



Volume 3, Issue 1

February 2017

Board Elections to Take Place

Be on the lookout for your ballot for the March 20 Board elections. The following people are candidates: Deenie McKay, Pedro Turina, Vic Utgoff and Priscilla Weck.

Deenie McKay



Mary Virginia (Deenie) Kenner McKay is an ordained minister and has served as a hospital chaplain and pastoral counselor. She has a rich background in literature and a special interest in the study of the humanities. Deenie has been active in the Lake Barcroft Art League & participated in several exhibits. She looks to the arts as a pathway for individual fulfillment as well as for binding the wounds of our culture.

As a member of the Lake Barcroft Village Board, she will seek to enhance membership's participation in meeting Village goals.

The Villager

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Reverend McKay comes from Little Rock, Arkansas and presently lives on Beachway Drive with her husband, Hugh.

Pedro Turina



A resident of Lake Barcroft since 1977, Pedro Turina came from Chile to the Washington area with his family. He worked for the Organization of American States in the areas of Education and Science and Technology as a specialist and in programming technical cooperation with member states. Since retiring from OAS in 2000 he has volunteered for the National Air and Space Museum in the Library and as a researcher in the Archives Reference Team. Since 2010 he has **(See Page 2)**

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been a volunteer serving at United Community Ministries in Alexandria and currently at Culmore Clinic as a patient navigator. He and his wife Eliana are volunteers of Lake Barcroft Village and he is currently a member of the team in charge of beginning and intermediate/advanced Spanish conversation classes for members of the Village.

Pedro and Eliana Recently celebrated their 50th wedding anniversary with their three children and six grandchildren.

Living in Lake Barcroft has been a wonderful experience and volunteering for the Village Board is an honor and a privilege to contribute to the community.

Vic Utgoff



Victor Utgoff, an engineer, is married to Kathleen Utgoff, an economist. They have two married daughters, Anna and Margaret, and two grandchildren, June and Fern. The Utgoff family became residents of the Lake Barcroft Community in the mid-1980s and have been members of the Village since shortly after its formation.

Victor currently works part time for the Institute for Defense Analyses where he has been for nearly 35 years, mostly doing research on the many problems posed by weapons of mass destruction. During the Carter administration he was a member of the National Security Council Staff. Prior to that he worked for the Center for Naval Analyses and several aerospace organizations. He received his SB in Aeronautics and Astronautics from MIT, and

a Ph.D. in Electrical Engineering from Purdue University.

He is a licensed aircraft pilot, loves to sail, and enjoys playing poker, some modern board games, and backgammon. He continues to take classical guitar lessons despite remarkably slow progress.

Priscilla Weck



I came to Lake Barcroft with my husband, Egon, and son, Tom, in the summer of 1976. By fall Tom was in 6th grade at Bailey's Elementary School and I had a job at the Corporation for Public Broadcasting. Tom stayed in Fairfax County schools through High School and I stayed at CPB until retirement. During my work years the only community activity I pursued was as a Fairfax County election official. But when I retired I started giving back to this community.

Currently, I am on the Board of the Friends of Woodrow Wilson library, I share the leadership of Culmore Cleanup, now in its 15th year, and I lead (if that's the right word) the Woman's Club Morning Book Club. I also participate in the Woman's Club Eating Adventures and Downtown Adventures.

Quarterly Meeting Presentation: Compassion and Choices

By Jane Guttman

“Compassion and Choices” will be the topic for presentation at the March 20 Quarterly Meeting, to be held at Mason Governmental Center starting at 7 p.m. Jud Richland, a Lake Barcroft neighbor, along with co-presenter Sara Stern, will be the speakers. Jud is the Northern Virginia Action team leader for Compassion and Choices, a national organization. According to the Compassion and Choices web site, “Compassion & Choices is the nation’s oldest, largest and most active nonprofit working to improve care and expand options for the end of life.”

The organization’s “Seven Principles of Person-centered Care,” as listed on the web site, are:

- 1.) FOCUS
End-of-life care should focus on the individual’s comfort.
- 2.) SELF-DETERMINATION
Individual tolerance for pain and suffering varies dramatically.
- 3.) AUTONOMY
Decisions about end-of-life care begin and end with the individual.
- 4.) PERSONAL VALUES
You have the right to make decisions based on your own deeply held values and beliefs, without fear of moral condemnation or political interference.
- 5.) INFORMED CONSENT
You have the right to comprehensive, candid information to enable you to make valid decisions and give informed consent.
- 6.) BALANCE
You must be empowered to make decisions

based on your own assessment of the balance between quantity and quality of life.

7.) NOTICE

You as the patient have the right to early, forthright and complete notice of institutional or personal policies or beliefs that could impact your end-of-life wishes.

If you wish to learn more about the organization before or after the presentation, the web address is www.compassionandchoices.org

Monetary Value of the Village

A member recently asked for a ride to Virginia Hospital Center. Unfortunately, the request came in at the very last minute; Cindy Waters could not find a volunteer. The member was aware that there was a chance no volunteer could be found. Her fare one way was \$17, so the round trip was \$35, not including a tip. If a member needs to go to medical appointments at Virginia Hospital Center more than a few times a year the price of membership has already been met!

Anniversary Dinner: Sail into Spring

Lake Barcroft Village will host an anniversary dinner for members on March 26, 2017, starting at 6 p.m. at Clyde’s Mark Center, 1700 N Beauregard Street, Alexandria, VA 22311. Look for your invitation in the mail. Parking is free: bring your ticket to the front desk. RSVP: Cindy Waters, 703-354-0652, or email at lbvcoord@gmail.com.

If you need a ride, please call Cindy.

Our Souls at Night: Book Review

By Jane Karpick

"I wonder if you would consider coming to my house sometimes to sleep with me," Addie Moore, a 70-year-old widow, asks her neighbor Louis Waters. After some thought Louis accepts, and as they share their lives and hopes with each other the reader learns their histories and struggles, mistakes and achievements.

Our Souls at Night, by Kent Haruf, is set in Holt, Colorado. It is the last novel by this excellent author. The writing is spare and the prose seemingly simple but I found myself loving these people and their love for each other. The couple gets a second chance at love and friendship and they display courage and the willingness to take risks.

Addie's six-year-old grandson, Jamie, comes to stay with her while his separated parents decide on their next step. The way the couple "grandparent" is Grandparenting 101. The lonely boy gets a dog, watches newborn mice, learns to play catch and weeds the garden as well as going camping and watching softball games. Eventually he no longer has the night terrors he had at the start of his visit.

The story examines the choices that the couple must make: choices that the town initiates and choices that their children demand. Addie's son demands she stop seeing Louis or he will prevent her from ever seeing Jamie again; the rest of the book describes her choice.

The Washington Post also liked the book: "Utterly charming...Distilled to elemental purity....Such a tender, carefully polished work that it seems like a blessing we had no right to expect."

Can't Wait for Spring?

By Judy Hilton

Twigs and branches from your trees and shrubs can be coaxed to bloom indoors now bringing a tantalizing hint of spring to your windowsill while it is still winter outside. It's called "forcing" and it just takes a little patience.

In this temperate part of the world buds require at least six weeks of cold before their dormancy can be successfully broken by forcing. The warm days we've had entice many plants to emerge from their winter sleep and when you see a slight swelling of the buds, gather some branches or twigs, cutting the stems at an angle, and bring them in, submerging them in a tub of tepid water for about two hours to moisten and loosen the scales. Put them in containers and keep them in a cool spot out of direct sunlight. Buds that have begun to swell will begin to open in a few weeks. When the first flowers appear, cut the stems again and make a decorative arrangement with them. Easiest to force are perhaps forsythia and flowering quince branches but there are many other possibilities. Some of these are pussywillows, spirea, bittersweet, fruit trees, maple, redbud and weeping willow. Especially lovely are the branches of the lowly pieris (sometimes called andromeda). When forced indoors, they are quite beautiful with scores of pale pinkish white flowers sprouting from the tips of the branches, and as an added treat there is a wonderful fragrance.

Pansies that you planted in the fall can use some attention now. Pinch off all the withered and cold-damaged blossoms. This will encourage new blooms to keep coming. Pansies are heavy feeders, so when nighttime temps remain above 40 degrees, start to feed them liquid fertilizer (like 20-20-20) every other week.



Before growth begins in late winter or early spring, refurbish the soil in your perennial beds and fertilize. If you use organic fertilizers such as the Espoma products (Hollytone, Plant-tone, etc.) they should be applied four to six weeks before anticipated new growth. If using slow-release chemical fertilizers wait until just before growth begins. Be sure to cut back ground covers such as epimedium and liriopse and your ornamental grasses before the new little shoots appear.

Think spring and good luck!

Volunteer: Sue Jewett

By Anne Murphy O'Neil

Sue Jewett of Waterway Drive and I pause at the entry to her living room as her faithful dog of fifteen years makes sure we're friends. At my right hand is a table displaying delightfully charming gingerbread houses.

What drew you to Lake Barcroft?

Sue: The water. I love kayaking. Once here, I quickly discovered friendly groups---Barcrofters, woman's kayaking, and the Village.

I understand you practiced law. How did you come to that?

Sue: I had accepted a scholarship to get a Ph.D. in biochemistry, but thought the law would allow me to use my analytical talents to connect more with people. Practicing tax law in a big corporation is challenging intellectually, which keeps it interesting. But when there's a lot of money involved, it can be very stressful. And despite reams and reams of paper, it may be hard to see one's tangible contribution to society. These days I enjoy helping the Village with my skills.

How did you first discover your penchant for analysis?

Sue: I enjoyed math and science. I also knew I did not have particular strength in the creative arts. But I do enjoy creating things with my hands, seeing things develop as I work with them.

That's the process every artist uses.

Sue: I enjoy pottery, for instance, decorating Easter eggs in the Ukrainian style, and building gingerbread houses. My two daughters, our friends, and I have been constructing them for eighteen years. Thirteen of us gathered this year. We've branched out. One of my daughters built a Grand Prix jumping course for horses, and the other created a Battleship game board.

You're creative, both analytically and with your crafts.

Sue: I imagine creativity is about perceiving what's around us, and being attuned to a range of differences.

Did You Know?

Cindy Waters, Executive Director of Lake Barcroft Village, is a notary and will happily notarize papers for you. Call Cindy at [703-354-0652](tel:703-354-0652)

Member Survey

By Ron Karpick and Janet Kerley

Here is a preview of the results of the soon-to-be published member survey.

Aging in Place

A key goal of the Village is to provide services that will contribute to members' being able to stay in their homes longer. In answer to the question, "How long do you want to live in your current residence?" members voiced a strong desire to remain in their houses for the foreseeable future.

- 59% (44) of respondents want to live the rest of their life in their home.
- 19% (14) 5-10 years.
- 6% (5) less than 5 years.

Meeting Social Needs: Social Networks

The members were very positive in their opinions on how the Village has met their social needs.

- 54% (40) of the respondents said that because of their membership in the village, they get together socially with friends or neighbors **more often than before.**

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	2016 Budget	2016 Actuals	2017 Proposed	
REVENUE				
Donations	14,000	5,480	5,525	
Fundraising Events (Signature event)	13,000	0	6,000	
Membership Dues	35,550	21,925	37,350	
Other Income	0	89	100	
TOTAL REVENUE	62,550	27,494	48,975	
EXPENSES				
Personnel	(Includes salary, taxes, service fees, etc.)			
	31,150	28,704	32,030	
Operating Expenses	(includes mailing, printing, bank charges, phones, etc.)			
	9,490	7,765	8,640	
Professional Development				
	2,000	1,870	2,000	
Professional Services	(computer financial)			
	1,000	0	500	
Fundraising Events				
	3,900	200	1,250	
Special Events				
	Anniversary Dinner	3,500	4,874	4,500
	Volunteer BBQ	300	232	300
	Summer Social	2,500	0	2,000
		6,300	5,106	6,800
Meetings	(general membership)	2,150	0	250
Membership Programs & Activities				
(speakers, food, etc.)				
	1,300	197	1,000	
Marketing				
	3,000	0	250	
Other Expenses/Contingencies				
	1,300	443	1,000	
TOTAL EXPENSES	61,590	44,285	53,720	
	TOTAL INCOME	62,550	27,494	48,975
	TOTAL EXPENSES	-61,590	-44,285	-53,720
NET INCOME	960	-16,791	-4,745	

Budget prepared by Peg Veroneau, Treasurer