

THE Villager

◦ NEIGHBORS HELPING NEIGHBORS ◦

VOL 5, No. 1

FEBRUARY 2019

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Board Elections Scheduled

ELECTIONS for the Village Board of Directors will take place on March 11, 2019, 7 p.m., at the Village Quarterly Meeting. Brief candidate biographies are listed below. A ballot will be mailed to you before the meeting. You may return the ballot by mail or drop it off at the meeting at the Mason District Governmental Center.

Mary Margaret Flannery Two years ago my husband John and I fell in love with the tree canopies in Lake Barcroft, and found a very comfortable home near Beach 4. Though retired now, I spent my early working years in insurance. I taught for a bit after obtaining an MS in Adult Education. Later I worked in university settings providing faculty and student support services, most recently at George Mason University. Photography is my primary hobby, and spending time with my grandchildren is a close second! I currently volunteer with the LB Village, and John and I recently became social members.



Jane Guttman Jane Guttman has been a member of the Village Board since 2015, most recently as Vice President. She heads the Communications Committee and, in that role, edits *The Villager* newsletter, writes monthly articles about the Village for the Lake

Barcroft newsletter, and serves as webmaster for the Village web site, lakebarcroftvillage.org. Jane started and organizes the Village's Spanish and German conversation groups. She is an Adjunct Associate Professor of English at UMUC and an Adjunct Professor of Literature at SNHU. She retired from *The New York Times* after twenty years of service in the Systems Department. She has lived in Lake Barcroft since 2014.



Ron Karpick Ron Karpick has been a member of the Lake Barcroft Village since its inception in 2012. He has been President of the Village for the past two years. He would like to remain on the Board for another three years to enhance the Medical Note Taking program and to continue working to make the Village more valuable to our neighbors. Ron was born in Buffalo, N.Y. He graduated from Yale Medical School, Alpha Phi Omega, and did his postgraduate medical education at Duke. Ron was in the U.S. Navy when he met his wife, Jane. They have two children.

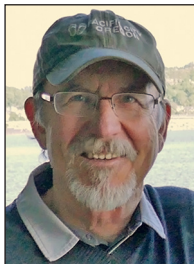


Ross Kory Ross Kory is running for

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Board Elections, continued

a three-year term on the Board. Last year Ross stepped in to complete the final year of Peg Veroneau's three-year term as Treasurer, following Peg's relocation. Ross is currently working on an updated release of the Financial Policies and Procedures for the Village. Ross and Kaye Kory have lived on Waterway Drive in Lake Barcroft since December 1984. Ross was an IT consulting executive with AMS (now CGI) from 1978 to 2002. After leaving AMS he joined with a colleague to found an IT consulting firm, Ascella Technologies. Today Ascella, which is based in Herndon, has a staff of 90 serving Federal government clients. Ross continues to work at Ascella part time. Ross has also served as Treasurer for the Justice High School Scholarship Fund (formerly the Stuart Educational Foundation) since 2007. He also served on the Board of the Clas-



sical Ballet Academy of Northern Virginia from 2002-2005.

Shirley Timashev Shirley Timashev and her husband Slava have been residents of Lake Barcroft since 1999. Shirley became involved in the Woman's Club, and served as its president from 2001 to 2003. She was elected to the Lake Barcroft Board of Directors in 2004 and coordinated special events.



During this period she also trained to be a professional tour guide for Washington, DC, and in the years since has been energized by the 8th grade groups she guides in the spring. Travel during the off seasons used to be far flung. It now focuses on trips to see grandchildren in Atlanta and Delray Beach, Florida. ■

In Memoriam: Gail Meaker

We are saddened to report that one of our newest Village members, Gail Meaker, died peacefully at home on November 8, 2018. Gail called to join the Village a few months ago as she was beginning recovery from her illness. She was interested in the variety of activities that the Village had to offer, as well as its services, but knew she would take small steps to really get involved. According to her neighbor Debbie Ladwig, "she had an amazing zest for life and was a dear friend to so many in the Lake Barcroft community."

Village Policy Regarding Rides

Were you aware that only a full member is eligible for a ride to a doctor's office, the train station, the airport, or anywhere else? Lake Barcroft Village liability insurance precludes giving rides to individuals who are not full members eligible for services. For example, if a full member has a relative or friend visiting, and the two plan a vacation together, the friend is not eligible for a ride. If only one spouse is a member, the other spouse is not eligible for a ride. The only exception to this policy would be if a caregiver accompanies the member, the assumption being that the caregiver is covered by the insurance of the employing agency

All requests for rides must be made through the Executive Director's office, preferably three days in advance. ■

New Members

We welcome Peter and Jackie Browne who joined the Village as social household members.

Spanish Conversation Re-Starting

Spanish conversation will start again on March 11 at the Woodrow Wilson Library. Beginners meet from 11 to 11:45 and Intermediate/Advanced speakers from 11:45 to 12:30. We hope to see many of you there! Pedro Turina leads the groups. ■

THE Villager

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Jason Samenow to Speak at Village Symposium

At a Symposium hosted by Lake Barcroft Village, Jason Samenow, Weather Editor of The Washington Post and Chief Meteorologist for the Capital Weather Gang, will discuss recent trends in area weather and whether they are due to climate change or other factors. He will also offer thoughts on what this may mean for the future, and how our region can prepare. He will answer any and all weather-related questions and explain why it is so hard to predict weather in the DC area. The forecast is for a great program, complete with slides that are most informative. This Village-sponsored program is open to the community and will take place Monday, March 4, at 7 p.m. at the Mason District Government Center on Columbia Pike. ■



Photos by Mary Margaret Flannery

Memoir Writing Group Forming

THE LAKE BARCROFT Village is forming a group of people interested in writing personal memoirs. The first meeting will be on Friday, February 8 at 10 a.m. at the home of Shirley Timashev. The second meeting of the LBV memoir writing group is scheduled for Friday, March 8 at 10 a.m., also at Shirley's home. The group is open to any member or prospective member of the Lake Barcroft Village. Participants may be interested in writing stories to share with family or want to write for a broader audience.

Since writing a full autobiography is intimidating, the group will write chapters about their lives.

Memoir writing can be done for many different reasons. Reflecting on experiences and writing

about them can provide clarifying perspective. Accounts of our past follies can be entertaining in retrospect. First-person accounts of historical times can be instructive to young people who think that history is something found only in a book. And personal recollections in written form can preserve cherished family memories.

It must be noted that writing is a skill; actually, it involves many skills. Writing skills include good grammar, knowledge of punctuation, and familiarity with style sheets. The next level up deals with sentence structure and paragraph formation. Beyond that a writer needs to think about such things as the target audience and a good lede. The memoir writing group will examine topics that

Shirley Timashev

the group itself decides are most important. Examples of such topics are "Where to begin?" "Who is the audience I'm writing for?" "What are hallmarks of good writing?"

The group will decide whether there will be sharing through printed handouts or by reading excerpts. In either case sharing will be optional. Participants can drop in and drop out of sessions based on the relevance they feel to the topic of the month. It can be expected that group members will get to know each other on a deeper level over time.

For further information about this new group, or to sign up for the first meeting contact Shirley Timashev at 202-413-1119 or dc-guide@cox.net. ■

Cortney Fisher Speaks About Power-Based Violence

CORTNEY FISHER, J.D., Ph.D., the current interim executive director of the Jewish Coalition against Domestic Abuse (JCADA), spoke about power-based violence at the Lake Barcroft Village quarterly meeting, November 13, 2018. The title of her talk was “What You Didn’t Know You Didn’t Know About Power-Based Violence.”

Dr. Fisher noted that the three-fold mission of JCADA is to 1) support victims of domestic abuse; 2) educate the community including clergy and professionals; 3) prevent future generations from suffering domestic abuse. JCADA is committed to “providing high-quality services to all residents of the Greater Washington DC community without regard to race, national origin, ability, background, faith, gender or sexual orientation.” Their Fairfax office is in the historic courthouse and their phone number is 1 877 88JCADA (52232).

Dr. Fisher provided the following definitions: Power-Based Abuse is when one person uses their social, political, intimate, physical, or financial power to maintain control of another person; Power-Based Violence is when violence is used to maintain that power. Some of the sources of power are: children and family, spirituality and faith, finances, social networks and isolation.

Generally the abuse does not start with violence, but rather demeaning someone or calling names. The abuser knows that “people will do almost anything to maintain the family,” Dr. Fisher



Cortney Fisher

said. Elder abuse can come from a child, grandchild, or any relative. Often the older person is afraid to talk to the police because it will “disrupt the family structure.” An example of spirituality-based abuse of power is to tell someone “you are going to hell.” Outsiders often wonder why the abused person stays in the relationship. Some of the reasons are: children, finances, friends, lack of self-esteem, not having a place to go.

Another crime that Dr. Fisher covered was stalking. In the case of a stalker, the individual acts (such as gifts, phone calls, texts) are not

crimes in themselves, but “taken together they cause a reasonable person to feel fear.” Dr. Fisher emphasized that stalking is often “a predictor of lethality.”

After the abuse, Dr. Fisher explained there was generally a “honeymoon phase.” The pattern is a buildup of tension, the incident, and then the honeymoon. As the relationship continues “the incidents become more frequent and more serious.” The perpetrator is rational and is “thinking things through.” The victim becomes more erratic in his or her behavior. Warning signs are: “behaving as if one’s life is threatened,” mood swings, a reluctance to leave home. If the victim has a pet, he or she often fears the abuser will hurt the pet.

In terms of what friends, family and neighbors can do, Dr. Fisher said to remind the victim that what happened is not their fault. One can try to connect them to resources that can help and one should “focus on what their strengths are.” JCADA staff will never tell a person to leave the abuser, but will try to help with a safety plan. Dr. Fisher cautioned that telling the victim to leave the abuser indicates that you are no longer a “safe place” to go for the victim. ■



Photo by Mary Margaret Flannery

Village Enhances Keeping in Touch Program

Linda Woodrow

THE LAKE BARCROFT VILLAGE has recently updated the program “Keeping in Touch,” an initiative started by Sheila Wayman and Louise Ziebell. The purpose of Keeping in Touch is to help all Village members, both full and social, to get to know one another, renew acquaintances and support one another as they continue to live in their homes in Lake Barcroft.

Membership is divided into Teams based on geographic proximity. Each Team has a Team Leader. Team leaders for this year are: Ellen Feldstein, Nancy Mattson, Linda Woodrow, India Walsh, Marcia Grabowski, Lark Lovering, Adele Neuberg, Nikki Hillary, Louise Ziebell, Carol Bursik, Cathy Williams, Millie Schreiber, Phyllis Heffern and Shirley Timashev.

Team leaders will make the initial contact (phone, email, face-to-face) with each Team member explaining the purpose of Keeping in Touch and how it works. Team leaders will make follow-up contacts on a periodic basis as agreed by LBV members and team leaders (daily, weekly, monthly). Some examples of follow-up contacts include a simple phone call, a visit, a

walk, a card, an invitation, a group coffee, an outing to the movies, a group potluck.

Team Leaders will contact members during emergencies (for example: snow storm, power outage) to see if anything is needed. The Team leader will notify the Executive Director of the Village if a member needs help. Team leaders will respect confidentiality of Team members.

The Team Leaders will also encourage Team members to use Village services as appropriate, to attend Village social events, and to submit suggestions for improving services, social events, Village communications, and any other forms of interaction between members and the Village. ■

Lake Barcroft provides tremendous outdoor shooting opportunities, and the group proposes getting together to photograph Lake Barcroft events, the lake and surrounding nature during seasonal peaks, and even photographing the lake’s dam for its compositional and documentary potential. The group is considering the wealth of opportunities for photographic “field trips” in the greater metropolitan area, as well. Aside from the fun involved, the group members can learn from each other how to visualize quality pictures and translate this into great photos by:

- Taking photos of Lake Barcroft Village activities for the Village’s use. The Village hosts a range of activities throughout the year and the photo group looks to be an ideal source to help document events and gatherings.
 - Photographing iconic house styles in Lake Barcroft, the Lake Barcroft dam and WID compound, spending a night light painting, taking walking tours of DC monuments and other photo destinations within short drives of Lake Barcroft
 - Organizing group activities involving portrait photography as well as macro-photography of such subjects as flowers and insects
- As one member put it, “This group could take a lot of different forms; it’s wide open.”
- Contact Steve Klein, the nascent group’s coordinator, at: stevenwklein@me.com if you are interested in sharing photo activities in a learning environment with others in the Village. ■

Photography Group Forming

Mary Margaret Flannery

Is your house an iconic Lake Barcroft style?

Taking exterior photos of prevailing house designs from the 1950s and 1960s in Lake Barcroft is one of the proposed activities of the emerging Lake Barcroft photography group.

In November nine Village members met to organize a new program focus by pooling their

photo-taking fascination. The members represented a wide range of pursuits including learning best composition, mastering technical issues, inviting outside speakers, and simply sharing the motivations and results of their best-loved photo shots. There was also a keen interest in planning photo exhibitions in the community.

Interview: Sam and Barbara Rothman

Anne Murphy O'Neil

THE ROTHMANS, Sam and Barbara, and the O'Neils have been friends for many years, so it's a special kind of pleasure to chat with them about their commitment and efforts on behalf of the Lake Barcroft Village.

How did you first become involved with the Village?

Sam: In the late 1980s I represented the government in the bankruptcy case of a senior housing facility. During that time I learned that a sizeable majority of seniors wanted to stay in their own homes. Some years later Ann Cook heard about senior "Villages" developing in communities, and was working to establish one here in Lake Barcroft. She created a task force of 12 to 15 to brainstorm establishing one here in Lake Barcroft. I joined in.

Was there anything in particular that surprised or pleased you in that process?

Barbara: Sam really liked the idea of helping people who didn't have help.

Did the strong response here in the Lake surprise you?

Sam: We weren't surprised there was a need. We were pleased that Lake-link and the Lake Barcroft Association became contributing factors.

I remember Barcroft Lake Management (BARLAMA) and the Lake Barcroft Civic Association (LABARCA) from years ago—both forerunners of our current Lake organizations. As I recall, Sam, you served as president of each. It's clear you're drawn to community service.

Sam: I come from a small town in Pennsylvania. Dad was a family

physician, who served on the State Medical Licensing Board, and was active with the Rotary Club and the Masons, and Mom volunteered at the library and Woman's Club. I observed it all while growing up.

You were elected president of the Lake Barcroft Village in 2016. Can you tell us what you were most proud of that year?

Sam: That the Village honored member requests for services. Almost all were met either by members or non-members.

It's also so gratifying to have the kind of volunteer participation and support the Village auctions received in 2013 and 2014. Janet Hall ran the first Village auction; Debra Lee and Diane Kilbourne were in charge of the second.

What gives you the most joy now?

Sam: Knowing the Village and its services will be here when we need it. There's tremendous comfort in

connecting with people who care, and meeting for the first time people who've lived here for many years.

Barbara: We love all the social stuff. I enjoy keeping track of attendance at all our gatherings. Our happy hours draw between 18 and 40 people.

And what do you look forward to?

Sam: To staying open to expanding our range of services within the competence of Village volunteers. Website services, for instance. Our Village is among the country's smallest. By expanding the geographic area we can service, we could include more members.

I know you like travelling and spending time in Florida. What else do you do for fun?

Sam: We enjoy movies—most recently, *Green Book*, and *Fifty-five Steps*. I've always loved listening to all types of music, and singing in barbershop quartets. Stage musicals are great—*Billy Elliot* at Signature Theater was terrific. ■

Snappy Tappers Perform



The Snappy Tappers, a group of tap dancers aged 61 to 88,

performed for an enthusiastic Village audience on December 10 at St. Alban's Church. The Snappy Tappers have an advanced group and a beginners group and welcome new Tappers.

Lake Barcroft resident Christina Anderson is a member of the troupe. ■

Rain Garden—A Win-Win Project

Judy Hilton

WOULD YOU LIKE A BEAUTIFUL, LOW-MAINTENANCE GARDEN that doubles as a living water treatment system? Then a rain garden is for you.

Simply, a rain garden is a garden designed to capture rainfall flowing through your yard from gutters or higher elevations, store that water and remove the pollutants it carries with it before letting the water percolate into the surrounding soil. It requires a lower position than the downspout, a slope of at least two percent. The paths that the water naturally takes through your yard will determine the most effective placement of the rain garden; however, swales may be incorporated to direct the water. The garden should not be less than ten feet from the house foundation, over utility lines, under mature trees or in poorly draining locations but you can fudge a little on these requirements.

Rain gardens are fairly easy to construct, need not be expensive and can be extremely attractive. First, a depression is created and this should be deep enough to cap-

ture a significant amount of water. Three to six inches will usually do although the depression may be much deeper. A berm is constructed around the edges with the extra soil. An overflow area should be prepared to handle excess water in the event of very heavy rainstorms to prevent mulch and plants from washing away. This can be planted with ground cover or covered with small stones to prevent erosion.

Second, the soil in the rain garden needs to be amended so that water can enter and drain through the soil quickly. Water should not be allowed to stand for more than three days to prevent the growth of algae and the breeding of mosquitoes. (FYI, mosquito larvae require seven to eight days to mature.) Organic matter must be added (mulch or compost) not only to increase the soil's ability to absorb and drain water but to encourage the growth



of microscopic organisms and earthworms, essential to support healthy plants and to remove pollutants.

And thirdly, plants must be chosen to fill in the depression, helping to remove pollutants and slow water movement across the soil. Rain garden plants must be able to tolerate short periods of flooding and extended periods of drought. They have to be tough. They will be mainly shrubs, perennials and ferns although there are a few trees that could be appropriate in larger rain gardens. There is such a wide selection of plants for both shady and sunny sites that it is beyond the scope of this article to list any. You might consult the horticulturists at Green Spring Gardens who are always available to help or the Virginia Cooperative Extension. ■

“Share the Love” Happy Hour to Benefit the Lake Barcroft Village!

Mix and mingle with members of our community with some wine, cheese, chocolate and champagne on Wednesday, February 13th from 5:30–7:30 pm at the lakefront home of Lisa DuBois, 6327 Cavalier Corridor, Falls Church.

Suggested donation of \$20 per person, with 100% of donations benefiting the Lake Barcroft Village (LBV). LBV is a community-based organization that provides assistance to its members who wish to live independently while staying connected to their community. The Village assists members with errands, transportation, home maintenance and also provides engaging programs.

Sponsored by The Chrissy + Lisa Team, RE/MAX West End, and Kelly Fischer, Caliber Home Loans. For more information, contact Lisa at 703-350-9595 or Lisa@chrissyandlisa.com ■



More Senior Discounts

Gym Membership According to the AARP, if you're a group retiree or part of a Medicare health plan, you may be eligible for a free SilverSneakers membership, which gets you access to more than 13,000 participating fitness facilities around the country as well as special classes and activities. Also, it doesn't hurt to ask your local gym if they offer a discount. ■



Book Review: *Varina* by Charles Frazier

Anne Murphy O’Neil

EXCEPT FOR ITS SELECTION by an activity group of our Woman’s Club here in the Lake, I would not have read this book, even though seeing *Cold Mountain*, the Academy Award-winning film based on Frazier’s first historical novel, had been an absorbing and moving experience. I admired Frazier’s adaptation, and his extraordinary set explorations with director, Anthony Minghella, in the rough, terrifying wilderness of *Cold Mountain* itself.

Still, did the life of Varina Howell Davis, wife of the president of the Confederacy, interest me? Well, not really. Trusting our group’s selections, however, is consistently rewarding. So I did.

It turns out that Frazier has done it again—brilliantly creating another

compelling story with origins in the Confederate South where Frazier himself was born, raised, educated, and lives. He writes in the voice of Varina Howell Davis, who at age 18, marries Jefferson Davis, a melancholic widower, 19 years her senior. Davis is still in love with his departed wife, and, as we all know, has a penchant for politics.

In some ways, *Varina* is an antidote to *Gone with the Wind*. V, as friends and family call her, lives during and after one of our nation’s most turbulent periods. She has deep connections with family in both the North and the South. Her loyalties tear her apart—before, during, and after the war. Her anguishing fight to survive and save her children’s

lives is harrowing, and so is her continuing inner struggle. She suffers the deaths of most of her children, deep depression, prescription opiate addiction, and extended treatment. She ultimately moves to New York, where she completes her husband’s memoir, and writes for the *New York Post*.

This is a human story of our species’ powerful will to survive through every complexity that loyalty and life present, and most especially, to do so with compassion, caring, and a courageous search for truth. It is the story of a complicated, intelligent, determined, resourceful woman whom we can come to understand and appreciate while living through what Carl Bernstein has taken to calling our own “cold civil war.” ■



Front panel of the most recent Village brochure

Village Committee Publishes New Brochure

THE VILLAGE has changed since our last publicity brochure was created; one of the major differences is the new category of social membership.

Therefore, a committee led by Jane Guttman and consisting of Don Christian, Judy Hilton and Sam Rothman worked on a new tri-fold that better expresses the Village’s purpose and function.

Photos of activities, quotes from and photos of members were included to illustrate the services and the social events that are central to the Village. Don Christian designed the layout of the tri-fold.

The Newcomers’ Club distributes the tri-fold to new Lake Barcroft residents. ■



Falls Prevention Presentation

Dr. Rita Wong of the Falls Prevention Alliance will speak at the Village Quarterly Meeting, March 11 at 7 p.m., at the Mason District Governmental Center at 6507 Columbia Pike, Annandale, VA 22003. The meeting will start with a brief discussion of Village business and voting for Board members. The results will be announced after the meeting. ■