



Volume 1, Issue 3

November, 2015

VILLAGE VOTES ON AMENDMENTS

By Stuart Feldstein and Adele Neuberg

On the amendment to the Village's Articles of Incorporation to permit additional membership classes, the vote was 41 in favor, 33 opposed. On the amendment to the Village's Bylaws to create an associate class of membership, the count was 31 in favor, 38 opposed. Since neither item reached the requisite two-thirds favorable vote, both initiatives failed to gain approval.

The good news is that so many of our members voted, thus showing a great interest in the Village's operation. The membership committee held an upbeat and enthusiastic meeting on Wednesday, Oct. 28. They will be in touch with all of our members about some new recruitment efforts and will be asking for your help.

Village Welcomes New Members

We welcome our new members, Ingrid and George Brock, Claire Carey, and Sue and Hal Morse. Sue Morse told us that they have lived in the same house on Waterway for 24 years. As the years passed, their Christmas decorations changed: "Early on, at Christmas time we would display a Santa Claus with lights encircling the little roof over our entry way. As we got older, we moved the Santa to ground level to sit in a sleigh near our gas

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lamp post. Lately, however, the Santa has just stayed in the attic! This story illustrates how our levels of energy and courage on ladders have changed over the years. Now we want to expend our energies getting to know more of our interesting neighbors who have so much to share about their experiences. We want to keep learning. That's why we joined the Lake Barcroft Village!" Sue and Hal, if you ever need someone to climb a ladder for you, please contact Cindy Waters who will connect you with one of our volunteers

"Month in Review" Engenders Lively Discussion

By Sam Rothman

Two veteran newsmen brought back their "Month in Review" program to Village members and guests last month at Terry Stone's house on Crosswoods Circle. One half of the duo is Sid Davis (at left), a former White House correspondent, Washington Bureau Chief for the Westinghouse Broadcasting Company and Vice President of NBC News.



Larry Golfer

“Review” (c’t’d from page 1)

His partner Bill Sheehan's career is virtually a mirror image of Davis's except that Sheehan wound up as Vice President for News at ABC. They conduct their current events program monthly at the Cosmos Club.

Davis and Sheehan count heavily on audience participation and encourage spirited debate on the issues of the day. Sheehan set the tone by announcing that this time of year is customarily quiet from a big news perspective --- not so in 2015, as reflected by the high level of interest in the presidential campaign, the problems in Syria and the tumult among Republicans in the House of Representatives.

Whatever is happening now on the election stage Davis and Sheehan were of one voice in saying that regardless of what is going on now, “don't take it too seriously” because it is far too early to make knowledgeable judgments about who will be the last candidates standing, particularly for Republicans given their large field of candidates.



Torren Stone

Village Artists

By Jane Guttman

From time to time, this column will include interviews with Village artists.

Deenie McKay



Jane Guttman

Deenie McKay with her painting *Dandelions* at the recent Lake Barcroft Art League Show at the Unitarian Universalist Church of Arlington (UUCA)

Deenie McKay paints in oils and has taken classes at The Art League (Torpedo Factory). Her painting style is realistic and she enjoys doing still life and portraits. Her paintings have been shown in numerous exhibits including: the Museum of Health and Medicine at Walter Reed Army Medical Center; The Potter's House, a coffee shop that helps the homeless and disenfranchised in the Washington DC area; the National Press Club along with the presentation of Kathy Cronkite's book "On the Edge of Darkness." Deenie recently participated in the Lake Barcroft Art League Show at the Unitarian Universalist Church of Arlington (UUCA).

When Deenie McKay was in her thirties and struggling with bipolar disorder, she took a course called "Painting from the Unconscious," given by a Jungian therapist. The class was meant as an opportunity to reveal emotions as well as dreams. About the class, Deenie says, "We would paint in silence. We didn't have to do anything but paint." The students could even put the paper on the wall if that suited them. They were given tempera paint

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Deenie McKay (c't'd from page 2)

and two sizes of brushes. Deenie recalls, "It was a bonding experience with the leader. It was so intimate, like a chapel." She would "smear the paint on and let it drip down." One of her paintings was featured in a textbook, *Manic-Depressive Illness: Bipolar Disorders and Recurrent Depression* by Frederick K. Goodwin, M.D. and Kay Redfield Jamison, Ph.D.

Deenie is also an ordained minister in the Disciples of Christ Church. After college in Little Rock, Arkansas, where she studied English literature with an art minor, Deenie came to the DC area to work on the National Prayer Breakfast Committee. She left to attend Wesley Theological Seminary at American University. Deenie performs weddings in the DC area. She officiated at the weddings of both her brothers and has worked as a hospital chaplain at a military facility, a research hospital, and a retirement community with assisted living.

William Wasylyk



Jane Guttman

Bill Wasylyk and his painting "Napa Valley" at the Lake Barcroft Art League show.

William (Bill) Wasylyk started painting when he was a child: "I saw my older sister create things and I thought I'd like to do that." He took art classes in college and at the Torpedo Factory. What captured Bill's interest was the ability to "create something out of nothing." Bill's work has been shown in the

Lake Barcroft Art League exhibits, at Stifel and Capra in Falls Church, and at Beanetics in Annandale.

Bill painted as much as he could before he went into the army. When he was stationed at Fort Knox he and a group of sergeants bought some paint-by-number kits to pass the time. Bill, naturally, didn't want to follow the directions, so he "mixed colors myself." After three years in civilian life, Bill reenlisted in the Navy, serving for 19 years. He was stationed in Morocco, where he met his wife, Mary, who attended the Beaux Arts in Casablanca. After the Navy, Bill worked at the Post Office and soon found he had to set time aside for painting: "One hour would turn into two or three or four."

Bill's favorite subject is "women in the garden, combining the beauty of the species with the beauty of nature." His daughter-in-law often poses for him and is the woman in "Napa Valley." Bill's second favorite style is that of posters: "simple, direct and very colorful." One of his posters, "Join the French Foreign Legion" features a bearded and mustached Bill as the model. The poster was inspired by a film, *March or Die*, in which Bill appeared as an extra with stars Catherine Deneuve, Max Von Sydow and Gene Hackman.

A neighbor involved in the Animal League asked Bill for a donation, so now every year Bill gives him ten to twenty paintings to be sold for the benefit of the Animal League. Bill has painted over 1000 paintings and asserts: "I'll just keep on painting until I can no longer hold a brush."

LBV November Quarterly Meeting

By Nancy Mattson

Clinical psychologist Kacie Fisher will present a talk on "The Aging Brain" at the November 16 Quarterly Meeting. The talk will cover how the brain ages: cognitive decline, neuroplasticity and ways to prevent impairment.

LBV November Meeting (c't'd from page 3)

Kacie Fisher, MSW, Psy.D., is a licensed clinical psychologist and licensed clinical social worker. She has 20 year of experience working with children, adults and families in the area of psychological assessment and treatment of individuals struggling with psychiatric, neurological, processing and learning disorders including complex trauma, ADHD, physical and sexual abuse issues, depression and anxiety. Dr. Fisher practices as a Clinical Psychologist at Potomac Psychological Center in Ashburn, VA.

Eighty Volunteers Await Members' Calls

By Cindy Waters

Did you know that the Village has more than 80 volunteers available to help with your requests?

Last week alone, there were seven requests for transportation. Please don't be shy about asking for volunteer assistance whether it is for transportation, picking up a prescription or groceries, walking the dog, or perhaps just getting together for coffee or other friendly visit. Would you like have a meal or two prepared for you following a return from a stay in the hospital (a new initiative being explored)? Let us know. The Village is here to help with a wide array of services -- all you have to do is ask. And remember, if there is something that is beyond the scope of what our volunteers can provide, there is a list of professional service providers who might be able to fit the bill.

The goal of the Village is to help members continue to thrive in our community.

Let me know how the Village can help!

Poet's Corner: John Hall

John Hall wrote a patriotic poem for the closing of the Spring Gridiron Dinner during the first Iraq War, March 23, 1991. Titled "Safely Home," it was a tribute to the servicemen fighting in Iraq. It was written so it could be sung to the tune of "Ashokan Farewell," the violin melody played during Ken Burns's *Civil War* series.

The closing moments of the dinner began with a Marine violinist playing "Ashokan Farewell"; then John recited the words of "Safely Home" with Jack Duvall (brother of the actor Robert Duvall) singing the words to the tune. When President G.W. Bush got up to give his speech he quoted some of the words of the poem. The Gridiron Club is a group of 65 journalists based in Washington; each year they hold a white-tie dinner that includes musical satires, one for the Republicans and one for the Democrats.

In the land where we were born

Or we chose on distant ocean

Our voices are many

Our people still free

Through the fog of distant war

Shines the strength of their devotion

To honor, to duty,

To sweet liberty.

To each lad, to each lass

Sent forth with our burden

On desert and sea to roam

From every street and green field

Town, farm and prairie

We sing with just one voice

Till you're safely home.

Restaurants Suggested by Your Neighbors



Restaurant	Suggested by:
Bamian Afghan Restaurant 5634 Leesburg Pike, Falls Church, VA 22041 (703) 820-7880	Bob Schreiber: "Very big and very quiet. You can actually hear people talking to you."
Bangkok Golden 6395 Seven Corners Center, Falls Church, VA 22044 703) 533-9480	Sam Rothman recommends the Pad Thai.
Brine Mosaic District, 2985 District Ave, Fairfax, VA 22031 (703) 280-1000	Nancy Mattson: "Excellent seafood."
La Cote D'Or 6876 Lee Hwy, Arlington, VA 22213 (703) 538-3033	Dawn Donald's favorite
L'Auberge Chez Francois 332 Springvale Rd, Great Falls, VA 22066 (703) 759-3800	Marty Convisser: "Restaurant with bistro attached. It was founded in DC and is in the family of the founder."
Osteria da Nino 2900 S. Quincy Street Arlington, VA 22206 (703) 820-1128	Kathy and Victor Utgoff: "would like to recommend a fine new restaurant in Shirlington. It serves a wide variety of Italian dishes that we have never encountered before, even on our trips to Italy and those we have sampled have been excellent."
Nostos 8100 Boone Blvd, Vienna, VA 22182 (703) 760-0690	Greek restaurant recommended by Liz Christian. It's "off route 7 in Tyson's."
Pizzeria Orso 400 S Maple Ave, Falls Church, VA 22046 (703) 226-3460	Nancy Mattson: "Good Italian chef."
Rice Paper Eden Center, 6775 Wilson Blvd, Falls Church, VA 22044 (703) 538-3888	Adele Neuberg: "had a dish with chicken and asparagus" which she enjoyed greatly.
Yayla Bistro 2201 N Westmoreland St, Arlington, VA 22213 (703) 533-5600	Mediterranean Restaurant recommended by Deenie McKay as "small, reasonably priced."



Summer Social Photo Gallery

Photos by Larry Golfer and Jane Guttman



LBV Website Updated

Thanks to the efforts of volunteer webmaster Larry Golfer, the Village website, <http://www.lakebarcroftvillage.org>, has been updated. It now includes an updated home page with upcoming current events, a link to the upcoming events summary, and updated committee information. The Events tab takes you to the upcoming events summary, the calendar of events, and photos of past events.



Upcoming Events

Monday, November 16 – 6:30 p.m.: LBV Quarterly Meeting; Mason District Government Center; 6507 Columbia Pike.

Thursday, November 19 – 12:00 p.m.: Co-Ed Lunch; Lebanese Taverna; 5900 North Washington Boulevard, Falls Church

Saturday, November 29 – 5:00 p.m.: Happy Hour; Home of Terry Stone; 6318 Crosswoods Circle.

Please remember to bring an appetizer or beverage to share

Wednesday, December 2 – 11:30 a.m.: Silver Fox Men's Lunch; Argia's; 124 North Washington Street, Falls Church

Thursday, December 3 – 4:00 p.m.: Stretch and Balance Class; Home of Geri Falek; 3801 Lakeview Terrace.

Neighbor Geri Falek has generously agreed to offer this class to our members at a cost of \$35 a month. Note that a second class is being offered on Thursday, December 10. Space is limited to 12; please RSVP to Cindy Waters, 703-354-0652 or lbvcoord@gmail.com.

Wednesday, December 9 – 12:00 p.m.: LBV \$5 Senior Movie Day; Cinema Arts Theater

Thursday, December 10 – 4:00 p.m.: Stretch and Balance Class; Home of Geri Falek; 3801 Lakeview Terrace

Tuesday, December 15 – 12:00 p.m.: Co-Ed Lunch; Clyde's at Mark Center

Wednesday, December 16 – 10:30 a.m.: Shuttle to Holiday Market and American Art Museum and Portrait Gallery. Meet at Beach 5 parking lot for rides. RSVP to Cindy Waters required no later than Monday, December 14, to arrange for drivers.

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