order to deter police violence against the demonstrators. In addition to sending out for drugs to treat asthma, diabetes, and other conditions, the assembled doctors maintained a 24-hour presence until protests and riots in downtown Washington came to an end. Shortly thereafter, a protest march and gathering took place on the National Mall, and Bob and other medical personnel manned the medical trailer set up to serve the marchers.

Bob and Shirley became interested in simplifying their lifestyle and living in an intentional community. Dayspring, a farm purchased by their church for the purpose of creating a center for silent meditative retreats, needed more volunteer support. While discussing whether it made sense for them to move the whole family to the retreat property, they experienced a life-changing loss.

(Read Part 2 in August)

JULY EVENTS AND ACTIVITIES

Enjoy the cultural life of Falmouth with help from NF! If you’d like to go, we’d love to get you a ride and give you a friendly person to sit with.

Annual Falmouth Public Library Book Sale
Wednesday, July 1 - Monday, July 6, 10 A.M. to 4 P.M., Tuesday, July 7th: 10am - Noon
Falmouth Public Library Lawn

More than 500,000 books - most \$2 or less
Fiction, Nonfiction, Cookbooks, Children’s (including vintage and collectibles), Gardening, Art, History, Music, Cds, DVDs, and Special/Collectibles

Bike & Carriage Parade
Saturday, July 4, 2015 10:00 A.M.
Falmouth Village Green

Children and families dress in creative Uncle Sam costumes. Beginning at the Village Green at 10 am, they parade down Main Street to Peg Noonan Park where prizes are awarded.

Historical Walking Tour – Oak Grove Cemetery
Tuesdays July 13, July 27, and August 10, 10:00 A.M., Oak Grove Cemetery, 46 Jones Road

Most people know Katharine Lee Bates is buried in Oak Grove but so are other people significant to the development and history of Falmouth: whaling captains, ship builders, war veterans from the Revolutionary War to the present, captains of industry and many more. Meet in front of the chapel at 10:00 AM. Tours will last approximately one and a half hours. Admission is free.

Hyannis Sound Summer Concerts
Mondays beginning July 6, 7:00 PM
First Congregational Church of Falmouth

What better way to complete your Monday evening out than an eclectic a cappella music concert by 10 young men between the ages of 20 and 24? Tickets are \$12 per person, \$6 for children under 10.

CLOC–College Light Opera: “Oklahoma”
Tuesday, July 21 – Saturday, July 25, 8:00 P.M.,
Thursday Matinee at 2:00 P.M. Highfield Theatre

Rodgers and Hammerstein’s great contribution to the American musical stage! The glorious score includes “Oh, What a Beautiful Mornin’,” “The Surrey With the Fringe on Top,” “Everything’s Up To Date in Kansas City,” “I Cain’t Say No,” “People Will Say We’re In Love,” “Out of My Dreams,” and “Oklahoma!” For tickets and more information, call (508) 548-0668.

We gratefully acknowledge support from:

Bank of Cape Cod
Beatrice A. Bunker Architecture
Cape Cod Five Cents Savings Bank Charitable
Foundation Trust
Falmouth Podiatry/Dr. Richard Armstrong
Falmouth Fund of Cape Cod Foundation
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Simply Hearing
Stop & Shop Companies, Inc.
Waterbury Optometry
Windfall Market & Windfall Florals
Wood Lumber Company
Woods Hole Foundation



Opportunity for NF Members

NF Members who enjoy music and singing are welcome to request time with new volunteer Rod Hinkle. If you would enjoy singing some old songs as Rod accompanies you on his guitar, please give us a call and we'll connect you. La la la!



“Cookin’ Cozy”

NEW FEATURE COMING IN AUGUST.....

Beginning next month, guest contributor and NF Volunteer Bruce Ivar Haslun will begin a column in the NF newsletter with recipes and ideas for cooking for one (or two). It's called “Cookin’ Cozy”, so watch this space.

In the meantime, enjoy preparing this sweet treat, compliments of NF Member Madeleine I. Felker.

Hungarian Sour Cherry Soup

- 2 16-ounce cans sour pitted cherries ***
- 3 cups hot water
- 1 cup sugar
- 2 tbs all-purpose flour
- 1 cup heavy or sour cream
- Cinnamon to taste
- (add 1 cup red wine or sherry for entertaining guests)

Combine cherries, water, sugar and cinnamon in a large pot. Bring to a boil.

Mix flour and heavy cream until well blended; slowly pour into cherry mixture, stirring constantly. Bring to boil again and cook 3 to 5 minutes, stirring constantly. Remove from heat

Stir in red wine or sherry. Sweeten soup to taste and chill well, covered.

You can divide into small containers, freeze, and serve as dessert instead of ice cream.

*** Job Lot sells these for \$2.00 in glass containers.

Would you like to travel to Cuba? Exclusive Road Scholar program for “Villages”

Program # 20610 -- The People of Cuba: Meet Leading Musicians, Athletes & Artists

Monday, March 7, 2016, to Tuesday, March 15, 2016, In the heart of Havana, join local musicians, athletes, artists, performers, dancers, and entrepreneurs for an intimate and insightful look at music, baseball, arts, dance and private enterprise in Cuba. Discuss the local art scene with artists, and experience a revered baseball stadium. Music and dance come to life as you attend rehearsals and private performances with well-known Cuban dance companies and musicians. Meet with artisan farmers and vivacious seniors in the Matanzas region. Enjoy a beachfront location in Varadero. Program Price: \$3,695 double occupancy and \$4,180 single occupancy

Program Price includes:

- 8 nights of accommodations
- 21 meals: 8 breakfasts, 6 lunches, 7 dinners
- 3 Expert-led lectures
- 7 Field trips

17 Hands-on experiences

Roundtrip International Flights between Miami and Cuba

Visas: 1 (out of 1 required)

Group travel and transfers throughout the program

A Group Leader to accompany you through the program to handle all logistics

Modest gratuities, taxes, and destination fees
...and more.

Call the NF Office to learn more.

Enjoy Making Soup?

NF has several copies of our 2012 “Soup Recipes to Keep You Warm.” If you would like one, let us know and we'll drop one in the mail to you.