

By Marie O'Palmer, Service Coordinator



March

*By Sandra L. Emery,
Tatakot Apartments*



*March is getting ready for spring
Soon after the Vernal Equinox
The birds will sing a melody*

*March has a choice
Who it wants to be*

*Lamb or Lion?
We'll just have to wait and see*

*If it's a Lion
The winds will roar
And not be silent*

*If it's a Lamb
The wind will be quiet*

*We'll be in clover
Being glad the winter is over*

*So, let's welcome March
And welcome Spring
Lamb or Lion
Whichever it will be*

Upcoming Local Events

Community Meal

Around The Table, an all-volunteer nonprofit organization, serves a no-cost, home-cooked, family-friendly community meal every Monday, Wednesday, and Friday at St. Barnabas Episcopal Church's parish house, 91 West Main Street, Falmouth. Doors open at 11:15 AM, and hot meals are served from 11:30 to 12:30.

All are welcome.

Falmouth Eats Together – March Schedule

This wonderful, family style meal is sponsored by the Falmouth Service Center, and is open to the public to enjoy a meal together as a community.

March 1st from 4-6 PM at the John Wesley United Methodist Church

March 15th from 4-6 PM at the Cape Cod Church on 151

Cape Women's Coalition

Fifth Annual International Women's Day Breakfast

Friday, March 2nd, 2018 from 8:00 AM to 10:00 AM

DoubleTree by Hilton Hotel Cape Cod - Hyannis

FCTV Falmouth in Focus

Falmouth Cable Television will air its program "Falmouth in Focus", featuring local people and local stories, this month on Friday March 2nd and 16th at 8:00 on Channel 13.

International Women's Day

March 8th from 12 PM to 2 PM

Falmouth Jewish Congregation, 7 Hatchville Rd, E. Falmouth

Brown Bag Lunch Presentation

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day marks a call to action for all groups of women in a strong growing movement of advocacy, activism, support and gender equality. Come and be inspired by three dynamic women who are "walking the talk": Liz Rabideau, Co-Chair, Cape Women's Coalition; Penny Dube, Co-founder, Cape Cod Women for Change; and Teri Cavanaugh, Board Member, WE CAN.

Open to the community, and Free of charge.

No pork or shellfish, please. Drinks and dessert provided.

Falmouth Housing Authority—Commissioners Board Meeting

This month's *Commissioners Board Meeting* will be held at Harborview Apartments on Tuesday, March 13th, 2018 at 1:00 PM. The Agenda will be posted at all properties prior to the meeting.

WE CAN Legal Consults & Support Sessions

Tuesday, March 20th from 9:30 AM to 11:30 AM

Legal Consults are coordinated by [WE CAN](#) and hosted at the Falmouth Service Center on a monthly basis. The consults are scheduled 30 minute appointments for participants to receive guidance on their legal issues involving Family Law. (Please Note: The attorney will not represent participants in court, but will advise on legal matters during these no-cost sessions). To schedule an appointment call 508-430-8111.

Falmouth Housing Authority Sew-a-long

Our first "FHA Sew-a-long" will be held on Thursday, March 22nd

From 10:00 AM to 12:00 Noon

at the Tataket Community Room

We will provide sewing materials (thread and fabrics); as well as a few sewing machines. If able, please bring your own sewing machine and basic supplies to the event. Call the office (508-548-1977 ext. 212) to be added to the sign up sheet if your planning on joining us. We look forward to seeing you there!

Opportunity to meet with First Citizens' representative

Thursday, March 20th

Half hour appointments offered at the Housing Authority Office
from 10:00 AM through 3:30 PM.

Representatives from First Citizens' will be available to meet with Falmouth Housing Authority Tenants individually to signing up for, or provide more information on the FIRST@WORK Program. As mentioned in last month's Newsletter, First@Work is a program that offers unique and specialized services to the employees of a company partnered with First Citizens' Federal Credit Union. First Citizens' Bank is willing to offer our tenants the opportunity to receive exclusive benefits of this package, which include: No minimum balance, No ATM withdrawal fee, Custom Visa CheckCard, Earn Dividends and Bonus Dividends, Free online and Mobile Banking, Waived Overdraft Maintenance Fees, and Free Money Orders. To schedule an appointment call 508-548-1977 ext. 212.

Financial Empowerment Sessions

Monday, March 26th from 3:00 to 4:00

Financial Empowerment Sessions are coordinated by [WE CAN](#) and hosted at the Falmouth Service Center on a bimonthly basis. These free individual sessions are 45-50 minute appointments to assist participants in a 1 on 1 setting with experienced financial volunteers who are knowledgeable on general money management, managing debt, and savings planning. To schedule an appointment call 508-430-8111.

Two day Crochet

Interested in learning how to crochet a tote bag?

Falmouth Public Library will be holding classes.

Attend either:

Saturdays, March 3rd and 10th from 9:30 AM to 11:00 AM *or*

Wednesdays, March 28th and April 4th from 6:30 PM to 8:00 PM

Participants must know how to crochet in the round, single crochet, chain stitch and slip stitch. Kali Smith will teach the magic circle technique.

FREE, thanks to generous support from the Trustees of the Falmouth Public Library.

Registration is required: 508-457-2555 x6

A five year term is opening for the Falmouth Housing Authority's Board of Commissioners

If interested, keep these important dates in mind.

Falmouth 2018 Annual Town Election Schedule

Available now, through Friday March 23rd - Nomination papers available

Tuesday, March 27th – last day to return nomination papers

Friday, April 2nd – drawing for ballot position

Thursday, April 12th – last day to withdraw from Election

Wednesday, April 25th – last day to register to vote for Election

Tuesday May 15th – ANNUAL TOWN ELECTION

FYI

FHA Guest Computer

For your convenience, the Falmouth Housing Authority has recently installed a "Guest" computer, as well as a printer. Feel free to stop by the office and take advantage of this new service we have provided for you. Time limits may be applied if there is great demand.

Available during our regularly scheduled office hours:

- Monday, Tuesday, Thursday and Friday 9:00 AM to 4:30 PM
- Wednesday 9:00 AM to 12:00 Noon.

FHA Knitting for a Good Cause

A group of knitters are getting together at Harborview Apartments to make scarfs for anyone who is cold and in need of one. We were given permission by Town Officials to hang the scarfs in specific areas around town. If you are interested in joining along and doing a good deed please call me at 508-548-1977 ext. 212. I will be happy to connect you to this kind and thoughtful group.

Nutritional Cooking Demonstration

Hosted by Cape Cod Community Health Center

Tuesday, March 27th at 10:00 AM

At the Tatakett Community Room

After a very successful and informative cooking demonstration by Cape Cod Community Health Center's "Rock Star Nutritionist", we decided to hold another Demonstration.

Bring a willingness to learn something new, as well as your appetite!

* Please call 508-548-1977 ext. 212 if interested.

We need a head count to ensure we have enough food for all participants.

Salmon Salad

By Dena, aka our "Rock Star Nutritionist"

Mixed greens

Cucumber

Onion

Bell Pepper

Avocado

Cherry tomatoes

Fresh or dried dill

Can white Beans, drained

Canned Salmon or Tuna, drained

Homemade Yogurt Dressing:

1 cup plain Greek yogurt

1/3 cup olive oil

2 tablespoons lemon juice

And lemon zest (if using a fresh lemon)

Ground Black pepper

Pinch of salt



Chop veggies and combine, top with yogurt dressing. Feel free to get creative and add alternative veggies!

Joke of the Month

A police officer jumps into his squad car and calls the station.

"I have an interesting case here," he says. "A woman shot her husband for stepping on the floor she just mopped."

"Have you arrested her?" asks the sergeant.

"No, not yet. The floor's still wet."

Enjoy the Now
By Wally Durant,
Rose Morin Apartments

Winter brings misery to many
Yours truly included
We find ourselves looking ahead
To June and the Summer Months

We pass up St. Paddy's Day,
Easter, Mayday & Memorial Day
Three months of our lives
To enjoy the warmth of summer

Many of us love winter sports
The skiing - The skating
Hiking through the snow
And yes - Hockey

Unhappy people - Happy people
Life is short
Give it some thought
Shouldn't we enjoy The Now?

I guess that's why they call now - the present,
because it is a gift...

ENJOY!