

THE VILLAGE NEWS



Volume 9, Issue 9

A Community Network of Support

October 2017

PROFILE

Sura Kim and Eleanor Johnson, united in music

By JANEAN MANN

Both NNV member Sura Kim and volunteer Eleanor Johnson were drawn to the piano at young ages, but they lived a half a world apart. Though their careers took them in different directions, this early love has united them to make beautiful music together and have fun.

The two met when Eleanor drove Sura to an NNV art class. During the trip, their discussions turned to art and music, and they discovered that both played piano. Eleanor asked Sura if she would like to play together, and for the last eight months they have been having four-handed fun on the ivories. They get together weekly and play selections from a wide variety of composers. "I like playing with her," said Eleanor. "We're both the same type and we tend to complement each other. We have a similar sense of



JANEAN MANN

Piano, four hands: Eleanor Johnson, left, and Sura Kim.

humor," she said. Sura agrees. "I have learned a lot from her," she said.

Together they played a lot of music, and Eleanor

See **PROFILE**, Page 4

Gala coming on Oct. 22, and online bidding is open now

By JUDIE FIEN-HELFMAN

The countdown has started. NNV's 2017 Gala is only weeks away. The good news is that NNV's online auction is live and waiting for your bids. Even if you are not attending the Gala on Oct. 22, you can bid to your heart's content on any or all of the fabulous auction items.

There are over 60 items, ranging from exquisite one-of-a-kind items such as a race-car drive, a stunning handmade quilt depicting Colorado mountains, and wildlife photography. New this year are



NPR hosts Ari Shapiro and Susan Stamborg.



Salons—an intimate two hours of stimulating conversation, in someone's home, with such well-known individuals as Adam Gopnik, author at New York Magazine; Aaron David Miller, VP of the Woodrow Wilson Center, author and former State

Department peace negotiator; Rabbi David Saperstein, former U.S. ambassador at large for religious freedom; Esther Foer, family historian and author; Sari Horwitz, Washington Post journalist and three-time Pulitzer Prize winner; David Oldfield, director of the Midway Center for Creative Imagination; Eleanor Clift, political reporter, MSNBC commentator and Daily Beast blogger; and Alice Rivlin, former U.S. Federal Reserve and budget official.

There are also theater tickets, sports club memberships, entrance

See **GALA**, Page 2

NORTHWEST NEIGHBORS VILLAGE

a community network of support
4901 Connecticut Ave. NW
Washington, DC 20008
202-777-3435
www.nwnv.org

Northwest Neighbors Village (NNV), founded in 2007 and opened in 2009, is a nonprofit organization created to help the residents of Northwest Washington live comfortably and safely in their neighborhoods and homes as they age.

Join or volunteer

NNV welcomes new members and volunteers. For more information, go to www.nwnv.org or call the office at 202-777-3435.

NNV Board Members Officers

Steve Altman, *co-president*
Judie Fien-Helfman, *co-president*

Elinor Stillman, *secretary*
Stewart Reuter, *treasurer*

Directors

Merilee Janssen
Jon Lawlor
Beverly Lunsford
Frances Mahncke
Janean Mann
Dennis O'Connor
Jo Ann Tanner
Ann Van Dusen
Anne Witt
Karen Zuckerstein
Robert Parker, *emeritus*

Staff

Stephanie Chong,
executive director
Leah Penner, *volunteer coordinator*

Newsletter team

Janean Mann, *editor*
Doris Chalfin
Pat Kasdan
Danielle Feuillan
Tom Oliver

FROM THE CO-PRESIDENT

Thanks to Chris Nardelli and Blue 44

BY STEVE ALTMAN

Northwest Neighbors Village thanks the amazing Blue 44 restaurant, owner Chris Nardelli and many new and old wonderful friends and neighbors for supporting us. The restaurant, which has hosted NNV events in the past, promised 20 percent of its income from diners on the evening of Aug. 17. Our outreach and newsletter committees went to work to get out the word and more than 145 people enjoyed wonderful food and good company. The restaurant rounded up the figure and



presented us with \$800.

As a small neighborhood nonprofit, we know every dollar is critical to ensuring we can support our neighbors who wish to age and live, safe and independent, in their own homes for as long as

possible. Dining out at Blue 44 and the assistance of our 150 trained volunteers fuels our success. We hope to repeat such evenings in the future.

A huge thank you to everyone who helped and attended, and to Chris and fabulous chef James Turner who provided a delicious evening for all!

Bidding is open for Gala auction

GALA, Continued from Page 1

to many D.C. museums, certificates for wine tastings in your home or at the vineyard, and sporting event tickets. Browse the catalogue—there are many items great for holiday gift giving.

Go to NNV's website at www.nwnv.org and scroll down about halfway. There are two blue boxes, one to buy tickets and one for the online auction. If you want to attend the Gala click "buy tickets." A Gala ticket also provides access to the online auction. If you want only to bid on auction items online, click the "auction" box.

Both links will ask you to create an account with a password and provide your credit card information.

The Gala on Oct. 22 from 6:30 to 9:30 p.m. features two extraordinary NPR hosts—Ari Shapiro, of "All Things Considered," and Susan Stamberg, guest editor of "Weekend Edition Saturday." Attendees can be up close and personal with these two D.C. insiders who will actively engage with

them in an informal conversation on multiple topics. Bring your questions! Get the inside scoop!

The event will be held at the Chevy Chase Village Town Hall, 5906 Connecticut Ave., just north of Chevy Chase Circle (where the police station and post office are located).

Admission is \$100 a person (50 percent is tax deductible) and tickets may be purchased at www.nwnv.org.

The 2017 Gala is NNV's annual fundraising event and provides crucial funds to our budget. Membership fees support only 40 percent of our year-round activities and operations, with the remaining funds derived from our Gala, end-of-year appeal, legacy gifts and government grants.

Bring your family, friends and neighbors and come out and support NNV! You will have a fantastic, memorable evening, meet new friends, enjoy delicious food, and bid on some fabulous auction items . . . all while supporting NNV at the same time. A real win.

NNV CALENDAR

Rides are available for NNV members to all NNV events.

Wed., Oct. 4 and 18, 10-11:30 a.m. Caregiver Support Group—

Moderated by licensed clinical social worker. First and third Wednesdays every month in Chevy Chase. Limited to 8 participants. Call 202-777-3435.

Wed., Oct. 18, 2:30 p.m.

NNV Book Club discusses “Lab Girl” by Hope Jahren at the home of Sharon Wolozin. RSVP: 202-777-

3435.

Sun., Oct. 22, 6:30-9:30 p.m.

NNV Community Gala: Village Voices—NPR in Our Neighborhood—Susan Stamberg and Ari Shapiro speak; food, drink, music, auction. Call 202-777-3435.

Tues., Oct. 24, 2 to 3 p.m.

Seniors on Stage—Senior actors read poems and scenes (Oscar Wilde, etc.). Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP by Friday, Oct. 20: 202-777-3435.

Thurs., Oct. 26, 11:30 a.m.

Lunch with Stephanie Chong—Masala Art, 4441 Wisconsin Ave. NW. Dutch treat. Space limited; RSVP at 202-777-3435.

Tues., Oct. 31, 3-4:30 p.m.

NNV Men’s Book Club discusses “The Bully Pulpit: Theodore Roosevelt, William Howard Taft and the Golden Age of Journalism” by Doris Kearns Goodwin at the home of Bernie Hillenbrand. RSVP: 202-777-3435.

NNV welcomes a new intern

Social work student to help enhance NNV services

NNV welcomed a new student intern, Dominica (Nikki) Hawkins, in August. Nikki said she is “thrilled” to be working with NNV this year, as she plans to pursue clinical work with a range of ages after obtaining her degree. She has previously worked with Family Matters of Greater Washington where, she said, she gained valuable experience in case management, treatment planning, family engagement, resource assistance and overall people skills.

She said she hopes to bring this experience and enthusiasm to NNV as she looks forward to forming relationships with community members, staff and volunteers. As an intern for NNV, Dominica will make regular friendly visits to a handful of members, enhance services through project work, and assist in community networking and outreach efforts.

Dominica will be interning through the end of April and will be available every Thursday and Friday. Since arriving at NNV, she had an opportunity to attend the first coffee with members and the September board meeting. “I was delighted to meet some of your



JANEAN MANN

Dominica (Nikki) Hawkins, a graduate student in social work, is a seventh-generation Washingtonian.

members and I look forward to becoming more acquainted with others over the course of the year,” she said.

Nikki is pursuing graduate studies in social work at the Catholic University of America online. A seventh-generation Washingtonian, she received her undergraduate degree in human relations from Trinity University while working full time as a medical billing and coding specialist at Washington Hospital Center and Georgetown University Hospital. During this time she also volunteered as a cheerleader coach and was raising her now 10-year-old

daughter. In the last four years, Dominica said she has “had the pleasure of being an educator for the DCPS school system.” She currently works full time at Inova Fairfax Hospital as a financial specialist and attends class online.

Dominica enjoys spending her free time with her daughter and 2-year-old son, traveling and enjoying time with family and friends. She also enjoys meeting new people and volunteering with Travel Dance DC. She will graduate from Catholic University in May of 2019 with a master’s degree in social work and a concentration in clinical studies.

Driver training

NNV volunteers and those from Palisades and Capitol Hill villages hone their driving safety skills at a senior driver program led by AARP volunteer Margaret Calvin, standing at center. NNV volunteer drivers pictured include Vin Rocque, front right; Anike Buche, back right; and Bob Wolozin (green shirt).



JANEAN MANN

Bonding over the piano keys

PROFILE, Continued from Page 1

discovered a music shop in London with a wide variety of music for four hands.

Born in South Korea, Sura Kim began studying music as a child. “I didn’t take it seriously as a child. When the teacher came, I hid upstairs in a cabinet,” she said. In high school she took piano lessons, but said she wasn’t very good. When she went to college she majored in music at the renowned Ewha Womans University, named for the pear blossoms that adorned the campus.

She moved to England after World War II and gave concerts in London and Germany. Sura then spent nine years in Singapore before moving to the United States in 1949, bringing with her the piano she had bought in England.

She met and married her Korean-born husband Kwang in the U.S., and they moved to Washington when he was offered a position at George Washington University. Sura became an adjunct music professor at GWU, where she taught for many years before



JANEAN MANN

Musical friends Eleanor Johnson, left, and Sura Kim look over some sheet music.

retiring. “I had a good time,” she said. The Kims have three children.

Eleanor was a child prodigy. Her brother, 14 years her senior, was a pianist and she learned to play sitting on his lap. She played the right hand, he the left.

In primary school, she attended Northwestern University’s preparatory department for the School of Music and Interlochen School for the Arts. In college at Brandeis University she studied music, including harpsicord, with which she became enthralled after hearing it at a recital. She

graduated with a bachelor of arts in music and politics. “Campaign songs . . . what can I tell you,” Eleanor quipped when queried about the odd combination of majors. After obtaining a doctorate in education, she taught in New York for eight years.

When her husband became ill with cancer, she figured she needed to become the family breadwinner and participated in a doctoral program with two adjuncts from the General Accounting Office. She learned she had a talent for accounting and spent the next 22 years at the GAO before retiring and becoming a consultant. She turned her experiences helping her husband battle cancer into a book and in 1981, she wrote “The indispensable cancer handbook: a comprehensive, authoritative guide to the latest and best in diagnosis, treatment, care, and supporting services.”

Eleanor became a volunteer driver after learning about NNV at a Lafayette School fair. She is a docent at the Small Animal House at the National Zoo. She has also provided piano accompaniment to rehearsing members of the Washington Opera. She has a daughter and granddaughter in Oxford, England.

NNV group forming to explore new activities

By KAREN ZUCKERSTEIN

About a dozen participants met Sept. 7 and agreed to establish a “recent” retiree network. Several others were unable to attend but expressed interest in the group.

Nearly everyone who was at the coffee was already involved with NNV as a volunteer and/or supporting member. There was consensus that it would be good to build community among “recent” retirees—essentially volunteers, supporting members and friends of NNV in their 50s, 60s and early 70s.

As the discussion turned to group activities, there were suggestions of walks, focused discussions (e.g. best classes, best free events) and cultural outings. We focused on what we should try to plan between now and Thanksgiving and several people volunteered to organize specific activities.

The goal is to initially organize one or two activities a month—a monthly coffee and another

activity. The level of activity will be a function of interest and energy—what people are willing to organize.

The next group meeting will be for coffee at 10 a.m. Thursday, Oct. 5 (probably at the new Soapstone Market in Van Ness). This may also be a good opportunity to exchange information on best (educational) classes people have discovered. In addition, someone offered to



COURTESY OF KAREN ZUCKERSTEIN

Karen Zuckerstein, the author of this article, was elected to the NNV Board of Directors at its September meeting.

organize a cooking class at her home. Someone else said he would look into a walk at the zoo while another said she will explore a visit to the Rock Creek nature center.

One participant noted that there are several recent retirees in the NNV watercolor class and this is a great activity for other recent retirees to consider.

Someone also said via email that she was interested in weekday hikes. Additional initiatives are welcome.

We also reached consensus that there be a NNV email list for recent retirees that would be used to update people on events and to solicit interest in particular activities. If you are interested in being on the list send an email to kzuckerstein@gmail.com.

The formation of this group is an example of how members can initiate programming that speaks to their interests. Members interested in organizing a group are encouraged to contact Stephanie Chong at schong@nnv.org or 202-777-3435.



JOHN LAWLOR

Ice cream social

Dozens of NNV members and volunteers chilled out on a warm summer day with ice cream and friendship at the home of NNV volunteer and supporting member Bob Carr, who graciously offered his lovely yard for the event. Clockwise from left, Jane Whitaker, Ann Collins, Nancy Garner, Benita Lubic, Mimi Sokol, Jacqueline Delima and Ursula Shears (back to camera).

Dr. Azizali Mohammed dies; former IMF official

We are saddened to report the death of NNV member Dr. Azizali Mohammed on Aug. 27.

He and his wife, Sakin, first came to the United States in 1956, where he became an International Monetary Fund (IMF) Institute trainee. He subsequently earned his Ph.D. at George Washington University before returning to Pakistan to work for the central bank. They returned to Washington in 1961 when Dr. Mohammed joined the IMF staff.

During his career Dr. Mohammed served as adviser to financial officials in Pakistan and Saudi Arabia. Returning to the U.S., he served as the IMF director

of external relations before retiring in 1990.

In the late 1990s the Mohammeds found their purpose in life, they said, when they helped create the Mehnaz Fatima Educational and Welfare Foundation, a school in Gilgit, Pakistan, for childhood education, helping special needs children. Named after their daughter Mini, who has Down syndrome, the school now has more than 550 students.

The Mohammeds also helped



Dr. Azizali Mohammed

found and support the Muslim Community Center in Olney, which offers a variety of services including programs for seniors and a free health clinic for individuals regardless of religion.

In addition to Sakin and Mini, Dr.

Mohammed is survived by two daughters, Dr. Zeba Rasmussen of Bethesda and Afroze Mohammed of Washington, and a son, Arshad of Washington.

—Janean Mann

Soup of the evening, beautiful soup

BY BARBARA B. OLIVER

Great for Indian summer meals on the patio or deck, this smooth, orange-colored taste treat is perfect for capturing the last warm weather. Pour soup into a chilled thermos to transport to your favorite picnic spot.

Chilled Cream of Carrot Soup

4 carrots, peeled and sliced (1 cup)
1 medium onion, sliced
1 stalk celery, with leaves, sliced
*1½ cups chicken stock **
1 teaspoon salt
1 generous pinch cayenne pepper
*1 cup cooked rice ***
*¾ cup cream ****
diced pimiento, garnish

Place the carrots, onion, celery and ½ cup of chicken stock in a saucepan. Bring to a boil, reduce the heat and simmer 15 minutes.

Transfer mixture to the



BARBARA B. OLIVER

container of an electric blender and add the salt, cayenne and rice. Cover and turn the motor on high.

Remove the cover and, with the motor running, pour in remaining stock and cream.

Chill and serve garnished with diced pimiento.

Serves 6.

Notes

* May substitute low-fat, low-salt, chicken or vegetable broth.

** Use white or brown rice.

*** May use half and half, 2 percent or 1 percent milk in place of cream. Soup will become less thick as fat content is reduced.

SOURCE: ADAPTED FROM THE NEW YORK TIMES

COOKBOOK BY CRAIG CLAIBORNE

SERVICE OF THE MONTH Help with fall gardening chores

The reds, yellows and oranges of fall are stunning—until all those leaves turn brown and pile up in your yard! Northwest Neighbors volunteers can help you with leaf raking and all the other yardwork chores that need attention at this time of year, such as tying up or removing annuals, planting bulbs for the spring, pruning, seeding and weeding.

Although you can do these tasks gradually by yourself, why not get them all done at once and meet some nice NNV neighbors at the same time? All you have to do is call the office (202-777-3435) and outline your needs—we'll do the rest!

—Lois Berkowitz



Lunch and conversation with Stephanie

Have suggestions about new programs for NNV or would you just like to join others for informal conversation? Executive Director Stephanie Chong has launched a series of get-togethers with members, volunteers and others. The first, left, was held Aug. 24 at Bread and Chocolate. The next, a Dutch treat lunch, is scheduled for 11:30 a.m. Oct. 26 at Masala Art, 4441 Wisconsin Ave. NW (across from the Tenleytown Library). These gatherings will be scheduled every other month.

COMMUNITY CALENDAR

Events are free unless otherwise indicated.

Tues., Oct. 3, 7-9 p.m.

Upper NW Knitters—Learn to knit, crochet; supplies free. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Wed., Oct. 4, 7 p.m.

Author Talk—Mark Stein, "Vice Capades: Sex, Drugs and Bowling from Pilgrims to Present." Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Fri., Oct. 6, 13, 20, 27, 11:30 a.m.

Gallery Tour—Fall exhibitions, docent-led. Katzen Arts Center, 4401 Massachusetts Ave. NW.

Thurs., Oct. 12, 7:30-10:30 p.m.

ANC 3E—Meeting. Rm. NT07, Washington College of Law, AU, 4300 Nebraska Ave. NW.

Sat., Oct. 14, 10 a.m.-4 p.m.

Heritage Day at Peirce Mill—Master weaver from Ghana, quilting, grinding corn, blacksmith, carpenters, bluegrass, orchard tours. 2401 Tilden St. NW.

Tues., Oct. 17, 6 p.m.

Real Estate Q&A—Insider tips from Realtor Ebony Bates. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Tues., Oct. 17, 7:30 p.m.

ANC 3F—Meeting. Room A-03, Bldg. 44, UDC, 4200 Connecticut Ave. NW.

Wed., Oct. 18, 7:30 p.m.

T'ai Chi—Susan Lowell from Tenleytown T'ai Chi. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., Oct. 19, 10:30 a.m.

Avalon Senior Cinema—Patrons 62 or older pay less than the usual senior rate of \$8.75. Avalon Theatre, 5612 Connecticut Ave. NW.

Thurs., Oct. 19, 7 p.m.

Chevy Chase Citizens Association—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Mon., Oct. 23, 7 p.m.

ANC 3/4 G—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Mon., Oct. 23, 7 p.m.

Tenleytown Memoir & Essay Writing Club—Supportive feedback on your work. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Every Mon., 10:30-11:30 a.m.

Club 60+—T'ai Chi. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Tues., 10-11 a.m.

Club 60+—Line dancing. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Tues. & Thurs., 8:30-9:30 a.m.

Walking Club—Sibley Senior Association. Mazza Gallerie, Concourse Level, Wisconsin &

Western Aves. NW. 202-364-7602.

Every Tues. & Thurs., 11 a.m.-noon

Club 60+—Exercise basics, muscle strengthening. Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Fri.

AARP Legal Counsel for the Elderly—Self-help office. Assistance with legal questions, claims reports, consumer complaint letters, benefit checks, etc. Call 202-895-9448 (option 4) for appointment. Iona Senior Services, 4125 Albemarle St. NW.

Farmers Markets

Sat., 8 a.m.-1 p.m.—**New Morning Farm**, Sheridan School, 36th Street & Alton Place NW.

Sat. 8 a.m.-2 p.m.—**Van Ness**, 4340 Connecticut Ave. NW.

Sat., 9 a.m.-1 p.m.—**Lafayette Elementary School**, returned to its original home at 5701 Broad Branch Road NW.

Movie Mondays

2 & 6:30 p.m. **Chevy Chase Library**, 5625 Connecticut Ave. NW.

Oct. 2—"Zookeeper's Wife," U.S./U.K./Czech Republic, 2017, rated PG-13 (Jessica Chastain).

Oct. 16—"Ushpizin," Israel, 2004, rated PG.

Oct. 23—"A Soldier's Story," U.S., 1984, rated PG (Denzel Washington).

Oct. 30—"With Honors," U.S., 1994, rated PG-13 (Joe Pesci).



JANEAN MANN

NNV member Ann Ingram shares a food vignette with participants in a talk on food memories and Jewish cooking by White House guest Chef Susan Barocas, left.

You eat what you are: Chef Susan Barocas describes how heritage affects our food

Our heritage and the food derived from it shape much of our lives, according to guest White House chef Susan Barocas, who spoke to interested NNV participants Sept. 13.

In a program sponsored by Moment Magazine, she noted that many of our parents immigrated to the United States, bringing their favorite recipes with them. Often our childhood memories surround holidays and other times when we eat traditional foods, she said. During the immigration process, many of these recipes have changed because of differing ingredients available in different countries and evolving food tastes.

The founding director of Jewish Food Experience, Barocas said that Jewish cooking is “way beyond bagels and lox.” Her own family is

a prime example, as the dishes from her Sephardic mother used such things as Ottoman spices while the same dishes from her Ashkenazi father drew on more European flavors. Participants from her audience also shared some of their favorite interesting traditional food stories.

Though Jewish women are expected to make gefilte fish for their own weddings, neither she nor her mother did, Barocas said. This proved to be a challenge when President Barack Obama asked her to include gefilte fish in a menu she was preparing for a White House Seder. Though she had never made it before, she apparently rose to the challenge, as the president ate two helpings, she said.

—Janean Mann