



Volume 3, Issue 3

The Villager

August 2017

Boat Rides on the Lake

Thanks to volunteer Holly Schneider, Lakeview Terrace, the Village will be able to offer a new service to members: boat rides on Lake Barcroft. Groups are limited to four people, no children, and no parties. Please contact Executive Director Cindy Waters, Lakeview Drive, 703-354-0652, if you are interested in scheduling a ride.

June Quarterly Meeting Features Speakers on Safety and Security

By Jane Guttman

Susan Escobar, Grass Hill Terrace, Chair for Security and Safety of the Lake Barcroft Board, spoke about neighborhood security at the Lake Barcroft Village Quarterly Meeting on June 19, 2017, along with Rick Kercz, Waterway Drive, organizer of Neighborhood Watch, and Officer Gary Moore, Fairfax County Police Department, Coordinator of overtime patrols in Lake Barcroft. **(See Page 2)**



Photo by Jane Guttman

L-R: Rick Kercz, Susan Escobar, Officer Gary Moore

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New Members

The Village welcomes new members Pat Selig and Laurena Minnig.

It Isn't "Just Yoga"

By Jane Guttman

Geri Falek's Stretch and Balance class is a weekly calendar entry in many Village members' date books. The class is not just another yoga class, of which there are many in the neighborhood; in fact, the class is informed by "yoga, dance, physical therapy, massage therapy and energy work," according to Geri, who does not plan classes in advance; she waits until she hears from the attendees what each of them needs in terms of work, based on aches and pains that cropped up during the week from regular activities. For example, one attendee might have a knee issue; **(See Page 2)**

Village Quarterly Meeting (C't'd from Page 1)

Susan emphasized that if one sees something that seems abnormal for the neighborhood, one should call the Fairfax County non-emergency number, 703 691 2131. She said that some circumstances that might prompt a call would be illegal parking or fishing at the Community Garden. Callers may remain anonymous. She suggested: "Know your neighbors."

Rick Kercz noted that the Neighborhood Watch, now to be called "Eye Watch," is being modeled on the Section 2 Neighborhood Watch. Rick said that one should be aware but not confrontational. Currently, there are twelve people in Lake Barcroft who are part of the Community Emergency Response Team, trained by Fairfax County through FEMA.

Officer Moore stated that Lake Barcroft is the largest community within Mason District and the lowest crime area. He pointed out that the recent instances of graffiti were not gang-related. Saying "We don't like solicitors," he asked residents who see solicitors to call the non-emergency number; in the past some solicitors have fleeced residents.

Officer Moore mentioned that running stop signs and speeding are a problem here, particularly near Beach 3. Concerning water safety, he mentioned that even those who live in Lake Barcroft should not be swimming after midnight.

Not Just Yoga (C't'd from Page 1)

another might mention headaches; a third might mention lack of energy. Participant Sunny Greene noted, "As we all "mature", balance and flexibility become crucial. Each student participates to her/his own ability. There is no competition. Geri asks each student about any soreness or concerns and tailors the class to meet those needs."

Geri has studied yoga therapy, massage therapy and physical therapy, as well as dance and yoga. She had to take anatomy for both yoga and massage therapy. Actually, she even had to learn anatomy for her career as a hairdresser, studying the bones in the face, head and hands. Carol Bursik stated, "The thing I like most about Geri's class is that it helps me scan my body and identify areas that are stiff or need limbering up. The guided stretching is very beneficial and not something I would do on my own. I try to attend every week if possible."

Geri studied under Makunda Stiles, a famous yoga therapist. About him, she says: "he was the most influential teacher I had." From him she learned to "see the person and not the problem." That was different from most of her teachers, who would see the yoga program "but not see the individual in front of them." Stiles "helped me understand that learning to teach the person was more important than learning to teach the postures. That was a revelation."



Jane Guttman

Geri helps a student adjust her posture.

This method fit Geri's personality to a T, because, she explained, "I am by nature a problem solver. Whether it is a creative problem or it is a business problem or a problem with someone's limitations. I say if the person can't do *this* [a particular movement] **(See Page 3)**

Not Just Yoga (C't'd from Page 2)

then maybe they can do something else.” In class, if a student is having trouble with an exercise, Geri modifies it so that the student gains the same benefit without stressing the problem body part. Waltraut Nelson commented that Stretch and Balance is an “invigorating, fun class. Geri is a very good instructor.”

Stretch and Balance class is held every Monday from 4 p.m. to 5 p.m. at Geri's studio in her home at 3801 Lakeview Terrace. There's plenty of parking. If you'd like to take the class, phone Geri at (703) 289-3054, or email her at geri_falek@yahoo.com. Village members get a discount: \$35 for four classes. The class is different every week, but if you'd like to see a sample from the privacy of your own home, you can watch one on YouTube:

<https://www.youtube.com/watch?v=mxkoAroZsQk>

Adult Swim Lessons

LBA is now offering private adult swim lessons at Beach 4 with Mei Mei, who grew up on Lake Barcroft and raised her sons here. Mei Mei is an experienced life guard and Open Water Swim Instructor. She focuses on teaching adults to swim and be comfortable and safe in an open water environment.

Janet Kerley, LBA Water Safety Director, reminds us that there are inherent risks and dangers attached to any activity in or near a body of water. Lake Barcroft is no exception. Any of the following life-threatening situations can occur even in the presence of lifeguards: 1) Submersion due to inadequate swimming ability; 2) Changing bottom conditions and depth.

Stay safe! If you are interested in private lessons with Mei Mei please email Katy at lbawimlessons@gmail.com.

What Is VtoV Network?

By Ron Karpick

The 2017 Annual Gathering of Villages, sponsored by the Village to Village Network, will take place in Baltimore from November 5-8, 2017. The first Keynote speaker, on Monday, is Rona Kramer, Maryland Secretary of Aging.

On Tuesday Dr. Peter Rabins, Richmond Family Professor of Alzheimer's and related diseases at Johns Hopkins University, and author of *The 36 Hour Day*, will speak. There are multiple general sessions and breakout sessions. For the entire agenda, please check the Village to Village website: <http://www.vtvnetwork.org>. If you have any questions or would like to attend, please give me a call at 703-256-8793 or email me at lungone@msn.com.

The Village movement started with the Beacon Hill Village (BHV) in Boston in 2002. BHV is a member-driven organization for Boston residents 50 and over, providing programs and services so members can lead vibrant, active and healthy lives, while living in their own homes and neighborhoods. Benefits for the BHV include access to discounted providers who can help the members manage their household, stay active and healthy, and provide transportation. (See <http://www.beaconhillvillage.org> for further information). Lake Barcroft Village was first conceived in 2011 by Ann Cook and a group of interested, enthusiastic and capable neighbors who had heard of BHV.

Today there are over 200 functioning Villages and more than 150 in development in 45 states and the District of Columbia. In 2010, the Village to Village Network – a national organization that collaborates to maximize the growth, impact and sustainability of individual Villages and the Village **(See Page 4)**

VtoV Network (C't'd from Page 3)

Movement – was formed. The Network provides expert guidance, resources and support to help communities establish and maintain their Villages.

In 2016 I attended the 8th Annual National Village Gathering in Columbus, Ohio. It was exciting to meet folks from all over the country who desired to make the lives of their older adult neighbors more fulfilling. Elizabeth Isele from the Global Institute for Experienced Entrepreneurship, keynote speaker, posited that entrepreneurs above the age of 50 are the only growing natural resource in the world today.

Ashton Applewhite, author of *This Chair Rocks*, second keynote speaker, explained that the total number of individuals with dementia is increasing simply because the number of elderly is increasing. She believes our society needs to increase its knowledge base regarding the process and consequences of aging. For example, Applewhite's aging is not the same as the aging of others.

Applewhite notes that our society needs to increase interdependence. We all need help; there should be no shame or self-loathing in getting assistance from others. We need to increase the number of friends as we get older.

Another speaker was Dr. Bill Thomas, geriatrician, founder of The Eden Alternative, "an international, non-profit 501(c)3 organization dedicated to creating quality of life for Elders and their care partners, wherever they may live." He is also the author of *Second Wind: Navigating the Passage to a Slower, Deeper and More Connected Life*. His philosophy is that we should age in community; we should be good neighbors. Reliance on each other fosters community and a better quality of life.

Dr. Andrew Scharlach and his associates from the University of California, Berkley shared the results

of their research on Villages. In 2015 when they conducted one phase of the survey, there were 115 Villages--75% completed the survey. As a consequence of membership, 47% of members said their quality of life improved.

Malaria and My Family

By Clyde Williams

The first clue came from a military document revealing that my father, a Submariner and Radioman 2nd Class on the Shark, had been sent ashore with malaria to the Naval Hospital near Manila. The mosquitoes got my dad, but they were not Philippine mosquitoes; they were Missouri mosquitoes.

My American grandfather was a Southeast Missouri timber man, and he married a telephone operator from Golconda, Illinois. They lived in a log cabin on a dike between the Mississippi and a cypress swamp. Dad was born there in 1911. In those days, malaria was endemic in 32 of the states. Dad had a strong immune system and survived, but malaria hides and sometimes resurfaces.

That's fortunate for some. While dad was still recovering on light duty, the Japanese attacked, and all our submarines in the Philippines went to sea as part of the defense. Some, like the Shark, did not return.

The Japanese attacked on 8 Dec. 1941, less than 12 hours after the attack on Pearl Harbor. U.S Forces were forced out of the Philippines. Some like dad were sent first to Darwin, then Perth. On 24 March 1942, only three and a half months later, dad applied for permission to wed an Australian, Edith Charlotte Wilson. My mother was a war bride.

(See Page 5)

Malaria and My Family (C't'd from Page 4)



Family photo

Chief Petty Officer Joe Williams and 4-month-old Clyde

I was born 17 March 1943, the first of our “mosquito people”, those who would not exist except for the timely effectiveness of Missouri malarial mosquitoes.



Family photo

Clyde and Cathy Williams

Now we also include my daughter Cristin and three children, my brother Jason, his three children and two of his grandchildren. In 74 years we have increased from zero to 10 mosquito people.

Interview: Nancy Mattson and Ellen Feldstein

By Anne Murphy O'Neil

A visit with Nancy Mattson, and Ellen Feldstein, the respective outgoing and incoming chairs of the Village Program Committee.

Nancy, Ellen, and I relax together in Ellen's living room. Chloe, her alert and friendly bichon frise, takes us in, scampers from chair to chair, and peers out at the Feldstein's forested view.

Ellen, Chloe's quite the sprightly charmer.

Ellen: Yes. She finally lucked out and came to us. She'd been with 3 previous owners in her first 15 months.

Nancy, you've been involved with the Lake Barcroft Village since the beginning.

Nancy: Yes. I was part of the task force that set it up. We studied Villages for a year under Ann Cook's leadership. During that time, we wrote the by-laws, the IRS recognized us as a 501(c)(3) organization, and we found an insurer. Ellen's husband, Stuart, led the volunteers. We set up our service program, and I took on program development.

It seems the Village attracted members very quickly. What was their top interest?

Nancy: It was probably social---living longer and happier with friends here in the Lake. With 87 members, we're one of the smaller Villages because we're self-contained here in the Lake.

I imagine the smaller number contributes to a closer-knit feeling among the members. How has it been for you, leading the program committee?

Nancy: I've enjoyed exploring ideas for exciting new programs, and keeping everyone organized and moving ahead. One popular program is a monthly Saturday night happy hour at the homes of Terry Stone and Lois and Marty Mandelberg.

Ellen: Another is the rides program. Just about everybody uses it.

Is there anything you didn't expect as the effort launched? (See Page 6)

Interview: Nancy Mattson and Ellen Feldstein (C't'd from Page 5)

Nancy: I hadn't imagined how diverse we would be---such a broad reach of talent.

How had your professional work prepared you for the challenges?

Nancy: At the World Bank, I worked with people from different cultures speaking a variety of languages. The work required a highly organized structure.

Ellen: I've received an organization that's highly developed. I'm looking forward to encouraging members to continue working together to come up with new activities. I'm sure there'll be many fine ideas---pot luck dinners, co-ed lunches, dinner at Tempo, a shuttle program for tours, a book club. We love the foreign language groups Jane Guttman set up. I had liked the idea of an arrangement for requesting supper when members return from hospital. Adele Neuberger remembered, and set up our Cooks on Call program. It only takes one person to say I'd like to set up a group. When my mother lived at the Virginian she loved their co-ed current events discussion group---"Month in Review."

Nancy: Members enjoy Keeping in Touch. It's wonderful that we have as many volunteers as members. People want to be involved. Some join because they want the Village to be here when they need it. It's been 5 years, and it's been fun.

Recently, I said to Ellen: "You'd be good at this."

Ellen: And I said I'd think about it. It might be kind of fun.

So here you are today.

Ph.D. Candidate Studies Lake Barcroft Village

By Jane Guttman

Yi-Ting (Joyce) Chiu, Public Policy Ph.D. Student at George Mason University, visited several recent Lake Barcroft Village Board meetings, a Happy Hour and a dinner to learn about our village for a paper she was writing. Yi-ting explained: "This is the third year since I have been in the US. Because my families back in Taiwan suffer from the elder care issue, I am interested in the village model. The network villages will be my dissertation topic. Studying LBV is my exploratory research."

Yi-Ting interviewed members and Cindy Waters, Executive Director, and reviewed documents such as minutes of the Board meetings, the volunteer and member handbooks, the annual report, *The Villager*, and the recent survey. She also interviewed the Executive Director of the Foggy Bottom West End Village and attended the quarterly meeting of the Washington Area Villages Exchange (WAVE).



Family photo

Yi-Ting Chiu

Yi-Ting was happy to report that she received an A+ in the course.

Book Reviews: Capek, Rehm

By Lark Lovering

When asked to do a short book review for this newsletter I first wanted to recommend some obscure book that impressed me long ago. But those may be hard to find, so a more recent and popular one seemed more sensible. To avoid that decision, here's one of each type.

Old and odd:

The War with the Newts by Karel Capek is an easy read, first published in Czech in 1936. If you are interested in a sci-fi tale involving talking lizards, a Dutch captain who sounds like a character from Tintin, and some out-of-the-box social commentary by a free-thinking Czech whose career was cut short by the Nazi invasion of his country, I highly recommend this one. Capek has been translated into many languages and a play based on the plot of this book was recently performed at Georgetown University.

Capek addressed many of the same issues as Orwell, Huxley, and Welles, but with wry Czech humor and the ability to make you think while laughing. In the play, *R.U.R.*, he coined the word "robot" and imagined the consequences of creating a form of subhuman life capable of performing the work of the world. *R.U.R.* was also produced recently in DC., along with a display of photographs and descriptions of the Capek brothers' too short lives.

He was a great traveler and wrote on an amazing variety of lighter subjects, from travel to gardening.

Recent, interesting, easy to find:

Finding My Voice by Diane Rehm tells more than expected about her career and her personal life. If you, like me, miss her calm interviews on the radio

and wish she was still around when we need a civil national conversation the most, this might be a good choice for summer reading. Aside from the fairness and intellect displayed by that voice on the radio, she turns out to be very appealing in person, and in print. The book is a glimpse into the personal life of someone familiar but still unknown to frequent listeners.

Spanish Conversation Group Visits Museum



Photo by Jane Guttman

L to R: Chuck Haberlein, Cecilia Herrera, Pedro Turina

Members of the Spanish conversation group took a field trip to the National Museum of the American Indian. Under Pedro Turina's leadership, Chuck Haberlein, Cecilia Herrera and Jane Guttman toured the Inka Exhibit and marveled at the feats of engineering on view, in particular the Great Inka Road, the terracing of farmland on mountainsides to prevent water runoff and erosion, and the construction of rope suspension bridges across chasms. Among the artifacts was a *kipu*, a record-keeping system based on knotted ropes. For those who are not able to go to the museum to see the exhibit, there is a web site:

<http://nmai.si.edu/inkaroad/index.html>

The exhibit will remain open until June 1, 2020.

August Thoughts about Watering Your Garden

By Judy Hilton

In our mid-Atlantic region August tends to be hot and dry with little or no rainfall. Time to get out the hoses and sprinklers to come to the aid of thirsty plants. Best time to water is between 5:00 am and 10:00 am although on very hot days a shower at midday can help cool things down. If possible, avoid watering in the evening or at night.

Summer flowering bulbs need watering every week to ten days. A vegetable garden needs at least one inch of water per week. Check the moisture in plant containers every four days and check small pots and hanging baskets every day or two.

If you want to keep your lawn green, regular deep watering will be necessary. Light sprinkling is more harmful than not watering at all. This encourages root development near the surface and increases crabgrass germination. If the lawn does turn brown let it stay that way until it naturally greens up again with fall rains and cooler temps. Too many fluctuations between dormancy and active growth will weaken the grass.

Keep the soil nicely damp around perennials but do not let the soil become waterlogged. High heat and humidity encourage powdery mildew so avoid overhead watering. Cut down to the ground plants that have finished blooming.

Shrubs will need about one and a half inches of water several times before September rains. Mark this amount on the inside of a one-pound coffee can or other straight-sided container and set it where it will fill up with water to determine the supply of water. Overhead watering shrubs is OK as long as you water deeply.

New trees should be watered every week. A good way to do this is to let a hose drip very slowly

around the base of the tree for about an hour or so. The National Park Service waters new trees and shrubs for the first two years after planting and after that they are on their own. Established trees only need watering in times of severe drought (two to three weeks or more without rain).

Tempo Restaurant

By Ellen Feldstein

Villagers are in for a special treat on Tuesday, August 29, when they head for Tempo to participate in that restaurant's summer special offering. For \$55 per couple, diners will receive two three-course meals and one bottle of either house red or house white wine. If not finished, the wine may be taken home.

Located in Alexandria at 4231 Duke Street, this fine restaurant has been a favorite in the area for many years. Dinner begins at 6:30 pm, and space is limited, so reservations are a must. RSVP to Cindy Waters at 703-354-0652 or lvcoord@gmail.com **no later than Tuesday, August 22.**

Save the Date!

Monday, September 25 – 7:00 p.m.: Village Quarterly Membership Meeting at Mason District Governmental Center; 6507 Columbia Pike.

Program to be determined.

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