

# THE VILLAGE NEWS

Northwest Neighbors Village

Volume 8, Issue 6

A Community Network of Support

June 2016

## MESSAGE FROM THE EXECUTIVE DIRECTOR

### *Looking to the future with a positive attitude*

**D**ear Friends,  
It is a great honor to have joined the Northwest Neighbors Village family. In my short tenure, I have met many wonderful people here and look forward to meeting more. I am struck by the quality of NNV's programs, the variety of services benefiting our members and the level of commitment of our volunteers.

I am committed to work with you collaboratively, with honest communication, and most importantly, with a positive



attitude. My goal is to build on NNV's solid foundation and work hand-in-hand with our dedicated board, staff, members and volunteers to ensure NNV's success in the near future and beyond.

Each of you contributes to the strength of the NNV community. The needs and wishes of our members and volunteers are of utmost importance to me. Balancing the preferences of hundreds of stakeholders with the resources available can be tricky. However, I promise to

explore requests, implement what is possible and seek alternatives when NNV is unable to fulfill them. Please feel free to contact me if you have feedback on a service or recommendations for something new.

In the near future, I am looking to streamline processes. Volunteers interested in helping to organize the office are welcome.

Thank you for accepting me as a part of the NNV team. I am looking forward to working with all of you.

Warm regards,  
Stephanie Chong, LICSW

## Different ballots confront D.C. primary voters

BY JANEAN MANN

**D**.C. voters, at least those registered with the city's three main parties, can vote in the primary election beginning May 31. Election Day is June 14.

Because the city's primary elections are "closed," only those already registered as Democrat, Republican or Statehood Green Party are eligible. Those registered No Preference (independents) are ineligible to vote in the primaries but can vote in the general election in November. May 16 was the last day D.C. residents could change their party affiliation for the primary election or register by mail.

Those wishing to vote early, regardless of the

See PRIMARY, Page 2



JANEAN MANN

D.C. Elections Board official Wanda Fox showed attendees at a May 17 candidates forum how to use the city's new voting machines that will be in use for the June primary.

## NORTHWEST NEIGHBORS VILLAGE

*a community network of  
support*

4901 Connecticut Ave. NW  
Washington, DC 20008  
202-777-3435

[www.nwnv.org](http://www.nwnv.org)

### Northwest Neighbors

**Village (NNV)** is a nonprofit organization created to help the residents of Northwest Washington live comfortably and safely in their neighborhoods and homes as they age. Founded in 2007 and opened in 2009, NNV is part of the Senior Services Network, supported by the D.C. Office on Aging.

### Join or Volunteer

NNV welcomes new members and volunteers. For more information, go to [www.nwnv.org](http://www.nwnv.org) or call the office at 202-777-3435.

### NNV Board Members

#### Officers

Steve Altman, *president*  
Elinor Stillman, *secretary*  
Stewart Reuter, *treasurer*

#### Directors

Mark Adams  
David Cohen  
Judie Fien-Helfman  
Merilee Janssen  
Jon Lawlor  
Beverly Lunsford  
Frances Mahncke  
Janean Mann  
Dennis O'Connor  
Jo Ann Tanner  
Ann Van Dusen  
Robert Parker, *emeritus*

#### Staff

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

### Newsletter Team

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

# D.C. primary election is June 14

**PRIMARY**, *Continued from Page 1*

precinct in which they are registered, can go to any of the city's nine Early Voting centers between May 31 and June 14.

The Ward 3 center is the Chevy Chase Community Center, 5601 Connecticut Ave. NW; in Ward 4 it is the Takoma Park Community Center. The Board of Elections office at 1 Judiciary Square is also an early voting site. These sites are open daily, 8:30 a.m.-7 p.m., including Sunday, June 5.

Voters may receive absentee ballots by applying in writing or online at <https://www.vote4dc.com/ApplyInstructions/>

[Register](#), or using the mobile app Vote4DC. All requests for absentee ballots must be received no later than June 7. All absentee ballots must be received by the D.C. Board of Elections by 8 p.m. June 14.

Unregistered residents can register and vote at the same time during the early voting period or at their polling stations on June 14. They can vote a regular ballot if they bring proper identification with them. Those without proper identification may register but will be required to vote a "special" or provisional ballot. D.C. permits a variety of identification documents, including a current and valid D.C. driver's license or DMV-issued ID, or other identification

showing your name and address. These include a recent (March 16, 2016 or later) utility bill, bank statement, statement from a student housing facility or D.C. homeless shelter.

Ward 4 voters who usually vote at Lafayette Elementary School will go to St. Johns College High School for the primary because the Lafayette area is under reconstruction.

Republicans voting in the primary will not find presidential contenders on the ballot because the Republican Party held a convention March 12 to make those choices. The Statehood Green Party has no presidential candidate.

Members of all three parties do have the opportunity to vote for D.C. Council members, and there is one at-large seat open—the one currently held by Vincent

Orange. All three parties have contenders for this seat. Other Council races are open in Wards 2, 4, 7 and 8. Democrats and Republicans have candidates for these Council seats. The Statehood Green Party does not.

D.C. law requires all voters to vote at the location on their voter registration cards on Election Day. Seniors and handicapped individuals can vote outside their precincts at early voting sites, which are open to any registered voter.

NNV members can request a ride to the polls from the NNV office.



## NNV CALENDAR

*Rides are available for NNV members to all NNV events.*

**Mon., June 6, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

**Wed., June 8, 9 a.m.-12:30 p.m.**

**Guided tour of Brookside Gardens.** Meet at Ingleside, 3050 Military Rd., at 9 a.m. to board bus. Return to Ingleside by 12:30 p.m. Parking available at Ingleside; limited to 10 persons. \$5 fee. TOUR IS FILLED.

**Mon., June 13, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., June 13, 3:30-5 p.m.**

**Be Safe Online**—Pam Holland of Techmoxie discusses ways to recognize phishing, avoid computer viruses, etc. Seating limited. RSVP: 202-777-3435.

**Wed., June 15, 2 p.m.**

**NNV Book Club** to discuss *The Worst Hard Time: The Untold Story of Those Who Survived the Great American Dust Bowl* by Timothy Egan at the home of NNV member Barbara Dresner. FILLED to capacity. RSVP by June 13: 202-777-3435.

**Mon., June 20, 2-3 p.m.**

**Gentle Yoga** class CANCELED.

**Mon., June 20, 3:30 p.m.**

**New NNV Book Club** to discuss *The Worst Hard Time: The Untold Story of Those Who Survived the Great American Dust Bowl* by Timothy Egan. New members welcome. Location TBA. RSVP: 202-777-3435.

**Mon., June 27, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Tues., June 28, 3-4:30 p.m.**

**NNV Men's Book Club** to continue discussing *Alexander Hamilton* by Ron Chernow at the home of NNV member Bernie Hillenbrand. RSVP: 202-777-3435.

## Help wanted in the NNV office

**W**e need your help! We love our volunteers. NNV could not function without you. While our members benefit from direct volunteer services, such as driving and de-cluttering, they also benefit from volunteers who help at the NNV office.

NNV is seeking office volunteers to help us get and stay organized. This is a great opportunity to get to know the staff and the behind-the-scenes workings of the Village. Comfort with computer data entry is preferred.

Volunteers could help on a one-time or on a regularly scheduled basis.

If interested, please contact Leah Penner at 202-777-3435 or [nnvillageleah@gmail.com](mailto:nnvillageleah@gmail.com).

Thank you!

—Stephanie Chong

## Books and bargains at FOLio

**I**f you're a reader who loves a good bargain, you need to know about FOLio, the nifty little used-book store that's run by the Chevy Chase DC Friends of the Library (FOL). Located on the second floor of the library, the bookstore is filled to the brim with everything from the classics to children's books. Books are shelved by genre and many are in pristine condition—perfect for gift giving.

The shop contains more than books: There is a great selection of CDs, DVDs and audiobooks. Most of these items as well as books are priced under \$4.

From Memorial Day through Labor Day—just in time for summer vacation reading—trade

fiction books are just \$1. (The rest of the year they are \$2.)

There are still more bargains if you're a member of the CCDC Friends of the Library. On the first Saturday of every month, FOL members can buy anything

in the bookstore for half-price. You can join on the spot for as little as \$10 and take advantage of "Members-First Saturdays."

All of FOLio's books are donated by the local community. Profits from book sales support programs in the Chevy Chase library and in schools and libraries across the city.

FOLio is open every Saturday from 10 a.m. to 5 p.m.

—Barbara Parker





## **VOLUNTEER PROFILE**

# **Jonathan Lawlor, busy and happy stay-at-home dad**

**By JANEAN MANN**

**I**t's not easy giving up a promising career as a trial lawyer to become a stay-at-home dad, but new NNV board member Jonathan Lawlor is glad he did. It gives him the opportunity not only to spend a lot of time with his daughter as she grows, but also to get involved with the Chevy Chase community.

Before the birth of his daughter, Amelia, Jon had worked with local law firms for 13 years as a trial lawyer and later in the Civil Division of the Justice Department. He and his wife, Judith, also a lawyer, decided one of them should stay home with Amelia and that it made more sense for him to do it because of the erratic demands of his position as a litigator.

He helped out with Amelia's preschool class, after which the two of them often went to coffee shops and listened to music. "We could have conversations. We started to like the same music. It was really fun and I enjoyed spending time with her when she had the time," he said. Now that she is older and into drama, the family enjoys going to the theater together, recently seeing "Hamilton" in New York.

Making the transition from lawyer to caregiver was not easy. "The thing that took the longest to get over was not having a work product—say, a memo or a brief," Jon said. "When you are taking care of a child, the work product is changing diapers and giving bottles. You don't see benefits as quickly."

As Amelia got older, Jon began getting involved in the community, first as a block captain in the Chevy Chase Community Association (CCCA) program. "I really thought it was helpful to get into community things," he said. "Knocking on doors with baby stroller helped cut the ice. Resolving community issues is easier if you know the community and its people." Jon became CCCA's Public Safety Committee chairman and rose through its ranks to become president, ending his tenure last year.

He also returned to the law—but part time, as an adjunct professor at American University.



JANEAN MANN

**Parenting gave Jonathan Lawlor time to be involved in the community—and to return to the law.**

He initially taught legal rhetoric—legal research and writing. "It's not just teaching writing, it's teaching persuasive writing and oral advocacy," he said. In 2013 he began teaching legal ethics theory and practice. He leads an Externship seminar that allows students working in the legal profession, for the Justice Department or a judge, for example, the opportunity to talk about professionalism issues that arise in the jobs they are doing. Jon enjoys the program because he can share the students' excitement and enthusiasm about their work.

His love of this community also prompted Jon to join the NNV board of directors and become chairman of the Social Committee. "It was a good time for me to transition into something new, and I thought it would be fun and worthwhile to get involved in NNV. It is very important to think about ideas of coming together to help each other. Being able to be involved with people and things really affects the quality of life. It's fun and exciting," he said. "Our community has such a spectrum of people—those with young children and those who have been in the community for 50 years."

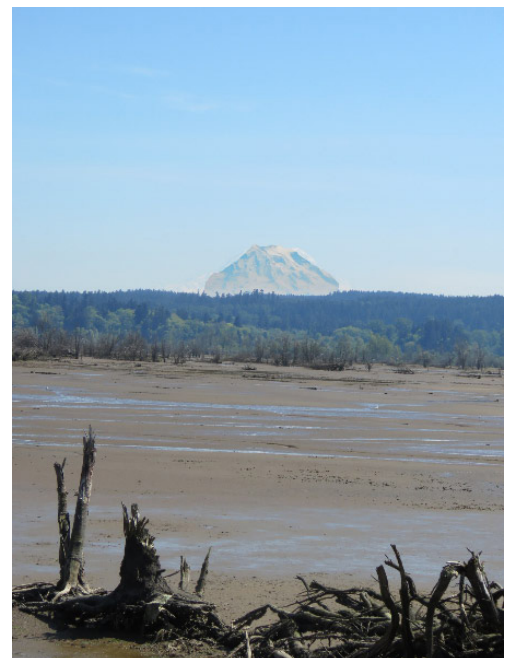


PHOTOS BY JANEAN MANN



## Where in the world?

A getaway to the other side of the country—Washington State—produced these pictures from Janean Mann. Clockwise from top: A windmill field in the eastern Washington desert (they turn more slowly to avoid injury to birdlife); a tour of an Eastern Washington winery with vats in background; a study in contrasts—mud flats at low tide with Mount Rainier in the background; a visit to the Seattle Arboretum on a record-setting 90-degree day; and a great blue heron cooling off in the arboretum in the same heat.





# In Memoriam

**W**e extend our deepest condolences to the families and friends of John Collins and Hester Marlowe, both of whom died in May.

## John Collins

John and his wife of 67 years, Ann, were among the earliest members of NNV. A retired Navy captain, John grew up in Chevy Chase, Md., and graduated from the U.S. Naval Academy. During his distinguished naval career he played a key role in the design and construction of the innovative



John Collins

Spruance class of destroyers and received the Navy's Legion of Merit Award for his contributions. Retiring after 30 years of service, he worked with a private technology firm and later as a credentialed mediator for the D.C. courts. John was a regular at the NNV yoga class where his warmth,

charm and the perpetual twinkle in his eye made him a favorite.

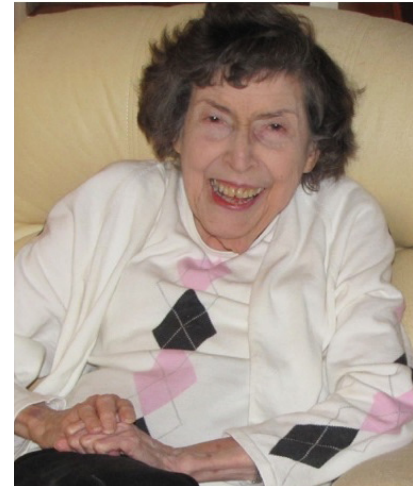
He was an active member of the Disciples of Christ Christian Church, where he was president of the board of trustees, an elder and a choir member.

In addition to Ann, he is survived by their three children, William, Wendy and John, and their spouses; his sister, Carol; his brother, Robert; five grandchildren and a great-grandchild.

## Hester Marlowe

A Birmingham, Ala., native, Hester began her career as an Army employee in Germany recording the operations of the occupation forces arriving at the end of World War II.

She remained in Germany, then went to Austria working in a variety of postwar-related operations. Returning to the United States in 1951, she moved to Washington and began working with the U.S. Foreign Broadcast



Hester Marlowe

Information Service (FBIS) and serving with them in the United Kingdom, Okinawa and Hong Kong. During an FBIS assignment in Key West, Fla., she monitored Cuban radio and television broadcasts. Retired in 1979, Hester was recalled to FBIS and retired a second time with 50 years of service.

She is survived by two first cousins, Barron Bethea and Woodward Bethea, and 25 second cousins.

## SERVICE REQUEST OF THE MONTH Closet organizing

**I**t finally feels as if summer has arrived, and before you know it you will want to ditch those wool sweaters and dig out your summer attire. For many, the prospect of going through closets, exchanging summer and winter apparel, and storing winter clothing is daunting.

This is where NNV volunteers can help, not just by moving and storing off-season clothing, but by helping members identify clothing to donate and

listing clothing that they might need to purchase. Says volunteer Merilee Janssen, "I love helping members in this way. Not only are members better prepared for the change of season but, inevitably, they identify clothing that they no longer use and can donate these items to people in need."

If you would like more information about this service, call 202-777-3435.

— Ann Van Dusen

## COMMUNITY CALENDAR

*Events are free unless otherwise indicated.*

**Sun., June 5, 2 p.m.**

**Biotensegrity**—Susan Lowell (Tenleytown t'ai chi) will discuss how tendons, ligaments, etc. hold skeletons together. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Tues., June 7, 7:30 p.m.**

**Police Service Area 201**—Community meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Wed., June 8, 1-2 p.m.**

**Skin Conditions**—A dermatologist will discuss problems, signs, protection. Register: 301-896-3939. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

**Thurs., June 9, 7:30-10 p.m.**

**ANC 3E**—Public meeting; location to be announced, see [anc3e.org](http://anc3e.org).

**Mon., June 13, 7-9 p.m.**

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

**Tues., June 14, 2-4 p.m.**

**Office of D.C. Attorney General**—Whom to contact about consumer protection, living conditions, etc. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., June 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., June 16, 1:30 p.m.**

**Bloomsday Reading**—Readers from Osher Lifelong Learning Institute tackle James Joyce's *Ulysses*; email [megan.mcnitt@dc.gov](mailto:megan.mcnitt@dc.gov) for materials. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Tues., June 21, 7:30 p.m.**

**ANC 3F**—Public meeting. Forest Hills of D.C., 4901 Connecticut Ave. NW.

**Mon., June 27, 7-9 p.m.**

**ANC 3/4G**—Public meeting. 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 and Western Aves. NW. 202-364-7602.

**Every Monday, 10:30 a.m.**

**Club 60+**—New t'ai chi exercise class with Norman Greene. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Tues. & Thurs., 10:30 a.m.-noon**

**Club 60+**—Exercise basics and muscle strengthening with Will Yates. Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Fri.**

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

**Farmers Markets**

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

**Sat., 9 a.m.-1 p.m.**—Chevy Chase, 5625 Connecticut Ave. NW.

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

**Movie Mondays, 2 and 6:30 p.m.**

Chevy Chase Library, 5625 Connecticut Ave. NW.

**June 6**—*Chi-Raq*, U.S., 2015, rated R (Spike Lee, dir.)

**June 13**—*The Big Short*, U.S., 2015, rated R (Ryan Gosling)

**June 20**—*Stonewall*, U.S., 2015, rated R.

**June 27**—*Torch Song Trilogy*, U.S., 2004, rated R.

## 'Being Safe Online': How to avoid computer scams

Online scammers have tried to take advantage of many of us and in some case succeeded. But there are steps we can take to avoid these predators.

Please join us on June 13 in the Forest Hills Assembly

Hall from 3:30 to 5 p.m. to hear TechMoxie's Pam Holland discuss ways to recognize phishing (fraudulent emails), avoid computer viruses and scams and find trustworthy information online. This "Being Safe Online" program

will also feature a review of actual fraudulent emails and scam "pop-up" computer virus warnings.

Seating is limited; call 202-777-3435 to reserve your place. NNV members can also call for rides.

# It's not easy brewing green

BY BARBARA OLIVER

The perfect cup of green tea is flavorful, not too bitter, and one that speaks to your palate. Leaves come in different sizes and shapes, so it's better to measure the leaves by weight.

Start with fresh, cold water. Heating it to ideal temperature contributes to the flavor. Traditionally Japanese green teas are brewed at lower temperatures—160-170°F— and standard Chinese green teas at higher ones—170-180°F. You want the leaves to unroll to release their flavor, so use a basket-style glass, metal or paper infuser, or brew the tea

directly in a cup or pot and strain the tea as you serve it.

## Green Tea

*Makes 1 cup (multiply as desired)*

*6 ounces water, plus more to warm the cup*

*2 grams or about 1 teaspoon loose-leaf green tea*

Heat the water short of boiling, about 160 to 180°F. Pour a small amount of water into the cup or pot. When the vessel is warm, pour out the water.

Weigh 2 grams or measure 1 teaspoon of tea leaves and place directly into the cup, pot or an

infuser. Pour 6 ounces of water over the tea leaves. Cover the cup with a saucer, or the pot with a lid, and steep 1-2 minutes.

Small leaves infuse more quickly than large ones. Set a timer for 1 minute; if this isn't to your liking, brew longer, tasting the tea every 30 seconds until it reaches your desired strength.

As soon as the tea is ready, remove the leaves by lifting out the infuser or pouring the tea through a strainer.

Whole tea leaves can be steeped 2 to 3 times, producing new flavors with each brew.

Note: there are health considerations, both positive and negative. See [umm.edu/health/medical/altmed/herb/green-tea](http://umm.edu/health/medical/altmed/herb/green-tea).