

“SEND A FRIEND”

Neighborhood Falmouth is hosting another small meeting to describe who we are and how we help seniors to stay in their own homes. This is a chance for anyone interested in being a member or volunteer to learn more about us, and to ask questions in a small informal setting. If you know of anyone who you think might be interested in this meeting, please invite him or her to join us at Dillingham Place on Wednesday, March 27th, at 2:30. A call to the NF Office to make a reservation would be appreciated.

Thanks again for all you do to help us reach out to more seniors who can use our assistance, and to find the volunteers we need to be successful. We depend on your participation in our recruitment efforts!

MARK YOUR CALENDAR FOR JUNE 28

We're having a party on Friday, June 28th! Our second annual wine tasting party will take place that evening, from 6 to 8 p.m. It's nice to think about how warm and sunny it will be by then! This event is Neighborhood Falmouth's big fund raising event so we hope you'll plan to attend. This is just a heads up—we'll have more details in the months ahead; this is just a heads up. Think sunsets, companionship, and wine and cheese—winter really will end!

SAFETY TIP

We've just learned of a new type of criminal activity that is moving across the country right now. It concerns the remotes we use to lock our car doors when we park. Thieves sit in a parking area and watch when someone parks nearby using their remote key lock. They use a technical device

that can register the lock code and as soon as the individual walks away, the thief can enter their car and remove whatever they want. This technical device will NOT work if you use the button inside your door to lock the car.



Vicky Lowell, Volunteer
by Mavise Crocker

They say it takes two to tango. Sometimes the two partners are doing different steps, but the end result is a beautifully coordinated dance. Just so, Neighborhood Falmouth could not exist without its members, nor could there be a Neighborhood Falmouth without its dedicated volunteers. It seems as though the people who have the most to

do, who are the most involved in business, community affairs and other activities are the ones who also find time to volunteer to help our members. They include the clergy, community activists, store owners, musicians, businessmen and women, scientists and many others.

Among our volunteers is Vicky Lowell, well known in Falmouth for serving on many non-profit and government boards and for the organizations she has helped found over the 45 years she has lived in Falmouth. Vicky's community involvement is reflected in the Town of Falmouth and the Barnstable County that we know today.

The League of Women Voters, the 300 Committee, the Cape Cod Foundation, Falmouth Hospital, the Cape Cod Commission, Cape Cod Healthcare—these are some of the organizations that have benefited from Vicky's leadership. In 2000, her efforts for the town were acknowledged when she was honored as "Citizen of the Year" by the Chamber of Commerce.

As a student at Radcliffe College, Vicky's affinity for public affairs was evident when she majored in government. It was reinforced 20 years later when she earned her M.A. in Urban and Environmental Policy at Tufts. It is quite natural that her two children would also reflect these interests. Her son Nick, an engineer, is chairman of his precinct and on the Falmouth Finance Committee. Her daughter Joanna works in international public health in Washington, DC, and in Africa.

But Vicky exemplifies the thought that life should not be all work and no play. Living in a seaside town, it was natural for Vicky and her family to take to the water—day sailing on Buzzards Bay and taking longer trips on her husband Pete's cruising lobster boat. In cooler weather, Vicky is part of a long-standing group of women playing platform tennis on the MBL court in Woods Hole.

Vicky and Pete share a love of bicycling and have cycled on every continent except Asia. Their longest trip, celebrating Pete's semi-retirement, was in 2000. Accompanied by three other couples, eight bikes and an automobile with a trailer, they left Astoria, Oregon, in mid-July and seventy days

REQUEST FROM A MEMBER

One of our members is looking for someone who would be willing to sew some baby pillows for her. If you are interested, please call the office for more information. Thanks.

NF DATES TO REMEMBER

Meet for Breakfast/Coffee: March 4th

Please join us at 9:00 a.m. on Monday, March 4th, at Friendly's for a cup of coffee and/or breakfast. It's a great way to begin the week!

NF Book Club: April 4th

The Book Group will meet at 2:30 on Thursday, April 4th. We will be discussing Julia Glass' book, *The Widower's Tale*. If you'd like to join us, please call the office for location. Julia Glass will be speaking at the next Falmouth Forum on Friday, April 5th.

Meet for Lunch: March 20th

Our next monthly luncheon at Coonamessett Inn will be on Wednesday, March 20th, 11:45 a.m. All members, volunteers, and guests are welcome. We order from the menu and individual checks are provided. Please call the office to reserve a place.

NF Board Meeting: March 21st

The next Board Meeting will be held at 2:00 p.m., Thursday, March 21st, at Highfield Hall.

NF Annual Meeting: April 18th

The NF Annual Meeting will be held at 2:00 p.m., Thursday, April 18th, at Highfield Hall.

later, they dipped their front wheels in Vineyard Sound. It was a rotating team effort with seven of them biking about 65 miles a day, while the eighth drove ahead, setting up a picnic lunch, making

arrangements for the night and doing whatever errands were needed.

They traveled a northern route across the country, up the Columbia River Valley, across Montana, North Dakota and onto Michigan, before riding along the northern shore of Lake Erie, to Niagara Falls, to the Erie Canal and Massachusetts. They called themselves the XNA Y2K group signifying "Across North America in the Millennial Year Two Thousand." I can only imagine the camaraderie, the incredible joy of watching the landscape unfold, seeing new sights, and experiencing the amazing education the journey brought this group.

One of Vicky's current projects is the creation of Teaticket Park, replacing the driving range on Route 28 in Teaticket. In one of the busiest, most commercial parts of Falmouth there will now be an oasis of greenery: eleven acres of trees, meadows with benches and quiet walkways, protected forever for the public to enjoy. She animatedly showed me the proposed park layout with its natural hillocks, swales and wetlands that will add interest and variety to the project.

Vicky's love for Falmouth and Cape Cod keeps her ever active to insure that our community retains and enhances its character, and serves its residents well. "Falmouth," she says, "has been great about investing in itself, both publicly and privately." This is true. However, it still takes two to tango. We need not only the impetus of good ideas for town and county improvement, but we need people like Vicky Lowell who are willing to serve on boards and to volunteer their time and energy to make sure that those good ideas become realities.

FALMOUTH CHAMBER PLAYERS

The next Falmouth Chamber Players Orchestra concerts will be on April 13th and 14th. This is the orchestra that was founded by our Volunteer Coordinator Laura Sonnichsen and her husband, Fritz. More details in the next newsletter.

REMEMBERING VIVAGEAN MERZ

We are sorry to report the recent death of one of our members, Vivagean Merz. She was also a member of the NF board, serving as Clerk. Vivagean was part of the early working group that established Neighborhood Falmouth as a viable non-profit organization serving seniors in Falmouth. We send our condolences to her family. We will miss her.

REQUEST FROM THE OFFICE

Each year about this time, we experience several months when some of the NF volunteers head south for a few weeks or even a few months so we end up with a much shorter list of volunteers available to respond to requests from our members. Please call in your request as soon as you can; the more lead time we have, the easier it is to find someone to assist you. We do understand that there are times when it's difficult to avoid short notice and we'll always do our best to accommodate your needs.

We gratefully acknowledge support from the following merchants and organizations:

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