



# THE Villager

◦ NEIGHBORS HELPING NEIGHBORS ◦

VOL 8, No. 1 FEBRUARY 2022

## IN THIS ISSUE

Introducing Village Board Candidates ..... 1

Safe Driving Tips ..... 3

American Indians and the Federal Government ..... 4

Book Review: Even As We Breathe..... 6

David Goldstein, Lake Barcroft Artist..... 7

Cooks on Call..... 8

Village Distributes Holiday Treats ..... 8

Interview: Ashu Goel..... 9



## Meet the Candidates for the Village Board

Elections for the Village Board of Directors will take place on March 7, 2022, 7 p.m., at the Village Quarterly Meeting on Zoom. A ballot has been mailed to members before the meeting. You may return the ballot by mail or email. Brief candidate biographies are listed below.



Family Photo

### WALT COOPER

Walt Cooper moved to Lake Barcroft in October 2013 with his partner, Jan Barrett. Walt retired from the federal government in August 2011. Over his 43-year career, he served as an active-duty officer in the United States Army, as a consultant, and a civil servant in the Office of the Secretary of Defense. He also has had several volunteer positions over the years. He was president of his homeowner's association 1988-1990; president of the Annandale High School Booster Club 1994-96; business manager of the Congressional Chorus 2014-17; and financial administrator of The Falls Church

Episcopal 2017-2019, where he continues to serve on the Finance Committee. He currently serves as the finance officer of Chapter 353, Military Order of the Purple Heart.

For the past few years Walt has enjoyed many Lake Barcroft Village activities, including Zoom Together, the book discussion group and, until he found that he was clearly out-matched, the Chess Club. He has an MBA from Tulane University and an MS in finance from The American University. Besides spending time with Jan, their children and ten grandchildren, Walt enjoys taking piano lessons at Levine Music. He also sings tenor with the Congressional Chorus in Washington and Encore Creativity for Older Adults in Alexandria.



Photo by Julie Pixler

### LISA DUBOIS

Lisa DuBois began her career working in marketing at various trade associations and switched into real

Continued on page 2

## Candidates

continued from page 1

estate in 2004. She is currently one of the principals of The Chrissy & Lisa Team with RE/MAX West End. She is well-recognized as a local real estate and community expert, and sits on several real estate boards. Her attention to detail, negotiation skills, and charisma contribute to her success as a Realtor®. Lisa approaches her business and life with an “abundance mindset” and is always looking for ways to help people and add value to their lives.

Lisa is a native of upstate New York and an alumna of St. Bonaventure University. Lisa has lived in the DC metro area for 25 years; she and her family moved to Lake Barcroft in 2012 after living just outside the neighborhood (on the non-Lake Barcroft side of Mansfield), and a few years later moved to her lake-front home. Lisa loves traveling and has been all over the world and always looking forward to her next trip. Lisa has been a member of the Lake Barcroft

Woman’s Club for years and pre-pandemic hosted their Eating Adventures group. She now hosts a monthly Zoom Jeopardy for the members and often makes up her own questions. Lisa is also the co-president of the Barcrofters. Lisa enjoys spending her free time with her family and three dogs. When she is not hanging out or kayaking on the lake, you can find Lisa cheering on the Washington Capitals and Nationals.



Family Photo

### ROSS KORY

Ross Kory, Waterway Drive, has lived in Lake Barcroft since 1984 and is a member of Lake Barcroft Village.

He was born in Salt Lake City, Utah and grew up in Milwaukee, Wisconsin. He graduated from the University of Wisconsin and got his MBA from the Wharton School of Business at the University of Pennsylvania. He was an IT consulting executive at AMS (now CGI), retiring in 2002 after 24 years. In that same year he co-founded Ascella Technologies. He is now working with them part-time.

Ross has served on the Board of the Classical Ballet Academy of Northern Virginia from 2002-2005. Since 2007 he is the Treasurer of the Justice High School Scholarship Fund, formerly the

Stuart Educational Foundation.

He is married to Kaye Kory, who since 2009 serves as our representative in the Virginia House of Delegates. They raised their three children, Matt, Sandy and Caroline, in their Waterway home. All three children are proud graduates of J. E. B. Stuart High School, now Justice High School.

Ross and Kaye are members of Sleepy Hollow Bath and Racquet Club since 1985. Ross is a runner and tennis player.



Family Photo

### SUE MORSE

I am Sue Morse and am deeply honored to be nominated to serve a term on the Lake Barcroft Village Board. I know in my heart that it’s best to remain in this wonderful community as long as possible. It’s a bonus to belong to an organization which fosters help for the important needs of those of us who choose to “age in place.”

In 1991 I moved from Hardwick Court on Glen Carlyn Road to Waterway Drive in Lake Barcroft with my significant other, Harold (Hal) Morse. We were married in Naples, Florida in 1995, and we resided here together for almost 30 years before he sadly passed away on January 5, 2021.

Continued on page 3

## THE Villager

Cindy Waters,  
Village Executive Director  
703-354-0652, or  
E-mail lbvcoord@gmail.com  
Published by Lake Barcroft Village  
Communication Committee  
Jane Guttman, Editor & Chair  
E-mail catsntorts@gmail.com  
Judy Hilton  
Anne Murphy O’Neil  
Sam Rothman  
Priscilla Weck  
Design  
Don Christian

## Candidates

continued from page 1

Over different stages in my life, I have prepared myself to help others. I've been a local community activist and volunteer for more than 50 years of living in Fairfax County. Among those activities were being an election officer for 25 years, an active member of the Fairfax County Democratic Committee, serving on the PTA board at Glen Forest Elementary School, and as a member of the Lake Barcroft Woman's Club, Barcrofters, the Northern Virginia Antique Arts Club, John Calvin

Presbyterian Church, and two book groups.

Retired for almost 20 years from the American Association of Colleges of Pharmacy, I spent the majority of my career teaching English and student publications in Maryland and managing educational publications at several higher education associations in the Washington, DC area.

Currently, I am delighted to relive the early days of my life through the hobby of collecting miniatures and vintage toys. I have become an avid dollhouse collector, forming an international club of fellow enthusiasts,

and creating a website, [www.toysmiles.com](http://www.toysmiles.com), where I post my newsletters and other information. I have recently joined other single unmarried individuals to establish the Lake Barcroft Singles Group to encourage their communication and frequent participation in social activities.

---

If you are interested in joining the Village, donating to it or volunteering for any of the Village activities and services, please contact Cindy Waters at [lbvcoord@gmail.com](mailto:lbvcoord@gmail.com) or 703-354-0652. See our website at [www.lakebarcroftvillage.org](http://www.lakebarcroftvillage.org). Lake Barcroft Village participates in Amazon Smile. ■

## Twenty Safe Driving Practices for Older Drivers

Vic Utgoff

### GENERAL PREPARATIONS:

1. Get a driving lesson or exam yearly.
2. If your vision is less than good, get an eye exam yearly.

### WHEN DRIVING:

3. If a passenger is available, ask him or her to use a cell phone to provide instructions on road changes coming up.
4. Avoid talking with passengers or listening to talk-radio when driving, except when in need of driving information.
5. Drive only in good health and don't start tired. Stop every two hours.
6. Limit driving to 4 hours per day, 6 hours if you have a navigator who judges it is sufficiently safe and the extra driving time has clear substantial benefits.

7. Maintain ample distance from other vehicles and obstacles
8. Don't hurry. Schedule and depart with plenty of time.
9. Don't focus on distractions... scenery, looking for signs, building numbers, etc.
10. Watch out for blind spots from which people or vehicles might suddenly appear.
11. Minimize night-time driving. If driving at night, watch out for people in dark colors.
12. Check the weather — no driving if significant rain, ice, or snow is expected. Get off the road as soon as possible if bad weather unexpectedly emerges.
13. When you finish driving, think about any mistakes made, even if no harm was done.
14. Don't drive in circumstances that you know you are likely to fear. If you often fear driv-

ing, give it up and use other transportation instead.

15. Don't drive solely to maintain your driving skills. Unless driving for useful purposes is sufficient to maintain your skills, think seriously about giving it up.
16. Take parking spaces that are easy to get out of safely.

### PREPARATIONS FOR DRIVING:

17. Maintain correct tire pressure for the season.
18. Refill the gas tank before down to ¼ tank.
19. Keep a flashlight, 2 fluorescent vests for driver and passenger, registration, insurance card and an umbrella in the car.
20. Get regular professional maintenance for your car.

Keep safe driving practices in mind and add ideas you may have.

## American Indian Tribes and the Federal Government

George Waters

**G**EORGE WATERS spoke on “The Relationship Between American Indian Tribes and the Federal Government” at the Lake Barcroft Village Quarterly Meeting on November 15, 2021. George currently consults for five tribes and has had his own firm for 36 years. He has worked with tribes for his entire professional life. His presentation co-mingled some personal anecdotal stories with a history lesson on the vacillating nature of federal/tribal relations since the colonial era.

A myth to be dispelled is that Indians are simply another minority group and wish to be treated as such. American Indians are citizens of Indian nations with whom the U.S. signed treaties which were then ratified by the U.S. Senate. In those treaties, the tribes ceded hundreds of millions of acres of land in exchange for much smaller reservations deemed as permanent tribal homelands, and which were supposed to be for their exclusive use and jurisdiction. The treaties, signed between two sovereign governments, also ensured that

certain rights and authorities of tribes would be forever respected. Many aspects of the treaties were violated but some were adhered to, oftentimes at the insistence of federal courts. Perhaps the most flagrant treaty violations were the loss of lands within their reservations by homesteaders. He cited one example of a tribe in Montana that ceded over 12 million acres to the U.S. in their treaty in 1855, with the guarantee that their remnant 1.25-million-acre reservation would be for their exclusive use. Within 50 years of the treaty being signed, the U.S. Congress succumbed to pressure by those who coveted the reservation land and its natural resources. They “allotted” the reservation, gave each Indian 80 acres, and declared the rest of the reservation lands as surplus. Within a short period of time, the tribe and its members had lost

80% of the land it had been guaranteed and an equivalent loss in cattle and horses. Poverty was rampant. In more recent times, that tribe has been able to pursue a land buy back program and owns about 65% of the reservation and has made great strides in turning around its economy.

Treaty right that has been protected – but only through the intervention of the federal courts and a number of supportive decisions by the US Supreme Court – are fishing rights for those fishing tribes who were able to convince the federal treaty signers to include them. This is especially true in the northwest where language in several treaties ensuring tribes could continue fishing and hunting at “usual and accustomed sites” (such as the right retained by the Yakama Nation in the Columbia River), have been interpreted to create

a situation where those sovereign tribal governments are now co-managers of the resource together with the federal and state governments. Those rights will be a major part of the equation as the region determines what to do with massive dams in the Snake River that kill so many fish that major runs of salmon are now threatened with extinction.

He discussed various eras and policies where the federal government’s treatment of tribes varied dramatically, like a pendulum swinging from one side to another. During the Removal Era the Choctaw, Cherokee, Creek, Chickasaw and Seminole tribes from the southeastern U.S. were forcibly marched on the infamous “Trail of Tears” to what was supposed to be a new Indian country west of the Mississippi, only to have that land later

Continued on page 5



George Waters and two members of the Yakama Nation

## American Indians

continued from page 4

become the state of Oklahoma. Many thousands of Indians died on the forced march.

He elaborated further on the Allotment Era during which ninety million acres of reservation land were taken from the tribes and given to homesteaders. This was of course after the tribes ceded hundreds of millions of acres of land to the U.S. in order to ensure that they would at least have the reservation land for their exclusive use.

From 1945-68 during the Termination Era, the Congress severed the government- to-government relationship with 100 tribes basically abrogating the rights of the tribes and commitments that had been made to them.

The pendulum then swung back again, and the Termination Era ended in the late 1960s and early 1970s culminating in the enactment of the Indian Self Determination and Education Assistance Act, Public Law 93-638, which had been recommended to the Congress by President Richard Nixon. Termination thinking ended and “638” encouraged tribes to take over and manage federal programs themselves.

The biggest change in recent years has been the establishment of casino gambling on a large number of reservations. This began with the Seminole Tribe of Florida who established large high-stakes bingo halls and the Cabazon Tribe of California who added poker. A Supreme Court decision in 1987 stipulated that as sovereign units of government, states did not have civil regulatory authority over reservation

gaming. In 1988 the U.S. Congress weighed in with the enactment of the Indian Gaming Regulatory Act (IGRA), statutorily confirming much of the Court’s ruling but giving the states somewhat of a role as it required tribes to negotiate gaming compacts with state governments. Gaming revenue has allowed many tribes to prosper and provisions of IGRA have resulted in successful tribes rebuilding the entire infrastructure of their reservations from roads to schools to health care clinics and provide college scholarships to their members. The Cherokee Nation of Oklahoma, for example, has had great success with gaming and is one the largest employers in the State.

### **Village members posed a series of questions.**

What makes the relationship between the U.S. government and tribes unusual? The relationship is that of government to government. The Indian tribes now have tremendous power over what transpires on their own lands and as governments have the rights of taxation, policing, and the structure of their governments. Due to a very troubling Supreme Court decision known as the Oliphant case, Indian tribes have limited jurisdiction over non-Indians which has been problematic, particularly relative to law enforcement where the decision left voids in authority.

Some tribes have been able to utilize the Small Business Administration’s 8(a) minority and disadvantaged business program and create businesses that are able to bid on government contracts.

Health concerns were formerly

the bailiwick of the Bureau of Indian Affairs but in 1955 the Indian Health Service (IHS) was established under the Public Health Service in the Department of HEW (now HHS). Under the rubric of PL 93-638 and revisions to it, many tribes have taken over the day-to-day operations of reservations’ hospitals and clinics and are often doing it more effectively than IHS was able to with federal employees.

There are now 574 “federally recognized” tribes including about 200 Alaska Native Villages. The size of their reservations varies greatly, from the Navajo lands which are the size of the state of West Virginia to small rancherias of not more than a few acres. The Navajo are the largest nation, the Cherokee the second largest.

The Pamunkey tribe of Virginia received federal recognition through an administrative process at the Bureau of Indian Affairs in 2015. Six other tribes in Virginia were recognized by the federal government in 2018 upon the enactment of legislation supported by the Virginia congressional delegation. ■

### **LINKS TO MR. WATERS’S PRESENTATION**

[https://www.ncai.org/tribalnations/introduction/Indian\\_Country\\_101\\_Updated\\_February\\_2019.pdf](https://www.ncai.org/tribalnations/introduction/Indian_Country_101_Updated_February_2019.pdf)

[https://en.wikipedia.org/wiki/Trail\\_of\\_Tears](https://en.wikipedia.org/wiki/Trail_of_Tears)

<https://www.historylink.org/file/21084>

[https://en.wikipedia.org/wiki/Meriam\\_Report](https://en.wikipedia.org/wiki/Meriam_Report)

<https://opi.mt.gov/Portals/182/Page%20Files/Indian%20Education/Social%20Studies/K-12%20Resources/Flat-head%20Timeline.pdf>

[https://www.amazon.com/Indian-Givers-Indians-Americas-Transformed/dp/0449904962/ref=pd\\_lpo\\_2?pd\\_rd\\_i=0449904962&psc=1](https://www.amazon.com/Indian-Givers-Indians-Americas-Transformed/dp/0449904962/ref=pd_lpo_2?pd_rd_i=0449904962&psc=1)



# Book Review: *Even As We Breathe* by Annette Saunooke Clapsaddle

Priscilla Weck

**M**Y FAVORITE BOOK from 2021 is *Even As We Breathe* written by Annette Saunooke Clapsaddle who is a poet and a Cherokee. I find her writing glorious and her story compelling. There are elements of historical fact in the book but it isn't an historical novel

Cowney Sequoyah yearns to escape his hometown of Cherokee, North Carolina, in the heart of the Smoky Mountains. The lack of opportunity and his family situation are stifling him and his dream of going to college. When a summer job at Asheville's luxurious Grove Park Inn and Resort brings him one step closer to escaping the hills that both cradle and suffocate him, he sees it as an opportunity. He drives off to Asheville with Essie, also a Cherokee, who also has a job at the Grove Park Inn.

With World War II raging in Europe, the inn is the temporary home of Axis diplomats and their families, who are being held as prisoners of war. This, I learned, is an historical fact.

Soon, Cowney's refuge becomes a cage when the daughter of one of the residents goes missing and he finds himself accused of abduction and murder. *Even As We Breathe* invokes the elements of bone, blood, and flesh as Cowney navigates difficult social, cultural, and ethnic divides. Essie becomes his ally and confidante. But she, too, is looking for an escape and she believes she finds it in one of the



NO PHOTOS, PLEASE: On May 6, 1942. Over 200 foreign diplomats left the Grove Park Inn after a monthlong confinement. "As was true when the diplomats arrived here, newspapers or other photographs were banned at the station yesterday," The Asheville Citizen reported in the following day's newspaper. Photo courtesy of the North Carolina Collection, Pack Memorial Library, Asheville. <https://mountainx.com/news/foreign-diplomats-held-hostage-at-the-grove-park-inn-1942/>

diplomats. That begins its own set of complications.

After leaving the seclusion of the Cherokee reservation, he is able to explore a future free from the consequences of his family's choices and to construct a new worldview, for a time. However,

prejudice and persecution in the white world of the resort eventually compel Cowney to free himself from larger forces that hold him back as he struggles to unearth evidence of his innocence and clear his name.



## December Favorite Books

Berriault, Gina and Peter Warner, *Women in Their Beds: Thirty-five Stories* (Ellen)

Erdrich, Louise, *The Sentence* (Sunny)

Goodwin, Doris Kearns, *Team of Rivals* (Walt)

Johnson, Maureen, and Jay Cooper, *Your Guide to Not Getting Murdered in a Quaint English Village* (Sunny)

Kuper, Simon, *The Barcelona Complex* (Beth)

McCullough, David, *The Wright Brothers* (Nancy)

Patchett, Ann, *Run* (Ellen)

Powers, Richard, *Bewilderment* (Dottie)

Reid, Taylor Jenkins, *Malibu Rising* (Nancy)

Sanders, Lawrence, *The Second Deadly Sin* (Richard)

Shipstead, Maggie, *The Great Circle* (Dottie)

Strout, Elizabeth, *Oh! William* (Sunny)

Towles, Amor, *The Lincoln Highway* (Dottie)

Whitehead, Colson, *Harlem Shuffle* (Walt)

## Village Art Roundtable Features David Goldstein

Bob Schreiber



Blue Purple Lake Reflections



Island Glow Lake

**D**AVID GOLDSTEIN's very well-organized PowerPoint presentation covered every phase of his artistic development, his creative process and technical practices. The presentation of a huge number of his works—acrylics, watercolors, sketches and photographs—revealed an accomplished talent stemming from creative introspection, combined with tremendous vitality of expression and greatly benefiting from his substantial overseas experiences.

The Lake and the Village are indeed fortunate in having such talented and congenial residents among us. Attendees were Beth Auerbach, Lyn Gaffen, Mike

Gaffen, Nancy Mattson, Ellen Raphaeli, Millie Schreiber, Bob Schreiber and Cathy Williams.

The meeting was recorded. You can view it at <https://youtu.be/sp5Xtb9DoD4> If you are having trouble accessing the link, email [rwschreiberprojects@gmail.com](mailto:rwschreiberprojects@gmail.com)

You might want to keep an eye out for Cindy's announcements of the next Art Roundtable. ■



Dam

# Cooks on Call Rates Kudos

Jane Guttman

**T**HE COOKS ON CALL program is now several years old and Village members who have benefited from it give it rave reviews. It originated in a discussion by the committee organizing Keep in Touch, itself then a new program to keep members in touch with other members in their immediate part of the neighborhood.

The idea behind Cooks on Call was to provide meals prepared by volunteers to those who are sick, just home from the hospital, or recently bereaved. It not only provides meals during a time when cooking seems like a strenuous and unrewarding exercise but allows for some companionship, too. A member

simply needs to contact the office with the request, the office will set up a schedule of visits with the cooks and the cooks will stay in touch with the member about details including dietary needs.

Cooks on Call has been employed several times. Linda Woodrow noted: "After my surgery when I was concerned with recovering, it was wonderful to have meals delivered every two days for two weeks. The meals were delicious and I met so many nice neighbors. The volunteers were life savers." Louise Ziebell said: "Chef Adele Neuberg is the Chef on Call or at your front door! She brought me some delicious soup and her homemade Corn Bread. Then, she gave me more soup to deliver to two

Village people who live outside of Lake Barcroft. They enjoyed having the soup very much!" Your writer concurs: "When I got sick, Cooks on Call was a wonderful resource. I'm a vegetarian and they were very careful to bring me food that I could eat. And it was delicious! The group should be called Chefs on Call."

Dietary restrictions can be noted; the cooks will be lined up and deliveries will begin. And with leftovers, one meal delivery may become several.

Please let the office know if you would like to be on the list as a cook for the future. And, if you find yourself in need of the service, please ask the office for help. It is just one more example of how neighbors help neighbors! ■



Above photo by Clyde Williams  
Photo at right by Linda Woodrow

## Village Distributes Holiday Treats to Members

Jane Guttman

**M**EMBERS OF THE LAKE BARCROFT VILLAGE KEEPING IN TOUCH GROUP dropped off holiday treat bags at the homes of the entire membership. The bags contained knit gloves, snacks, truffles, envelopes of hot drinks, plus a sticky note pad, an extendable flashlight for a key ring and an ink pen, all three with the Village logo.

Cathy Williams and Linda Woodrow collaborated on a poem this year.



Don Christian was the graphic designer of the labels and poem and donated his time, artistic talents and the supplies.

The new tradition was started in 2020 when the Village could not hold its Anniversary Dinner because of Covid. Since the situation has only changed minimally, the Village again decided to distribute gift bags.

The contents were purchased and the bags arranged by Sue Morse, Cathy Williams, Clyde Williams, and Linda Woodrow. ■



## Interview: Ashu Goel

Anne Murphy O'Neil

**A**SHU GOEL and MARY SLAGLE are here in the O'Neil great room for a conversation.

**Ashu, I understand that you've been volunteering to assist Village members with various handyman projects. I'd love to hear about your life before moving here.**

**Ashu:** I grew up in Uttar Pradesh, India. My father was a civil engineer who worked for the government to improve our canals and irrigation systems. For about thirteen years, my family lived in small cities, moving every two years or so.

This turned out to have a good impact on me. I saw rural areas. I lived near people who were not well-to-do. School systems were underdeveloped; some libraries had only five books. There were fewer teachers, limited cultural options, no theater, and no opportunity to study music. TV was just coming up. My home was a sheltered place, like living on an army base.

Later, living in Delhi, population 19 million, I saw the huge difference between large and small cities. I came to see how very generous poor people were—how much they care for each other, and how strong is their sense of community.

My father had been the first member of his family to graduate from college. So my family's primary focus for me was math and science. All young people were encouraged to study science and medicine. Once in college, I thrived on the competition, became a star student, and flour-

ished in my focus on computer science.

After graduating I supported government programs under Prime Minister Rajiv Gandhi, ensuring that computer education was installed in our schools. We also worked in a number of areas to establish India in the field of computer technology.

**What brought you to the United States?**

**Ashu:** I came to further my education, enrolling in Ball State University, Indiana, where I earned my Master's in computer science. I stayed on here because the technology perspectives were more advanced.

So between 1994 and 2000, I did management consulting, travelling around the world for big five consulting firms, such as Siemens Technology, solving problems and coordinating work across time zones. My current job is Director of Information Technology at Health and Human Services.

**How did you find Lake Barcroft?**

**Ashu:** Mary had lived near here since 2000. We'd been colleagues, working together for the U.S. government at the Bureau of Alcohol, Tobacco, Firearms and Explosives, when we began dating. We used to come through Lake Barcroft riding our bikes. Mary loves nature, and we were both struck by how natural it all felt. We have found great friends, including Nazir and Ashraf Bhaghat, who live just a few doors away from us



Family Photo

on Lakeview Drive.

**And now you've been volunteering to help members of the Village.**

**Ashu:** Ever since coming to the United States, I've noticed that giving to communities here is a major part of life. Contributing to schools, churches, and civic organizations improves the quality of everyone's life.

This is a good culture, and I'm happy to be here. As I'm slowing down, the question is, how can I give back as a citizen?

Growing up, I was always encouraged to make and fix things. When I see friends and neighbors here, especially among the elderly, I get great satisfaction helping them out. For many, the computer is a prized but puzzling possession. I can sometimes make a recommendation by talking to their kids who are more tech savvy.

A few minutes of my time can really make a difference—and I can recommend professional help when it's needed. ■