

The Village News

Dark matter yields a bright memorial

By *Janean Mann*

A plethora of local talent has gone into local efforts to honor the Carnegie Institution for Science facility in Chevy Chase and a famous astronomer/local resident who worked there. The latest example of these efforts is the transformation of a rusted late 19th century emergency call box into a lovely memorial to astronomer Vera Rubin.

Dr. Rubin, who worked at the Carnegie Institution, was only the second woman astronomer to be elected to the National Academy of Sciences. A Chevy Chase resident, she developed her interest in astronomy as a child watching the stars from her window and even built a crude telescope out of cardboard. She was also known for mentoring aspiring female astronomers.

Her studies of the rotation curves of galaxies led Dr. Rubin to her discovery of dark matter. Dark matter is composed of particles that do not absorb, reflect, or emit light; so they cannot be detected by observing electromagnetic radiation.

Now her achievements can be appreciated through the restoration of an old fire emergency call box repurposed through a project initiated by NNV advisor Ed Hayes. Ed and his wife, Alice, have long been involved in NNV. The callbox artwork was designed and created by local residents Sarah McCarron, McCarron's daughter Laura, and former NNV communications coordinator Danielle Feuillan. Their design was chosen through a competition and its creation "was really fun," said Danielle. She noted that the design was partially

suggested by viewing stars through a telescope.

The callbox also honors the Carnegie Institution for Science, which was constructed in Chevy Chase in 1914 and now includes the Earth and Planets Laboratory. The Institution was initially established by Andrew Carnegie.

The Institution hosts free lectures, open to the public in the Spring and Fall, both at its Chevy Chase campus and in downtown D.C., usually at the Martin Luther King Jr. library. [The schedule is available by clicking here.](#)

Also involved in the call box project are District Bridges, Chevy Chase Main Street, Ch/Art, the Chevy Chase Community Association, and Historic Chevy Chase D.C.

Other recent callbox restorations commemorate the old trolley station on Connecticut Avenue and the PNC bank in Chevy Chase. Additional call boxes will be refurbished as funding becomes available. Tax deductible contributions can be sent to Historic Chevy Chase D.C., 3111 Oliver St. NW, Washington, DC 20015.



Photos by Janean Mann

Top: Ed and Alice Hayes with the callbox.

Bottom: Close-up of the design

Northwest Neighbors Village

a **community network of support** serving upper NW DC including American University Park, Barnaby Woods, Chevy Chase, Forest Hills, Friendship Heights, Hawthorne, Tenleytown, & Van Ness

P.O. Box 39135
Washington D.C. 20016
(202) 935-6060
info@nnvdc.org
www.nnvdc.org
vimeo.com/nnvdc
Tax ID #26-1247521

NNV Board Members Officers

Gene Sofer, president
Morgan Gopnik, vice president
Sam Smith, treasurer
Merilee Janssen, secretary

Directors

Richard Avidon • Shanti Conly • Susan Crawford • Judie Fien-Helfman • Monica Knorr • Lenore Lucey • Rosemary Marcuss • Jan Solomon • Karen Zuckerstein

Directors Emeriti

Frances Mahncke • Janean Mann • Robert Parker • Stewart Reuter • Jo Ann Tanner

Team

Stephanie Chong, executive director
Heather Hill, volunteer and member services coordinator
Leslie Pace, communications coordinator
Barbara Scott, village social worker

Newsletter Team

Pat Kasdan
Janean Mann
Pat Mullan

Deepening NNV's commitment to diversity, equity and inclusion (DEI)

By *Stephanie Chong*

The NNV board, staff, and DEI working group members recently participated in a workshop to organize our efforts to become a more equitable and inclusive organization. The workshop, facilitated by [Brave Space](#), expanded on work begun earlier this year that examined our current policies and practices as well as our collective understanding and perspectives on diversity, equity, and inclusion.

During the day-long session, we developed a shared understanding of how essential equity-focused work is to fulfilling our mission of creating a generous and inclusive community. We were able to identify specific goals and actions that will be incorporated into our next strategic plan. This is an exciting step for NNV, as we begin to incorporate equitable and inclusive practices throughout our organization - from increasing diversity in our leadership, to assessing service delivery and offering new and expanded programming.

This planning builds upon work already being done, including:

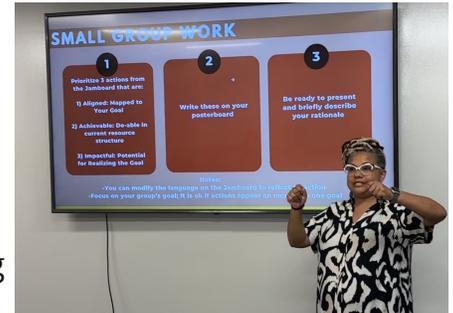
- Building relationships with Black neighbors and leaders
- Incorporating diverse voices and topics in NNV programming
- Creating opportunities for small group discussions about race and racism

• Participating on the local [Racial & Social Equity \(RASE\) Standing Committee of ANC3/4G](#) (Chevy Chase DC)

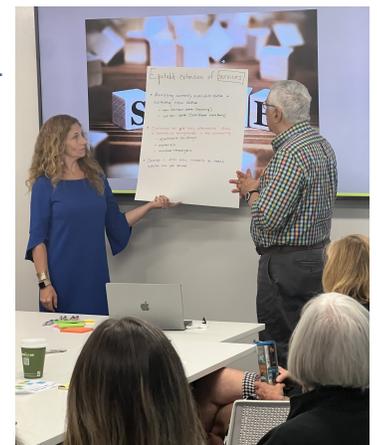
- Waiving membership fees for older neighbors with low income

We invite you to join us as we move forward with our efforts to become a more equitable and inclusive organization! If you'd like to get involved, please [email us](#).

Brave Space Consultant Amanda Taylor with NNV President Gene Sofer



Photos by *Stephanie Chong*
Brave Space consultant Consuelo Grier Walks us through our task



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 homes and neighborhoods as they age.

Join or volunteer

NNV welcomes new members and volunteers. For more information, call the office at 202-935-6060 or visit www.nnvdc.org.

To Ann Ingram, volunteering comes naturally

By *Janean Mann*

NNV member and volunteer Ann Ingram has a long history of helping others both in a professional capacity and as a volunteer. Raised in California, Ann earned degrees from Stanford and Katie Gibbs Secretarial School, but she initially opted to spend her time raising her three children and volunteering for a variety of organizations.

"I don't think people realize how important volunteering is," Ann said. "If it weren't for volunteers this country would not be able to manage." In California, she sang with a chorus and was a counselor at Brotherhood USA among other activities. Brotherhood USA was an organization that "attracted a wide variety of children – from Mexican gang girls to poor Black children from San Diego to rich white kids from Beverly Hills. I was so happy to be at that camp; it was a life changing experience. It was such a happy group of disparate young people," she added.

The family moved to Washington, D.C., in 1967 when her late husband, John, accepted a job with the D.C. government. Upon arrival, she and her family joined Temple Sinai because she had met the rabbi when he had come to California for a protest. There she sang in the choir and volunteered.

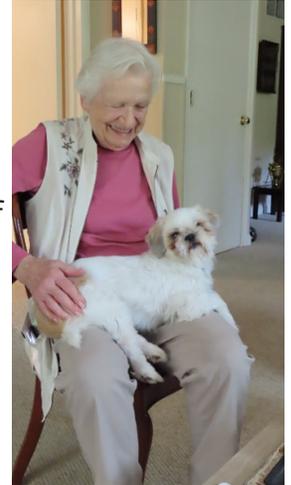
Living in Tenleytown, Ann became a substitute teacher at Hine Junior High and a music teacher at Murch Elementary. But she wanted a job with more regular hours. One day while grocery shopping, she

encountered a friend who suggested she talk with her boss at Travelers Aid about a job. Ann followed up and was hired immediately as Director of Volunteers, a job she thoroughly enjoyed.

The job brought with it a number of challenges and interesting encounters. D.C. taxi drivers and skycaps, with their wide variety of foreign language expertise, were of great help to her interpreting for the travelers who crossed her doorstep.

One day, Ann received a call asking her to find a traveler and tell the woman that her family would be delayed in picking her up. The woman was Swedish and while talking with her, Ann learned that her own family was also from Sweden. That encounter opened a new page in her family history and led to travels to her Swedish homeland and discovery of a family history going back five generations.

Ann worked with Travelers Aid for 20 years before retiring, but continued her volunteer activities. She sang with the Cathedral Choral Society for 29 years. "It was a wonderful experience," she said. She and her late Great Dane, Daisy, helped children learn to read at the Chevy Chase Library. Ann also volunteered at the Clinton White House, which included working with the First Lady's correspondence. While there she met Hilary Clinton. "What a wonderful experience", Ann said, describing the First Lady as a "lovely woman, so warm, so generous with her time." Ann has been involved with NNV since its early days as a volunteer and, at 91, she is still doing so.



Janean Mann

Ann and her adorable dog Katie



Ann and her autoharp from Stephanie Chong NNV's Life Mapping class

Winter preparation

By Leslie Pace

Snow lovers will be excited to hear that the [2024 Old Farmer's Almanac has predicted a cold and snowy winter](#) for us! A [predicted El Niño weather pattern](#) could give their prediction credence! However, with (possible) snow comes the need for a snow removal plan.

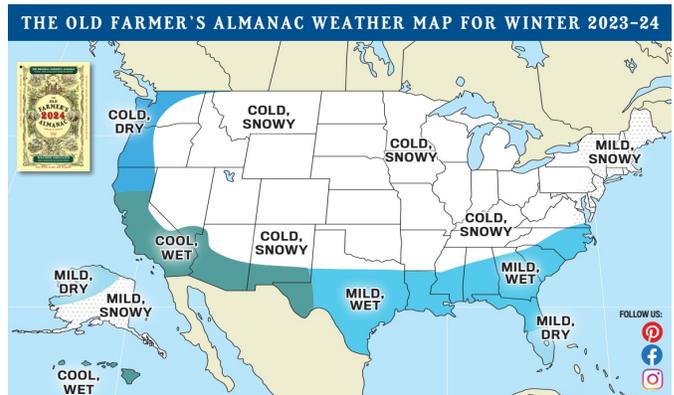
D.C.'s Winter Sidewalk Safety Act (WSSA) requires residents to remove snow and ice from the paved sidewalks, ramps and curb cuts abutting their property within the first eight hours of daylight after the end of a winter storm. Clear sidewalks are safer for our community but this can present a problem for older adults and people with disabilities.

What to do now:

If you cannot clear your sidewalks of snow and ice, apply for exemption from the WSSA. The requirements are as follows: Residents must live in their own homes (single-family or apartment building with no more than 3 units) AND be disabled and/or over 65. The application deadline for the exemption is October 31st. Apply by calling 311 or filling out the [form online here](#). Once approved, your exemption is valid for two years. You must reapply every other year to continue to receive the exemption. More information is available on the [D.C. Department of Public Works website](#).

The D.C. government also has a free Volunteer Snow Removal Program. Once you have been approved for exemption from the WSSA (see above for application instructions), you will automatically be added to the waiting list for free Volunteer Snow Removal service. To learn more, visit the [Serve D.C. website](#).

You can also arrange for private snow removal services. Vendors negotiate rates based on the scope of work at your home.



Here are some we know of:

- [Tenleytown Lawn & Landscape](#): (202) 362-3383, info@tenleyscapes.com
- Field of Dreams Landscaping, Norbert de Morales, owner: 301-762-3261 Norbert@fieldofdreamsl.com
- Romulo Henriquez: 240-388-0979
- Ever Chiqua: 240-543-8645
- Jose Garcia: 240-477-2707

What to do when snow is predicted:

D.C.'s Department of Public Works (DPW) advises residents to apply abrasives such as rock salt, de-icer, or non-clumping kitty litter to the sidewalks around their properties to reduce the possibility of icing and to prevent slips and falls.

Who to contact for assistance:

311 - The District's 24-hour toll-free number that allows people in the District of Columbia to request assistance with city services and information.

NNV - While we do not offer a volunteer snow-shoveling service, our volunteers are ready and willing to help members sign up for the WSSA exemption or gather snow supplies (shovels, salt, sand, etc.) to have ready. Call the NNV office at 202-935-6060.

Stay safe, and start planning now. Not only can you help yourself, but your neighbors will be grateful to you as well. If you need help making a plan, please call the office at 202-935-6060 or email us at info@nnvdc.org.

Old Urban Naturalist

By Jane Whitaker

Sunflowers and Goldenrod start blooming in late July and early August. Although I delight in seeing their golden sparkling blossoms in the meadows and woods I am painfully aware that they are harbingers of fall, colder temperatures and changes in the flora and fauna in preparation for winter.

There are so many cheerfully singing birds in summer. With falls arrival the woods get quiet except for the peck-peck-peck of the woodpeckers looking for tasty morsels under the tree bark. Predatory hawks are migrating south during the day, always looking for a feathered morsel, so being quiet is a survival skill. The little birds are flocking for their long travels south and only use quiet chirps to keep in touch. Many of our migratory species also molt into drab colors to better blend into the fall foliage. Gone are the brilliant breeding colors until another spring.

It is a challenge to identify the little creatures. In fact, bird books have pages of "confusing fall warblers", almost all olive drabs and tans. Don't despair if you can't identify a fall warbler, even the best birdwatchers are often confused.

Our small songbirds travel at night and can be seen and heard moving south on a clear evening. They prefer to travel when a cold front comes down from Canada so they can catch a tailwind and make better time with less effort.

Some avid birdwatchers go to the top of the Empire State Building after dark and look and listen for flocks heading south. On a moonlit night one can look at the moon and see the flocks passing by as they fly at about the altitude of the building. One can also

listen for the birds chirping constantly at each other to keep in contact. Experts can distinguish one species chirp from another! I challenge those of you living in tall apartments to go to the roof on a clear moonlit night to see if you can see or hear the migrants. Let me know if you are successful.



Goldenrod

Although the birds have quieted down now there is still plenty to see and hear. For example, crickets are very noisy in the evenings or on cloudy days.

Choose a comfortable spot on your walk or in your backyard and sit down. Look and listen. At first your thoughts may be that there's nothing out there.

Keep up your vigilance. Soon you'll see rustles in the grass or trees. Keep looking and see what's making the commotion. You may hear something.

Sit quietly and try to spot the noise maker. How many animals and insects do you see?



Woodpecker

A favorite project I used to give campers was to ask them to go out in the woods or fields and measure off a three by three foot square and proceed to examine the plot carefully for a few hours or days to see what was living and using that area. How many kinds of grass? What is eating its seeds? Do any birds or insects fly over it?

An excellent book along this line of inquiry is *A Forest Unseen* by David Haskell. An excerpt from the book cover says it most eloquently. "Powerfully observed and beautifully written, *The Forest Unseen* is a grand tour of nature in all its profundity, an attempt to view life's great complexity through a simple square meter of earth. With the knowledge of a scientist and the

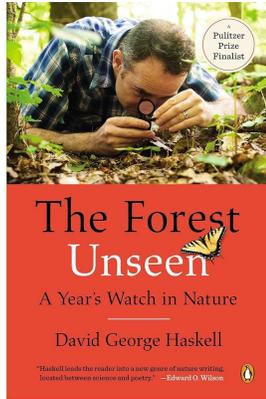
See **URBAN NATURALIST**, Page 6

URBAN NATURALIST, continued from Page 5

keen perception of a master portraitist, Haskell renders a mosaic of the natural world that will change the way we think about our relationship to beings great and small”.

The book tours the small plot monthly for a year. It is aimed at the novice as well as the scientist. A nice little book that can be read a chapter at a time. I suggest reading it over the course of weeks or even months. Enjoy the world around you as the seasons change!

[*The Forest Unseen: A Year's Watch in Nature*](#) by David Haskell, Viking Penguin 2012 ISBN 978-0-670-02337-0.



The Forest Unseen

Volunteer spotlight: Cynthia Grant

Recently, NNV member Benita Lubic sent out an SOS to the village for a ride home from a procedure the next day. Benita's sister had been scheduled to take her, but had a last-minute medical conflict. Volunteer Cynthia Grant immediately signed up to help. Benita shared her relief with the staff: "She was a godsend. She picked me up behind the hospital where there were hardly any cars... we had a lovely conversation going home."

Benita sends her "praises to Cynthia for her help with the ride home and follow-through with the nurse at the hospital. It was a Mitzvah!"

Both sisters are now doing well.

New members and volunteers Q3 2023

New Members

Robert B.
Nazaree F.
Diane G.
Terry H.

Christina H.
Paul L.
Sarah R.
Alma R.
Cathy W.

Lloyce W.

New Volunteers

Whitney B.
Rod C.
Stan M.

Welcome!



NNV Vice President Morgan Gopnik to Chair the Collaboration Council for D.C. Villages Collaborative

As we've announced previously, the [D.C. Villages Collaborative](#) (DCVC), a joint project among all 13 villages in Washington, D.C., is now a reality! The Collaboration Council, the body that will oversee DCVC's long-range mission, met for the first time on July 26 to kick things off. Our own Morgan Gopnik, previous NNV President and current NNV Vice-President, was elected as Chair of the new Council. Other officers include David Mackoff from East Rock Creek Village as Vice-Chair, Tama Duffy-Day from Capitol Hill Village as Treasurer, and Emma Brownstein from Greater Brookland Intergenerational Village as Secretary. We will be sure to keep you up to date as the Collaborative develops and begins to offer new citywide programming and events!



Support NNV's Future – Make A Planned Gift

By Merilee Janssen & Judie Fien-Helfman

What is a Legacy or Planned Gift?

NNV established its Legacy Society in honor of its 10th Anniversary in 2019. The Legacy Society is funded by individual planned gifts or bequests, established during your lifetime, but donated after your passing. As part of your overall financial and estate planning, your planned gift provides an opportunity to support NNV, an organization that is meaningful to you, and at the same time, to preserve and enjoy assets you might need during your lifetime.

Is there a minimum amount I can designate?

There is no minimum. Every bequest, of any size, is significant for the future of NNV.

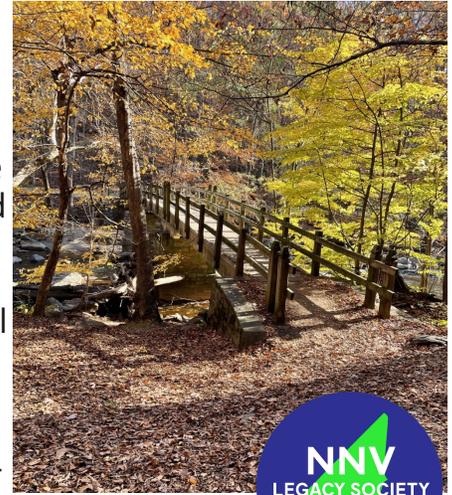
"Becoming a Legacy Society member was a no-brainer for me. I love Northwest Neighbors Village and want it to thrive into the future."

- NNV Member

How do I make a Planned Gift?

The easiest way to make a planned gift to NNV is to designate Northwest Neighbors Village as a beneficiary of your bank or brokerage account, retirement or IRA account, or life insurance policy. If you wish

to include NNV as a beneficiary in your will or trust, you may choose to make a gift of a stated dollar amount, a percentage of your estate, real estate or other specific property, or the remainder after distributions to your other beneficiaries.



Andrea Selvaggio



Making a gift from your IRA or retirement plan is often the most tax efficient way to leave a designated gift to a charity. You can use some or all of your annual minimum distribution requirement from your IRA as your planned gift.

Can my bequest to NNV be reversed?

Yes, your planned gift is revocable if NNV is the beneficiary, and the amount of your gift can be changed at any point during your lifetime.

What about taxes?

Assets distributed to NNV are exempt from estate and income tax. Please consult your attorney or tax advisor.

For more information about the Legacy Society, including a Declaration of Intent and sample estate planning language you can use, see the [NNV website](https://www.nnvdc.org).

If you would like to talk to someone about a planned gift, please call the office at (202) 935-6060 or email info@nnvdc.org.



NNV

Virtual Speaker Series

NNV's Virtual Speaker Series has returned with a great line-up of speakers to engage and inform you.

We hope you will join us to listen and learn something new!

[Upcoming speakers](#) ◆ [Archive of previous speakers](#)

NNV's Speaker Series is offered free of charge to the community.

A delicious, decadent dessert for fall and winter

By *Barbara Oliver*

These bars were made by my maternal grandmother and are as soft and sweet as she was. I remember “assisting” her in the preparation and joining her in the eating at her Chicago home. Miraculously, she always had the ingredients on hand when I came to visit. We had to pit and chop the dates, but you can purchase pitted or chopped dates, to skip those steps.

Date Bars

1 pound pitted dates, chopped
½ cup water
1 cup granulated sugar
1 ¾ cup flour
1 teaspoon baking powder
¼ teaspoon salt
½ pound (2 sticks) butter or margarine
1 cup packed brown sugar
1 ¾ cups Old Fashioned or 1-Minute* Oats
Preheat oven to 375°F.

Mix dates with water and granulated sugar until blended. Simmer 10-15 minutes until dates are broken down; cool mixture.

While dates cool, stir flour, baking powder, and salt together; set aside. Cream butter and brown sugar. Stir in flour mixture, then oats.

Reserve 1 cup of dry mixture.

Pat the remaining mixture evenly on the bottom of an 8x13-inch pan*, covering it entirely.

Spread the cooled dates over the dry layer. Crumble reserved dry mixture over the top.

Bake 30-35 minutes. Cool in pan on a rack. Cut into 1x2-inch bars. Makes 52 servings. May be frozen.

NOTE: *If using 1-minute oats, lightly butter the pan.

Source: Updated from recipe of Edna Hanson Hewitt



Barbara Oliver