

October 2015

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## Boo! It's October, believe it or not!

Members, Neighborhood Falmouth can provide a variety of helpful services in addition to rides. Would you like someone to read to you, sort your mail, or walk with you on a regular basis? We can help, give us a call!

## DATES TO REMEMBER

### **NEW PROGRAM: Aging Anonymous Wednesday, October 14, 2:00 P.M. Dillingham Place**

Join us for NF's first *Aging Anonymous*, Come and share or come and listen as we begin an open conversation about this "Elderhood" time of our lives. All are welcome. Rides are available—just let us know you want to attend. Read more on page 2.

### **Meet for Breakfast: Monday, Oct. 5, 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, Oct. 20, 2:00 P.M.**

Our next book is "Lone Wolf" by Jodi Picoult. We will be meeting in the Trustees Room, Falmouth Main Library. New members are always welcome.

### **Meet for Lunch: Wednesday, Oct. 21, 11:45 A.M.**

We're off to the BBC for conversation and lunch with a view. Call the office if you can make it or would like a ride. We'd love to see you.

### **Annual Fall Gathering Luncheon:**

**Saturday, Oct. 24, 12:00 noon**

### **First Congregational Church on the Village Green**

Members and volunteers, our annual Fall Gathering Luncheon is Saturday, October 24, at the First Congregational Church at 12:00 noon. Share the warmth of good food and conversation with other Neighborhood Falmouth members and volunteers. Members, please invite a favorite volunteer! The more the merrier!



*Mary Sholkovitz with her bass flute.*

## **A Profile of NF Volunteer Mary Sholkovitz**

*Part 1 of 2*

By Pamela Nelson

Fortunate indeed is the individual who identifies her career path early in life, who accepts fortuitous guidance along the way, and who manages to combine her life's vision with a spirit of adventure, curiosity, and a desire to help others. Neighborhood Falmouth volunteer Mary Sholkovitz is just such a person. In fact, Mary has successfully managed, over the years, to enjoy two satisfying careers.

"My dream," says Mary, "from the time I was 16, has always been to be a flute teacher. But you don't make a living as a flute teacher. You have to do something practical. I needed to find something I could do that would give me the skills to work really well with people. Social work looked good. I'm too antsy to be in a classroom all day. A social worker is out and about all the time. Social work was a good choice for me."

The second of four children, Mary was born in Port Huron, Michigan, about an hour north of Detroit. Her father returned from WWII, after serving as a navigator on bombers, to a position as a marketing specialist in Fort Wayne, Indiana.

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## Mary Sholkovitz – continued from page 1

When Mary was five, her father again moved his family, this time to suburban Chicago, where he had taken a job with a large, national consulting firm. It was in Chicago that Mary began her music training, first taking piano and later taking up the flute because “in the Midwest, school band programs are a big deal.” The year Mary entered high school, the family moved to Kansas City, Missouri. Mary and her siblings dreaded the move at first, but Mary soon adjusted after joining the youth orchestra and getting involved in a church youth group. “Residential Kansas City was beautiful, with parkways and sculpture and fountains,” she says.

At age 12, she enjoyed her first eight-week summer camp experience at the Interlochen Center for the Arts in northern Michigan. As a camper there for the next four years, she played flute, piano, and cello, and also sang in various choirs. After high school she returned to Interlochen for five years as a staffer. And the college she chose to attend, the University of Michigan in Ann Arbor, had close connections to Interlochen as well.

“But I never wanted to be a music major,” says Mary, who instead studied sociology and participated in a pre-social work curriculum, which prepared her to attend a graduate school of social work. It was an interesting time to be a college student. “I’m a product of the civil rights era,” she explains. During her junior year, when her friends were studying in France and Germany, the University of Michigan launched a student exchange program with Tuskegee Institute in Alabama. A dozen students from Tuskegee attended fall semester in Ann Arbor, and Mary got to know a number of them. When seven students from Ann Arbor went to Tuskegee that spring, Mary was one of them. “It was a fabulous experience, for me, for my life. I learned how it felt to be one of a tiny minority, and I got to be close to students, to learn about their lives, go to class with them, and study Negro history as taught by a Negro. [“Black” and “African American” had not yet entered the preferred lexicon.] For me, the greatest joy was to be part of the Tuskegee Institute Choir. We rehearsed five days a week and then sang at Chapel on Sunday. We went on tour to the North, to cities I knew, like Chicago, but we also went to places where I had never been.”

Being selected for the choir’s spring tour brought Mary some misgivings. She went to the choir director to question the fact that she had been selected while only a limited number of the choir’s members would be able to participate. She felt it was unfair for her to deprive another student of the opportunity. The director, who seemed to have anticipated her discomfort and objection, reassured her, saying, “Why, Mary, you are going as the flutist. You’ll sing with us, but I have all this repertoire that requires flute accompaniment!”

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## Don’t forget!

We have two new program series starting this fall, *Aging Anonymous* and *Senior Salons*.

Neighborhood Falmouth’s *Aging Anonymous* will be completely different. This first in this series will be **Wednesday, October 14, from 2:00–3:30, also at Dillingham Place.** *Aging Anonymous* is an opportunity to get to know each other and to share what’s on our minds in a supportive and non-judgmental atmosphere. From the quirks and indignities of our aging bodies to the joys and privilege of wisdom gained through the years, we’re open to talking about it all. Friendship, dealing with loneliness ... whatever comes up. Come and share or come and listen as we navigate this “Elderhood” time of our lives. All are welcome.

Our second quarterly *Senior Salons* series continues **Wednesday, December 9, with Holiday Folk Music with Joanne and Ben Carnevale, from 2:00–3:30 at Dillingham Place.** Future *Senior Salons* will vary. There could be a cooking demonstration, a time for sharing stories from World War II, or information on an important time in Falmouth history. Most of all, we hope to tap into the experience of Falmouth residents, particularly Neighborhood Falmouth members, for what we hope will be an interesting, engaging 90 minutes together. As with *Aging Anonymous*, rides are available—just let us know you want to attend.



## **Mary Sholkovitz – continued from page 2**

After college graduation in 1967, Mary stayed on in Ann Arbor to earn her master's degree in social work. Her first-year field placement in the master's program landed her in a settlement house in inner city Detroit on the heels of historic race riots. "The embers were still glowing when I arrived." She worked there with a mothers' group organized to improve the women's social connections. Martin Luther King Jr. was assassinated that year. To Mary's surprise, when she went to work the following morning, the atmosphere that day reflected his philosophy of nonviolence, with the people around her singing songs of freedom. The next year, in Flint, she was assigned to be a high school social worker. Again, she came just after racial conflict. "I was taken, under security, into the school for my first day." At both placements she was encouraged to bring some of the teens home with her on weekends to give them a taste of college life. "I can't imagine that sort of thing happening nowadays," she says.

At the time, she was living in the Ecumenical Campus Center, a sort of international house, with roommates from the Philippines and Malaysia. Inspired, she decided to enter the Peace Corps after completing her MSW degree. She was accepted as a Peace Corps volunteer and was told she would need to wait until September to begin her training, in Los Angeles. She opted to move into a summer sublet in La Jolla with her sister, who had just graduated from UC San Diego. However, on the drive across country Mary began to have second thoughts about going directly into the Peace Corps, concerned that she might lose her newly acquired expertise as a social worker if she took two years off before cementing those skills with a conventional job. In the meantime, Mary adds, "my sister found us an apartment, which changed my life."

*(Next month: A new direction for Mary.)*

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### **Welcome new Members:**

Terry Burik  
Vauda Sheffield  
Phyllis and Roland Stanford

### **Welcome new Volunteers:**

Steve Johnson  
Frank Kauffman  
Valerie Lee  
Judy Risch  
Nancy Walbek

### **Welcome new Board members:**

Carol Chittenden  
Martha Gavenas  
Tom Sbarra  
Lee Turner

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

## **OCTOBER EVENTS AND ACTIVITIES**

Enjoy the fall with activities around town. Here are a few to consider. Let us know if you'd like a ride to these, or other, activities.

### **Lecture: Alex Kershaw "Avenue of Spies" Wednesday, October 7, 7:00 P.M.**

#### **Museums on the Green**

Alex Kershaw tells the true story of Americans Sumner Jackson and his family living in Paris's hotbed of spies, secret police, informers, and Vichy collaborators during World War II, and what happens when Jackson joins the resistance and is ultimately found out. Tickets are \$5 for Museum members, and \$8 for non-members. Call (508) 548-4857 for more information.

### **Conversation and Coffee for Veterans, Saturday, October 10, 9:15 A.M. Falmouth Elks Lodge, 140 Palmer Avenue**

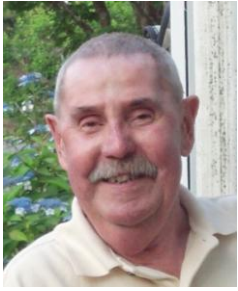
Join other veterans in conversation about your military experiences. Enjoy an open discussion in a relaxing atmosphere building relationships with other veterans and establishing common bonds for the future. Opportunities to learn about changes in the veterans' programs and services. For more information, call Joe Quintiliani at (508) 548-0329.

### **An American Music Sampler Saturday, October 17, 7:00 P.M. Cape Cod Conservatory, 60 Highfield Drive**

The Spectrum Singers, a 12-piece chamber ensemble, will provide a one-hour program with a selection of America's best choral music framed with commentary to provide historical context. Tickets are \$16. Hosted by Falmouth Museums on the Green.

### **Falmouth Chorale Concert: "Awake My Soul" Saturday, October 24, 4:00 P.M., Sunday, October 25, 4:00 P.M. Falmouth High School**

The Chorale's new season opens with the uplifting and celebratory Mass of the Children by John Rutter. Tickets for NF members are at the discounted price of \$15. Please contact Susan if you wish to buy tickets. You can have them mailed to you ahead of time or pick them up at the designated "Will Call" on the day of the concert.



## “Cookin’ Cozy”

By Bruce Haslun

I’ve been coming to Falmouth as a summer tourist for over 50 years, including being Chef de Cuisine at College Light Opera Company for eight seasons. Now we feel blessed to be year-rounders! Some 40 years ago I remember the Nimrod Restaurant was a members-only private eating club. My brother, Robert, was a member, and the first time he took my wife, son Erik, and me to lunch, the “sandwich of the day” was a peanut butter club. Of course, 10-year old Erik had to have one of those. I joined him and have been making this delicious combination ever since.

### Nimrod Peanut Butter Club Sandwich

Ingredients:

- 3 slices of your favorite bread
- Good mayonnaise (Cain’s or Duke’s)
- 1 large ripe tomato, thinly sliced
- Greens (basil, spinach, or lettuce)
- A few rings of Bermuda onion (optional)
- Creamy peanut butter
- Slices of crispy cooked bacon
- Thin-sliced, home-cooked, chicken breast



Have all the ingredients prepped and laid out. I like to cook my chicken on the grill for 10 minutes each side, but it’s okay to parboil it or bake it in the oven at 350° for 30 or 40 minutes. The chicken is done when you poke it with a sharp object and the juice runs clear, not yellow. Couldn’t I just use deli sliced chicken? No! It’s not the same taste to palate or ambience. Slice chicken breast as thin as you’re able.

We’re ready to build the sandwich. Toast the bread. Spread mayo on slice one, then greens, then tomato, then onion. Generously spread peanut butter on both sides of toast slice two (yes, it does get all over your hands!). Add another piece of green, bacon slices, chicken, and spread mayo on last piece of toast to top it off. Cut it into 4 triangles, and if you have some of those frilly toothpicks around, here’s a chance to show off. My vegetables of choice would be pickles and potato chips. It’s a terrific summer lunch with the grandkids, but works equally well paired with chicken soup or salad.

Skoal y’all!

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*We gratefully acknowledge support from:*

- Bank of Cape Cod
  - Beatrice A. Bunker Architecture
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  - Janney Montgomery Scott
  - Rapoza Landscape
  - Royal Megansett
  - Simply Hearing
  - Stop & Shop Companies, Inc.
  - Waterbury Optometry
  - Windfall Market & Windfall Florals
  - Wood Lumber Company
  - Woods Hole Foundation
- 



### Volunteers

Can you spare some time on Saturday, October 24th to help us host our terrific Member luncheon? You can make a dish, serve, set-up, or be available to bring a member. And you are always welcome to enjoy the lunch and the company of your NF family.

Please contact Davien Gould at [ribbit51@yahoo.com](mailto:ribbit51@yahoo.com) or call her at (508) 540-0885 to learn more or sign up. Thanks!

### Members

Sweets for the sweet!  
If you love to bake, we’d love your contribution of cookies, bars or brownies for our Member luncheon on October 24th.

Please contact Davien Gould at [ribbit51@yahoo.com](mailto:ribbit51@yahoo.com) or call her at (508) 540-0885 to learn more or sign up. We can arrange pick up or bring them with you when you come.  
Thanks!