

November 2015

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

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At Thanksgiving time, we at Neighborhood Falmouth extend our deepest gratitude to all of the Members, volunteers, and supporters who make this organization great! What a pleasure it is to be in community with you.

DATES TO REMEMBER

Meet for Breakfast: Monday, Nov. 9, 9:00 A.M.

Come to Friendly's for coffee and breakfast and enjoyable conversation. Hope you'll join us, but do let us know, if possible, so we can hold you a seat.

NF Book Club: Tuesday, Nov. 17, 2:00 P.M.

We will be meeting in the Trustees Room, Falmouth Main Library. The group chose the 2016 Falmouth Reads selection "We Are All Completely Beside Ourselves" by Karen Joy Fowler. The Cape libraries have many copies—request yours now. New members are always welcome.

Meet for Lunch: Wednesday, Nov. 18, 11:45 A.M.

Join us at the Silver Lounge for lunch and good conversation. Call the office if you can make it or would like a ride. The more the merrier.

From our own Laura Sonnichsen...

**Falmouth Chamber Orchestra Players: Fall Concert
Saturday, Nov. 7, 2:00 P.M., Sunday, Nov 8, 3:00 P.M.**

See NF Volunteer Coordinator Laura Sonnichsen performing with the ensemble she founded. Enjoy a concert of Mozart, Handel, and Schumann at the John Wesley United Methodist Church. Free, with a suggested donation of \$20.

And in December....

Senior Salon: Wednesday, Dec. 9, 11:45 A.M.

Come to Dillingham Place, where, this time, for the holidays, we offer seasonal folk music from The Horizon Folk Group with an opportunity to share some of our own stories and traditions. Call the office if you can make it or would like a ride. We'd love to see you.



Mary Sholkovitz with her bass flute.

A Profile of NF Volunteer Mary Sholkovitz

Part 2 of 2

By Pamela Nelson

A pattern emerges in Mary Sholkovitz's life, almost a recurrent theme. She reaches a crossroads in her life's journey, mentions an interest or desire, and someone appears to tell her how to make that wish come to pass. (We should all have such fairy godparents, but unlike Mary, the rest of us might not be so receptive to their advice.)

We left Mary in La Jolla, moving into a summer sublet apartment, and coming to the realization that joining the Peace Corps might have to be deferred if she did not want to forfeit the benefits of her social work education. Her sister had found space for them in an apartment nicknamed the "Hen House," joining some women oceanography graduate students from Scripps Institution of Oceanography. It was a gathering place and social center for a friendship group, classmates of the women grad students. There, Mary made friends and met oceanography student Ed Sholkovitz.

Chatting with someone at a Hen House party, Mary mentioned that she hoped to find a social work job. The person suggested she go to the county building to make inquiries—and there, listed on a notice board, was a job "with my name on it." It offered work at an adoption agency for a qualified person with an MSW. Mary spent

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Mary Sholkovitz – continued from page 1

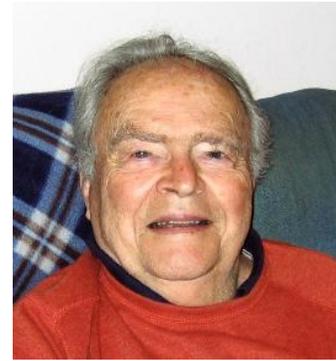
three years working at the agency, first with people giving up babies and next with people trying to adopt, while Ed worked on his Ph.D. in oceanography. When they began to talk about spending their lives together, Mary hesitated, saying “I never fulfilled my commitment to myself to live overseas. I can’t get married until I have lived overseas.” Ed offered her a compromise—how about getting married and then, after he completed his Ph.D., he would find a job abroad before looking for employment in the United States? They married in December 1970.

In the fall of 1972, Mary and Ed moved to Edinburgh, Scotland, where Ed had taken a position as lecturer in oceanography at the University of Edinburgh’s Grant Institute of Geology, covering for a scientist on sabbatical to WHOI. Later that year he was offered a full-time position on the permanent geology staff, a job the couple was delighted for him to accept. The change of official status from visitor to permanent resident enabled Mary to look for work as well. At a New Year’s Eve party that first year, a casual acquaintance asked her what she planned to do. Mary explained that she was a social worker, but that she really wanted to teach music. Thinking back, she explains that it has always been a matter of opening her mouth and telling people what she wanted. The acquaintance referred her to a flute teacher who was hoping to cut back his workload. She and the flutist talked, played duets, and he connected her with schools where she could give private flute lessons during and after school hours. The flexibility of teaching music allowed Mary and Ed to begin their family. Both of their sons were born in Edinburgh, Nathan in 1975 and David in 1978.

Ed took his first sabbatical in Woods Hole, at WHOI. While there he was offered and accepted a full-time job, although it took another semester to disengage from his job back in Edinburgh. The family moved to Falmouth in 1982. The boys entered the Falmouth school system, and Mary quickly found some flute students, but she also realized it was also time to get back into social work. Through a fellow member of Falmouth Chorale, Mary was introduced to Ray Tamasi of Gosnold Treatment Center, who said she could join the Gosnold staff once she was licensed in Massachusetts and had completed his substance abuse course at the community college. She began as a volunteer, but took a part-time job as an outpatient counselor once she had fulfilled the job requirements.

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Art Voorhis



We extend our deepest sympathies to NF Founder Joanne Voorhis and her family, as well as to the many friends of NF Member Art Voorhis, who died recently. Our thoughts are with you.

Welcome new Member:

Caroline Bacon

Welcome new Volunteers:

Pennie Hare

Russ Lemcke

Betty Smith

We’re so happy you have joined us!

SNOWPLOWING OFFER TO MEMBERS

NF knows of a fair, reliable, Falmouth man who will be operating a snowplowing service this winter, and is willing to put NF members on his list if we can contact him within the next few weeks. He will call you, meet with you fairly soon, and arrange a price based on your driveway.

If you would like to be part of this, please call Susan in the NF Office by November 20. (NF Volunteers and friends you can be added to the list on a space-available basis.)

Here’s hoping it’s not a troublesome winter!

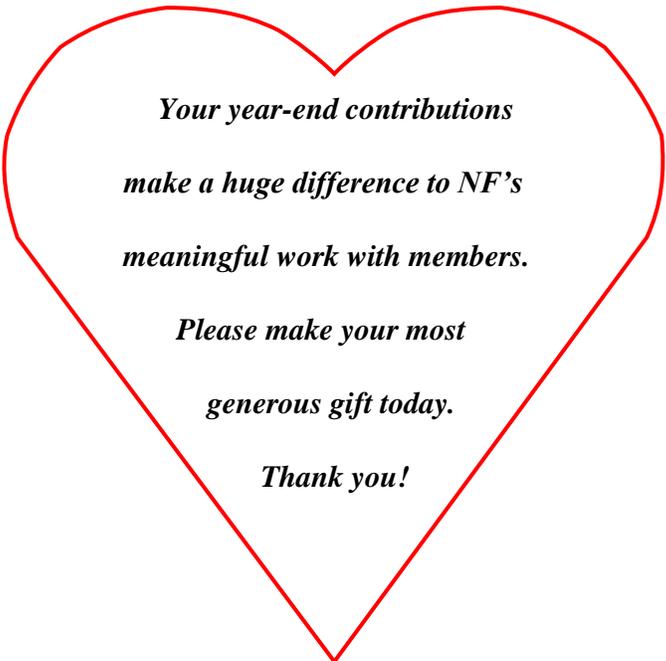
Mary Sholkovitz – continued from page 2

And she continued to build her clientele of flute students.

After ten years at Gosnold, Mary was ready to have more time for family life. A group of parents approached her about offering a music program for preschoolers. Again, through serendipity she was referred to the most respected person in the field of early childhood music education, under whom she studied. Armed with new confidence and excellent credentials, Mary spent the next 16 years teaching up to ten classes of preschoolers, with parents, each week.

Mary has never lost her wanderlust. She and Ed continue to travel. They have met their older son, a pilot for Qatar Airways, in Europe for several short vacations. Their younger son, a marketing specialist in Boston, frequently gets to Europe with his German wife, who works for TripAdvisor. Ed and Mary are delighted that their first grandchild, now 19 months, is growing up bilingual.

Mary describes herself as retired now, although she still teaches a dozen flute students. “Ed and I are enjoying the good life that Falmouth affords us,” she says. “He’s playing golf and volunteering at Neighborhood Falmouth and Falmouth Service Center. I’m doing my flute teaching, playing in flute choirs, singing with the Chorale, driving for Neighborhood Falmouth, and getting together with friends, young and old. I’ve always had an affection for the eldest generation. I like driving for Neighborhood Falmouth because I love talking to the interesting people.”



***Your year-end contributions
make a huge difference to NF's
meaningful work with members.
Please make your most
generous gift today.
Thank you!***

We gratefully acknowledge support from:

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**A MEMORABLE
ANNUAL FALL GATHERING LUNCH**

Thanks to everyone who came to the NF Annual Fall Gathering Luncheon. What a happy time we had! About 70 members and volunteers gathered for good conversation and a feast of ham, sweet potatoes, rice salad, and broccoli slaw.—not to mention plates of homemade cookies from all corners of our NF community. Boy, can this group bake! YUM!

Special thanks to Davien Gould and Peggy Ledwell for pulling it all together. And to all of you who cooked, baked, drove members, greeted and helped to set up and clean up, heartfelt thanks.

Enjoy these recipes and photos from the luncheon:

Sweet Potato with Apple & Cranberry (serves 8)

6 medium potatoes
1 large Granny Smith (or your favorite variety)
½ cup brown sugar
¼ tsp cinnamon
¼ cup butter
1 cup water
1 cup sugar
2 cups fresh cranberries
½ cup orange juice or apple cider

Peel & dice potatoes and boil until tender.
Peel & dice apple and add in last 15 minutes. Drain into bowl.
Add brown sugar, cinnamon, and butter and mash. Set aside.
Combine water, sugar, and cranberries, and boil until berries pop.
Drain and fold into potato mixture.
Put into baking dish. Pour juice/cider on top.
Bake at 350 degrees for 35-45 minutes (until hot.)



Broccoli Slaw (serves 10)

2 heads broccoli
1/2 cup sliced almonds toasted, set aside as a topping
1/3 cup dried cranberries
1/2 cup sliced red onion or to taste

Buttermilk dressing

1/2 cup buttermilk
1/3 cup mayonnaise
2 TBS cider vinegar
1 TBS sugar
3 TBS finely chopped shallot (or add red onion)
salt and pepper to taste

Trim broccoli and chop or slice into bite sized pieces
Make dressing
Toss broccoli with dressing, cranberries and onion.
Season with salt and pepper
Chill. Serve with almonds on the side



Roasted Butternut Squash w Shallots and Sage (serves 4)

1 large butternut squash, peeled seeded and cut in 1" chunks
4 Shallots
3 Tablespoons olive oil
1/4 cup fresh sage leaves
salt and pepper

Preheat oven to 450 degrees.
Combine squash, shallots, oil, and sage, then place on two large rimmed baking sheets that have been coated with olive oil.
Season with salt and pepper.
Roast till tender, about 30 to 35 minutes, tossing once during the roasting.



Rice and Vegetable Salad from *The Silver Palate Cookbook* (Serves 8 to 10)

8 cups hot cooked rice (use wild or basmati Rice)
1 to 1-1/2 cups your favorite vinaigrette
1 medium sized purple onion (peeled and diced)
6 scallions, cleaned and finely sliced
1 cup dried currants
2 shallots, peeled and finely diced
1 package frozen peas, thawed and blanched in boiling salted water for 3 minutes
1/2 cup chopped Italian parsley
1/2 cup chopped fresh dill
Optional, one or more of the following: capers, mandarin oranges, watercress instead of parsley, chicken, toasted almonds, etc.
salt and freshly ground paper to taste

Transfer rice to a mixing bowl and pour 1-1/2 cups

vinaigrette into rice. Toss thoroughly. Cool to room temperature.

Add remaining ingredients and toss thoroughly. Taste, correct seasoning, and add more vinaigrette if you like. Serve immediately, or cover and refrigerate up to 4 hours. Return to room temperature before serving.



Pictured top to bottom: Carmela Kinsman and Rebecca Moffitt; Frank Kauffmann and Anne Gallagher; Jean and Carl Bowin with Paulette Loomis; (back row) Chris O'Brien, Vicky Cullen, Prosser Gifford, Carol Chittenden, Tom Sbarra, Kay Paine, Ann McNichol, Rebecca Moffitt, (front row) Millie Lisk, Shirley Dunkle, Mary Walsh, and Joanne Jensen; Dick Jones and Bobbie Miner; Davien Gould, Bruce Haslun and Peggy Ledwell