



Volume 3, Issue 4

Save the Date: November Quarterly Meeting

By Ron Karpick

Dr. Travis Stehouwer, an audiologist at Ascent Audiology & Hearing, will speak at the Lake Barcroft Village Quarterly Meeting on November 13 at 7 p.m. at the Mason District Governmental Center. The topic of his presentation will be "Connections Between Hearing and Health."

Dr. Stehouwer received his Bachelor of Arts (B.A.) degree from Calvin College in Grand Rapids, Michigan, and earned his Doctor of Audiology degree (Au.D.) from Western Michigan University. He completed his doctoral externship at the San Diego Veterans Affairs Clinic. Ascent Audiology and Hearing has locations in McLean, Lansdowne, Rockville--and now also in Falls Church. Dr. Stehouwer enjoys helping people find the right solution to their hearing problems.

New Members

Gloria Suslow has become a member of Lake Barcroft Village. We welcome her and hope to see her at upcoming events.

The Villager

November 2017

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Fundraising Efforts

By Richard Morton

Recently, the Village launched a fund-raising campaign that is expected to become its Annual Campaign. Because member dues only cover about half of our annual budget, the Village needs to raise an additional \$15,000 every year.

This year's Annual Campaign consisted of a letter that laid out the problem and asked for donations. We would like to thank the very generous people who contributed to this Campaign. If you would like to donate to the Village and help Lake Barcroft seniors continue to live in their current homes, safely and among good friends, please send your tax-deductible check payable to Lake Barcroft Village to: Peg Veroneau, Treasurer, Lake Barcroft Village, P.O. Box 4645, Falls Church, VA 22044.

Village President Joins Panel on Village Movement

By Ron Karpick

On the evening of October 12, 2017, Patricia Rohrer, MSW, Long Term Care Program Manager of the Fairfax County Health Department, gathered four panelists to describe the Village Movement to the Spring Hill Community Association in its Clubhouse. The Association is in a relatively new community at the site of the former Lorton Prison. It is for those above the age of 55, both retired and working. On the 47 acres, there are 149 single family homes, 32 villas and 125 units in 5 condo buildings. The entire community is gated and not surprisingly, the old watch towers are looming over the community as historic buildings.

Patricia wanted to share the spectrum of Villages in the area. Sharon Canner, who leads Reston for a Lifetime (R4L) noted that Reston was founded over 50 years ago. R4L introduced Neighbors Helping Neighbors (N2N) in 2016 which is a volunteer model that seeks to match those needing services with volunteers. The Reston community is very active with a great number of social activities. There is a services exchange: services are bartered to fill service gaps. Nextdoor.com is used to facilitate communication. The immediacy of neighbors assisting neighbors affords a close sense of community.

Sue Kovach Shuman, President of the Mantua Citizen's Association, who started the all-volunteer Mantua Neighbor Network Time and Talent Exchange in 2014, explained that this network is an evolving all-ages initiative to support older residents' aging within their community. They serve 1025 homes covering three generations, with yearly dues of \$20. Most activities are coffees in private homes. They also organize cooking classes, most recently Korean, and take tours such as in the Rock Creek Cemetery with a former superintendent of the cemetery. There are no regular meetings as everyone is so busy. Transportation is not provided due to costly liability insurance, but they work with the Shepherd Center to facilitate transportation for their members. Nextdoor.com and their Facebook page are used to communicate. A time-and-talent exchange or

time bank allows individuals to perform tasks for their neighbors who pay in kind, not money.

Penny Halpern, President of Herndon Village Network (HVN) described their initiative, which began in 2012, was incorporated in 2013 with a Board of Directors and bylaws and in 2014 became a 501(c)(3) non-profit organization. In 2015 NV Rides was launched as their only service. Joining HVN costs \$20/person or \$30/household a year. They have 55 members and 26 dedicated drivers. NV Rides provides the software, technical support, volunteer coordinator support as well as the volunteer background checks at no cost to HVN.

I gave the final talk for the evening, describing our Village, its membership, the services we provide and the activities we offer. We have 86 members and 84 vetted volunteers. As a concierge Village we provide multiple services to our members running the gamut from transportation, home maintenance and repair, computer technology assistance, personal assistance, keeping in touch, cooks on call, medical note taking, referral lists of professional service providers as well as social activities such as Happy Hours, Co-ed lunches, Silver Fox lunches for men only, pot luck dinners, monthly coffees and classes in conversational Spanish and German. Our insurance is provided by the Alliance of Nonprofits for Insurance which provides liability for the Directors and Officers as well as a general liability policy.

Book Review: A Gentleman in Moscow by Amor Towles

By Elizabeth Berry

Towles immerses us in an elegantly drawn era with the story of Count Alexander Rostov. When, in 1922, he is deemed an unrepentant aristocrat by a Bolshevik tribunal, the count is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin. Rostov, an indomitable man of erudition and wit, has never worked a day in his life, and must now live in an attic room while some of the (See Page 3)

Book Review: A Gentleman in Moscow by Amor Towles (c't'd from Page 2)

most tumultuous decades in Russian history are unfolding outside the hotel's doors.

At the outset, he makes a decision to take a Robinson Crusoe-like approach to his situation, and be resourceful rather than feeling sorry for himself. He is a very endearing character whose background and constructive approach help enable him to live to the fullest.

Unexpectedly, his reduced circumstances provide him a doorway into a much larger world of emotional discovery. Brimming with humor, a glittering cast of characters, and one beautifully rendered scene after another, this singular novel casts a spell as it relates the count's endeavor to gain a deeper understanding of what it means to be a man of purpose.

The ending of the book is surprising and very satisfying.



Village Volunteers Enjoy Picnic

The weather cooperated for our volunteer celebration at Beach 5 on September 9, 2017. Richard Morton and Pedro Turina organized the event; Ron Karpick took photos, some of which are included in this article.

We are grateful to Dottie Bennett and Richard Morton who donated the food for the picnic. Richard served as "griller in chief," providing a feast of hamburgers and hot dogs. Board members provided desserts.





Photo by Pedro Turina

Interview with Nazir Bhagat

By Anne Murphy O'Neil

We visit today with Nazir Bhagat in the handsome great room of his recently re-designed and re-built home on Lakeview Drive. Nazir is a staunch supporter of the Village.

How did you and your wife Ashraf discover the Lake?

Nazir: About thirty years ago, we were attending one of Tom and Trippi Penland's Hawaiian Luau beach parties. When we saw how much our daughter Alisha loved playing in the sand, we walked around the corner to Fiddlers Green, checked out an open house there, and decided we had found our new home. Alisha was four years old.

**Already a young person of taste and discrimination.
When did you move to the United States? (See Page 5)**

Interview with Nazir Bhagat (c't'd from Page 4)

Nazir: I had finished my freshman year in India at a Jesuit university and weighed only 90 pounds. My father had a shop where he sold fragrances and flavors. He loved having a beer with friends. He put together all his life savings and, sent me off on an Italian ship, saying: "I think you can handle yourself. The best thing for you would be to go to America, drink beer, and put on weight." I applied to study chemical engineering at MIT. They gave me a scholarship and moved me one class ahead. That's where I earned my MA.

So your dad was right---you came to America, put on weight, and undoubtedly had a beer or two from time to time. You certainly did know how to make your way. When did that start?

Nazir: In second grade, something became clear to me: look at a situation and find the critical problem. With the core issue in mind, I could find a solution. But after graduating I didn't know what problem to solve. So basically, when someone came to me with one, I worked on it.

So that's how your career developed.

Nazir: I was at American Cyanamid for a time, then on to Harvard for my Ph.D. and Rutgers as a professor of management. I defined my job as helping my students learn to think. I told them to throw away their books, and use common sense.

When the National Endowment for the Humanities called, I went to Princeton and led a study on the Production and Dissemination of Scholarly Knowledge. I like this quote from Ansel Adams: "Before you pull the shutter, you must understand your subject from all aspects."

And the Village is a subject of interest to you?

Nazir: Yes. I'd like it to succeed. I believe the Village needs to strengthen connections between people, thus building a stronger community life in Lake Barcroft: the village benefiting Lake Barcroft and Lake Barcroft benefiting the Village.

As a member of the Fairfax County Commission on Aging, I became aware of the importance of forward thinking such as communication, urban planning and transportation.

How does that awareness relate to Lake Barcroft and the Village?

Nazir: We could set up systems and make them available to everyone in Lake Barcroft: sharing golf carts within a two-mile radius of the Lake and a neighbor-to-neighbor ride-sharing system on smart phones for longer rides. We could set up special interest groups for all things pertaining to health and wellness: a list of professional expertise available among us as part of a Village and Lake Barcroft directory list, groups to study our economic interests, house and garden equipment sharing, charity events and even more social fun.

Neighbors Helping Neighbors.

Nazir: Charity begins at home.

Reach Out if You Need Help!

By Cindy Waters

All of us know that our Village motto is "Neighbors Helping Neighbors." We fulfill the spirit of that motto by volunteers helping with transportation needs; showing new ways to use the computer or the gift of a new iPhone; climbing step stools to change an otherwise out-of-reach light bulb; cooking a meal or two when someone has just returned from the hospital or is recovering at home from a bad cold or the flu; or reading mail and newspapers when a neighbor's eyesight is beginning to fail. Just to name a few. And of course there are a variety of social activities for members to enjoy from lunches, to stretch and balance classes, to foreign language groups, to coffee and conversations, and more. These events provide another type of service in the form of social interaction to all members who partake.

Our Village is based on the model of volunteers first. I have said often at Quarterly Membership Meetings how grateful I am on behalf of the members that our volunteers are almost always at the ready (**See Page 6**)

Reach Out if You Need Help! (c't'd from Page 5)

to assist. It has been a rare occasion that a volunteer has not been available to help with a request.

All of this is to say that members are always encouraged to reach out for assistance when it is needed. Please do not view any request as being too insignificant or a bother – if there is a need, there is probably a volunteer to help. It never hurts to ask! And while the social activities may not seem like a service at first, many nationwide studies have concluded that social interaction, especially as we get older, is important to maintaining good health. Our Village's programs provide a fun and relaxing way to get together with friends and neighbors in a variety of ways.

So, if you need a ride, or can't figure out that new phone, or just need a friendly visit from time to time, or want to attend the Co-Ed Lunch, please call to let me know your needs. We continue to be neighbors helping neighbors!

Domestic and Dating Abuse Services

By Jane Guttman

JCADA, an organization in Virginia with three locations, helps people who have suffered abuse from a partner or relative. If you know of anyone in this situation, JCADA will also counsel you on how to help. The letters stand for Jewish Coalition Against Domestic Abuse; however, JCADA will help no matter what the client's religion is. The organization describes itself as follows: "JCADA takes a holistic approach to domestic and dating abuse that integrates clinical support with community education and prevention. We provide high quality services to all residents of the Greater Washington DC community, without regard to ability, background, faith, gender or sexual orientation."

JCADA has lawyers and clinicians on staff; all their services are free. They offer clinical and legal support, education and outreach, and prevention. To maintain

confidentiality, volunteers who are not donating professional services do not work directly with clients.

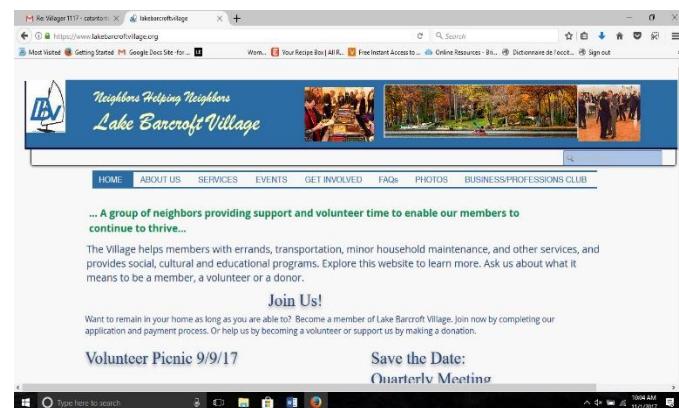
JCADA also works with children and teens to prevent abuse. The organization has two programs, "#healthyfriendships" for children in the 6th through 8th grades, and "It's Not Love" for 9th to 12th grade students.

The JCADA confidential help line number is 1-877-88-JCADA (52232). Their web site is <https://jcada.org/www>.

Visit Our Web Site!

For information about the Village, photos of events (you may find yourself in some!), our Village calendar, and recaps of Quarterly Meeting presentations, go to our website at www.lakebarcroftvillage.org

Please let us know if there is anything else you'd like to see on the web site. We are constantly adding new information and revising our home page to include new items.



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