



IN THIS ISSUE

Village Board Elected	1
Barcroft Woods	1
Save the Date.....	1
Transportation Policy	2
June Quarterly Meeting	2
Village Programs Chairs	2
Dr. Wong Speaks on Falls Prevention	3
Book Review	3
Jason Samenow Speaks on Weather Changes	4
New Village Members	4
Memoir Writing.....	5
In Memoriam	5
Insurance Notice	5
London in the Spring.....	6
From Paddington Bear to Machu Picchu.....	6
Renee Gholz.....	7
Interview with Mary Margaret Flannery	8



Village Board Members Elected; Take On New Roles

Jane Guttman



Photo by Cathy Williams

LBV Board members, left to right: Jane Guttman, Shirley Timashev, Ross Kory, Ellen Feldstein, Vic Utgoff, Ron Karpick. Mary Margaret Flannery and Pedro Turina. Not present: Richard Morton.

Newly elected Board members are: Mary Margaret Flannery; Jane Guttman; Ron Karpick; Ross Kory; Shirley Timashev. The new Executive Committee of the Board will consist of: co-Presidents, Jane Guttman, Richard Morton; Vice President, Vic Utgoff; Treasurer, Ross Kory; Secretary, Mary Margaret Flannery.

Committee heads are: Communications, Jane Guttman; Fundraising, Shirley Timashev; Member Relations, Vic Utgoff; Operations, Richard Morton; Programs, Cathy and Clyde Williams; Volunteers, Pedro Turina. ■

Barcroft Woods Invited to Join Village

Vic Utgoff

The Lake Barcroft Village has extended an invitation to Barcroft Woods to join the Village. The invitation was sent to Dr. David Remy, President of the Barcroft Woods Civic Association.

Over the past several years, some Barcroft Woods residents have inquired of Lake Barcroft Village members whether they could join our Village. At the time, that option was not available.

Continued on page 2

Join us to celebrate the anniversary of

Lake Barcroft Village

May 11, 2019
11:30 a.m. to 2 p.m.

2941 Restaurant
2941 Fairview Park Drive, Falls Church
22042

RSVP to Cindy Waters at
lbvcoord@gmail.com OR (703) 354-0652
Valet parking is available
Cash bar

Save the Date:

Anniversary Party May 11

The Village Anniversary Party will be held on May 11, 2019 at 2941 Restaurant, 2941 Fairview Park Dr, Falls Church, VA 22042

Over the last several months, the Village Board discussed whether our policy should change. The Board believes that opening up the Village to members from Barcroft Woods could usefully expand our membership of full members, social members, and volunteers. Additional Village members would increase our flexibility to offer more of the kinds of activities that our members find useful, enjoy, and feel good about doing. Opening the Village to residents of Barcroft Woods seemed like a natural move since Barcroft Woods shares a boundary with Lake Barcroft.

Following these discussions, the Village Board presented to and discussed its opinions with the larger Village membership at the March Quarterly Meeting. That larger group asked many questions, but they supported the Board's plan – without objection – to extend membership to interested residents of Barcroft Woods. ■



THE Villager

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LBV Transportation Policy Reaffirmed

Ellen Feldstein and Shirley Timashev

Lake Barcroft Village is a vibrant organization with a dynamic corps of volunteers. We fulfill as many requests for services as we can, mindful of the need to respect time constraints that our volunteers have.

Because requests for transportation to Dulles International Airport have become very difficult to fill, the LBV Board has decided that as of September 1, 2019, the LBV executive director will adhere to our original policy of offering transportation within a 12 mile radius of Lake Barcroft. That means trips to Reagan National Airport will be possible, but not trips to Dulles.

Please note that there is no guarantee for any service – it all depends on volunteer availability. By respecting the generous contributions of our volunteers, we hope we can continue to honor our current high percentage of service requests. ■

Village June Meeting to Feature Magazine Restaurant Critic

FOOD CRITIC STEFANIE GANS will speak at the June 10 Village Quarterly Meeting. Stefanie Gans is the dining editor and restaurant critic at *Northern Virginia Magazine*, covering all aspects of food, drink and the dining scene. Before joining the staff in 2011, Stefanie worked at a political polling firm and for a non-profit promoting progressive workplace practices. Previously, Stefanie has been published in *The Washington Post*, *Washington City Paper* and *Eater*. Originally from South Jersey, Stefanie has lived in the D.C. area for two decades and will not leave the house without her nails painted. She now lives in Del Ray with her husband and two daughters.

All residents of Lake Barcroft are invited to attend. The meeting will be held at the Mason District Governmental Center on Columbia Pike starting at 7 p.m. with a brief business discussion. ■

New Chairs of Village Programs Committee



Williams family photo

The Programs Committee of Lake Barcroft Village has two new chairs: Clyde and Cathy Williams.

The Village thanks Ellen Feldstein who successfully chaired the committee these past few years.

Clyde and Cathy welcome suggestions for Village activities. If you are interested in joining the committee (Village membership is not required), please notify Clyde at cwilliams92@cox.net or Cathy at cathlenewilliams@cox.net ■

Dr. Rita Wong Speaks on Falls Prevention

Jane Guttman

Photo by Mary Margaret Flannery



Dr. Wong

DR. RITA WONG, Ed.D., P.T., FAPTA, spoke at the March 11 Village Quarterly Meeting on “Why Is Fall Prevention Important?” She noted that falls are the leading cause of fatal and nonfatal injuries. Approximately 30% of older adults fall each year; 20% of those falls cause serious injury. She stated that falls are “typically not caused by just one issue.” Some of the internal risk factors are: advanced age, previous falls, muscle weakness, gait and balance problems, poor vision, fear of falling, dizziness, chronic medical conditions, changes in sensation in legs or feet, urinary urgency, and low blood pressure on standing. Some of the environmental causes are not having handrails or grab bars, dim lighting, improper use of a cane or walker, distracting environment, obstacles and tripping hazards, throw rugs, slippery floor surfaces, uneven surfaces and certain medications.

One of the issues is that “receiving and integrating sensory input slows down as we age.” On the bright side, Dr. Wong said that “in almost every case we can improve balance.” She suggested that individuals talk to their health care provider if they feel unsteady or are concerned about falling. The

health care provider may check the medications being taken and might recommend a physical therapist. Another preventative measure is to have a yearly eye exam. And, it is very important to “keep moving.” Dr. Wong recommends beginning “an exercise program to improve strength, flexibility and balance.”

Dr. Wong explained that both strength and balance are neces-



Book Review: *Educated* by Tara Westover

Kathy Utgoff

*E*ducated, the March Woman’s Club book selection has been on the best seller list for over a year and was one of the NYT’s top books of 2018.

Westover’s memoir is about the daughter of a survivalist, paranoid Mormon who is kept out of school, endures unspeakable emotional and physical abuse, yet educates herself and ends up at Harvard and Cambridge. It’s an amazing journey.

Her life in the shadows of a mountain in a Mormon pocket of southeastern Idaho is brutal. Her father keeps her out of school and forces her and her siblings to work in his dangerous junkyard where gruesome injuries are common. A brother that suffered a brain injury in the yard abuses her mercilessly but her parents refuse to do anything to protect her or even acknowledge his torture.

An older brother who has escaped encourages her to study and she works hard to pass the ACT and get into Brigham Young University. After she arrives, her limited education becomes appallingly apparent.

sary to prevent falls. She recommended three evidence-based fall prevention programs: Stay Active and Independent for Life (which has been given at Providence Rec Center and Lincolnia Senior Center); A Matter of Balance (sometimes given at Lincolnia), and the Otago Exercise Program. For more information, she recommended looking at the web site novafallsprevention.com ■

She asks what the Holocaust is in an art class and she thinks Europe is a country. Her roommates are shocked at her personal hygiene and force her to wash her hands.

It’s a rough start but her gifts are recognized at BYU and Cambridge where she earns a Ph.D. after a fellowship at Harvard. But academic success did not end her emotional turmoil. She suffers from depression and is pulled back time and time again into the family dysfunction. After years of trying to be part of the family, she comes to realize she has to cut some of them out of her life to survive.

This is one of three best sellers that are memoirs of escape into excellence from abusive birth families. *The Glass Castle* by Jeanette Walls tells of her life with wandering bipolar parents. *The Hillbilly Elegy* by J.D. Vance chronicles the dysfunctions of his transplanted Appalachian family. All three are amazing stories of triumph over adversity but Tara Westover’s story takes adversity to a new level. It’s hard to imagine how she survived. ■

Jason Samenow, Capital Weather Gang Speaks on Changes in DC Area Weather

Jane Guttman

JASON SAMENOW, chief meteorologist for the Capital Weather Gang and weather editor for the Washington Post, spoke March 4 at the Village symposium, third in a series, about the changing weather scene in the DC area. Samenow noted that “weather is an imperfect science” and that one of the difficulties in predicting winter weather here in the area is that “Washington is right on the rain/snow line.” He added, ruefully, “You don’t bat 1000 in weather.”

Samenow stated that the goal of weather prediction is to manage people’s expectations so they will know “the range of possibilities.”

One of the causes of weather changes is that the concentration of CO2 has increased ever since the Industrial Revolution. It was 280 parts per million and is now at 410 parts per million. Same-

now indicated that the weather since 1976 has been warmer than normal with the past five years the warmest on record with the “strongest warming occurring in the northern part of the U.S.” There have been 22 straight years since 1997 in which the temperature has risen.

Another cause is what Samenow calls the “urban heat island effect” leading to warmer temperatures downtown. For example, at Dulles, temperatures are usually 5 to 10 degrees cooler than at Reagan National. Thus, local factors such as cities have an influence on climate. Samenow noted that the “impervious surface area” is growing, consequently heating up the environment around it.

While there has been “more record heat” there has been “less

New Members

The Village welcomes new social members Ellen and Nimrod Raphaeli.

record cold.” There have been “increased heavy rain events in DC.” Washington’s wettest year ever was 2018. Average rainfall is 40 inches; we had 66 inches in 2018. While Samenow called 2018 an “outlier,” he thinks there is a chance that there will be an increase in wet years. At the same time, snowfall is declining. We still have very “big years” of snowfall, but most are below average.

We can expect more flooding as sea level rises, including in the tidal Potomac, the Chesapeake and coastal areas. There will also be an increase in “nuisance flooding,” the so-called “sunny day flooding.” We have seen a 300% increase in nuisance flooding in the past 90 years. ■



Photo by Mary Margaret Flannery

Jason Samenow

Memoir Writing Group: Some Reflections

Shirley Timashev

THE LBV MEMOIR WRITING GROUP formed in February and has been having biweekly meetings since then with LBV members and prospective members. Writing can normally be regarded as a solo activity, and it is something that LBV members can certainly do on their own. In fact, we encourage it. Writing can clarify thinking, and writing can be a way of sharing ideas and memories with family and friends.

Why have a writing group? Here are some answers.

MARCIA GRABOWSKI says, "I have been struggling for years trying to decide what to do with dozens of letters written from Europe by my father to my mother during WWII. Joining the Memoir Group is helping me to identify what it is I want to save from these letters for my siblings: a chronicle of my father's emotional longing and concern for my mother, against the backdrop of the events happening during those times in the war."

SUAD QUBAIN says, "In the past my attempts at memoir writing had failed. Many emotions started to surface every time I sat down to begin writing... In the end, I stopped trying to write anything, not even a word or two." Suad goes on to note that she has found gentle encouragement in the group.

PAT PATRICK observes, "Eclectic group, all over 50, representing Lebanon, Turkey, Vietnam, Russia. People well traveled, bright, well educated. Share bios freely. Many interesting stories to tell."

JOE PISCIOTTA says, "The group is made up of mature, friendly residents with interesting and varied backgrounds. For a novice it was not intimidating at all. I look forward to getting started with some direction on how to start and organize my book project."

CLYDE WILLIAMS says, "This is of great value to me, to accept [the] challenges to us to write and speak. I believe this practice will help me pull thoughts together, including diverse anecdotes [as well as] one or more themes for continuity."

Each meeting has a different theme. A week in advance the participants are told the topic to be addressed in introductory remarks. The first topic was this: "a thank you letter." Participants were to mention someone, living or dead, to whom they would like to write a thank you letter to express that person's importance in the speaker's life.

Another topic was early memories of reading. One person remembered coming home from kindergarten in tears on her first day of school, hugely disappointed that

she had not been taught to read that day. Another remembered being thrilled with the ever-changing selection of books on the shelf of his third grade teacher.

Not all memories were kind. One person wrote, "I remember sitting in a group circle on small wooden oak chairs, waiting in terror for my turn to read. As I stumbled through the exercise I hated the experience."

When the topic was food, we heard about family favorites and segued into recommendations for local restaurants with authentic ethnic dishes. Another topic addressed with enthusiasm was favorite vacations.

After the introductory round the floor is open for participants to share a page or two of what they have written in their own memoirs. "While it can be said that most people 'try to lead an outwardly normal life,' memoir writing takes us beneath the surface." The LBV group is supportive of those who take that plunge. ■

In Memoriam: Duffy Ftikas

Duffy Ftikas, who, along with her husband George, was one of the founding members of the Lake Barcroft Village, passed away March 30 at their home. Duffy had been in home care for about a month following an illness that began in December.

Reminder about Insurance Requirements

We would like to remind our members that we are prohibited by insurance from providing hands-on assistance and/or from performing any medical duties.

OUR MEMBERS TRAVEL THE WORLD

London in the Spring

Sunny Greene

"The year's at the spring / And day's at the morn; ... All's right with the world!" The words of English poet Robert Browning echoed repeatedly to me on a recent family week in London. Mid-April weather in London is often cold, rainy, gloomy. However, to our delight the skies were sunny, temperature in the high 60s, and instead of umbrellas Londoners carried sunscreen.

I've been to London numerous times, but it never ceases to enchant. Like all major world cities London is brimming with history, energy, and variety. Our family had arranged for a number of private tours—Westminster Abbey, the Victoria and Albert Museum and more—which were well worth the price and completely held the interest of my 10 and 15-year-old granddaughters as well as the adults. The only downfall for me was the amount of walking, standing and stair-climbing which really challenged my aging body to its very limit—whew!

The 150-year-old transportation system of subways ("The Tube") and buses in London is truly a marvel and will get you anywhere. The system is sadly not user-friendly to disabled passengers, but London residents over 65 ride for free, signage is excellent and the transportation workers are helpful and engaging. Truly the best way to see London and its environs.

The old myth of lousy English food deserves to be shattered. My family enjoyed wonderful meals, ranging from traditional fish and chips to amazing Japanese yakitori and nouvelle cuisine. And we assembled a delicious and delightful Seder from the local markets (there

was even a Whole Foods in our suburban London neighborhood).

As a passionate gardener I am always thrilled by the English display of flora, and this trip was no exception. London spring was in its glory, and everything seemed to be in bloom at the same time. While the rest of the family enjoyed a tour of the Churchill war rooms, I took a bus to the Chelsea Physic Garden (established 1673!) which enchanted my eye and soothed my soul. Just strolling through neighborhoods, seeing Londoners frolicking on the numerous "greens" with their children and dogs, seeing the variety of plants and peoples, gave us all pleasure.

It may not be an exotic locale, but London is well worth visiting—and often! ■

From Paddington Bear to Machu Picchu

Judy Hilton

WE ARRIVED IN LIMA a day early to visit the statue of Paddington Bear found in a park high up overlooking the Pacific Ocean. Paddington, born in the Andes Mountains in darkest Peru and orphaned due to an earthquake, was sent by Aunt Lucy (now living in a home for retired bears in Lima) to London, a stowaway with a tag around his neck reading "Please take care of this bear, thank you." What a lovely welcome to Peru!

The following morning we were whisked off by plane to Arequipa, Peru's second largest city, ringed by volcanoes where once the Inca, having conquered the area in the 15th century, began the practice of sacrificing children atop the highest of these. The city itself was founded shortly after the

Spanish conquest (presumably ending such Incan practices) and has a wealth of colonial houses, churches and convents. We spent many hours at the Monasterio de Santa Catalina built in 1579, a miniature city with 100 houses

Continued on next page



Condé Nast Traveller



Photo by Judy Hilton

Travel, continued

and 60 streets once populated with 175 religious.

Next the long trek through the Andes to Puno on the shores of the huge Lake Titicaca. There we visited the home of the Uros, an ancient lake people once harassed by the Spanish to near extinction, now living on artificial islands they have formed of reeds, always having to add new reeds as the lower ones rot.

Then on to Cusco, onetime holy city and capital of the Incan empire. A morning tour of colonial Cusco took us to the main square, Plaza de Armas, bordered by the baroque Catedral de Cusco built on top of an Incan palace. High above the city reached by a series of harrowing hairpin turns we visited the Incan ruins Sacsayhuaman, a hilltop fortress. Enormous stones were used, the largest weighing about 360 tons, a construction feat made possible because every Incan citizen was required to spend several months of the year on public works thus furnishing a large reserve of labor for such projects. But no one can understand how these stones were so perfectly fitted together.

Leaving Cusco behind we journeyed on to picturesque Ollaytaytambo located at the western end of the Sacred Valley of the Inca and built on top of Incan foundations. From there we boarded the train to Aguas Calientes, the gateway town for visitors to Machu Picchu. The single track follows the rocky Urubamba River, the most sacred river in Incan cosmology. This train ride is one of the most beautiful journeys one can imagine, passing through a very narrow valley, hugging the river as it rushes onward to become the Amazon.

On the opposite side from the river one experiences the descent from the Andean highlands into the Urubamba cloud forest as the scene becomes more and more tropical. Indeed, Machu Picchu lies in what is called "high Jungle." Little wonder it was hidden for hundreds of years beneath centuries of vegetation. From Aguas Caliente we ascended by a steep winding path to the archeological zone of Machu Picchu, affording spectacular views of the mountains and the tiny ribbon of water below.

The ruins at Machu Picchu did not disappoint. We were awed, overwhelmed with wonder and a sense of mystery.

Back to Ollaytaytambo by train, on to Cusco and finally a flight back to Lima for a city tour that

included the cathedral where the bones of Pizarro have lain for nearly 500 years.

There was so much more to remember.....so many other Incan ruins, and a virtual "petting zoo" with alpacas, vicunas and a solitary llama, colonial Catholic churches resplendent with gold, a trip to an oasis at Ito with lake and palm trees in the middle of a desert, and an excursion from Paracas on the Pacific coast to islands where hundreds of thousands of birds roost covering the rocks with that highly coveted fertilizer, guano. We saw Andean condors, boobies, cormorants, pelicans and even penguins and were treated to the deafening noise from hundreds and hundreds of sea lions barking. ■



USA Today



Photo by Mary M. Flannery

At the March 4 Village Symposium, Delegate Kaye Kory, representing the 38th district in Fairfax County., presented House Resolution No. 240, commending Renee Gholz. The certificate stated that it was "an expression of the House of Delegates' admiration for her contributions to communities throughout the United States."

Interview: Mary Margaret Flannery

Anne Murphy O'Neil

IT'S ESPECIALLY EXCITING as I tread the handsome stone walkway to Mary Margaret Flannery's front door. Perhaps I'll soon meet an Irish cousin I've longed to discover.

How long have you been here in Lake Barcroft?

Mary Margaret: For two years. I'd lived in Warrenton for many years, and then in a townhouse in Alexandria. When we decided we didn't care for the stairs any more, we came upon this canopy of trees and fell in love.

You also found the Lake Barcroft Village.

Mary Margaret: We're living longer now. My husband and I want to recognize that and accommodate to what becomes necessary. We enjoy helping out and want to support the many people here who are getting on.

Where did you grow up?

Mary Margaret: Michigan and Texas, following my father's business interests. John Brendan Flannery. He was a Renaissance man, working in many different fields: social worker as a Vista Volunteer; a credit union businessman, helping people be more in control of their own money; and finally college professor, teaching economics and business.

Looking back, do you see how Irish traditions played a role in your family?

Mary Margaret: My father rejoined his own family here in 1933. He had ten brothers and sisters. It was always important to him to keep our family together, to stay close. Dad used to say: "Irish

women have strong personalities." He talked about the Brehon laws—equal rights for women, and encouraged my strength. When I was eight or nine years old, he asked me what I wanted to be when I grow up. I said: "Be a secretary." And Dad said, "Why? Don't you want to be the boss?" He was very proud of his children.



Mary Margaret Flannery

How many are there?

Mary Margaret: Eleven, over a seventeen-year span: Patrick, Tom, Cathleen, Maureen, Terry, Bridget, Bernadette, Joseph, Timothy, Eileen, and myself. I tagged along with Eileen growing up, though she was five years older than I. We've stayed close. These days we enjoy traveling together to Ireland, mostly in the west, where we visit Dad's cousins and their children.

There's a book about the special strengths of middle children---all the children in a family except the eldest and the youngest.

Mary Margaret: I can see that: the eldest must toe the line, and the youngest can be a rebel. I was the seventh in my family. Middle children hold things together. They want stability. They're the peace-makers. My older sisters helped my mom a lot. They became substitute moms. Of all the girls in my family, I am the only one who went to college and had a career.

What was your field?

Mary Margaret: I majored in psychology, went into the insurance business, and later became an administrator in colleges and universities, specializing in student services.

Do you have a proudest achievement?

Mary Margaret: (Smiling) This is going to sound like a cliché: My son, Kedrick. I changed the spelling of Cedric, so people could know immediately how to pronounce his name. He's an attorney, practicing in land use, so outgoing and sociable.

Besides traveling to Ireland with Eileen, what do you for fun?

Mary Margaret: I enjoy photographing people, taking walks, taking in nature and reading, both fiction and non-fiction. Currently it's Josh Weil's *The New Valley*, about folks in the West Virginia area. Their culture, including music, reminds me of the Scots-Irish. I'm enjoying all the shows on British history—*The Crown*, and *Victoria*.

Is there something you'd like to see for the Village?

Mary Margaret: We do so much for such a small group. I want to see us grow, and stay vibrant ... everything that will help us develop and remain socially active. ■