

# THE VILLAGE NEWS

Northwest  
Neighbors  
Village

Volume 8, Issue 11

A Community Network of Support

December 2016

## *Good fun, good food at NNV's holiday party*

**N**NNV's Annual Holiday Party will take place on Sunday, Dec. 11 from 3 to 5 p.m. at Grand Oaks, 5901 MacArthur Blvd. NW. This event is always popular and fun. Come join your fellow villagers to celebrate as a community. Plenty of free parking is available.

This year we will have a raffle! Tickets will be sold at the door and the

drawing will take place at 4:30 p.m.

The party is a potluck occasion. When you call to RSVP, please let us know what you will be bringing.

Rides are available for NNV members. The deadline to request a ride is Tuesday, Dec. 6. Please call 202-777-3435 or email [nnvillageleah@gmail.com](mailto:nnvillageleah@gmail.com) to RSVP.

A special thanks to Lifematters for sponsoring the 2016 Holiday Party.



## **VOLUNTEER PROFILE**

### **Bob Leland, rebuilding D.C., cars and lives**

By JANEAN MANN

**B**ob Leland has spent much of his life rebuilding—be it D.C. itself after the riots, the lives of homeless D.C. residents, or old vehicles.

He moved from his native New York to Arlington in 1967 to work for the then newly created Department of Housing and Urban Development, but in 1968 found his calling at the D.C. Redevelopment Land Agency (RLA), tackling the destruction caused by the 1968 riots. During that year he moved to Chevy Chase, D.C.

At the RLA, Bob put his graduate degree in city and natural planning from Cornell University to good use, managing the relationship between the RLA and community organizations



JANEAN MANN

**Bob Leland has collected hundreds of miniature vehicle replicas.**

in the riot corridors to assist in post-riot planning. He worked with groups primarily in Columbia Heights and the H Street NE corridor. The arrival of the subway in Columbia Heights and 14th Street NW was “the spark plug” to advancing redevelopment in those areas, he said. The lack of

a subway, parking problems and expenditures on the none-too-successful Hechinger Mall rather than on H Street itself were among the issues that delayed the reconstruction of the H Street corridor, he added.

With D.C. government downsizing, Bob took the opportunity to retire from the RLA in 1991, but continued to work with a variety of nonprofits, including Manna Inc., an organization creating affordable housing in D.C., and the Latino Economic Development Corp. He then became vice president of the National Trade Association (NTA), representing community development corporations. In 2002, he created his own company, RC Leland Consulting, which provided project

*See PROFILE, Continued on Page 3*

## 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), 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](http://www.nwnv.org) or call the office at 202-777-3435.

### NNV Board Members

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## FROM THE PRESIDENT

# Help us help you

BY STEVE ALTMAN

**I**t's the time of year when we are deluged with worthy requests for our donations. It is not easy to ask our neighbors for money, but since membership fees cover only about 45 percent of NNV's budget we, too, need to ask our friends and neighbors for help.

We start with ourselves. Our board is extremely generous with their time and money. Then we ask our volunteers and members—those of you who know us best. In addition we have sent 7,500 requests throughout our geographic area. This mailing not only helps the community at large support NNV but it also informs people who are not familiar with us about our services.

We work hard all year to keep our expenses down. Volunteers in the office, interns earning school credit and donations of services all help. The generosity of Forest Hills in providing office and activity space is an important part of our financial success. But even with this help, the costs of insurance, accounting, salaries, supplies, printing, mailings, volunteer vetting and other expenses create a burden that requires help from the community. And the community has always seen the value and importance of its support for NNV.

Local businesses have also been helpful over the years. TTR



Sotheby's knows the neighborhood well and its early support has helped get us going and sustain us. John Laskin's State Farm office supported our annual picnic and Lifematters is supporting our holiday

party. Other service providers to seniors such as Grand Oaks and Seabury have helped us, and local restaurants, including Arucola, Blue 44 and Bread & Chocolate, have helped in the past. We hope more businesses will join us in making this an age-friendly city.

Please keep us in mind this year and please mention us to your neighbors who can go online and make a gift. Every gift, no matter the size, helps us today and prepares us for tomorrow. Our challenges and our opportunities continue to grow. The challenges include the increasing numbers of our aging population and the limited alternatives they face. The opportunities include our plans to develop programs to enhance positive aging, provide intergenerational activities, advocate on behalf of our members, help our members maintain safe homes and help the local business community provide age-friendly services.

We need your help. Thank you and have a wonderful holiday season. We are a 501 (c)3 charitable organization and your contributions are fully deductible.

## NNV CALENDAR

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

**Mon., Dec. 5, 2-3 p.m.**  
**Gentle Yoga** with Sandi Rothwell.  
Fifth Floor Lounge, Friendship Terrace, 4201 Butterworth Place NW.

**Sun. Dec. 11, 3-5 p.m.**  
**NNV Holiday Party**—Potluck, bring a dish. Grand Oaks, 5901 MacArthur Blvd. NW. Ride request deadline Dec. 6. RSVP: 202-777-3435 or [nnvillageleah@gmail.com](mailto:nnvillageleah@gmail.com).

**Mon., Dec. 12, 2-3 p.m.**  
**Gentle Yoga** with Sandi Rothwell.

**Mon., Dec. 19, 2-3 p.m.**  
**Gentle Yoga** with Sandi Rothwell.

**Mon., Dec. 19, 3:30 p.m.**  
**New NNV Book Club** discusses *An Officer and a Spy* by Robert Harris. New members welcome. Third Floor Lounge, Friendship Terrace, 4201 Butterworth Place NW. RSVP: 202-777-3435.

**Wed., Dec. 21, 2 p.m.**  
**NNV Book Club** discusses *Made*

*in America* by Bill Bryson at the home of NNV member Claartje Bertaut.

**Mon., Dec. 26, 2-3 p.m.**  
**No Gentle Yoga**—Federal holiday.

**Jan. 31, 2017**  
**Men's Book Club** meets to discuss *The Quartermaster* by Robert O'Harrow Jr. at the home of NNV member Bernie Hillenbrand. RSVP: 202-777-3435.

## NNV volunteer Bob Leland

**PROFILE**, Continued from Page 1

management, research, training and technical assistance services to a range of organizations, many of which he had dealt with while at the NTA.

Bob has also done a lot of volunteering. In 2008, he joined the board (eventually becoming its president) of what was then the Transitional Housing Corporation, providing homeless services to D.C. families. Now known as Housing Up, the organization provides housing and such services as job



JANEAN MANN

**Bob Leland and the 1950 Ford pickup he is restoring.**

readiness, tutoring for children and substance abuse programs to more than 700 families.

He noted that there has been a shift in dealing with the homeless. Formerly, family members had to be to be clean of drugs and

alcohol before they could obtain housing. Now they get treatment for these diseases after entering more permanent housing. Having affordable housing decreases the stress on families making the transition from homelessness, and for the most part, he

said, this plan is working.

He was also a founding director of the Children's Museum.

In addition to helping put lives back together, Bob also enjoys doing the same with old cars. As the son of a Ford dealer, he has had a longtime interest in cars. His first rebuilding project was a 1955 Austin Healy, completed last year. The need for a garage to do his restoration work prompted his move to another house in 1991. He is now working on a 1950 "street rod" Ford pickup truck, so called because of its '70s Ford Mustang engine.

## SERVICE OF THE MONTH Getting ready for the holidays

**H**ere's a way to make the holiday season more jolly. NNV can help take some of the stress out of holiday planning. Our friendly visitors can help you write holiday cards and wrap gifts, all while providing good company. Friendly visits often lead to longtime neighborhood relationships. Your friendly visitor might turn into your next party guest! Call NNV (202-777-3435) to schedule a friendly visit this holiday season.

# Physical therapy and aging: Call *before* you fall

BY JASON DRING

“**W**hy didn’t someone tell me that years ago?” I hear these words all too often from physical therapy patients as I explain how poor posture leads to neck and shoulder pain or how a stiff ankle might lead to dragging your toe on a step and cause a fall.

In a healthcare system that prioritizes treatment over prevention, we rehab professionals have traditionally had to wait for something bad to happen before we are introduced to consumers. Slip in the shower and break your hip? We’re here for you! Searing low back pain? We can help! Knee too stiff to get on the floor to play with your grandchildren? See a physical therapist ASAP!

Many—if not most—of the conditions that limit one’s

ability to age in place are preventable. For example, did you know that muscle weakness and excess body weight are the leading causes of osteoarthritis of the knee and hip? Now, think back over the last two or three decades of your life. Has anyone in healthcare ever assessed your muscle strength or offered help to lose a few pounds?

How many of you know someone who fell and broke their wrist or ankle in their 50s or 60s? Despite the well-established fact that falls start much earlier in age, our culture talks seriously about falls only when people are already frail and are in their late 80s or 90s.

All adults over age of 50 should consider an annual wellness exam performed by a physical therapist. Just as you go to the dentist or optometrist each year to make sure nothing has changed, you should see a physical therapist to evaluate your strength, flexibility, balance and endurance and to help establish fitness goals for the year.

Here’s an example of a test that we use to evaluate overall lower extremity strength. From a standard height chair, count the number of times you can go from sitting to standing without using your hands in 30 seconds. The average 70-year-old should be able to complete at least 10-12 repetitions. The chart lets you see how you stack up to your peers.

**Chair Stand  
Average Scores**

Age	Men	Women
60-64	14	12
65-69	12	11
70-74	12	10
75-79	11	10
80-84	10	9
85-89	8	8
90-94	7	4

Using similar objective tests, your balance, flexibility and endurance can be measured and tracked year to year. This approach can successfully catch injuries before they happen and make chronic conditions much easier to manage.

While many of you might think that the time for prevention has come and gone, you would be wrong. Studies have shown that gains in strength can be achieved well into your 90s.

While an early assessment of loss in strength, flexibility, balance and stamina is better, it is never too late to become stronger.

**Dr. Jason Dring** is a board-certified geriatric physical therapist. He is president of the District of Columbia Physical Therapy Association and adjunct clinical faculty at George Washington University’s Doctor of Physical Therapy Program as well as the owner of Dring & Associates Physical Therapy and Wellness inside Iona Senior Services in Tenleytown. He can be reached at [jason@dringpt.com](mailto:jason@dringpt.com) or 202-459-4594.

## HOLIDAY HOURS

**P**lease note NNV’s holiday hours. The NNV office will be closed Friday, Dec. 23; Monday, Dec. 26; Friday, Dec. 30, and Monday, Jan. 2. All ride requests for the holiday period of Dec. 26 through Jan. 4 must be made by close of business on Tuesday, Dec. 20. Thank you for your cooperation.

Best wishes to all of us and our NNV families for a happy and healthy holiday season.



# D.C. in the movies: From worthy to silly

By JONATHAN LAWLOR

**T**he District of Columbia is not always portrayed accurately on the silver screen, according to *Hollywood on the Potomac* author Michael Canning. Canning, a second-career movie critic and neighborhood village movement enthusiast, enthralled a group of about 20 people consisting of NNV members and other community residents with entertaining insights about movies with Washington as subject, setting or background.

After working for 28 years as a Foreign Service officer and press/cultural officer, Canning began a second career reviewing movies for the *Hill Rag* newspaper more than 20 years ago. He and his wife Judy are founding members of the Capitol Hill Village, for which he continues to be an active volunteer.

Using film clips and stills, Canning discussed various Washington-themed movies, including the three that he considered the best. “All the Presidents Men” topped the list with its depiction of the investigation of the Watergate scandal. Next was “Broadcast News,” describing the professional and personal lives of hard-charging newscasters. Third was “Mr. Smith Goes to Washington,” which, in an era before media coverage of



BY STEPHANIE CHONG

**You can't believe everything you see, as author Michael Canning, left, shows movie clips picturing Washington.**

Washington became ubiquitous, brought the majesty and foibles of D.C. to audiences around the country.

At the Oct. 27 session, Canning also showed clips in which movies flubbed aspects of Washington. Of particular note is a chase scene in “No Way Out” in which Kevin Costner, running along the canal towpath in Georgetown to escape his predators, turns suddenly—into the Georgetown Metro station! Of course, Washingtonians know the Metro does not go to Georgetown. But what a terrific way to add excitement to a chase scene . . . and Georgetown sure provides a great background.



JANEAN MANN

## Volunteers' social

**N**NV volunteers gather to share suggestions and good times at a get-together hosted by NNV Board Secretary Elinor Stillman. The event was held in October at Bread & Chocolate.

# Thinking of a security camera? D.C. can help

BY JANEAN MANN

**A**re you concerned about your safety at home and considering adding a security camera? The D.C. government has a grant that may be able to help you.

Through its Private Security Camera System Incentive Program, the D.C. Office of Victim Services and Justice Grants Office (OVSJG) has a rebate program for residents, businesses, nonprofits and religious institutions to help with the purchase and installation of security camera systems on their property.

The cameras must be registered with the D.C. Metropolitan Police Department. In case of a crime, the police department may seek access to the footage on your camera, but you are not required to comply.

The program provides a rebate of up to \$200 per camera or a maximum rebate of up to \$500 for residential addresses and \$750 for other addresses. Only exterior, waterproof cameras are eligible for the rebate and only one camera system is eligible. However, if you purchase one system with several cameras, all will be eligible for the rebate up to the maximum amounts listed above. The rebates pay only for the costs of the cameras, not for installation.

The rebates are also available to renters, though tenants must



provide documentation from the property owners approving the installation of security camera systems on the property.

The program covers cameras purchased and installed on your property after Sept. 22, 2015 and before funds run out. Mayor Muriel Bowser announced in October that

the program would be extended and funding is available. Although D.C. does not require purchase of specific cameras, it does require that the systems meet minimum technical and video quality requirements listed on their website: [ovsjg.dc.gov/page/private-security-camera-incentive-program](https://ovsjg.dc.gov/page/private-security-camera-incentive-program).

Stores such as Best Buy and Costco carry such security cameras.

Once you have bought and installed your security camera, you may apply for the rebate. NNV members needing assistance may call the NNV office for help.

## A holiday gift-giving idea

**I**t's the season for gift-giving, and we have two great ways to support NNV and get your holiday shopping done.

Are you an online shopper? If so, supporting NNV while you tackle your holiday gift list is just a click away. Designate NNV as your charity through the Amazon Smile program before you start your holiday shopping and 0.5 percent of your purchase price will be donated to NNV. Simply visit [smile.amazon.com](https://smile.amazon.com) to enroll. The best part is you can get your shopping done and support NNV at no cost to you! We hope you will consider participation in Amazon Smile in addition to your tax-deductible donation. For every



\$100 spent on Amazon, NNV receives 50 cents.

Having trouble figuring out what to get for the person who has everything? How about making a gift to NNV in honor of that special somebody? Everyone benefits when you give a gift that helps others.

—Stephanie Chong





STEPHANIE CHONG

**NNV member Ann Ingram helps a preschooler with a craft project.**

## Smiles all around as generations interact

**N**othing brings a smile to our faces like spending time with little ones.

NNV has started a pilot intergenerational program with a local preschool co-op at the Chevy Chase Community Center.

“It’s really fun,” NNV member Ann Ingram said of her participation. It provides opportunities for NNV members to interact with preschoolers, and she said she highly recommends that other members participate.

If you’d like to join the group to sing songs, read stories and make crafts with this adorable group of toddlers, please contact Stephanie Chong at 202-777-3435.

# Cheesecake for the rest of us: Low carb, no bake

BY BARBARA B. OLIVER

**T**his dessert is so good you won’t miss the crust. Dress it up for the holidays (Festivus, Kwanza, Christmas or Chanukah) or a birthday, or enjoy it anytime of year. Only 4 carbs per ½-cup serving.

## Low-carb no-bake cheesecake

*1 packet (1/4 ounce)  
unflavored gelatin (Knox)  
1 cup boiling water  
16 ounces cream cheese or  
Neufchatel (1/3 less fat) at  
room temperature  
1 teaspoon vanilla extract  
10 (1 gram) packets Truvia,  
Stevia in the Raw or other  
sugar substitute*

Line 12 muffin cups with paper cupcake liners.

Dissolve the gelatin in boiling water.

Cut the cream cheese into small pieces and place in the dissolved gelatin. Add vanilla



PHOTOS BY BARBARA B. OLIVER

and sweetener and beat well with electric mixer.

Spoon mixture into liners, about ¾ full. Chill until firm, about 2 hours.

*Variations:* Use 6 half-cup-size dessert dishes or custard cups and chill 3 hours.

To make fruit cheesecakes, top each serving with ½ teaspoon of low carbohydrate preserves. Or decorate with fresh fruit or colored sprinkles. Any of these options will up the carb count a bit.

Or add Crystal Light to the mixture for color and flavor.

If you aren’t concerned about carbs, you could pour the entire mixture into a prepared graham cracker crust and chill 3 hours.

SOURCE: JANET B. QUINTILIANI



# New Mexican restaurant offers fast and fresh fare

BY JANEAN MANN  
AND PAT KASDAN

Tenleytown has added a new Mexican restaurant to its varied taste options. District Taco offers good, fresh-tasting Mexican fare in a casual setting that caters to those who want a quick meal. There is both takeout and eat in, though seating is a little limited.

The menu is smaller than that of the nearby old standby, Guapo's. District Taco started out as a food truck in 2009 and is now a chain of D.C. and Virginia restaurants. But, unlike some of the other Mexican restaurants in Tenleytown, it does offer breakfast. There are also children's meals.

The main drawback to the restaurant is its confused menu. Diners line up to order from a big board behind the cash register. The offerings such as tacos, burritos and salads let you pick your own toppings, including a protein and up to three other toppings. However, the menu is confusing about the toppings. While you are offered a choice of "protein," the menu does not have a "protein" listing though the friendly staff will let you know that they are referring to the "Premium Toppings" list.

Once we were seated, our meal was delivered quickly. Beverages



PHOTOS BY TOM OLIVER

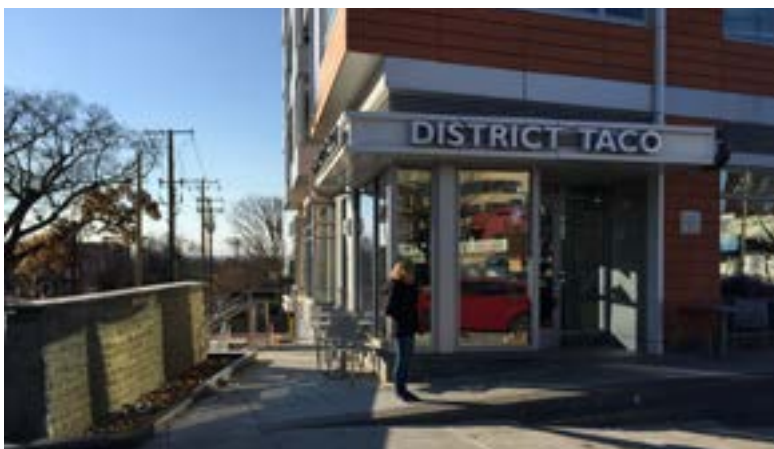
**District Taco offers both takeout and eat-in Mexican food.**

include a variety of soft drinks, tea and coffee. We found surprisingly good and not overly sweet lemonade. The restaurant hopes to add beer and wine to its menu next month.

An order of tacos was tasty with fresh guacamole, bacon and sour cream in light tortillas. The Ensalada Yucateca allows one to add a protein and other toppings. A topping of pulled pork, guacamole and shredded

cheese was very good, as were the not-too-salty tortilla chips that topped it off. Just what a gluten-free diner needed at lunch! Indeed the order board notes that District Taco can substitute gluten-free corn tortillas for the wheat variety. There is also a salsa bar that offers five varieties with heat levels ranging from one to four chili peppers.

*District Taco is located in the site of the old Babe's Billiards parlor, 4600 Wisconsin Ave. NW. It also caters and takes online orders, though it warns that the phone might not be answered at very busy times. It is open 7 a.m.-10 p.m. Monday through Friday; 10 a.m.-9 p.m. Saturday and Sunday.*



The restaurant is on the Tenleytown site of the former Babe's Billiards.



## COMMUNITY CALENDAR

*Events are free unless otherwise indicated.*

**Thurs., Dec. 1, 6 p.m.**

**Neuroscience Discussions—**William B. Marks, Ph.D., and Janine Hull, attorney, on trauma and the brain. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Fri., Dec. 2, 9 and 16, 11:30 a.m.**

**Docent Tour—**Late fall exhibitions. AU Museum at Katzen Arts Center, 4400 Massachusetts Ave. NW.

**Sat., Dec. 3, 5:30-7:30 p.m.**

**An Evening With Alex Katz—**To discuss his "Black and White" exhibition. AU Museum at Katzen Arts Center, 4400 Massachusetts Ave. NW.

**Tues., Dec. 6, 7:30-9 p.m.**

**ANC 3F02—**Meeting. First floor social room, 3003 Van Ness St. NW.

**Wed., Dec. 7, 7 p.m.**

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

**Wed., Dec. 7, 7 p.m.**

**Author Talk—**Michael Dirda on *Browsings: A Year of Reading, Collecting and Living With Books*. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., Dec. 8, 7 p.m.**

**Bonsai Hour—**Ann McClellan, Sandra Moore, Stephen Voss discuss their recent books on bonsai. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., Dec. 8, 7:30-10:30 p.m.**

**ANC 3E—**Public meeting.

Embassy Suites Hotel, 4300 Military Road NW.

**Sat., Dec. 10, 4-5 p.m.**

**Gallery talk—**Sylvia Snowden on her exhibit "The Feel of Paint." AU Museum at Katzen Arts Center, 4400 Massachusetts Ave. NW.

**Mon., Dec. 12, 7 p.m.**

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

**Wed., Dec. 14, 1-2 p.m.**

**Holiday Cheer / Holiday Fear: Coping With Grief—**Learn coping strategies. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md. Register: 301-896-3939 or [events.suburbanhospital.org](http://events.suburbanhospital.org).

**Wed., Dec. 14, 7:30 p.m.**

**Soft Answer Verbal T'ai Chi—**The Gentle Art of Verbal Self Defense, techniques for managing verbal aggression. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., Dec. 15, 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.

**Sat., Dec. 17, 1-4 p.m.**

**Chevy Chase Citizens Association—**Cookie decorating, craft-making. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Sun., Dec. 18, 3-5 p.m.**

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

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

**T'ai Chi** with Norman Greene. Chase Community Center, 5601 Connecticut Ave. NW.

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

**Club 60+ —**Exercise basics and muscle strengthening. 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.-1 p.m.—New**

**Morning Farm**, 36th St. and Alton Place NW.

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

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

Chevy Chase Library, 5625 Connecticut Ave. NW.

**Dec. 5—**"Treasure of the Sierra Madre," U.S., 1948, not rated (Humphrey Bogart).

**Dec. 12—**"Invincible," Germany, 2001, PG-13 (Tim Roth).

**Dec. 19—**"Chocolat," France/ U.S., 2000, rated PG-13 (Johnny Depp, Juliette Binoche)



## Birds on the move

**P**ark Service senior naturalist Tony Linforth, at left in the right photo, takes members and volunteers on NNV's third annual walk to view birds as they head for their winter habitats. Enjoying the sunny Oct. 30 day in Rock Creek Park are, from left, Barbara Robinson, Victoria Cordova, Anika Buche, Jewel Hill, Alice Hayes, Andrea Salvaggio and (with binoculars raised) Sal Salvaggio. On the other end of the binoculars, a thrush enjoys the sun in a holly tree.



PHOTOS BY JANEAN MANN