

# Village Voices



**Left:** Glennis Pagano rolling out gnocchi. **Right:** Enjoying the results of the class with Franco – and several bottles of wine!

## Cooking with Franco

*By Mary Flournoy*

As we all know, Fiorino is a jewel in East Falls, and Franco Faggi, the owner/chef, really supports our community. This October, Franco set aside one of his popular Saturday morning cooking classes – just for members of East Falls Village. (This is the second time he has done this – and we hope it won't be the last!)

Eleven women and one brave man (Tony DiStefano) met in the kitchen at 9 am to hear the menu of the day – bruschetta, Potato Gnocchi Blu Sorrento, and Chocolate Tortino. The sauce for the gnocchi is based on a dish he had in Italy this summer. Our class was the first time he had made it. [For the recipe for this delicious zucchini/shrimp/tomato sauce, see the “Program Handouts” section of [eastfallsvillage.org](http://eastfallsvillage.org).]

We were all amazed at how everything was done – in a very small kitchen. Several helped peel and chop the potatoes for the gnocchi and plate the bruschetta. As Franco worked – quickly and effortlessly – he imparted useful tips for any cook.

As Winnie Fessenbecker said, “It was a great class – and eating was the best part.”

### TIPS FROM FRANCO



Use a serrated knife to cut tomatoes and basil (to protect basil's green color).



Use only unsalted butter in cooking.



Use metric measurements (especially when baking)



Franco explains the menu to Joanne Timmins and Peg Hallenbeck.

## National Village Gathering Brings Local Villages Together

*By Mary Flournoy & Phil Hinline*

East Falls Village is part of a nationwide development that has been under way for 15 years, with more than 200 villages now in operation and 150 more in development. This grassroots movement is loosely coordinated by the Village to Village Network, a forum for sharing relevant ideas, resources, news and information. In addition to providing online help through [vtvnetwork.org](http://vtvnetwork.org), the Network sponsors a National Village Gathering each year.



Frank Harnden, VtV Network President; Mary Flournoy, East Falls Village; Phil Hinline, East Falls Village; Natalie Galucia, VtV Network Director. Mary was surprised to receive the Volunteer of the Year Award at the Gathering.

The 2010 gathering was here in Philadelphia, and was attended by seven members of the EFV planning committee. At that gathering, Charlie Day, the first

*(continued on page 3)*

## Welcome New Members!

### ► Donna & Russ Scarboro

For their contact information, log in to [eastfallsvillage.org](http://eastfallsvillage.org) with your user name and password to access the members-only Membership Directory.

For help on how to log in to the members-only part of the website, see pages 9-10 in your copy of the 2016 Member Handbook & Directory or email [info@eastfallsvillage.org](mailto:info@eastfallsvillage.org).



## Members...

**HAS YOUR EMAIL,  
PHONE NUMBER OR MAILING  
ADDRESS CHANGED?**

If so, please notify EFV of the changes by emailing [info@eastfallsvillage.org](mailto:info@eastfallsvillage.org) or by calling the Village phone. The 2017 Member Directory will be published soon!

Village Voices is a publication of East Falls Village (EFV), a program of East Falls Community Council. No portion of this newsletter may be copied or reprinted without the permission of East Falls Village. All East Falls Village programs and activities, including Village Voices, are created, developed and executed by Village Member Volunteers.

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[www.mountainpaper.com](http://www.mountainpaper.com)

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**Left:** Woodford Mansion is an 18th-century Colonial mansion in Fairmount Park.

**Right:** The silhouette decorations on this tree represent Philadelphians from the Colonial period.



## Woodford Mansion Holiday Tour

On Dec. 7, Village members toured Woodford Mansion, which was decorated for the holidays. The silhouettes on this tree represent some "Fabulous Philadelphians." Other silhouette decorations in the house represent John Coltrane and the Phillie Phanatic! The tour was suggested by EFV member Susan Erickson, a volunteer guide at Woodford.

### Woodford Mansion Holiday Tours

33rd St & Dauphin St

**Tuesdays - Sundays 10am to 4pm**

(closed on major holidays)

The holiday decorations remain through December.



## Computer Wizard

By Tom Smith



Contacts, via phone or computer pop-up, that give ominous warning about problems with your computer are SCAMS. **Hang up or delete** unless you're really, really certain there might be a genuine problem. But there very probably isn't.



A new kind of pop-up making the rounds makes your whole screen look gray and translucent. Your monitor is fine. **Look for the "X"** (upper right hand corner) or the "Decline" button to close out of the pop-up, and things will return to normal.



Looking for some worthwhile stuff on the web? **Try Ted Talks ([www.ted.com](http://www.ted.com))**, a site that addresses interesting and important topics via talks presented by experts. Worth a visit.

# Gathering

(continued from page 1)

Chair of the Village Operating Group, learned that “If you’ve seen one village, you’ve seen one village.” That is, each village reflects the needs and interests of its own members as well as the circumstances of its location.

The 8th Annual Gathering was held in October in Columbus, Ohio, attended by 270 people, representing 115 villages in 30 states (including Alaska and Hawaii), D.C., and Vancouver, BC. East Falls Village co-chairs Mary Flournoy and Phil HineLine attended with Peter Javicas and Faye Ross of Northwest Village Network in Mt. Airy. The drive to Columbus expanded the participants’ understanding of the two villages’ common interests and differences, and the return trip enabled a review of the meeting. Ross subsequently noted, “We learned almost as much through conversation in the car, as we did at the meeting.”

One of the general sessions provided an update on national village research efforts conducted by the University of California, Berkeley. HineLine was very interested in meeting with the research team that conducted the National Village Evaluation Study, for EFV was one of the 28 villages that participated in the 2015 project. He proposed some further examinations of the participating villages, such as identifying

characteristics correlated with measures of success versus difficulty.

HineLine also noted through incidental observations and conversations that having a paid executive director profoundly affects the allocation of efforts within a village, especially through its impact on finances. While NVN is all-volunteer, EFV has achieved what may be an ideal intermediate approach, thanks to the efficiency and many talents of Margie Neary, EFV’s part-time Administrative Coordinator.

Ross attended a session on Age-Friendly Communities and even participated in a Walkabout to assess the walkability of an area near the hotel.

Javicas noted several “outside the box” issues and ideas. One theme concerned housing, with home sharing as an alternative to simple downsizing. This could entail cross-generational relationships, which one of the speakers also emphasized as a benefit of part-time employment for seniors.

Flournoy’s most important takeaway (besides her award as Volunteer of the Year) was the need to network with other agencies, such as AARP. A session on AARP’s advocacy for caregiving included the CARE Act, which will help caregivers be more prepared when a

***“We don’t stop playing because we get old; we get old because we stop playing.”***

***- George Bernard Shaw***

(...who was NOT at the conference but was quoted by one of the speakers.)

loved one is discharged from a hospital, such as knowing how to use medical equipment. Ironically, a scheduled speaker was not able to attend the session because her husband had just been discharged from a hospital – and she had to spend hours on the phone with a manufacturer learning directions for a complicated device!

In November, the foursome met again, along with Jane Eeley of Penn’s Village in Center City to further share reactions to the Columbus events as well as to explore additional opportunities for local collaboration. This meeting yielded a decision to hold regular meetings of representatives of the three villages.

Looking ahead, the three villages are planning a joint program on February 13 to feature a live telecast by Atul Gawande, author of *Being Mortal*. Dr. Gawande’s address will be part of the 15th Anniversary of Beacon Hill Village and the Village Movement. Villages across the country will be holding watch parties for the celebration.



## **GIVE A MEMBERSHIP IN EAST FALLS VILLAGE**

Why not give a membership in EFV to a friend, neighbor, or family member who lives in East Falls? You can even play “Secret

Santa” and your gift may be anonymous if you choose.

Just go to **Eastfallsvillage.org**, scroll down and print out the membership form. Or pick up a membership brochure at the front desk of the Falls Library. Send in with your check.



## **Tech Help: a Great Member Benefit**

Remember that the Tech Team is available to help you use your new devices – smartphones, tablets, etc. Bring it to a Komputer Koffee Klatch. For help with your computer or printer at home, call the Village phone or email **info@eastfallsvillage.org**.

As one member said, “One hour of tech help was worth our annual dues.”

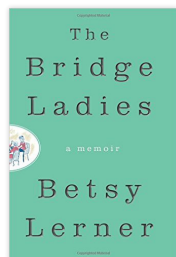


# Good Reads

## *The Bridge Ladies*

by Betsy Lerner

Review by Susan Harrison



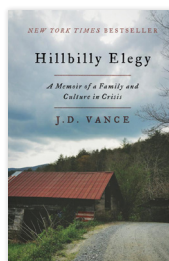
A charming memoir about a daughter who learns to appreciate her mother and understand their generational differences – no knowledge of bridge is needed. Betsy Lerner writes about her journey from disaffection to an adult appreciation of her mother and her group of middle class Jewish

friends. When 83-year-old widowed Roz needs help following surgery, Betsy moves in for a brief period. She attends bridge luncheons with her mother and gradually learns to play the game and to admire the five women who have met weekly and shared their lives over a fifty-year period - through child rearing, sorrow, and the indignities of aging. The author concludes that her adolescent tensions with her mother were mostly generational and that Roz' enduring friendship with her friends is probably deeper and more caring than the social media-fueled relationships of her own generation.

## *Hillbilly Elegy: A Memoir of a Family and a Culture in Crisis*

By J.D. Vance

Review by Frances Jueds



J. D. Vance has written an honest and empathetic portrait of a part of America many of us know very little about, the “hillbilly” culture of the Appalachians in which he grew up and eventually escaped from without shedding his emotional attachment. He examines this culture, using vivid (sometimes tragic, occasionally funny) personal stories to

illustrate how “real people react to bad circumstances in the worst possible way.” As a child, Vance “nearly gave in to the deep anger and resentment” surrounding him. Largely due to the influence of his wildly eccentric grandmother, and to his experience in the Marines, Vance came to realize he had choices in life, and used them to move on, eventually becoming a Yale Law School graduate. This is an affectionate, but unsentimental memoir of Vance's own chaotic upbringing (“a world of truly irrational behavior”), and of those who are still living that broken and alienated life.

**Village Voices  
Welcomes  
Book  
Reviews!**

**WE WANT TO  
KNOW WHAT  
YOU'VE BEEN  
READING!**

- ✓ No more than 150 words
- ✓ Include: brief synopsis, reviewer's opinion, title and author
- ✓ Submit to [john.gillespie1@verizon.net](mailto:john.gillespie1@verizon.net)

**PUBLICATION DEADLINES**

**September 1  
December 1  
March 1  
June 1**



**East Falls Village**

P.O. Box 12672  
Philadelphia, PA 19129

*Deliver to:*



# EFV Events

KEY

REG = Registration  
Required or Recommended

\$ = Fee Required  
in Advance



EastFallsVillage.org  
Click on Calendar of Events



267-444-4507

TO  
REGISTER

**Post on your refrigerator!** PLEASE NOTE This is a partial listing. Details may change. For more information, check EastFallsVillage.org or consult the EFV Weekly Update, emailed to members on Tuesdays.

*Tuesday*

**January 10**  
noon

## **Lunch of the Month: Laxmi's Indian Grille**

*Tilden & Conrad Sts*

Enjoy classic Indian food, as mild or spicy as you request.

**REG Recommended**

*Tuesday*

**Jan 10 - Mar 28**  
10 am - 11 am

## **Stretch & Tone with a Yoga Twist**

*Presbyterian Church*

Gentle yoga. Members - \$120; non-Village members - \$135. Sign up online on the January 10 listing on the Calendar of Events or send a check to EFCC, PO Box 12672, Phila. PA 19129. **REG Required**

*Saturday*

**January 14**  
10:30 am - noon

## **Tour: Historic Portrait Collection of the Woman's Medical College of Pennsylvania**

*2900 W. Queen Lane (Drexel Medical Campus)*

Tour led by EFV member, doctor, and historian Steven J. Peitzman. Followed by an optional lunch at Founded Coffee & Pizza.

*Sunday*

**January 15**  
3 pm - 5 pm

## **La Bella Nota Classical Cello & Woodwinds**

*Private home*

With John & Katrina Kormanski. **Members and guests only.**

**REG Required**

*Sunday*

**January 22**  
3 pm - 5 pm

## **Winter Membership Gathering**

*Tuttleman Center, Philadelphia University*

Enjoy wine and hors d'oeuvres while learning about Village activities as well as resources available from AARP. **Members and Guests. REG Required**

*Thursday*

**January 26**  
2 pm

## **Accessible Living: Now & in the Future**

*Kencrest Services, Midvale Ave. & McMichael St.*

Is your home user friendly? With Lauren Young Lapin, Occupational Therapist & Accessibility Specialist with Friends Life Care. Members only. **REG Required**

## **Thursday Morning Walks & Stop at a Local Café**

All are welcome to join for some exercise, good company, and a snack.

For same-day information, call  
215-817-9430.

**Every Thursday**  
9:30 am

*Meet at the Falls  
Library Garden*



*Wednesdays*

**January 4**  
**February 1**  
**March 1**  
10 am

## **Read to Me!**

*Mifflin School  
Conrad St.*

*& Midvale Ave.*

Reading aloud to small groups. Books are provided.

**REG Required.**

Email info@  
eastfallsvillage.org

Programs not listed here, such as bridge, memoir-writing, hands-on help with smartphones or tablets, are for members only and are scheduled month-by-month.

(over for more programs)



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Monday

**March 13**  
8 am - 10 am

## Flower Show Early Morning Tour

PA Convention Center  
Beat the crowds and  
learn a lot at this small,  
private tour of "Holland:  
Flowering the World."  
Deadline for registration  
is March 1st.

**Members only.**  
**REG Required \$**

## Thursday Morning Walks & Stop at a Local Café

All are welcome to join  
for some exercise, good  
company, and a snack.

For same-day  
information, call  
215-817-9430.

**Every Thursday**  
9:30 am

Meet at the Falls  
Library Garden

Friday

**February 3**  
10 am

## Edwards Freeman Nut Co. – Tour & Tasting

441 E. Hector Ave, Conshohocken

Carpool from Falls Library at 10 am.

Established in 1899, this company makes its own butters from 9  
types of nuts. They also have candies – retro and nostalgic favorites  
plus chocolates – and dried fruits. Optional lunch at Spring Mill  
Café. **REG Required**

Tuesday

**February 7**  
10:15 am

## Fred's Travel Seminar: Why, Where, & When

Falls Library

Join an informal discussion led by Fred Vincent.

Thursday

**February 9**  
2:30 pm

## Reverse Mortgages: What You Can Expect

Falls Library

There are a lot of TV commercials about reverse mortgages. What  
are they and can they help you? Presentation by the PA Department  
of Banking & Securities.

Thursday

**February 16**  
11:30 am

## Lunch of the Month: Billy Murphy's Irish Saloon

3333 Conrad St

Join us for lunch and maybe a beer at an old East Falls spot.

**REG Required**

Thursday

**February 23**  
2 pm

## Healthy Heart & Stroke Awareness

Falls Library

With Steve Jara of Roxborough Hospital, a Primary Stroke Center.  
You're never too young – or too old to take care of your heart.

Wednesday

**March 15**  
11:45 am

## Lunch of the Month: Founded Coffee & Pizza

Falls Center, 3300 Henry Ave

Meet at the Falls Library for carpooling at 11:30 or meet us at the  
restaurant at 11:45. **REG Recommended**

Thursday

**March 23**  
11:45 am

## Lunch in the 'Hood: Vietnam

221 N. 11th St

Meet at the Falls Library for carpooling at 11:30.

After lunch, Fred Vincent will lead a tour of Chinatown.

**REG Recommended**

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or tablets, are for members only and are scheduled month-by-month.

(over for more programs)