



Enriching lives through the joy of lifelong learning

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Appledore House, Isles of Shoals. Mid to late 19th Century / Sarah Haven Foster (1827-1900)

Learn more about an early Maine cook book, “The Appledore Cook Book (1872).”

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FACULTY CORNER

THE FIRST MAINE COOKBOOK?

by Nathan A. Randall

As Maine gets about celebrating the 200th Anniversary of its Statehood, questions about all sorts of historical subjects pop into the mind. Take food, for example. What did Mainers eat in olden times?

Today, if you ask most folks about "famous Maine food," they're likely to suggest the iconic Lobster Roll. Everywhere you go within the state, eateries from the lowliest seafood shacks to the fanciest hotel dining rooms offer "The Best Lobster Roll in Maine." Newspapers and magazines run annual competitions that seek to validate (or refute) such claims.

Spoiler alert: I have bad news for you. Food historians have established that the Lobster Roll was invented in Milford, Connecticut in the mid-1920s, though the claim applies specifically to the version consisting of hot lobster meat dressed with drawn butter. The cold version (essentially lobster salad dressed with mayonnaise) dates from somewhat later, and both Moody's Diner in Waldoboro and the Maine Diner in Wells claim its invention.

But nobody would deny that the lobsters themselves have played an important role in Maine cuisine. Indeed, they are mentioned in the earliest known reference to "Maine" food, found in James Rosier's account of the 1605 exploratory voyage of George Weymouth. In the waters off Monhegan Island and Pemaquid Point, in addition to cod, haddock, plaice, rockfish, "thornebacke" [a variety of skate], and mussels, Rosier tells us that they caught these fish and "thirty very good and great Lobsters" in a net.

Throughout his narrative, Rosier mentions "porke, bred, and pease" eaten by the explorers. The "porke" was, of course, the salt pork that was common sailors' fare for centuries. The "pease" referred to a pottage made from dried peas; the "bred" was presumably hard-tack. All three were

shipboard staples, able to withstand long voyages without refrigeration. For the same reason they were equally useful on land, and all three were fundamental ingredients in New England cookery, common until about 50 years ago. Hard-tack morphed into the “common cracker” (now extraordinarily *uncommon*), and later a variety of crackers with names such as “Sea Pilot” or “Crown Pilot” ... alas, now but childhood memories.

But what about the 1820s? Surely the best answer would be provided by early Maine cookery books. The problem is: there aren’t any. In fact, there were very few American cookbooks of any kind prior to the Civil War.

The earliest that can be specifically associated with Maine didn’t appear until 1872. Entitled *The Appledore Cook Book*, it was written by a 27-year-old woman named Maria Parloa who worked as pastry cook at a famous summer resort called the Appledore House on Appledore Island, one of the Isles of Shoals about 10 miles off the coast, and legally part of the Town of Kittery.

Today, Maria Parloa (1843-1909) is largely forgotten. But in her own time, she was one of the most famous women in America. In 1877 she opened Miss Parloa’s School of Cookery in Boston, two years before the better-known Boston Cooking School associated with Fannie Farmer. Miss Parloa’s own reputation primarily depended on her later success as a touring lecturer on cookery, her additional books on cookery and “domestic science” (later “home economics”), and her columns in the earliest issues of such magazines for women as *Good Housekeeping*, *Ladies’ Home Journal*, and others.

The Appledore Cook Book is unique in many ways. So far as we know, it’s the very first American cookery book associated by name with a specific dining establishment. The Appledore House was renowned for the excellence of its dining room. Rave reviews in newspapers such as the *Boston Globe* observed that “they provide fish, freshly caught, and cooked after the nicest manner.”

Miss Parloa opens her book with a chapter on “Fish,” providing not one but two recipes for Fish Chowder. Modern cooks may be surprised to discover that chowders of the time were usually cooked with water, heavily thickened with flour and the afore-mentioned common crackers. Milk, cream, and butter were added only as enrichments, though Parloa strongly felt “it was much nicer without.”

In other chapters Miss Parloa provided recipes for dishes now generally considered to be traditional Maine – or at least “Yankee” – dishes: corn bread, baked beans, steamed brown bread, and Indian pudding, among others.

Cookery books originating in Maine began to appear with increasing regularity throughout the remainder of the 19th century and well into the 20th. Some were church or community related, featuring recipes provided by “real people,” offering a picture of what Maine folks “really” ate. Similar collections continue to appear to the present day

Closer to our own time, Pulitzer-Prize-winning historical novelist Kenneth Roberts (1885-1957), a native of Kennebunkport, was a keen champion of traditional Maine cuisine. In 1939, he

contributed an article to *The Saturday Evening Post* recalling the dishes his grandmother had prepared in his youth. Entitled “Down-East Ambrosia,” it provoked such a great volume of responses from his readers that Roberts encouraged his secretary (and niece) Marjorie Mosser to compile them into *Good Maine Food* (1939), a cookbook with introduction and witty commentary by Roberts himself. A second more regional collection was published in 1957 under the title *Foods of Old New England*. (Both are still available as reprints.)

Remember newspaper “women’s pages”? In 1948, *The Portland Sunday Telegram* began publishing a column entitled “Cooking Down East,” written by Gardiner resident Marjorie Standish, a home economist who worked for Central Maine Power helping promote interest in the relatively new electric stove. The column was so popular, it continued to appear every Sunday for twenty-five years.

Under the same title, in 1969, Mrs. Standish published a collection in book form of about 350 of the most popular recipes. Nearly a century after Maria Parloa, she also began her book with recipes for chowder, observing “It wouldn’t be Cooking Down East if this first chapter were anything but Stews, Chowders, and Soups.” Four years later (1973) she published a second collection – *Keep Cooking the Maine Way* – in response to readers’ requests for dishes not included in the original book.

In our own time, Islesboro resident Sandra L. Oliver has brought Mrs. Standish to a new generation in *Cooking Maine Style* (2018), a lovingly edited collection of recipes drawn from Mrs. Standish’s two books. Ms. Oliver is herself a noted author on the cuisines of Maine and New England. Her own *Maine Home Cooking*, drawn from her “Tastebuds” column in *The Bangor Daily News*, was published in 2012. Her first book, *Saltwater Foodways* (1970), published by Mystic Seaport Museum, is widely respected as the definitive study of coastal New England food. In 1996, it was awarded the Julia Child Cookbook Award for distinguished culinary scholarship.

All these and many other matters relating to the history of food in Maine and the rest of New England will be the topic of my spring semester course for Coastal Senior College “Yankee Food: Fact or Fiction.” We’ll be discussing family memories and oral traditions in addition to considering topics drawn from American cookbooks from 1796 to the present. Everyone is welcome ... see the course listing when it’s published for the dates and times.

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Nathan A. Randall (Nate) completes a decade of teaching for CSC with course topics ranging from the music of Igor Stravinsky, American Popular Music, and Gilbert and Sullivan, to a demonstration course on Italian Cooking and a special holiday talk about the true origins of America’s Thanksgiving Holiday. Holding degrees in music history from Tufts, Smith College, and Princeton University, Nate also spent five years as sous chef in a Central Massachusetts restaurant and has maintained a lifelong interest in cooking and food traditions around the world. Professionally, he served as Artistic Director of Princeton University Concerts for 23

years. Prior to retiring in Maine, he was active as a lifelong learning teacher at the Princeton Adult School and Princeton Evergreen Forum. He has lectured for the English Speaking Union on the history of tea and the life of Mrs. Beeton, and for Regent and Seabourn cruise lines on the Cuisines of Asia and Australia.

MEMBERS CORNER

This piece by Katharina Keoughan is about the difficulty of letting go of the things we have accumulated over time along with the plans we had on how we would use them.



Saying Good-bye

By Katharina Keoughan

Not enough credit is given to the painful process of saying goodbye to stuff, be it papers, letters, a childhood toy, a broken lamp I intended to fix, a hooked rug I never finished, a dress I will never fit into. All so very painful.

I am not a hoarder or an avid collector; I pity those who are. I don't allow stops at garage sales and I have strict rules about shopping, one piece in – one piece out. This does not however exempt me from the constant struggle of saying goodbye to stuff.

And where does my stuff come from? It seems to seep in through cracks, fly in through open windows and leap to a hiding place when I open the door to walk the dog. Despite my resolve, I still pick up a bargain, find a treasure, and optimistically hope to return a discarded object back to its former glory.

The mail is also a culprit. At one time it brought the anticipation of personal correspondence. Now mail brings only requests for money and opportunities to spend. I am not immune to the solicitations. I put requests from charities on my desk to study, I lay catalogs near my chair to peruse. These, of course, will all need to be dealt with at a later date. Ah, that later date.

Most of my friends are downsizing and going through the anguish of sorting and discarding. I scoff at their bag of mildewed children 's books, but don't you dare suggest I toss the stuffed animal resembling my first dog.

When the necessity to say good-bye arises, I may ask myself if I will need it in the future, which family members should I give it to when I die, or when will I finish the project. The difficult questions are, when was the last time I used it, will I ever finish it, whether it is a book, a craft, or a project. It all comes down to giving up dreams; the dream: that I would use it, pass it down to the next generation, or complete it. Every object we say good-bye to is saying good-bye to a dream. No wonder it is such a painful process.

These can be large dreams such as the cabin we rarely make use of, or small ones, the recipe we never tried. Those dreams are difficult to give up, however it is these very dreams that make us human and positive and hopeful.

Nov. 2017

Katharina writes:

"Who am I? I am a high-energy, creative, people-person who has a passion for teaching adults to paint. The observation skills I use in painting has inspired me to write personal essays. I am fortunate to have been encouraged to write by friends, family, and Caroline Janover, my Senior College writing instructor."

A STUDENT COMMENTS ON HER CLASS

CSC always appreciates the comments we receive from students on the evaluation forms, but we are especially proud of the following. These kind words were noted on a student evaluation form for Byron Stuhlman's class, **Goethe's Faust: the German Bible**.

"This is my first experience," the student wrote, "and I am in awe, and from what I hear from my friend [who] made me aware of this course, all the courses she has taken are of equal depth."

MEET TWO NEW INSTRUCTORS

Steve Raymond



Steve Raymond began his healthcare career as a 23-year-old registered nurse. He has specialized in senior care for the past 25 years, and says that, “Now as a 66-year-old experiencing my own age-related changes, I am determined to apply the best available knowledge from researchers in longevity medicine, neuroscience, dementia prevention, older age physical performance, and Type 2 diabetes prevention. My passion and purpose are to spread the good news that we can have a great deal of influence in maintaining optimal cognitive health, and even reverse some early changes that may have already occurred.” Steve is the Admissions Director at the Lincoln Home in Newcastle, a frequent public speaker and aging activist, and the producer and host of the popular LCTV show *Spotlight on Seniors*. To see a talk Steve Raymond gave at Skidompha that directly relates to the courses he will be teaching at CSC click on [Steve Raymond Preventing Dementia and Maintaining Optimal Brain Health](#).

And to learn more about Steve Raymond and see past episodes of his show click on [Spotlight on Seniors](#)

Larry Mayer



Larry Mayer retired after 43 years as professor of oceanography at the University of Maine. He taught at the Darling Marine Center and elsewhere. He has published extensively in his research field of marine biogeochemistry, which means that he wanders among the fields of oceanography, biology, geology and chemistry. He actively assists citizen science efforts along the coast.



Dr. Larry Mayer, University of Maine Darling Marine Center, shown here holding a water sample bottle, trains DRA volunteers in proper water monitoring protocols in the spring of 2013. Courtesy of DRA

COMMITTEE WORK

Anton Lahnston and Larry Mayer have joined the Curriculum Committee.
Cynthia Diaz has joined the Marketing and Publicity Committee.

IN MEMORIAM

RABBI HARRY SKY, A MAJOR INFLUENCE IN THE GROWTH OF MAINE SENIOR COLLEGES

By David Bailey



As one of the founding members of Coastal Senior College, I have fond memories of Rabbi Harry Sky who died on Dec.14 near his family in Greensboro NC. He was 95.

A front-page story in the Portland Press Herald stated that “his work at the Osher Lifelong Learning Institute showed how he believed people yearned to continue learning even as they aged.”

His obituary in the same newspaper the day before stated he “was the driving force behind the establishment of the Institute at USM.”

What is now called OLLIE was Maine’s first Senior College. Rabbi Sky told how he went to USM on a Friday to have lunch with then president Joseph Patenaude. He inquired about the large number of empty classrooms, and was told most credit courses were Monday/Wednesday or Tuesday/Thursday. The Rabbi continued that “there were many older people whose brains were still capable and eager to learn and that we should use these classrooms” to help them learn.

When the Portland Senior College began they quickly had 960 members taking classes and eating lunch on Fridays at USM. When Barbara Frederick invited me to lunch with Joan Fink, then head of University College at Rockland, we learned she was anxious to use her classrooms in the old Thomaston Academy on Fridays as they were doing at USM. Barbara signed up for a course then, and was a moving force behind the formation of our committee to begin the process of establishing the Coastal Senior College.

When our committee met to work out the logistics of starting a senior college, of which there were already some – at least 7 or 8 – operating in Maine, some of the leaders of the Belfast Senior College helped us get organized.

We began with \$5,000 from the State of Maine for initial events and publications to spread the word. Why was the money available? As he stood on the balcony of a building on the campus of UMaine at Presque Isle, and we were in the midst of our final dinner (mussels & lobster!) after a weekend of meetings and mini-classes hosted by the Maine Senior College Network, supported at that time by the college in Portland, Harry told us how he had made a phone call and said something like this: “Angus, (Gov. King) we are having great success with a few senior colleges, but we need to have them all over the state and Maine has to provide some funding.” Gov. King later acknowledged that when the Education Committee failed to act he ‘buried’ \$100,000 in their budget and now there are 17 Senior Colleges in Maine.

Rabbi Sky came to Thomaston to speak at an event that CSC held to explain to the public what senior college was all about (learning new things with no requirements other than to just be present.) We offered him an honorarium but the good rabbi said no, just pay my limo driver \$50!

According to his son, Rabbi Sky marched with the Rev. Martin Luther King in Selma. He participated in the 1963 March on Washington that culminated in King’s “I Have a Dream” speech. He was an avid traveler and collector of indigenous artwork, and dedicated his collection of rare Inuit Art to establish the Rabbi Harry Z. and Rush L. Sky collection at Bowdoin College.

I feel honored to have met him, and we should all be thankful for his insistence that older folks need places to gather and add new and interesting knowledge to their non-senile brains.



DUTCH HYDRAULIC ENGINEER TAUGHT CSC CLASS

By David Bailey

Franciscus Gerritsen, known to CSC students as “Franz,” died on Jan. 3 in Camden at age 96. He is the father-in-law of medical mystery author Tess Gerritsen, and helped facilitate a special CSC event in Rockland with her as the main speaker. He also served, briefly, on the CSC Board.

In his CSC class, Franz explained how dams were made in The Netherlands, using reeds on the bottom to hold the mud back before placing large boulders, and that later it was done by spreading liquid asphalt instead of using reeds.

He was chief engineer on several dikes in the Delta Works projects to protect Zeeland, considered one of the seven wonders of the modern world. It was begun after catastrophic North Sea floods in 1953.

Before his career with the Dutch Ministry of Water Works, he taught at the University of Florida and traveled the U.S. with his wife and three children stuffed into a Peugeot because, he told his wife, European cars were superior and safer!

He returned to the Netherlands, now with four children, to complete his PhD and work on the dikes projects. In 1969 he became a professor in the Department of Ocean Engineering at the University of Hawaii, soon to be named its chairman. He retired from there after 25 years. His summer travels took him and his family to many far-flung countries, including working as a United Nations consultant in India and Sri Lanka.

Franz first retired to Hilton Head, NC, then 10 years later to Rockport (2003) to be closer to his son. He leaves a wife of 71 years, Levina, four children, eight grandchildren and seven great-grandchildren.

David Bailey is one of the founding members of Coastal Senior College and has served in a number of positions on its board. He has used his computer to assemble every catalog except for the very first semester. In the early days of CSC David wrote numerous publicity releases for area newspapers. He and his wife Sylvia retired to Newcastle in June 1993 beginning his local

volunteer career on the Tidewater Watch committee of the Damariscotta River Association. He was treasurer of the Round Top Center for the Arts and held numerous offices for the Mid coast Unitarian Universalist Fellowship.



RABBI STEVE SHAW

By Cecile Horowitz

CSC has lost a favorite instructor and a friend to many, **Rabbi Steve Shaw**. For this issue, the editor of the newsletter writes a personal story of how she met Steve and what his friendship meant to her. We invite you to contribute your memories of Steve by sending them to Cecile at

cscnewsletter@gmail.com

Rabbi Steve Shaw

December 19, 1942 – October 27, 2019

Teacher and Friend

The premise of the first class I took at Coastal Senior College was that students could learn how to be better people using Jewish scripture and values. I thought I could use some help in being a better person, and I was particularly interested in the Jewish perspective on it, so I signed up for the class taught by Rabbi Steve.

On the first day, Rabbi Steve introduced himself to the class explaining where he had come from and how he had come to Maine. Then, he had all the students introduce themselves and tell how they had come to Maine. It was in that class that I learned that Steve had grown up in the Flatbush section of Brooklyn New York, and that he and his family lived not far from where I had grown up. We laughed about that coincidence, after I told him where and when I lived in Brooklyn, and we talked more about what we had in common after class. During that conversation and the many that followed, I learned that there was much about Steve that was

familiar to me, his devotion to Judaism and to his family, his commitment to social good, his sense of humor, his Brooklyn accent, and his general demeanor. Knowing Steve in Maine was like meeting a family member in a far-away place. There was an unspoken connection between us. During Steve's class, I learned how Jewish Scripture instructed us all on how to be better people, but more importantly, I made a friend.

Sometime later I was the class assistant in a couple of the other classes that Steve taught at Coastal Senior College. He was exacting in his classes, always striving for the best in himself and in his students. He listened intently to his students, and encouraged their participation. His humor helped to translate the more esoteric aspects of Judaism to those less familiar with them. I especially enjoyed going to Steve's house after his class was over for more talking, healthy snacking and learning more about my classmates.

Steve knew that I had worked as a librarian so when he needed to gather some of his papers for donation to a Jewish organization, he asked me to help him organize the many newspapers clippings and personal papers he had collected over the years. Those papers documented the different paths of his life, his politics, his causes, and his contributions to the issues he believed in.

What a special person Steve was. I am sure there are many of you who knew him and felt as I did about Steve, and would perhaps like to express your feelings and share them with other members of Coastal Senior College. If so, please send them to me at cscenewsletter@gmail.com and I will put them in the next issue of the enewsletter.

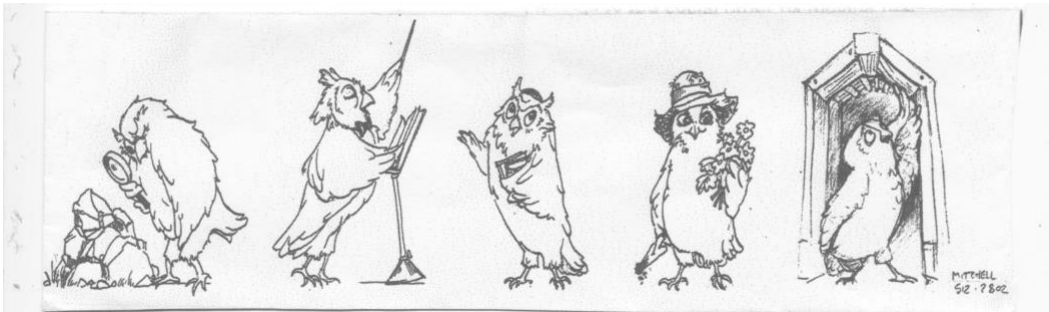
COASTAL SENIOR COLLEGE

MISSION STATEMENT

The mission of Coastal Senior College is to enrich the lives of its members
through the joy of lifelong learning

VISION STATEMENT

CSC is a welcoming community of enthusiastic learners in Knox and Lincoln Counties involved in a wide range of intellectual, creative, social and physical activities that offer opportunities to learn and connect with others. Our faculty consists of excellent instructors from different walks of life. Creative approaches and multiple technologies enhance our learning experience making them available to more people.



Any questions or comments please click on cscnewsletter@gmail.com

Paul VanDerWerf from Brunswick, Maine, USA - Under The Snow

