



THE Villager

◦ NEIGHBORS HELPING NEIGHBORS ◦

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Lake Barcroft Village Board Elections Scheduled

ELECTIONS FOR THE VILLAGE BOARD OF DIRECTORS will take place on March 9, 2020, 7 p.m., at the Village Quarterly Meeting. A ballot has been mailed to members. You may return the ballot by mail or drop it off at the meeting at the Mason District Governmental Center. Brief candidate biographies are listed below.

The Nominating Committee was chaired by Board Vice President Vic Utgoff; members were Adele Neuberg, Sam Rothman and Shirley Timashev.

Bethami Auerbach

I have lived in zip code 22041 for over 30 years and in Barcroft Woods since 1997. While I grew up in Los Angeles, my husband, Norm Stewart (who retired from Mitre in 2017), attended Annandale Elementary, Poe, and Jefferson. We are Social members of LBV and I believe enthusiastically in the neighbor support and social goals of LBV and would like to pitch in as the Village matures. We've enjoyed get-togethers, and I participate in the Spanish conversation group. I work as an environmental lawyer and previously have served on the Boards of SHBR, the Association of Part-Time Professionals, and the Northern Virginia Tennis League. Since 1996, Norm and I have hosted the Sleepy Hollow Folk Club House Concert series, bringing musicians to our family room and in that way to the community. We are diehard Washington Caps fans. I love to swim and have participated in the Northern Virginia Senior Olympics.



Jane Guttman



Jane Guttman has been a member of the Village Board since 2015, most recently as co-President. She heads the Communications Committee and, in that role, edits The Villager newsletter, writes monthly articles about the Village for the Lake Barcroft newsletter, and serves as webmaster for the Village web site, lakebarcroftvillage.org. Jane started the Village's Spanish and German conversation groups. Jane is an Adjunct Associate Professor of English at UMGC. She retired from The New York Times after twenty years of service in the Systems Department. She has lived in Lake Barcroft since 2014.

Share the Love

Join us for a special Village fundraiser hosted by Lisa DuBois and Chrissy O'Donnell. Mix and mingle with neighbors while enjoying wine, cheese, chocolate and champagne. \$20 suggested donation per person. Where: Home of Lisa DuBois; 6327 Cavalier Corridor

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Board Elections

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Ellen Raphaeli

Nimrod and I and our two children relocated to Virginia a half century ago when Nimrod joined the World Bank and I joined the English faculty of Northern Virginia Community College where I would teach for more than 40 years (and where I would earn a certificate in major appliance repair). For the last 34 years, we've lived on Greentree Drive, but we had not joined any of Lake Barcroft's many groups



until last spring when Nimrod and I decided to venture beyond the confines of our close-knit street, dip a toe in the water, and join the Village. It's one of the best decisions we've made.

Linda Woodrow

Linda Woodrow moved to Lake Barcroft with her husband Charles from Chelsea, Alabama in 2013 to be near their son's family. As the wife of an electrical engineer with Proctor and Gamble, she has lived in many states plus London, England. During her professional career she worked



as a Paralegal for the IRS and private law firms in Cincinnati, Ohio. After the sudden death of Charles in 2016, she joined the Village. Linda has served on the Programs committee and the Keeping in Touch team. She and Louise Ziebell gave several seminars on "Losing Your Spouse" to Village members. Linda credits the Village membership with supporting her with friendship, rides, and social activities. Since she has experienced the value of the Village to its members, she hopes to encourage others to join this vital organization. ■

Photo of Linda Woodrow by Vic Utgoff, the balance of the candidates' photos are family photos.

Library Services for Those with Disabilities

Jane Guttman

IF YOU ARE EXPERIENCING a temporary or permanent disability, Fairfax County Library Services can provide books to you in your own home. Whatever your age, if you are not able to visit your local library (usually Woodrow Wilson) you may qualify for free

home delivery of library materials which will come from Access Services. Without cost, you may borrow materials and return them by mail. This link takes you to the application for Access Services: <https://www.fairfaxcounty.gov/library/branches/home-delivery>. You can also apply by phone (703-324-8380) or by email and find more information at Access@fairfaxcounty.gov.

The Access Services branch of the library also provides many services to people with disabilities. It is located at 12000 Government Center Parkway, Suite 123, Fairfax, VA, 22035-0012. The phone number is listed above. The services provided include "providing opportunities to learn about assistive technology and equipment, providing books in alternative formats to people with vision impairments and delivering books to readers

who cannot visit a local library."

The Talking Book program provides books and players free by regular mail services. Again, an application is required for certification.

The library also features Audio Described DVDs. To find out more about the Access Services, call the number listed above. The librarians will be happy to help you. ■

Golden Gazette

If you enjoy reading about what's going on in the neighborhood, you might consider signing up for the Golden Gazette, a monthly newsletter by Fairfax County for adults 50 and over. You can receive it by regular mail, email, or have it read to you over the phone. More information can be found here:

<https://www.fairfaxcounty.gov/family-services/older-adults/golden-gazette>

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Book Review: *Where the Crawdads Sing* by Delia Owens

Charlotte Flounders

SINCE DELIA OWENS BOOK “Where the Crawdads Sing” was published in August of 2018, over four and a half million copies have been sold. This number is particularly amazing as it was her first work of fiction. Her book is one part mystery, one part coming of age, one part legal drama and one part love story.

Owens takes an unimaginable idea, and makes us believe that, yes, it could have happened. A little girl, Kya, abandoned at age six, grew up in the Carolina marshlands, where she survived, and thrived on her own, based on only a few basic lessons from her father. Sensitive and intelligent, she learns the secrets of the marsh, the sea, the skies and the wildlife. The story is beautifully written – sometimes you’ll have to stop to reread a line or a paragraph – you simply get pulled in deeper and deeper. Kya makes a few friends who help her during her young years, she learns to garden, and to sell mussels and smoked fish. A friend teaches her to read and write, although she never attends formal schooling due to a horrible first day in the classroom. Most of her lessons come from nature, the trees, shrubs and grasses, the birds in the sky, the fish of the sea and the animals on land. She relishes her collection of beautiful shells from the beach, the trust other animals have in her as they see each other in the woods, and the joys of another beautiful day.

As she gets older, she sees teens talking, laughing, and joking with

each other and suddenly feels loneliness. These young people who seem to be her age, act and speak a language she cannot understand. It is more than their speech and actions that are different. The other girls laugh at

Kya. She yearns to be accepted but realizes the teens have different lives, priorities, and a moral code that Kya’s innocent and trusting nature cannot comprehend. One boy’s lies and manipulation are a

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OUR MEMBERS TRAVEL THE WORLD



Linda enjoying a pineapple slush on Maui



On Maui Looking toward Molokai



Royal Lahaina Resort water toys



USS Arizona Memorial on Oahu

All photos by Linda Woodrow

Interview: Bob Schreiber

Anne Murphy O'Neil

BOB AND MILLIE SCHREIBER welcome Will and me to the magnificent great room of their mid-century rambler on the Lake. After years of concentrated effort, they now enjoy a fully-equipped chef's kitchen and relaxing family area open to a beamed cathedral ceiling, powerful fireplace, and collected books and sculptures. Bob, Will and I gather at the table while Millie serves refreshments before dashing off to the gym.

I understand you have traveled extensively and lived abroad at times.

Bob: It seemed I had that in mind from very early on. My father, four uncles, and one brother all worked for Standard Oil of New Jersey. I nevertheless decided to get into the foreign service. I left for Massachusetts and Tufts University's Fletcher School of Law and Diplomacy. When the Eisenhower Administration reduced funding for the foreign service, I joined my family instead as an economist at Standard Vacuum, a 50/50 consortium of Standard Oil and Mobil. All our work was overseas.

When the consortium was broken up on a territorial basis, I preferred going to Mobil. I had an adventurous life there, eventually living in Indonesia for a year, and working in Saudi Arabia, Thailand, India, Greece, Japan, and Hong Kong. To my mother's dying day, she still believed I worked for Standard Oil.

Was there one effort in particular there that you found most exciting?

Bob: I had a good experience in Saudi Arabia, when Mobil decided

to start a huge project in an undeveloped area along the Red Sea on its western side. I became an administrative manager for building a multi-billion-dollar refinery and pipeline, with the authority to go anywhere in the Middle East department of our company to find scientists, engineers and support staff--smoothing the way and bringing them in---whatever it took to move the project forward. Needless to say, this also required forming partnerships with the Saudis.

I spent a lot of time between New York, Washington, and Houston, talking to Saudi consulates. We were the first to want to construct housing. We helped develop passports and visas. I developed relationships with the families of the Saudi vice consuls---giving them \$1000 tickets during the Christmas season to see the Nutcracker at the Metropolitan Opera. They thought I was a nice guy.

How did you and Millie get together?

Bob: I met Millie in an upscale orthodox way, at a party given by a mutual friend of ours in NYC. She and Millie were working for the Girl Scouts at the time.

I gather you're a Francophile.

Bob: My father was sent to France in the '30s to help manage construction of an important refinery near Paris for several years. Even though I was very young, we all returned to the U.S culturally imprinted as life-long Francophiles, and I studied French throughout high school, college, grad school and Middlebury College Foreign Language School.



Photo by Will O'Neil

How did you find Lake Barcroft?

Bob: Mobil decided to move its headquarters from NYC to DC. During the transition, I arranged to come here for business on Friday, so that I could stay the weekend and hunt for a house. I drew concentric circles around the DC area, and looked for little lakes. I saw a big one on a fall day, looked at the trees, the beautiful colors, and was just overwhelmed. I knew this was the right place.

I understand you love Wagnerian music.

Bob: I've loved classical music since returning from France when I was seven. My parents bought a house in a new community in New Jersey. They gave us a Philco radio and I tuned in to listen to Milton Cross on WQXR. I still miss him.

You clearly love building. Do you have a project in mind these days?

Bob: There's one we've just completed: a totem pole in the back overlooking the Lake. When one of our oak trees died, we topped it off to 20 feet, and hired Andrew Mallon, chain saw sculptor, to turn it into our very own totem. And for the future, we're imagining a circular driveway and covered front porch along the full length of our house. ■



“Exercise for Life” Featured at Village Quarterly Meeting

Cathy Williams

At the Lake Barcroft Village Quarterly Meeting on November 18, three presenters, introduced by Board member and Past President Ron Karpick, Rustic Way Lane, demonstrated “Exercise for Life,” and audience members had an opportunity to participate in the fun.

Stair Calhoun, Half Moon Circle, is a yoga instructor who teaches classes at Green Spring Gardens and in her home. She said yoga means unity of body, mind and breath. There are various yoga styles including Hatha Yoga which focuses on body and breath. Stair showed attendees how to do ujjayi breathing, which is “like fogging a mirror but with your mouth closed” and had everyone practice quieting the mind by closing their eyes and “thinking about nothing.”

Karen Garcia is founder of Studio Body Logic in Arlington and Alexandria, which offers Authentic Pilates instruction. The focus of Pilates exercises is on strength, flexibility, balance, and coordination. It can help those with injuries as well as those who want to increase fitness. Karen showed photos of the Pilates apparatus used in her studios. Two of her students, Randa Mendenhall, Mansfield Road, and Anne O’Neil, Lakeview Drive, demonstrated mat exercises and shared their experiences with Pilates classes.

Tim Sun, founder of Sun Fitness LLC, is an exercise physiologist whose practice centers on wellness education and functional movement. He teaches Silver Sneakers classes and provides individual training sessions in homes using equipment he carries with him. He talked about the importance of mobility, coordination, cardiovascular health, and strength, and demonstrated four functional movements: the squat, the deadlift, the split squat and single-leg balance. Time spent exercising improves your quality of life, he said; he recommends doing some type of exercise for at least 30 minutes three times a week. ■

Book Review

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painful shock to her and lead to the unthinkable. People do not understand how shrewd she is and how Kya’s view of justice is sharply different from theirs. You will have to read the book to get the details!

This is a wonderful book, poetic at times, and always a page turner. Don’t miss it!

Delia Owens is also the co-author of three books she wrote with her husband, Mark Owens. They both dropped out of Graduate school, sold everything to go to Africa to get involved in the struggle both to report on, and protect, wildlife. Their first book, “Cry of the Kalahari,” based on their seven years in the Kalahari Desert, was a national and international best seller (it was translated into seven languages). Their second book, “The Eye of the Elephant,” won wide acclaim. It is their story of their battle with poachers in Zambia, where over 1,000 elephants were being slaughtered every year for ivory. The third book is “Secrets of the Savannah”. It details their life in Africa after the poaching was slowed, but most of the vast herds were gone. ■



New Year’s blue and crisp

*Black, bare tree limbs
reaching high*

Renewed life awaits.

Haiku by Marcia Grabowski

Giving Up on Making New Year's Resolutions

Shirley Timashev

There are certain advantages to getting older. Life experience has, if we're lucky, brought some wisdom. We think we've learned how other people should run their lives, and unfortunately too often we tell them what they should do, alternating those pronouncements with what they should not do. Yet if we refrain from telling others how they should live their lives, we might find in a quiet, contemplative space new ideas of how to live our own lives.

I've given up on making New Year's resolutions. My track re-

cord on them is not good. Usually they're too vague to have much meaning, and they lead to wishful thinking instead of planning. I'm toying with the idea of giving up the idea of self improvement altogether. I am what I am. I am who I am

It is possible, although I don't yet know this for sure, that giving up a self-critical nature may make me more accepting of others. They are what they are. They are who they are.

Ahead of me is a new era, and one I am looking forward to, whenever it comes. As the oldest woman in the family I can take the title of matriarch. In a democratic society I don't get to order

anyone around, but I do think that I can earn a certain respect that can come with age. "What's her secret to a long and vibrant life?"

Whenever the time comes that I'm asked that question, I don't know how I'll respond. And I might respond differently each time the question is asked.

I may never be asked that question. My life may be cut short, or the healthy part of it severely damaged. So for now I'll enjoy this stage of life, having given up on making New Year's resolutions, and simply saying, "I am what I am."



Quarterly Meeting on Fraud and Identity Theft

The March 9 Quarterly Meeting will feature a speaker from the AARP, Trudy Marotta, who will discuss how to "Protect Yourself from Fraud and Identity Theft." The meeting will be held starting at 7 p.m. at the Mason District Governmental Center. Board elections will also take place that evening after the presentation.

Ms. Marotta is a volunteer who was trained by AARP regarding this subject. Because of her wide experience, she is working with the Fairfax County Silver Shield task force and the Exploitation Prevention task force all in an effort to prevent abuse of our fellow citizens. She has an AARP guideline for the talk, but would like to address questions from the audience.

The AARP has a free helpline if you suspect a scam: 877-908-3360

On its web site, the AARP has online descriptions of various types of scams. Click on the following link: <https://www.aarp.org/money/scams-fraud/?migration=rdrct>

The list of scams in the middle of that page is enormous. Each type of scam is linked to a page describing the scam itself. The page can also be read in Spanish. The page conveniently provides lists of Do's and Don'ts for protection against these scams.