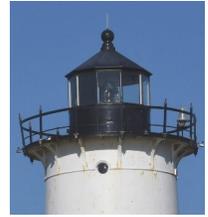


Falmouth Newcomers Newsletter



President's Message



Greetings!

We sent off our Florida-bound neighbors with a musical gala at our January meeting. Big Smile Entertainment certainly lived up to its name.

Our family and friends have left us until next summer. The so-called snow birds are gone or are leaving. Our summer residents have closed their homes. So now here we are – here in the deep freeze just waiting for the snow to fall. As we wait, however, we can keep in mind and be thankful that our traffic is better, our restaurants are not crowded and, perhaps the best of all, our taxes are low thanks to those summer visitors who crowd up our streets, restaurants, beaches, and stores but who help our local economy!

We do not have to let the weather get us down. We are the hearty. We have much to do and enjoy even in this frigid weather. Our activities are in full swing and there is plenty to keep us busy. Lots of new and exciting activities have started as well as the many tried and true ones that are continuing. Social events are still being planned and our monthly meetings continue.

The nominating committee for the 2019-2020 Board has been active. As always, whether you are willing to serve on the Board or not, there are plenty of other volunteer opportunities with varying time commitments. Speak to any current board member about ways for you to get involved. Newcomers is **your** club! Many thanks to all who have worked to make it such a success.

Since February is a short month it seems right that a short letter is appropriate. Stay warm, stay involved, and stay happy!

Margaret Souza
President

Save the Date

February 14
General Meeting

March 1
Mix and Mingle

March 14
General Meeting and Luncheon
with Encore

March 21
Dirt Diggers

April 7
Crazy Cards

April 11
General Meeting 7:00P.M.

April 24
Meet the Author

In This Issue

Page 2
- February General Meeting
- Shamrock Luncheon
- Dirt Diggers

Page 3:
- Group Activity Highlights
- Mix and Mingle

Page 4:
- Socials Help Wanted
- Book Nook

Page 5: January Minutes

Page 6: Membership Application

Pages 7-10: Activities Lists

The Falmouth Newcomers fiscal and membership year runs from July 1 to June 30. New members may join Newcomers by submitting an application and paying applicable dues anytime during the fiscal year. For those who apply from July 1 to March 31, their first year of membership will be that fiscal year. Although the annual fee for those joining between January 1 to March 31 will be at a reduced rate, their first membership year will also be that fiscal year. For those who join from April 1 to June 30, their first year of dues and membership will be applied to the following fiscal year.

Dues and applications for returning members are due by May 31 for the following fiscal year.

February General Meeting



Date and Time: Thursday February 14, 2019 9:30 A.M.
Location: First Congregational Church, 68 Main Street, Falmouth

"At the end of life, nothing else matters except the lives you touched with pure love." Debasish Mridha, MD

"The best thing you can do is become familiar with death so that when someone needs you to be present with them you are not so filled with your own fear and discomfort that you cannot be." Kate McGahan

Please come and join fellow Newcomers for an enlightened panel presentation and discussion about issues we all face at end of life. Panelists are: Margaret Souza, PhD, researcher on end of life issues; Karen L. Baranowski, DNSc, RN, former CEO of Home, Health & Hospice Care, Merrimack, NH; Sara Endies, B.S., RN, Hospice Director, VNA of Cape Cod; Gary German, Pastoral Counselor, VNA of Cape Cod.



Three lucky members in attendance will win a Valentine surprise.



There will be coffee and snacks and time to meet new members before the meeting is called to order at 10:00.

Shamrock Luncheon



Date and Time: Thursday, March 14, 2019 at 11:30 a.m.

Location: Liam Maguire's Irish Pub & Restaurant, 273 Main Street, Falmouth

Cost: \$22 per person includes coffee, dessert, tax and gratuity

Deadline for receipt of checks and GREEN COUPON: Thursday, March 7

This is our annual March joint meeting with Encore. We will have Irish entertainment and lunch following a brief business meeting. Menu choices are Fish and Chips, Beef and Guinness Stew, Corn Beef and Cabbage, Spinach Salad with goat cheese, cranberries, walnuts and chicken. A cash bar is available.

Seating is limited so get your coupons and checks in early!

Dirt Diggers



Date and Time: Thursday, March 21, 2019

Hospitality at 9:30 a.m. Presentation at 10:00

Location: First Congregational Church 68 Main Street, Falmouth

Cost: \$6 per person

Deadline for receipt of checks and BLACK COUPON: Friday, March 15

Are you tired of winter and dreaming of spring? Eager to get back out into the garden? Then we have a treat for you !!

On the second day of spring, Thursday, March 21, 2019 our guest for the morning will be Paul Miskovsky, Falmouth's award-winning landscaper. Paul is a practical visionary in Naturescaping and a consistent winner of awards for best of the Boston Flower Show. He will tell us about how he works in this area with soil conditions, etc. He'll show and talk about some of his projects and installations and answer questions from the audience.

You do NOT need to be a member of a Dirt Digger group to attend. ALL Newcomer and Encore members and their guests are most welcome.

Questions? Anne Prior 978-837-7989 or priorfarm1@gmail.com

HIGHLIGHTS

Group Activity Updates

You may join an activity at any point in the year. Some are easier to join in the September-October timeframe as groups get established for the year—even so, you may join late. Others are completely flexible and easily add participants at any time. Be in touch with the Activities Coordinator, Christina Brodie (falmouthnewcomersactivities@gmail.com) if you have ANY questions.

Reminder: You must be a current member of Newcomers or Encore to participate in any activity.

NEWS ABOUT ACTIVITIES:

‘YOUNG’ SOCIAL NETWORK: Mark your calendar. The first meeting will be hosted on Wednesday January 30th at 6:00 p.m. at the Coonamessett Inn in the bar area. Whether you have signed up or not, you are welcome to participate if you are a Newcomer or a member of Encore and are 65 or under. This organizing meeting will determine the frequency of meetings, how you’ll organize events or gatherings, etc. Contact Kim Park

FOR YOUR HEALTH: Those who gathered for the first meeting gained a lot of information about sugar. Should you still want to join this discussion of ‘health topics’, the next meeting will be on Wednesday February 27th from 10:00 to 11:30 a.m. at the Main Library in the Bay Room. Whether you have signed up or not, you are welcome to participate. The second topic will be ‘GMOS (Genetically Modified Organisms).’ Feel free to be in touch with the leader, Laura Winslow, with any questions or if you can’t come to this one but want to add your name to her list.

PHILOSOPHY DISCUSSION: Newcomers has a new Philosophy Discussion Group. Each week the group will focus on a book chapter or an article that illustrates a key issue in philosophy. Participants are starting with Harvard academic Michael Sandel’s book *Justice*, which addresses a broad sweep of moral philosophy. Our next meeting – about utilitarianism and happiness as the basis for assessing moral judgments – will take place in February. If you are interested in participating, please contact Simon Sherrington.

Mix and Mingle



Date and Time: Friday, March 1 6:30 - 9:00 p.m.

Mix and Mingles are held in Newcomers’ homes throughout the year. It is a wonderful opportunity for both couples and singles to get to know one another.

To **sign up** please send an email to Susan Gilbert. Deadline for sign ups is February 20th or when the host homes’ capacity has been reached. Once you have signed up, you will receive an email 5 days before the event with the name and address of your host. You will also receive instructions to bring either a hearty hors d’oeuvre or a dessert to share with the group along with your own beverage. The host will provide coffee.

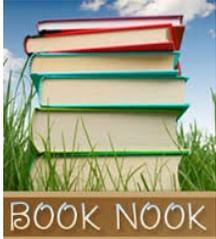
Since Mix and Mingles are popular events, it is best to email your response as soon as you receive your newsletter.

Hosting an event is easy. All you have to do is provide a welcoming home, paper products, water and coffee. If you would be willing to **host** a Mix and Mingle, please email either Susan Gilbert or Ginny Palmieri with the month you would be able to host.

Help Wanted!



We need folks to volunteer to work on committees to help coordinate the spring social events. The dates are set and venues are secured, but there are lots of details that need tending to – more than Joyce and Jeanne can handle by themselves. So if you want to work on any of the events - Crazy Cards scheduled for April 7th, the Spring Dance scheduled for May 3rd or Wine Tasting scheduled for June 1st - please contact Joyce Ludensky or Jeanne Fortier. Thank You!



The Alice Network

by Kate Quinn Recommended by MaryJo Carroll

This book is a great read for fans of historical fiction. It explores the little known stories of the wartime glory and sacrifices of female espionage agents in France. Although centering on two fictitious characters, the book carefully explores the true life story of the networks that existed in World War I, as well as factual incidents that occurred in France during both World Wars. These two characters have suffered losses in two different wars, but find their lives converging in 1947 where they embark on a search together, to face their fears and find redemption.

Have you read a book that you love? Would you or your book club like to recommend a book you have read?

Please email or call Marion Bihari if you would like to suggest a book or author. marionsb@comcast.net.....508 563 6170

Minutes of General Meeting January 10,

Margaret Souza, President of Newcomers, called the meeting to order at 9:55 AM. She introduced herself and welcomed the group as a whole, thanking everyone for coming. The minutes from the December 14th General Meeting were accepted as published in the Newsletter.

Margaret requested that new members stand and introduce themselves, asking that they include where they were from and what brought them to Newcomers. Thirteen new members introduced themselves.

The board worked throughout the fall to review and revise the club constitution and by-laws in order to address several concerns. The first was to provide new board members with the necessary information and resources as they assume their positions by developing a Resource Manual. Secondly, there was concern about the workload each officer has over the course of the year. Yet another concern was the occasional difficulty covering for an officer who may winter elsewhere. Several positions on the board currently have two people, for example the VPs for socials and programs. This spreads the workload and allows for coverage should one of them not be available. The board is recommending the addition of a second person to most positions which did not have a backup. The second person would have the title of assistant. We also recommend creating the position of Executive Vice President, someone who will shadow the President and be prepared to step into the presidency the next year. The board also recommends splitting the website management from the newsletter editor position now that we are moving to a more technology-intensive environment. We are suggesting that people make a two-year commitment to serve on the board. For most board members this would mean serving in the assistant role working with the person who held the position the previous year. In the second year they would move into the full position. This provides continuity while also allowing for creativity. Other recommendations include giving the Past President a vote, all terms of office will start in June, assistants will attend meetings on a quarterly basis, memberships that have lapsed may be reinstated, and members can join for a maximum of 7 years.

A motion was made by Karen Baranowski, seconded by Jane Murphy to accept the proposed constitution and by-laws. The motion passed unanimously.

Margaret reminded those present that Newcomers is our organization and that you can be as involved as you want in it. She asked the members of the Nominating Committee to stand and stated if any member would like information about serving on the board, they should speak with a member of the Nominating Committee or any board member. All board members have job descriptions, so you know what the position involves.

Next, she thanked the members who provided goodies for the meeting. Margie Piken and Lisa Travaly, Hospitality Chairs, passed out sign-up sheets to bring treats to the February and April meetings.

Christina Brodie, VP for Activities, spoke next and encouraged new members to stay and speak with her about the activities that are offered after the meeting ends. She also mentioned that there is a new group forming for those members who are under age 65.

Margaret singled out Roanne Angiello, Newsletter Editor and Simon Sherrington, Assistant Editor/Website for all the work they have done related to the Website. The business meeting ended at 10:15 AM.

Jane Murphy, a VP of Programs, introduced Rabbi Elias Lieberman and Pamela Rothstein, Director of Lifelong Learning, from the Falmouth Jewish Congregation. They gave a 5-minute overview of the Congregation and its activities. Many of the cultural opportunities are open to the public and interested parties are encouraged to attend.

Next, Jane introduced the extraordinary group of performers from Big Smile Entertainment. For the next hour the three of them had us swaying, clapping, singing and dancing to the show tunes and oldies they performed. The program concluded at 11:20 AM.

Respectfully submitted,
Ginny Palmieri, Recording Secretary

Newcomers Club of Falmouth - Membership Application

Check one: New membership _____ Renewal of membership _____

Check one: Individual membership _____ \$30 Joint membership (must be same household) _____ \$50

Please print carefully as this information is used to update the directory.

Name (1): _____

Name (2): _____

Address: _____ Phone(1): _____

Town: _____ Zip: _____ Phone(2): _____

You will receive your monthly newsletter by email.

Email address - member (1): _____

Email address - member (2) (if different): _____

Check here if you do not have an e-mail address: ____ See coupon in newsletter to order a hard copy of the newsletter.

Name to be put on name badge 1 (if needed): _____

Name to be put on name badge 2 (if needed): _____

Check to request a non-magnetic badge clasp if you have a heart pacemaker. Badge 1: _____ Badge 2: _____

Volunteer Opportunities:

Falmouth Newcomers depends on its members to volunteer for the many tasks that need to be accomplished. Your willingness to offer your time and talent is greatly appreciated. Please check areas of interest.

I have skills or interest in:

Word processing: _____ Website management: _____ Excel/database management: _____ Newsletter development/editing: _____

Writing articles for newspaper: _____ Finance/accounting: _____ Photography: _____ Recording meeting minutes: _____

Organization: _____ Event planning: _____ Leading an activity: _____ Coordinating refreshments; _____ Baking: _____

For our Information: How did you hear about Falmouth Newcomers?

Realtor: _____ Member: _____ Chamber of Commerce: _____ Newspaper: _____ Website: _____ Other: _____

The Newcomers Club of Falmouth urges all members to obtain a physical examination from their physicians prior to participation in any physical activity associated with the Newcomers Club of Falmouth. In recognition of the possible dangers connected with any physical activity, member(s) hereby knowingly and voluntarily waive(s) any cause of action of any kind whatsoever arising out of any Newcomers Club of Falmouth activity from which any liability may or could accrue to the Newcomers Club of Falmouth, its officers, directors or members.

Signature: _____ Date: _____

Mail completed application/renewal form with check payable to 'Newcomers Club of Falmouth' to:
Membership Chair, PO Box 2339, Teaticket, MA 02536
2018-2019

Reminder
You must be a current member of Falmouth Newcomers
or Encore to participate in any activities

Activity	Notes	Leader/s
Book Clubs & Games		
BOOK GROUPS: Men's	Will make a new group or add to existing one	John Checklick
BOOK GROUPS: Women's	Makes new groups each year	Joan Chambers
BOOKS: NEW Philosophy Discussion	Group agrees on frequency of meeting More likely to discuss a chapter at a time rather than a book at a time	Simon Sherrington
BOWLING: Candlepin	Tuesdays 1:00 to 3 p.m. Ryan's Entertainment Center	John & Julie Karas
		Arlene Morse
CARDS: Co-ed Bridge	Forms new groups when has 8	Sally Byrne
CARDS: Duplicate Bridge	3 rd Thursday (evening I think)	Rita Foster (Encore)
CARDS: Men's Cards	NEW – NOT bridge or poker Rummy, Euchre , etc.	Dave Colaciccio
CARDS: Men's Poker	Many groups 7 per + 1 or 2 subs Can be added any time	Ken Roth
CARDS: Couple's/Pair's Samba	2 nd & 4 th Tues eve 6:30 p.m. Starting Sept 11 Card game like Canasta but adds runs Meets at Gus Canty Go in pairs – friends or partners	Pat Keck
CARDS & GAMES	Mondays 10:30 a.m. to 3:00 p.m. -school calendar Mostly bridge and Mahjongg Meets at Gus Canty Bring a lunch + end of year luncheon	Sue Simchock
		Mary Flanagan
GAME: Bunco	Monthly in the evening Dice game—no skills needed Meets in participant homes	Mary Beth Goodwin
GAME: Mahjongg	Mondays 9:30 a.m. to 11:30 a.m. Gus Canty Bring lunch & Mahjongg card and game (if you have them) 1 st 6 weeks – tutorial for beginners!	Jackie Nuccio
GAME: Trivia Nites NEW	Starts in January and February British Beer Company—3 rd Tues beginning Jan 15 Liam McQuire's—1 st Wed beginning Feb 6 Reminder e-mail weekend prior	Karen Epstein

Outdoor Recreation		
BIKING	Thursdays @4:00 p.m. Sun @ 1 or 2 p.m. Meet at Depot Ave No constraints	Lynda Onthank
DOG WALKERS (Off Leash)	Times arranged by group Meet at local beaches & woods	Debbie Carlisle
GOLF: Men's	Wednesday, 9:00 a.m. (year round) Thursday, 8:00 a.m. (May to October) Falmouth Country Club Participants may go to one or both In the Winter, they combine and play when they can on Wednesdays	George Engstrom
GOLF: Nine & Dine	She picks place and date, then dine in or out Recreational but need to know how to play golf Men & women	Lorraine Boles
GOLF: Women's 9-Hole	Thursday – 2:00 pm Falmouth Country Club All golf levels welcome	Carolyn Wurm
GOLF: Women's 18-Hole	Thursdays, late morning or early afternoon Usually play at Brookside in Bourne \$40 includes cart	Joan Sheehy
KAYAKING: Tuesday	Every Tuesday morning in season Need own kayak	Rich Boles
KAYAKING: Friday	Time & location varies Need own kayak	MJ Kovary
SHELL FISHING	Monthly in warm seasons Varies by tides and weather Shell-fishing license required All types of shell fish Small groups SEE HANDOUT	Peter Baranowski
SKI: Cross-country & Snowshoe	Per snowfall She sends out e-mail re where/when to meet Need own equipment	Lynda Onthank
SKI: Downhill Day-Trips	Often go to Wachusett; open to other and longer trips if group is interested	Kathy DelCicchi Joan Zwible
TENNIS: Men's	Group decides where and when to play	Rich Boles
TENNIS: Women's	Group decides where and when to play Try to accommodate all skill levels Outdoor in the summer and option for indoor in the winter	Pam Marck
WALKING: Falmouth on Foot	Mondays at 9:30 a.m. weekly walks exploring Falmouth (Wednesday rain date) Co-ed	Betty Berthiaume and Sheila Chisholm

WALKING: Men's	Fridays year round 9:00 Trunk River summers (start Mem. Day) 9:30 Locust St Parking – after Columbus Day	Phil Nehro
WALKING: Women's	Thurs 8:30 a.m. except for winter Trunk River to Woods Hole Break at Pie in the Sky prior to returning All walking speeds welcome	Mary Beth Goodwin
Social		
BREAKFAST: Men's	(Every other) Thurs 8:30 at Crabapples	John Checklick
COOKING TOGETHER	Monthly--group decides where and when to meet Group cooking, testing all new recipes and techniques monthly while socializing in members' homes	Debbie Carlisle
DINING IN	10-12 individuals meet monthly Singles and couples welcome Host chooses theme, and each person contributes to the meal Frequency, time and location vary by group	Dave Colacicco
DINING OUT	Group enjoys dinner out monthly Singles and couples welcome Group suggests where/when to go	Dave Colacicco
DINNER & A MOVIE: Tuesday	Second Tuesday of the month Matinee movie then dinner at a restaurant Contact leader by Sunday to ensure restaurant reservation September through June	David & Diane Margaretos
DINNER & A MOVE: Wednesday	First Wednesday of the month Matinee movie then dinner at a restaurant Contact leader by Monday to ensure restaurant reservation	Skip & Linda McCormack
LUNCH & LEARN	Learning opportunities are planned throughout the year Dates and times are published in the newsletter	Sally Colacicco and Jo Felice
MIX AND MINGLE	Meets in host's home to socialize Each brings hors d'oeuvre or dessert to share Mix of current and new members Usually about 20 per group	Susan Gilbert and Ginny Palmieri
SINGLES	Male & Female Not dates New friends Member-driven Planned & spontaneous social outings Locally and off Cape	Jeanne Fortier and Sue Sargalski

INVESTMENT GROUP	2 nd Thursday 5:00 to 6:30 p.m. once a month Falmouth Library	Phil Nehro
KNITTING/ NEEDLEWORK	Thursday 1 to 3 Gus Canty - Room 2 Drop in option Any skill level including new to it Knitting, crocheting, quilting, other needlework or beading	Ellen Barkhuff
		Laurie Pocius
LINE DANCING	Tuesdays 2 to 3 (1:30 warm-up & review) Men & Women Gus Canty No lessons between Mem Day & Labor Day	Doris Lachapelle
MUSIC: Opera - Live Met Transmissions	Saturday afternoons Scheduled several times a year Carpool to Kingston or Dennis	Nancy Walbek
MUSIC: Playing 60's Music	Wednesday afternoons twice a month Location rotates Play an Instrument or Sing	Curt Bakal
PHOTOGRAPHY: Shutter Bugs	Monthly events: by topic About an hour Bring own cameras 12 months	David Margaretos
SPANISH: Conversation	Fridays at 1:00 p.m. Must be at a Spanish conversational level (not for beginners)	Alice Goldstein
		Linda Sanvicente
'Teacher' FIELD TRIPS ('without the kids!')	Year-round monthly trips via car (ride sharing) On and off Cape	Christina Brodie
		Olivia Masih White
TECHNOLOGY TIPS	2 nd Thursday, 3 to 4:30 p.m. Meeting Room, Falmouth Library Small group and individualized coaching on participant-generated topics	Denise DeCoste
		Art Gilbert
VOLUNTEER EXCHANGE	Volunteer for tasks you are comfortable doing when another member needs some extra support Your hours are tracked At some point when you might need support, others will invest <i>their</i> hours to support you	Susan Gilbert
		Art Gilbert
WRITING: Poetry Circle	4th Thursday, 10:00 a.m., Trustees' Room at the library Supportive group to encourage our natural expression Meet monthly to share original poetry	Marcie Schwartz