



Volume 3, Issue 2

# The Villager

May 2017

## New Board Members, Officers

The Board of Lake Barcroft Village elected four new members: Deenie McKay, Pedro Turina, Vic Utgoff and Priscilla Weck. The new Board officers are: Ron Karpick, President; Nancy Mattson, Vice President; Peg Veroneau, Treasurer; Deenie McKay, Secretary.

## Fifth Anniversary Dinner

Clyde's Restaurant in Alexandria was the scene of a festive celebration of Lake Barcroft Village's Fifth Anniversary. The dinner was called "Sail into Spring," taking note of the nautical decorations at Clyde's. Sixty-one people attended and enjoyed a dinner featuring chicken and salmon and a brownie mousse dessert. A guitarist played classical music during the dinner; conversation flowed at the tables. For photos of the evening, see page 3.

## Richland Speaks on Compassion and Choices

By Jane Guttman

Jud Richland, Beachway Drive, spoke about "Compassion and Choices" at the March 20 Quarterly Meeting of Lake Barcroft Village. Jud volunteers as the Northern Virginia coordinator for the Compassion and Choices organization, which advocates for improved care and end-of-life options.

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To highlight the issue, Jud's colleague Sara Stern spoke about her husband's passing, which did not go as he had wished. Her husband, for 42 years a tubist with the National Symphony Orchestra, voluntarily stopped eating and drinking when he decided he wished to die, since there were no other options available to him in Virginia. Ms. Stern said that dying from dehydration was "unspeakable" and urged the listeners: "It's important to push so people can die in a humane manner if they have the mental capacity to make the decision."

Jud Richland explained that there are seven places where aid in dying is legal: Vermont, Washington, Oregon, California, Colorado, Montana and the District of Columbia. Jud noted "We can extend life but procedures don't necessarily make the dying process better." He said that most people want the same things at the end of life, to die at home and with loved ones nearby, without pain, with their spiritual needs respected, and without becoming a burden on their loved ones. **(See Page 2)**

## Richland Speaks on Compassion and Choices (c't'd from Page 1)

Presently, one in ten Americans has surgery in the last week of life; less than 40% die at home; and most die in the hospital or in long-term care, often after “unnecessary and painful treatment.” Jud sees two major causes for these statistics. The first is what he calls “perverse incentives in health care” because doctors and hospitals practice “defensive medicine” so no one can say they didn’t do everything they could and because medical practitioners are paid for services delivered. Also, he notes, there is a lack of communication and coordination among the medical professionals attending to the patient. Second, people don’t proactively do what they can earlier in life, such as completing the state-approved documents for types of care or refusal for resuscitation. He recommends that people become informed about “end of life choices,” complete the legal forms, and “have an ‘end of life’ conversation” with the family and the doctor.

The current end of life options in Virginia are: all treatment intervention; refusal of medical treatment; voluntarily stopping food and drink; palliative care; terminal sedation. Jud asked, “What right don’t you have?” and responded “To die peacefully, at the time and place of your choosing.”

The Compassion and Choices Facebook page can be found at: [www.facebook.com/CompassionandChoices/](http://www.facebook.com/CompassionandChoices/)

## In Memoriam: Liz Christian

By Cindy Waters

It is with a great deal of sadness that I write to let you know of the passing of former neighbor and founding Lake Barcroft Village member Liz Christian following a short illness. Liz and her husband Charles were active members early on in the Village with Liz, especially, also being an active volunteer. Every other week she would visit with and assist another of our members who was housebound and Liz could always be counted on to be an early morning driver when asked. I will sincerely miss her sunny nature and always-positive attitude.

Her daughter, Charlisa, was here from New Mexico for several weeks; Liz’s son Craig lives nearby. At this time, a memorial service has not been scheduled.

## Wanted: Perennial Tulips

By Judy Hilton

Do you love tulips and are saddened when they fail to return year after year as do other spring bulbs? Here are a few tips to improve the chances that these handsome long stemmed cultivars will stage a repeat performance in your garden (or pot).

First, plant them in a sunny (5 to 6 hours), well drained, well ventilated location, far away from your sprinkler system if you have one. If you wish to keep them in the ground, plant deeply, add bulb booster around the tulip plant when the flowers begin to fade in the spring, and again in September. Or if you have a place to overwinter the bulbs, out of direct sunlight, and between 35 and 45 degrees Fahrenheit, lift the bulbs after the leaves have turned yellow and put them in a mesh bag or something like that, and then replant in the fall (in this area, late October or November). During the dormant period lasting about 16 weeks the bulbs must be kept cool and dry

Alternatively, there is another group of tulips called *species* or *botanical* tulips. Native to central Asia, these are the ancestors of today’s hybrids. Smaller and more delicate, these are tough little bulbs that are essentially wildflowers, growing where winters are cold, often mountainous, springs are moist and warm and summers are hot and dry. They tend to naturalize and perennialize more easily than the hybrids and over time will form colonies, creating lovely carpets of blossoms. They are ideal for rock gardens, berms, the fronts of borders, and do well in containers. Not usually found in most garden centers you can order them from bulb catalogues. Try them and you will be delighted.

If you have bought new perennials, get them in the ground now before the weather gets any hotter.

# Fifth Anniversary Dinner

Photos by Larry Golfer





## Second Pot Luck Is a Great Success

The Village is grateful to Dottie Bennett and Richard Morton who hosted a second Village Pot Luck on April 29, 2017. The event was attended by 32 people, who enjoyed appetizers, several different main dishes, side salads and numerous desserts.

Guests were asked to bring their beverage of choice and to let Cindy Waters know which type of dish they would be bringing.

## Review of Trilogy by William R. Forstchen: *One Second After*, *One Year After*, and *The Final Day*.

By Shirley J. Smith

If the detonation of nuclear weapons in the atmosphere over the United States vaporized this country's power grid, what sort of social and economic disruption would it cause? Could Americans relearn to live without the electricity that now powers all aspects of our lives? Or would we descend into a new Dark Age? William R. Forstchen has explored this question in a trilogy of absorbing, quite terrifying novels: *One Second After*, *One Year After*, and *The Final Day*.

John Matherson has retired from his military career, moving to bucolic Black Mountain, North Carolina where he is teaching in a small college. In one stunning moment, the electrical grid of the United States totally collapses. The cause and geographic extent of the problem is not immediately apparent. Without computers, telephones, radios or other means of long-distance communication residents don't realize that a wartime nuclear explosion above the United States has permanently knocked out the nation's entire electrical infrastructure. In an instant, nearly all vehicles built since WWII (now electronically enhanced) come to a screeching halt. Drivers and passengers are permanently stranded wherever they happen to be. Without refrigeration, all fresh and frozen foods as well as critical medical supplies immediately begin to deteriorate.

The community votes to make Matherson town administrator in the hopes that he can rally residents to share their resources and work together in this new reality. Questions abound. Are there any WWII-era (non-computerized) vehicles left to be put to use, and if so, does anyone remember how to service them or fabricate their parts? With so much information now digitized but inaccessible, are there still any paper copies of 19<sup>th</sup> or early 20<sup>th</sup> century encyclopedias available from which to glean the details of pre-electrical technologies? As months pass and the gravity of their situation becomes increasingly evident, the public mood darkens. Unable to grow enough produce or farm animals to feed their families, people must decide whether to share the food they have with neighbors, friends, or even relatives or to hoard what they have for themselves. Should they continue to feed family pets or should they eat them to stay alive? Neighbors turn against one another and the surfeit of guns leads to violent domestic warfare. The social fabric of community, like the power grid, is gradually reduced to ashes.

Forstchen, a specialist in military history and the history of technology, presents a terrifyingly real picture of the fragility of society under duress. These novels contemplate the shutdown of the U.S. power grid due to nuclear activity from a rogue state (such as North Korea), yet the same type of electromagnetic pulse (EMP) could also be generated by sun flares over which we have even less control. *One Second After* has been cited on the floor of Congress as a book all Americans should read. Many Pentagon officials consider Forstchen's writing a frighteningly realistic look at the awesome power of nuclear weaponry to destroy the entire United States, literally within one second.

The Fairfax Public Library has copies of all three of these novels.

## Interview with Louise Ziebell About Keeping in Touch

By Anne Murphy O'Neil

Four years ago, as luck would have it, Louise and I sat next to each other at a Woman's Club movie night. We've been happily keeping in touch ever since.

*You have great joy in bringing people together. I wonder how you first discovered that?*

*Louise:* I grew up in a small town in Louisiana where everybody knew everybody. It was a very close community and I made many friends, in school, at church, and as part of a 4H club. We paraded together, collected insects, judged victory gardens, and competed to enroll the largest number of participants, offering to help them in return. The friends I made then are still my friends today. We keep in touch, call each other and visit each time I return.

In college I joined the Newman Club and enjoyed a soiree every Sunday with conversation following the service. Studying for my masters at Smith College was so invigorating, through projects with stimulating discussions among my teachers and fellow students. Always re-thinking, re-assessing, looking for new possibilities.

*And you're doing just that with your friends now, in the Village. Creating connections, offering assistance, enjoying conversations, looking for new pleasant ways to be together. What got you going on this?*

*Louise:* Sheila Wayman had the idea. She used to call her mother frequently, which they both enjoyed. Then while Adele Neuberg was vice president, she offered to make blueberry scones so I could deliver them to my neighbors, Vic and Fran Cavagrotti. They were members of the Village, and only three doors away from me on Waterway Drive. Sheila and I thought we could bring Village members from around the Lake together, and create ways to get to know everybody better. We wrote a proposal, submitted it to the Village Board, and were on our way.

*So how are things going now?*

*Louise:* Keeping in Touch has eleven captains now, each in contact with part of our community: Carol Bursik, Ellen Feldstein, Ellen Haberlein, Phyllis Heffern, Judy Miller, Adele Neuberg, Millie Schreiber, India Walsh, Kay Ward-Johnson, Sheila Wayman, and myself. Most recently we had a meeting where four of our captains, Carol Bursik, Ellen Feldstein, Kay Ward-Johnson and I talked about what we've been up to. So far we've had a Sunday dinner where neighbors whose children played together got back in touch. There's been a Saturday morning coffee where eight of us had fun catching up. Ideas bubbling up include pot-luck suppers on Friday or Sunday evenings, neighbors strolling around the Lake, week-end movies, sending cards to mark special days, and creating car-pools for getting to and from Village meetings and the ever-popular happy hours with Terry Stone and Lois and Marty Mandelberg.

*It sounds like Keeping in Touch is well on its way, with warm friends and fresh ideas.*

*Louise:* We're at the beginning. As captains, we're learning from each other, and discovering different ways to open up new friendships in our Village.

## Getting Together: by Two Keeping in Touch Captains

By Carol Bursik and Judy Miller

When the Keeping in Touch program was introduced earlier this year, several members of the cluster for Sections 8 and 9a (Beachway/Blair/Duff/Pinetree area) mentioned that they didn't know all of the other members in the group. To remedy this, captain Carol Bursik invited the group to meet for coffee and conversation at the home of Carol Bursik and Roger Soles. As it turned out, several people did know each other through their children when they were growing up in the Lake while others were acquainted through the Village. The group spent a wonderful two hours chatting, drinking coffee, and nibbling on fruit, coffee cake, and deviled eggs. They successfully built new connections with each other, which is the idea behind Keeping in Touch. Since two people were unable to attend due to prior commitments, (See Page 7)

## Getting Together: by Two Keeping in Touch Captains (c't'd from Page 6)

Carol would like to do this again, perhaps mid-summer, so that all can be involved in the next conversation.

In the winter, a small but friendly Section 7 Keeping in Touch group had a potluck supper at the cozy home of captain Judy Miller and Steve Miller on Rustic Way Lane. Participants included Dottie Bennett and Richard Morton, Ron and Jane Karpick, Sam and Barbara Rothman, and George and Ingrid Brock. The group enjoyed appetizers, meatloaf, apple cobbler and wine. Most of the neighbors seemed to already know each other, except for the Millers, so it was a good time to strengthen existing friendships and make some new ones.

## The Village Saves the Day: Marty Convisser, Volunteer

By Jane Guttman

The batteries in my smoke detectors needed changing, and I'm nervous about step-ladders. My daughter, who usually helps me with this chore, had fallen on the ice and was nursing two compression fractures. My son-in-law had his hands full with the kids, the dog, the house and work. Enter the Village! I emailed Cindy and in short order, Marty Convisser had volunteered to change the batteries. I had the batteries ready and intrepid Marty climbed the ladder to replace them in all four smoke detectors. It pays to belong to the Village!



Photo by Jane Guttman

## Reminder: New Village Service—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.

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

### Other Services of the Village

- ✓ Transportation
- ✓ Home maintenance and repair
- ✓ Errands and household tasks
- ✓ Social outreach
- ✓ Weather emergency service
- ✓ Personal Assistance
- ✓ Computer Technology
- ✓ Administrative support

For more information on these services, see our web site: [www.lakebarcroftvillage.org](http://www.lakebarcroftvillage.org)

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