

THE VILLAGE NEWS

Northwest
Neighbors
Village

Volume 9, Issue 10

A Community Network of Support

November 2017



JAKE FIEN-HELFMAN

NNV co-president Steve Altman, right, introduces NPR personalities Susan Stamberg and Ari Shapiro, who shared their time and talents to help NNV at the Oct. 22 NNV Gala.

FROM THE CO-PRESIDENT

NNV's first Gala reaches its goal

BY STEVE ALTMAN

On Oct. 22, NNV celebrated the wonderful success of our first Gala fundraiser. Over 100 people attended the interview with Susan Stamberg and Ari Shapiro that was excellently led by our executive director, Stephanie Chong. The attendees also enjoyed great food and service from Banana Peel and spent over \$10,000 bidding on 80 auction items that included great gifts, a house for a week in

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MEMBER PROFILE

D.C. native Murray Howder loves books and opera

BY JOAN JANSHEGO

Murray Howder has a variety of interests from foreign relations to opera, though he has also been described as the “perennial librarian”—a vocation that he followed for 25 years.

His first interest was international relations, which he studied at George Washington University and followed with an M.A. in Russian at Middlebury College in Vermont.

With this background, he worked on Russian issues for the Supreme Headquarters Allied



JANEAN MANN

Murray Howder with a CD of his favorite opera, “Roberto Devereux.”

Powers Europe (SHAPE) in Paris, which was NATO’s predecessor organization.

Upon his return, he earned an M.S. in library science at Catholic University, which launched him into a stellar career as a librarian. For nine years he worked at the Library of Congress in the Russian

section. His extensive librarian experience also included positions at the U.S. Naval Academy, Gallaudet University, the Educational Resources Information Center, the Association of Research Libraries and the Slavic Bibliographic

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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.

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Chance encounter led to love of opera

PROFILE, Continued from Page 1

Center.

In 1988, he switched to the private sector, and for 15 years was corporate librarian at VSE, an engineering company. He established its corporate library with responsibility for accumulating outside sources for reference materials.

During his career Murray received many awards, including being the first recipient of the D.C. Library Association Distinguished Service Award. He was president of the association in 1980 and 1981.

But opera is a personal passion for Murray. His introduction to opera was by happenstance. Having just graduated from George Washington University, Murray heard opera for the first time when a woman who lived with his family listened to it on the radio.

Asked what he likes best about opera, he says without hesitation “the music”—although he also appreciates the story line, costumes and drama. He taught an opera class at Chevy Chase House for many years in which he selected an operatic singer and conducted the class around that artist. He has attended the Metropolitan Opera in New York, views opera on TV and listens to it on the radio. He also enjoys live opera broadcasts at

Mazza Gallerie.

A D.C. native, Murray has many memories of the city. Before moving to Chevy Chase in 1966 he lived on Capitol Hill, calling his visits to Northwest Washington “an adventure.” On one visit, he saw a for sale sign on a 1924 Prairie-style home that he fell in love with, bought and still adores.

Another memory is the riots that occurred after Martin Luther King Jr.’s assassination. As he drove near Georgia and Missouri avenues, every car he saw had smashed windows.

When he arrived home, he bought \$20 worth of groceries at Safeway, which was what he lived on for the three days that D.C. was under curfew. He also recalls caravans of police motorcycles coming down his alley, which he found “creepy.”

Despite these negative recollections, his many memories of Chevy Chase are positive, including his neighbor—an Irish woman who had lived in her house since 1913, where there was a lot of music and parties—and a Russian woman with whom he spoke Russian.

Murray has fond memories of the old Piccadilly Restaurant (now the Parthenon) where, hungry, tired and with no food in his house, he dined the first night he moved into his house. He said it “saved his life.”

SERVICE OF THE MONTH

Changing seasons

Fall is changeover time. It's time to put away the summer clothes and bring out those sweaters, jackets and boots. And while you're at it, this is a good time to remove clutter from the closets. It's time to bring in or cover the lawn furniture; time to push up the screens and pull down the storm windows; time to clean out the fireplace.

Northwest Neighbors Village can make the changeover easy. Just call the office—volunteers can help you with changeover tasks large and small, and you can socialize while you share those tasks. It's a great way to meet your neighbors and a great way to get organized!

—Lois Berkowitz

NNV CALENDAR

Rides are available for NNV members to all NNV events.

Wed., Nov. 1 and 15, 10-11:30 a.m.

Caregiver Support Group—

Moderated by licensed clinical social worker. 1st and 3rd Wednesdays every month in Chevy Chase, D.C. Limited to eight participants. Call 202-777-3435.

Wed., Nov. 1, 2-3 p.m.

What Is Hospice?—Capital Hospice

collaborating with NNV, Palisades Village, Cleveland & Woodley Park Village. Grand Lodge of D.C. Assembly Room, 5428 MacArthur Blvd. NW.

Fri., Nov. 3, 10 a.m.

Zoo Walk—Meet at Connecticut Avenue entrance for 30- to 45-minute walk, then coffee at Starbucks, 3000 Connecticut Ave. NW. Rain date Nov. 10.

Wed., Nov. 15, 2:30 p.m.

NNV Book Club discusses “Turn Right at Machu Picchu” by Mark Adams at the home of Ann Collins. RSVP: 202-777-3435.

Tues., Nov. 28, 3-4:30 p.m.

NNV Men’s Book Club meets at the home of Bernie Hillenbrand. RSVP: 202-777-3435.

Free phone can provide captioning for hearing-impaired

By JANEAN MANN

Your doctor calls with test results and suggested follow-up. But your hearing is not the best and you miss some of what the doctor says. What do you do?

If you have a CaptionCall phone, you can not only adjust the ringer volume, voice volume and tone to suit your hearing needs; you can also read the conversation on the large, clear screen and save a printout of what the doctor has said.

The phone is provided free to those with hearing impairments under provisions of the Americans With Disabilities Act, and the phone’s costs are covered by the Interstate Telecommunications Relay Service fund. CaptionCall is a free phone that works with your existing phone line and services.

To receive a free phone, you must complete a Professional Certification Form, which you can download from CaptionCall’s website. This form must be signed by a health-care provider certifying that you have a hearing loss that makes it difficult to communicate effectively by telephone. Providers may include your family doctor, geriatrician, hearing instrument specialist, nurse practitioner or physician assistant, among others. There are no age or income restrictions.

You can also get a free CaptionCall app for your iPad.

According to NNV supporting member Bob Wolozin, a CaptionCall representative calls you almost immediately upon receiving the completed form to set up an appointment to deliver your phone and show you how to use it. Both installation and training are free to the user. “It works very efficiently,” Bob said.



JANEAN MANN

“I can hear you now!” Mimi Sokol is among NNV members who use CaptionCall to better hear and display their conversations.

CaptionCall continues to provide free user support after the initial call. Both Bob and other NNV members who have the phone regard it and the service provided by the company highly.

The phone contains many of the same features of a regular phone, including answering machine, voice mail and callback. The phone is also easy on the eye: Both the text as you are talking and the names and numbers of incoming calls appear in large, clear print on the screen. You can create a favorites list for people you call frequently as well as a contact list for these as well as others you may call less frequently. The conversations can be recorded in English or Spanish.

For information, go to the website, captioncall.com, phone 877-557-2227 or email support@captioncall.com.

Case manager funded through end of the year

BY STEPHANIE CHONG

Case manager services for NNV members will continue at least until year's end following a Board of Directors vote to extend the program temporarily. At its September meeting, the NNV board unanimously approved the continuation through Dec. 31.

Since March, 25 NNV members have benefited from the expert guidance and support provided by social worker Barbara Scott. Barbara was hired as part of a grant through the D.C. Office on Aging (DCOA).

The collaborative grant allowed Northwest Neighbors Village, Dupont Circle Village and Palisades Village the opportunity to offer case management services to members coping with life transitions such as hospitalization, financial exploitation or a number of other issues that impact daily functioning. That grant expired Sept. 30.

The boards of all three villages recognized the positive impact case management has had on their villages and jointly applied for DCOA and private foundation funding for its continuation.

The case management role has been instrumental in filling a difficult-to-meet need. While villages want to help members in transition, the resources to do so are often unavailable.

Barbara Scott has played a critical role in advocating for members in the hospital setting and taking proactive steps in preventing future crises. In the seven months she has worked with NNV, Barbara made 42 referrals to outside community services including home care, legal services, home safety companies, transportation services and ongoing case management. One of Barbara's greatest accomplishments was her advocacy in successfully obtaining reimbursement in excess of \$10,000 for services that were never rendered to a member.

Since March, Barbara has helped over 60 members across three villages. In times of crisis, she has been a warm, calm presence along with the guidance and expertise her social work background affords.

While Barbara's role with each member is short-term, she makes sure members are in good hands before their work together ends. For members needing additional support, Barbara often makes referrals to case management at Iona Senior Services and has recently begun referring members to our



MERIANIKE BUCHE

At the African American Museum

Thanks to NNV member Benita Lubic, who obtained the passes, 20 NNV members and volunteers including Phyllis Belford, above, visited the African American Museum of History and Culture Sept. 5.

social work intern, Dominica Hawkins.

While we wait to hear back from DCOA and a private foundation on the collaborative grant proposals, the board agreed to retain our case manager through the end of the year, unless funding is awarded beforehand.

GEORGETOWN
HOME CARE
THE KEY TO STAYING HOME



JON LAWLOR

Drama by and for seniors

NNNV members and other guests enjoyed presentations by Seniors on Stage during an Oct. 23 performance at Forest Hills of D.C. The readings included an amusing scene from an Oscar Wilde play, "A Woman of No Importance." The actors also performed a scene from Neil Simon's "The Prisoner of Second Avenue" and two moving original monologues.

Prepare now for spring's bounty

BY JANEAN MANN

Fall—up until Thanksgiving—is the prime time to prepare your yard for all those lovely spring blossoms, according to local gardener Barbara Baldwin. Now is "a great time for weeding, thinning, buying new bulbs, transplanting older plants and mulching," she said at an Oct. 6 NNV talk at the Chevy Chase Library. But, she said, don't prune things now that are going to bloom in early spring or you will cut off the blossoms. You can prune them right after they bloom.

Among Barbara's suggestions is buying new bulbs. Bulbs do not last forever, and newer ones are more likely to bloom than older bulbs, plus there is the advantage of new varieties. Daffodils are a good choice for this area because the deer don't seem to like them. When

buying daffodils, choose a variety from early to mid- and late bloomers. But, Barbara warned, plant them in the second row behind other flowers because the stems and leaves turn yellow before the blossoms fade. Daffodils and other bulbs should be planted twice as deep as the bulb size.

Suggestions for the first row include hostas (if you don't have a deer problem), vinca or snowdrops. Because snowdrops take two years to really look good, don't pull them out after the first year, Barbara warned.

Now is also a good time for planting hellebores, which are early spring bloomers, now have a greater variety of colors and don't seem to be attractive to deer. She recommended against planting tulips because the deer love them and even without the deer, they don't last long.

She also recommended digging up and replacing old irises and daylilies as many become diseased. Daylilies have changed "dramatically" in the last 20 years and there are new lovely colors, she said.

It is not necessary to do a lot of work to have an impressive-looking yard, according to Barbara. "You can just buy a few plants that suit you and stick them in your yard and they will look fine," she said. She also recommended planting something new every year. When traveling, she often picks up seeds for flowers or herbs to add to her yard. For her, this year it is horseradish.

Barbara recommends allowing fallen leaves to remain on the ground as they keep the soil moist and protect it from blowing away.

For those of us who want to plant flowers that our deer friends find attractive, she recommended plastic bird netting that is available at hardware stores to keep the deer off.

Symphony of the Potomac discount tickets

If you are a Beethoven fan, the Symphony of the Potomac's Nov. 5 program should be a delight. The program will include the "King Stephen" Overture, Piano Concerto No. 1 and Symphony No. 7. Pianist Alon Goldstein, who performed Beethoven's Fifth Piano Concerto two years ago, will be featured.

Symphony cellist and NNV member Susan Lieberman has obtained 10 tickets for the 3 p.m. performance at discount prices. Call the NNV office at 202-777-3435 for tickets.

Thanks to so many for a fabulous Gala

GALA, Continued from Page 1

Scotland, tickets to ballgames, theater passes and restaurant discounts. This will help cover expenses for this year. We hope to raise added funds to expand services and programs in 2018.

We achieve this success with the help of our sponsors: Georgetown Homecare, Ingleside at Rock Creek, Concierge Philanthropy, Mike and Ann Van Dusen, the Estate Planning and Elder Law



**NNV co-president
Steve Altman**

Center, Sunrise on Connecticut Avenue, Capital City Nurses, Sally McLuckie of Long and

Foster Realty and Forest Hills of D.C.

More important than budget goals, however, was the goodwill and positive image that such a program creates for NNV in the community. Many people, new to NNV and those who know us well, appreciate that we stand for the highest quality of service and care for our neighbors in everything we do.

The highlight of the event was certainly the discussion with Susan and Ari, who answered questions that NNV had received in advance from the attendees as well as questions raised by the audience. Their answers were thoughtful, gracious, humorous and insightful. They told us a great deal of the workings of NPR and the broadcast radio world and shared their views on current issues including the need to create stronger, healthier communities as



PHOTOS BY JAKE FIEN-HELFMAN

NNV co-president Judie Fien-Helfman, far left, chats with Samantha Nolan at one of the tables offering choice items for bidding as ANC 3/4 G chair Randy Speck, third from left, talks with NNV board member Karen Zuckerstein.



**Sal
Selvaggio
and Mimi
Sokol.**

NNV endeavors to do. They could not have been more pleasant to work with as we prepared for the event.

As always our staff, Stephanie, Leah and Danielle, went above and beyond in their efforts to create a first-class program. And our newest addition, Trish McCafferty, brought ideas, computer skills and more teamwork that proved invaluable to that success. The event committee, especially Sal and Andrea Selvaggio, Merilee Janssen, Karen Zuckerstein and a host of others, brought their energy and welcoming spirit to the event.

Without a doubt, however, the accolades must go to my NNV co-president Judie Fien-Helfman, who conceived the event, planned it and inspired all of those around her. She directed her team with a precision for detail and positive encouragement that made the evening such a success.

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Scenes from NNV's first Gala



JAKE FIEN-HELFMAN

NNV members and guests check over the items to be auctioned at Chevy Chase Village Town Hall.



JAKE FIEN-HELFMAN

NPR's Susan Stamberg, guest editor of "Weekend Edition Saturday," and Ari Shapiro, of "All Things Considered."



JAKE FIEN-HELFMAN

From left, Judy and Alan Lewis, Jeff and Kate Fletcher.



JAKE FIEN-HELFMAN

Member Edith Couturier at the name tag table.



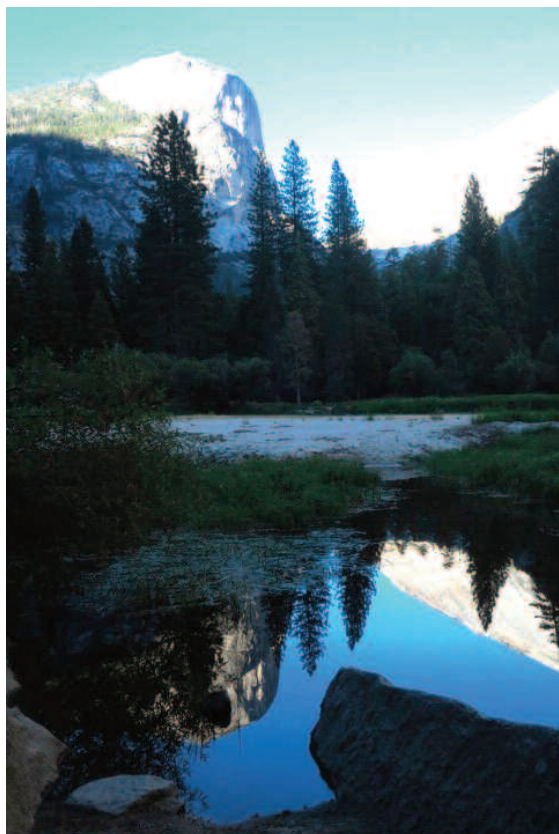
JUDIE FIENN-HELFMAN

Volunteers Jewel Hill and Alice Hayes.



JAKE FIEN-HELFMAN

Members Bob and Vivian Parker.



PHOTOS BY TOM BECKMAN

Where in the world?

Tom Beckman brought back some striking pictures from a hiking trip in the High Sierras this summer. Left, Vernal Falls along the Mist Trail above Yosemite Valley. Below, one of Tom's fellow hikers climbs atop a fallen Giant Sequoia in the Nelder Grove.



By any name, a sweet treat

BY BARBARA OLIVER

A date square is a dessert made of cooked dates with an oatmeal crumb topping. In Western Canada it is known as Matrimonial Cake. My Swedish grandmother taught me a version she called Date Bars that was firm and toothsome.

This version is soft, moist and sweet and makes a wonderful dessert or snack throughout fall and winter. As a bonus, the dates and oatmeal contribute dietary fiber, minerals and vitamins.

Classic Date Squares

1½ cups water
1½ cups chopped pitted dates
(about 30)
2 tablespoons granulated sugar



BARBARA OLIVER

1 teaspoon vanilla extract
1½ cups all-purpose flour
1 cup (packed) dark brown sugar
1 cup old-fashioned oats
1½ teaspoons ground cinnamon
½ teaspoon baking soda
½ teaspoon salt
¾ cup (1½ sticks) unsalted butter,
diced, room temperature

Preheat oven to 350°F. Butter an 8x8-inch metal baking pan.

In a medium pot, bring the water to simmer. Add dates and

granulated sugar; simmer until very soft and thick, stirring occasionally, about 10-20 minutes. Cool to room temperature. (You can place pot in an ice-water bath to speed cooling.) Stir in vanilla.

Combine flour, brown sugar, oats, cinnamon, baking soda and salt in a large bowl; stir to blend. Add butter. Using fingertips, rub in until moist clumps form.

Press half the oat mixture (about 2 cups) evenly over bottom of prepared pan. Spread date mixture over the oat base. Sprinkle remaining oat mixture over the date layer; press gently to adhere.

Bake until the top is golden brown with brown edges and set in the center, about 40 minutes. Cool completely in pan on a cake or cookie rack. Cut into bars and serve.

Makes 16 2x2-inch squares or 32 1x2-inch bars.

ADAPTED FROM BON APPETIT, FEBRUARY 2004

COMMUNITY CALENDAR

Events are free unless otherwise indicated.

Fri., Nov. 3, 10, 17, 11:30 a.m.

Gallery Tours—Late fall exhibitions, docent-led. Katzen Arts Center, 4401 Massachusetts Ave. NW.

Sun., Nov. 5, 3 p.m.

Bach, Luther and the Reformation: A Study in Theology and Sound—Kay Spiritual Life Center, AU, 4400 Massachusetts Ave. NW.

Thurs., Nov. 9, 7 p.m.

Author Talk—Herta Feeley, "Saving Phoebe Murrow." Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., Nov. 9, 7:30-10:30 p.m.

ANC 3E—Meeting. Tenleytown Ballroom, Embassy Suites Hotel, 4300 Military Road NW.

Sat., Nov. 11, 6-9 p.m.

Opening Reception—Late Fall exhibitions. Katzen Arts Center, 4401 Massachusetts Ave. NW.

Sun., Nov. 12, 3 p.m.

"The Winds of Time" performed by AU Symphonic Band. Abramson Family Recital Hall, 4401 Massachusetts Ave. NW.

Mon., Nov. 13, 7 p.m.

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

Tues., Nov. 14, 7 p.m.

Chevy Chase Citizens

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

Thurs., Nov. 16, 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., Nov. 16, 6-7:30 p.m.

Gallery Talk—Artist William Woodward on exhibit "The Seven Deadly Sins." Katzen Arts Center, 4401 Massachusetts Ave. NW.

Thurs., Nov. 16, 6:30 p.m.

Geology of Earth's Moon—Geochemist Stephen M. Elardo, Ph.D. Greenbelt Bldg., Carnegie Institution for Science, 5241-51 Broad Branch Road NW.

Thurs., Nov. 16, 6:30-8 p.m.

The Monument: Past, Present, Future—Panel on public monuments. Katzen Arts Center, 4401 Massachusetts Ave. NW.

Sun., Nov. 19, 2-3 p.m.

Artist Lecture—Sonia King on mosaic techniques. Katzen Arts Center, 4401 Massachusetts Ave. NW.

Tues., Nov. 21, 7:30 p.m.

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

Mon., Nov. 27, 7 p.m.

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

Thurs., Nov. 30, 6-7 p.m.

Gallery Talk—"RADIX: The Eternal Feminine." Katzen Arts Center, 4401 Massachusetts 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 St. & Alton Place NW.

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

Sat., 9 a.m.-1 p.m.—**Lafayette**, Broad Branch Ave. & Northampton St. NW.

Movie Mondays

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

Nov. 6—"Saving Face," U.S., 2004, rated R (Joan Chen).

Nov. 13—"Reflections in a Golden Eye," U.S., 1967, not rated (Marlon Brando, Elizabeth Taylor).

Nov. 27—"High Fidelity," U.S., 2000, rated R (John Cusack).

Holiday Party set for Dec. 10

Bring your appetite and an appetizer, side dish or dessert to share and join NNV for its annual holiday party, to be held Dec. 10, from 4 to 6 p.m., at Forest Hills of D.C. Call the NNV office at 202-777-3435 to confirm your attendance and indicate what you will be bringing. We look forward to seeing you there!



*Exceptional home care
nurses and aides since 1976*

Forest Hills launches adult day program

Forest Hills of D.C. is expanding its assisted living service to include an Adult Day Program at its branch on Military Road NW, Forest Side Memory Care. It aims to help individuals with dementia remain at home with their families. Relatives of individuals with dementia will be able to take them to Forest Side in the morning for activities and meals, and take them home at the end of the day.

“We are well aware that many spouses and family members choose to have their loved ones

remain at home as long as possible,” said Forest Hills Administrator and Executive Director Mary Savoy. “But we know these acts of love frequently result in what is known as caregiver burnout. A local memory day care program can provide those family members with much-needed support to better meet the daily challenges that cognitive decline may present.” To learn more, call Jennifer Brown at 202-966-7623.

Forest Hills of D.C. offers a variety of licensed assisted living

services in 58 apartments on Connecticut Avenue as well as short-term rehabilitation and long-term nursing care, in addition to Forest Side Memory Care.

In other Forest Hills news, as part of an ongoing renovation that began in 2012, the building is renovating its main kitchen. During the renovation all kitchen operations are moving to a mobile kitchen on Ellicott Street NW. The organization is optimistic that the work will be completed in 12 weeks. However, while the work goes on, parking availability on Ellicott Street will be reduced.

Guests of NNV, which has its office in Forest Hills, are reminded to sign in and out at the front desk whenever visiting for an NNV-sponsored event or to visit the office. Thank you for your cooperation.

—Stephanie Chong

Thanksgiving dinner at Ingleside

Would you like a nice Thanksgiving turkey and all the fixings with other NNV members? Ingleside will again offer members of the NNV family dinner for \$30. Dinner will be served from 12:15 to 2 p.m. To make your reservation, please call the NNV office at 202-777-3435.