

Quarterly Meeting Nov. 14: “Are You Scam Savvy?”

By Judy Hilton

The Lake Barcroft Village Quarterly Meeting on Monday, November 14th will feature a cogent and timely presentation led by Pam Holland, founder and president of TechMoxie, on how to recognize fraudulent emails, avoid computer viruses and scams, find trustworthy information online, and follow best password practices. Pam will include a review of actual fraudulent emails, scam “pop up” computer virus warnings and more.

Pam has an impressive background including a B. A. from the University of Massachusetts and a J.D. from the Columbus School of Law at Catholic University. The meeting will be held at the Mason District Governmental Center and will start at 7 p.m.

Appraisal Road Show November 17

By Judy Hilton

A popular program from last year, the Appraisal Roadshow, will be repeated on Thursday, November 17th at 3 p.m. at the home of Nancy Mattson, 6551 Jay Miller Drive. The Paradigm Experts hosting this event will present a fun and educational forum based on items brought to them by participants; they will explain what the item is, what it is worth and what the owner might do with the treasure.

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Lake Barcroft Village Honors Cindy Waters, Terry Stone, Torren Stone

By Jane Guttman

Cindy Waters of Lakeview Drive, Executive Director of Lake Barcroft Village, was honored by the Village at the September 19 Quarterly meeting on the occasion of her second anniversary in the position. Sam Rothman of Grass Hill Terrace, Co-President of the Village, called attention to the many tasks Cindy takes on in addition to those in her role as Executive Director.



Photos by Larry Golfer

The Village also honored Terry Stone of Crosswoods Circle and her son Torren Stone for their generous hospitality in hosting many of the Village’s Happy Hours.

New Members

By Jane Guttman

Adi and Pervin Davar joined the Village in order to “have something in place if we need it.” They anticipate needing help going to doctors’ appointments and some assistance with gardening. The couple came to the United States from India in 1966 and moved to the lake in the early 70’s. One daughter, Rashne Green, lives down the street from them in Lake Barcroft so they get to see their grandchildren Zara and Cyrus frequently. Another daughter, Binaifer, is currently living with them. A third daughter, Tamina, lives in London and has twin babies, Avon, a girl, and Razin, a boy.

Adi worked in the World Bank. He founded the Zoroastrian Association in Washington, D.C. and is happy to talk to people about the Zoroastrian religion. He enjoys walking and listening to music.

Some of the Village members may know Pervin from the integral yoga class she teaches at John Calvin Presbyterian Church. The type of yoga she teaches focuses on breathing and self-awareness. She says, for example, that when stretching, “you would be focusing on what the stretch was doing, what part of your body was involved and what part was not involved.” The class involves stretching, breathing, and ends with a relaxational meditation and more breathing. Pervin has taught prenatal yoga and is also certified in baby massage.

Jean Vos joined the Village since her vision is impaired; she needs someone to read to her the mail and newsletters that come into the house. Jean has the history of Lake Barcroft at her fingertips since she and her husband moved here in 1952, when there were only twelve houses and the roads hadn’t been finished. She and her first husband, Chris Murphy, an obstetrician-gynecologist in Alexandria, had three children by the time they moved here; Jean was 28. They had their fourth child while living in the house.

Jean recounts, “We came out to buy apples in 1950; we ended up buying a lot.” Everyone thought they were

crazy because lots in Lake Barcroft were more expensive than those in the surrounding area. Colonel Barger offered them a different lot, which they took. They built their house from February to September 1952 and then moved in.

At the time, there were no schools in the surrounding neighborhoods. Jean shuttled her boys to school in Alexandria. Then they attended St. Anthony’s, which at that time was conducting its school “out of the cafeteria.” There was also a house on Sleepy Hollow where the first and second graders went. Finally Belvedere was built. Ellen Ocean and Jean were asked to select the colors for the school. Her husband started a swim team and a bowling league here. Jean was president of three different groups in Alexandria.

Ellen and Ed Tipton joined the Village, as Ed noted, because “I think it’s a good idea, the idea of people trying to help each other and elderly people trying to help themselves.” They “wanted to support it now and have it there when we and others need it.” Regarding Village activities, Ellen said: “The social aspects are a real drawing card.”

They moved to Lake Barcroft four years ago from Nashville because their daughter and grandchildren are on Columbia Pike in a house that backs up to Lake Barcroft. The grandchildren are Kate, 11, Leah, 9, Joseph, 7 and Andrew, 3. Their last name is Fontaine. Ellen said, “We like to think we can be of support.” The grandchildren adore the Tipton’s golden retriever, April and the Tiptons “love her to death.” The whole family enjoys going to the beach here in Lake Barcroft.

Before they moved here the couple moved around quite a bit while Ed, a doctor practicing internal medicine, was studying geriatric medicine. They lived in Alabama, Mississippi and Louisiana, in addition to their twenty years in Nashville, which meant that Ellen spent a lot of time “packing and unpacking.” Ed’s 95-year-old mother still resides in Nashville. Ed visits her monthly; he takes her to doctor’s appointments to manage her care.

“Decluttering” Presentation

By Jane Guttman

Nina Fuerth, professional personal organizer, gave a presentation on “Decluttering” at the September Quarterly Meeting. Nina provided attendees with a packet containing information she has gathered about decluttering and how and where to donate or dispose of unwanted items. Nina said the big issues with decluttering are “Motivation, where to start, and letting go.” She explained that getting rid of some of the “stuff” accumulated helps because then one has space to put things away.



When Nina visits a home she walks around the house with the clients to understand their concerns. She suggests that if you are starting on a decluttering project yourself that you first decide where you want to start and visualize a goal. The project need not be massive. She counseled, “Walk into a closet and pull out anything that doesn’t belong.”

In response to a question from Sheila Wayman, Nina noted that photographs are a lower priority than the room itself. She suggests that the individual “look at the bigger picture.” If one practices letting go, the process gets better and faster. Nina also suggested putting some items out of sight as an intermediate step to giving them away. She believes that the process is made easier if one knows something is going to a person who can use it, as with a donation. One of Nina’s handouts details the “Hierarchy of giving things away and letting go.” The steps go from easiest to hardest, in correlation with a person’s attachment to the item. The steps Nina lists are: 1) trash/recycle; 2) donate anywhere; 3) donate to somewhere special; 4) give to a family member; and 5) sell.

Nina admits there is “no magic” to letting go besides training the brain to accept giving things away. She

recommends that one “keep it simple” by bringing everything to one location. Trying to divide items up among charities will slow down the process. Then, when the individual is caught up, items can be taken to special charities. Nina also finds that selling items slows down the process. Garage sales, she says are both “fabulous and terrible” because, although you can earn from \$0 to \$1000, they are a lot of work.

Nina is the daughter of Leon and the late Lynn Fuerth and grew up in their house on Crosswoods Drive. Her phone number is (703) 220-4107.

Renée Gholz Celebrates 100th Birthday

By Barbara Gholz, Charles Gholz and Bob Schreiber

Village member Renée Gholz has been a regular attendee at Smithsonian Chamber Music concerts ever since she moved from New Orleans in 2004 to live in Lake Barcroft with her son Charles (“Chico”) Gholz and her daughter-in-law Barbara (“Bobbie”) Gholz. Bob Schreiber, another Village member, also subscribes to those concerts; he and Renée often see each other there.

After Bob interviewed Renée for a survey about Lake Barcroft Village, he asked Chico and Bobbie if they thought it a good idea, since Renée loves the concerts, that Ken Slowik dedicate a piece to her in honor of her 100th birthday in October. Instead of dedicating one selection to her, Maestro Slowik in fact dedicated the entire concert to her in the course of a lovely introductory talk during which he emphasized the place that beautiful music has in the lives of the young and the old alike. The program at the concert featured music by Samuel Barber, Arnold Schoenberg and Krzysztof Penderecki.



Jane Guttman

Renée and Charles Gholz at a Woman’s Club luncheon

Marcus DeSouza, General Manager of Koons Ford, Joins B&P

By Jane Guttman

Marcus de Souza, General Manager at Koons Ford, started in the automotive business in 1984, right out of college, at Brown's Midatlantic Cars, where he became President. He then bought an equity share of a technology company, Technology Advancement Group, which built tactical systems for the Department of Defense. There he was the Executive Vice President and Chief Operating Officer. Marcus eventually sold his share and planned to retire and "pursue other interests"; however, after a period of time he found himself at loose ends. He says he "failed at retirement." Offers came in; he was asked to run Koons Ford, the #1 Ford dealer in the region. He felt that the position was a good fit, not wanting to return to the corporate world, and started at Koons in January 2016. Regarding the flagship store at Seven Corners, he said "It's a very sentimental store for the Koons organization."



Koons Ford

Marcus has lived in this area for 54 years. He attended Woodburn Elementary School and Falls Church High School. He and his wife have three children, two of whom graduated from UVA and one from Virginia Tech. His 32-year-old son works for Technology Advancement Group; his 29 year-old son works for Amazon; and his 24-year-old daughter teaches for Loudon County public schools. Right now Marcus's wife and daughter are planning his daughter's wedding. In his spare time (he works twelve hours a day, six days a week) Marcus likes to read educational non-fiction. A book he read recently and enjoyed was Joe Verde's *A Path to Growth*, a business book.

Discussing the reason Koons Ford joined the B&P Club, Marcus stated that Koons "likes to give back to the community." He is in charge of three divisions of Koons: Koons Ford, Hillwood Koons (pre-owned vehicles) and Koons Body Shop, which is a Geico body shop but takes any kind of car, "Bentley, Rolls-Royce or a 1962 VW beetle." Koons services Fords under warranty and can do routine maintenance on non-Ford vehicles.

Koons Ford offers a 10% discount for seniors starting at age 55. For Lake Barcroft residents, Koons will take \$300 off the best purchase price for a new or pre-owned vehicle. Marcus said "We want to help out." Koons has a shuttle service. If a Ford is under warranty, Koons will supply a loaner. Village members interested in purchasing a car or having their vehicle serviced should call Marcus at (703) 241-7200, extension 1384, or email marcus.desouza@koons.com. Marcus will guide them to the right party.

Cooks on Call

It's hard to handle daily chores when you're sick or when you've just come home from the hospital. The situation is even worse when the larder is bare and you're contemplating eating cereal for dinner.

Enter Cooks on Call! To plan for a meal prepared by a volunteer and delivered to your home, let Cindy Waters know about your situation...[703 354 0652](tel:7033540652).

Cooks on Call will provide a meal or two upon request; details/specifics would be negotiated between the member and the volunteer.

If you'd like to become a part of the Cooks on Call team, also let Cindy know.

Volunteers Needed

The Communications Committee of the Village is looking for participants. The Communications Committee produces this quarterly newsletter, provides monthly articles for the Lake Barcroft newsletter, and maintains the web site. Writers are welcome to contact us. The committee doesn't generally have "meetings" so there is no specific time requirement.

In Memoriam

The Village mourns the loss of two of our members.

With sadness we report the passing of long-time Lake Barcroft neighbor and Village member **Chuong Phung**. Chuong passed away on Monday, August 1, following a short stay in hospice care at Goodwin House. He is survived by his beloved wife of many years, Dominique, and their children, son Yann Phung and daughter My Lien (Mimi) Yorks.

We will miss **Joan Doupe**, who passed away October 26. Joan greatly enjoyed many of our social activities during her time as a Village member and often availed herself of our volunteer services. Joan's daughter Sarah wrote: "Please know that we are forever grateful for your friendships and the joy that you and all the other neighbors brought to her life. It IS a special place."

Meet the Board

With these articles, we continue our series of interviews with Board members to introduce them and their interests.

Richard Morton

By Anne Murphy O'Neil

The Bennett/Morton home on Rusticway Lane extends an invitation with an entry mat spelling "Welcome" in multiple languages and scripts. Richard and I relax in the beautiful great room Lake neighbors enjoy when Dottie and Richard host community parties. Dottie's about to dash out to a meeting.

Dottie, before you go, can you tell us of a special moment when you knew Richard was the man for you?

Dottie: Not one particular moment, but a gradual evolution. Richard has stellar character – I came to respect and trust him, because he's honest as the day is long.



Dottie Bennett

Thanks, Dottie. How did you develop this character, Richard?

Richard: My parents were very principled. My father's thinking was clear, specific, and direct. He put his best efforts into raising his family. As a member of the Kiwanis Club, he talked the Optimists into sponsoring a baseball team so I could play. What he did benefitted me, and all the other boys too.

You're an IT professional. How did you choose that field?

Richard: The field chose me. At MIT, as a math major, the subject was virtually abstract, and I just couldn't understand some of it. But in a UCLA summer class, I was by far the best student. Back at MIT, when I took my first computer class, I knew I had found something I was good at. It was all about getting a complicated program to work. I found I liked the logic, the cause and effect, the visual. Seeing results was so exciting. In grad school, I came up with two modifications that resulted in solving a previously unsolved problem. Invention and new learning is mind-blowing.

At The Mitre Corporation, I had a piece of the project that took computer assisted instruction from basic research and development, through production to creating replicable systems. On a project to integrate huge amounts of new material into existing programs, I learned an innovative technique to identify and fix bugs.

Now that you're retired, how do you create that energizing buzz?

Richard: Tutoring with three different organizations. I work with a first grader who needs help with reading at John Adams Elementary School in Alexandria (Alexandria Tutoring Consortium), high school students at TC Williams High School (**See Page 6**)

Richard Morton (c't'd from Page 5)

(The Campagna Center), and I am teaching English to a woman from Afghanistan (The literacy Council of Northern Virginia.. With The Literacy Council of Northern Virginia I also do student assessments, helping them register for appropriate classes in English as a second language, and, new this year, I assist in a Level 1 classroom at Woodrow Wilson Library.

I enjoy golfing too. What draws me on is the challenge to improve. I play at International Country Club and in the I.D.A. Company Golf League.

And being with my grandchildren. Our 11-year-old grandson, on a travel soccer team, recently stayed overnight here; we love watching our 15-year-old granddaughter play in her high school marching band.

Do you have a wish for us here in Lake Barcroft?

Richard: A Lake Barcroft group for tutoring in local schools, perhaps. High school students are my favorites. They want to do better, and their progress is tangible, visible. One of my best memories is tutoring a fifteen-year-old girl, who immigrated here to escape female circumcision. When she came, she had never been to school before. At her high school commencement ceremony, she presented me with a bouquet of flowers. You can see you make a difference.

Peg Veroneau

By Anne Murphy O'Neil

Peg Veroneau of Fiddlers Green and I have decided to meet in my home --hers is currently receiving a fresh coat of paint.

Do you prefer Peg or Peggy?

Peg: Probably Peg.

Is your name based on Margaret?

Peg: It's Marguerite, but only my mother sometimes called me that. My mom and dad were French Canadian, but moved to Maine, where I grew up. Steve and I both come from large families – I am the youngest of thirteen, and Steve, one of ten.



Family photo

Peg is to the right. Next to her, from left to right: son Tyler, Peg's husband Steve, daughter Meghan, Meghan's husband Mike

How was it when you met his family?

Peg: I have an MA in public health nursing. Steve majored in theology at the University of San Francisco, run by the Jesuits. When he introduced me to his mother, she said, "You're a very nice young lady, but Steve is going to be a priest." (*We both laugh.*) As a builder, he likes to say: "After all, Jesus was a carpenter."

How did Steve get started as a builder?

Peg: We rented an attic in an apartment building. Together, we remodeled, renovated, painted, and finished it. We had so much fun! I discovered I had a talent for design and got completely wrapped up in the work of this crazy builder. We come from different viewpoints but join together completely, and love the process. I make drawings, and stay flexible in the building phase. I like to say: "A little six (inches) will do it!"

Now I have my real estate license, and am part of Re-Max by Invitation.

One of the things I do for fun is build stone walls and patios.

You have tremendous get up and go. Where does that come from?

Peg: My mom was a spitfire. She worked very hard on the family farm, raising animals and vegetables and had the best attitude: I'm here, so I'm going to (**see page 7**)

Peg Veroneau (c't'd from Page 6)

make it work. Later she built and ran a little convenience store. She had grown up in a convent from age 7 and loved the nuns – they gave her something when she really needed it.

I can see from the street, that you've completely transformed your home. Is there any one thing you especially love about it?

Peg: I really love all of it. It's completely open inside and to the back. You feel like you're in a tree house.

What attracted you to the Lake Barcroft Village?

Peg: I love the Village concept: as long as someone wants to stay at home, we can help. My family did this for my mom. I went up to Maine every six weeks.

In September, we were in Maine again, for our daughter's wedding.

How did you organize that?

Peg: We asked our daughter what was important to her. She said "a band and good photos." We made sure she had that, while planning a full week-end all-family wedding celebration in Maine. We rented a boys' and girls' camp, stayed in the bunk houses, went swimming in the lake, and made all the food ourselves. I brought my belief in community, and invited our whole family to help wherever they can. We celebrated all our lives, appreciating everyone. It was crazy at times, but so wonderful. Being together is what it's all about.

Jane Guttman

By Judy Hilton

A very lucky day it was for the Village in 2014 when the multi-faceted, multi-talented Jane Guttman landed on our shores. Jane left her Scarsdale, New York, home to be near her daughter, son-in-law, and two granddaughters living in Arlington, but nothing in Arlington seemed suitable for Jane, her eleven turtles, four lizards and multiple cats, so at someone's

suggestion she came by Lake Barcroft in the fall of 2013 and decided right away this was where she wanted to live. A piece of property was for sale on Dearborn Drive and together with her architect she designed and built a house with a special room for the reptiles.

In the process of Jane's joining the Village, Cindy Waters opined that someday she would like to have a newsletter. Jane plunged right in and founded *The Villager* newsletter that she continues to edit and manage. She also started and coordinates both the Spanish and German conversation groups and now serves on the Village Board. And she keeps the website current.

About those turtles.....one day while driving Jane saw an Eastern Box Turtle in the middle of the road, stopped and picked it up and saw that it had an infected foot. She took it to a vet and wanted to keep it but was not allowed to do so since it was "of interest" to New York State. That was, unless she became a certified Wildlife Rehabilitator. Unfazed, Jane studied and took the exam and also found a course on-line from England titled "Chelonian Husbandry". Through the internet she made contact with a turtle rescue woman in Long Island with whom she formed a close association. Jane was hooked!



Carl Neuberg

A graduate of Barnard College, Jane holds a Ph.D. from Columbia University in English and Comparative Literature. She worked at The New York Times for 20 years in the Systems Department. Today she teaches English Literature on-line at Southern New Hampshire University and the University of Maryland, University College.

Jane Guttman, teacher, naturalist, artist, writer, linguist and grandma is pleased to call Lake Barcroft home.

Book Review:

Our thanks to Priscilla Weck who arranged to have members of the Lake Barcroft Woman's Club Book Club review books for us in each issue.

By Kathleen Utgoff

In September, the Lake Barcroft women's book club discussed the novel *Giants in the Earth* by O. E. Rølvaag. We were not surprised that the novel got such good reviews or that it used to be a staple on high school reading lists. It is a classic pioneer story about Norwegian settlers who leave small fishing villages and journey across the United States to the Dakota Territories.

Per Hansa, his pregnant wife Beret and their three children arrive by wagon in 1873 and settle with three other Norwegian families. They do not speak English and they have very little, but Per Hans is incredibly optimistic, ingenious and hard working. He sees a spacious home on a vast farm in their future. Beret is not like him. She feels threatened by the unending prairie and takes to covering up the windows with clothing at night. She comes to believe that the trials of her new life are retributions for earlier sins. She lives in fear when her husband makes his four-day visits to the nearest town.

There are Indians and plagues and blizzards but the novel in essence is a well-woven story about people, how they react to each other and to their environment. I had a great deal of sympathy for Beret, who spent her days in a sod hut trying to keep her family fed and clothed under incredibly trying circumstances while her husband was out conquering the prairie. Her duties as wife and mother stayed the same but she had moved away from almost everything and anybody that could help her. Per Hansa is a loving husband who tries hard to make her happy but he feels hopeless in the face of her emotional descent.

Rølvaag himself was a Norwegian immigrant. The novel was published in Norwegian in two parts in 1924 and

1925. The author helped translate it into English and it was published in the United States in 1927.

Village to Village Conference

Ron Karpick, Lake Barcroft Village Vice President, attended the Village to Village Conference in Columbus, Ohio, in October. Below are some of the ideas that Ron brought back.

The World Health Organization in 2012 recognized Villages as a component of age friendly cities. Communities should ask the following questions in becoming age-friendly: Are the sidewalks walkable? Are the traffic lights long enough to allow pedestrians to walk across the street? Dupont Circle Village in DC looked at local businesses and awarded those that satisfied age-friendly criteria with chairs emblazoned with a sign to denote age friendliness. Folks can sit in the chairs to rest, get a glass of water or use the services of the business.

The AARP in DC established its own criteria to determine if businesses were age friendly. They used mystery shoppers to determine, for example, whether businesses have steps, whether bathrooms were on the street level and whether the businesses had sufficient space to accommodate wheelchairs or electric scooters.

Keynote speaker Ashton Applewhite, author of *This Chair Rocks*, noted that our society needs to increase interdependence. We should increase the number of friends as we get older. We all need help; there should be no shame or self-loathing in getting assistance from others. For more of Mr. Applewhite's ideas, see <https://thischairrocks.com/>

Happy Thanksgiving to All

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