

THE VILLAGE NEWS



Volume 10, Issue 9

A Community Network of Support

November-December 2018

From watercolor class to the walls of an exhibit

Art All Night display at Iona showcases NNV students' works

By JANEAN MANN

Artwork produced by students in the NNV-sponsored art class, Watercolor Painting with Joey Mánlapaz, drew high praise from more than 400 attendees at an exhibit opening on Sept. 29. The opening was held as part of the Art All Night event presented by Mayor Muriel Bowser in partnership with Tenleytown Main Street.

Art All Night is a free overnight arts festival hosted in eight D.C. Main Streets neighborhoods across the city. Out of 85 exhibitors citywide, Iona's was the only one that solely featured the artwork of older adults. The works by this



STEPHANIE CHONG

Visitors admire the artwork at Iona created in the NNV-sponsored watercolor class.

talented group are on display through Feb. 28, 2019, at Iona Senior Services, 4125 Albemarle St. NW.

The watercolor classes began in 2014 as a collaboration between Northwest Neighbors Village and

Cleveland & Woodley Park Village, when both villages sought to add more humanities programs to their calendars. Art curator Joey Mánlapaz, professor at the Corcoran School of Art at George Washington University, was asked if she would teach the class. The rest, as they say, is history and the five-week class series has been offered regularly at Forest Hills of D.C. under NNV auspices and has a loyal student following.

As a collection of beautiful artwork grew over the years, Ms. Mánlapaz felt compelled to share it with others. "I know quality art when I see it," she said of her desire to exhibit her students' creations.

NNV Executive Director Stephanie Chong responded to the idea with enthusiasm and knew just the right place for the exhibition — Iona Senior Services. Iona, a prominent senior service provider in our community, has a special



ROSIE AQUILA

The artists, from left: Soye Kim, Nancy Arbuthnot, Andrea Selvaggio, Shirley Thompson, Sura Kim, Barbara Heffernan, Erica Ling, Thea Mink (daughter of Erica Ling, who attended a couple of classes with her mom) and instructor Joey Mánlapaz.

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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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Sitting down with the experts

Fall Salon Series: Intimate chats offer a chance to get to know some folks really in the know

Which Washington experts would you choose to meet in a small-group setting in a private home this fall? From Nov. 4 through Dec. 16, there's a NNV Neighborhood Voices salon for almost every interest and enthusiasm—politics, economics, the arts, journalism, civic engagement and volunteerism. Full bios and schedule are available on NNV's website www.nwnv.org/salons.

Sunday, Nov. 11—In a category of her own, there's **Janet Rodriguez** of Univision, one of the youngest White House correspondents, who has already received seven Emmy Awards for her insightful reporting. She'll talk about what it means to be a female reporter today at the White House and discuss the recent midterm election results.



Sunday, Nov. 18—An exclusive sit-down with **Judy Scott Feldman**, the founder and chair of the National Mall Coalition in a conversation about the history and controversies of the National Mall. How many war memorials can fit on open space? Will the Park Service charge fees for free speech events and otherwise restrict public use? What's the future of this stage for American democracy?



Sunday, Dec. 2—Civic engagement, citizenship: buzzwords in the news and a hallmark of the recent election. Join **Sterling Speirn**, the CEO of the National



Conference on Citizenship, in a conversation about "By the People—Your Place in Our Democracy."

Sunday, Dec. 9—With an inside-the-Beltway and global economics perspective, **David Wessel** offers a post-election look at the economy and economic policy. He is a senior fellow in economic studies at Brookings Institution and director of the Hutchins Center on Fiscal and Monetary Policy, as well as a frequent contributor to NPR and the Wall Street Journal.



Sunday, Dec. 16—Join Dr. **Mark Bergel**, the founder and CEO of A Wider Circle, as he discusses ending poverty locally and how one person can immeasurably help another. A Wider Circle is an award-winning nonprofit that provides homes, clothing and employment to thousands of people every year.



Rescheduled dates to be announced: **Ari Roth**, founder of Mosaic Theatre and former Theater J artistic director, and **Tony Kornheiser**, author, sports journalist, blogger and announcer.

Salons are open to all—family and friends, in-towners and out-of-towners, but space is limited. Salons host eight to 10 guests and provide refreshments.

Salon seats make great gifts for birthdays, anniversaries and holidays. Tickets are \$75 each and are partly tax-deductible. Seize the moment! To buy tickets, visit www.nwnv.org/salons or call 202-777-3435. All ticket sales benefit Northwest Neighbors Village.



STEPHANIE CHONG

NNV member Andrea Selvaggio and her painting “Legacy.” The rolling pin she pictured was used by her husband Sal’s father, who was an avid baker and passed down the tool to his son.



JANEAN MANN

“It’s good for the mind” (and for the eye): NNV member Sura Kim, second from right, talks about her artwork with daughter Somy Kim, left, and friend Andrea Greyson at the Iona exhibit opening.

‘Watercoloring really challenges the brain’

ART, Continued from Page 1

initiative to promote healthy aging through art and regularly displays the work of local artists. Susan Messina, deputy director at Iona, organized the exhibit.

For participants in NNV’s watercolor class—students and instructor alike—painting has brought new dimensions into their lives. One NNV member, retired concert pianist and music instructor Sura Kim, says the class has renewed an interest piqued many years ago in her native Korea. Though she had studied art as a child and young adult, she pursued a musical career but always wanted more basic training in art.

Sura found what she needed in Joey’s class. “It is the highlight of my week and allows me to revisit paths not taken long ago. Everyone should do something like it,” she said. “It is good for the mind.”

The class has also brought Sura and her daughter and fellow student Soye Kim closer together. For Soye, there is another benefit. “Learning how to see form and color, as though for the first time, miraculously relaxes me and sheds my abundant worries,” she said.

Retirement from a 33-year career as an attorney gave

NNV volunteer Andrea Selvaggio the chance to return to art, but in a different form. Before becoming a lawyer, she majored in art education and taught art, working in three-dimensional mediums such as pottery. She learned about the class through NNV, signed up and loves it. “For me, drawing and painting is a form of meditation while capturing the colors and shapes of watercoloring challenges the brain,” she said. “It enhances my ability to really see the world around me.”

Before starting the class, former NNV volunteer Barbara Heffernan didn’t think she could draw or paint. “I’ve come a long way since then and loved every minute I’ve spent painting,” she said.

“For me, it really changed my life,” said instructor Mánlapaz. The NNV class expanded her horizons. “We are now a big family,” she said.

Captured by the enthusiasm and talents of the village class participants, she decided to share her love for art with more seniors. She now heads an art class with cognitively impaired residents at Forest Side, has worked with residents at Ingleside at Rock Creek and Forest Hills of D.C., and was recently named the gallery director at Iona.

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DOCTORS TO YOU

The end-of-year appeal: Why it's a big deal

By JUDIE FIEN-HELFMAN

Northwest Neighbors Village is a jewel in our community and a phenomenal success because of the amazing efforts of our volunteers, professional staff, program committees and leadership. Their shared commitment allows NNV to provide more services to our members than villages three times our size. To do what we do requires financial resources as well as human resources.

No one likes talking about money. Not many people love fundraising or are truly comfortable asking a friend or acquaintance to financially support a cause, however near and dear to their heart. Yet as a village we collectively have a responsibility to help secure the financial resources needed to sustain our mission.

Every dollar NNV raises affects our activities, programs and people. Successful fundraising translates into yoga classes, friendly visitors, light bulbs changed, computers updated, book clubs, Thursday senior movies and lunch, rides to doctors, shopping, our annual picnic and our holiday party, to highlight a few well-loved NNV events.

NNV's 2018 budget calls for over \$67,000 in fundraising income. This does not include membership fees, which provide only about 35 percent of our

operations. Money donated by people like you is a critical resource that helps us recruit and train volunteers, support our operations and our staff (who truly are the engine of the village), and enable us to partner with other villages, thereby enriching our offerings to our members.

What can you do? Dec. 31 is fast approaching. NNV must raise \$44,000 in donor/public contributions to meet our 2018 approved budget. If we do not raise these funds by Dec. 31, NNV will have to make some tough decisions about what we can continue to offer in 2019.

November and December are the time of year when people tend to make end-of-year gifts, especially if asked by someone they know. You will be getting a letter asking you to support NNV. Please reach out to your family and friends, to places you frequent. Tell them about your "village," about NNV, what it means to you, how you benefit, why you volunteer, why you give, why they should give. Last year, these personalized efforts represented 26 percent of our end-of-year appeal funds. You and your actions can make a difference!

Thank you. Your support and outreach mean the world to all our villagers—members, volunteers, friends and neighbors.

New editor, staff changes at The Village News

By STEPHANIE CHONG

Welcome to the first Village News under our new editor. I am delighted to share that Danielle Feuillan, NNV communications director, has assumed the role. We have also added new volunteers to the newsletter team: Pat Mullan and Ellen Sommer will assist Danielle in editing.

During her career, Pat Mullan has written and edited multiple publications from medical and pharmaceutical works to corporate communications for IBM and another satellite corporation. As a volunteer Pat produced a monthly publication for Ski Club of Washington, D.C. in the 1980s. When asked why she was interested in joining the newsletter team, Pat

replied, "I think it will be fun and interesting."

Like Pat, Ellen Sommer has many years of writing and editing experience and spent the last 20 years of her career as a health communications specialist at the National Institutes of Health, where she was responsible for "translating," or writing in simple language, about the latest research findings on heart, lung and blood diseases for a wide variety of media. Ellen joined the newsletter team because she's "found everyone who volunteers for the village to be delightful." Ellen said she looks forward to working with others to help in any way she can.

Tom Oliver will remain our layout designer. Longtime newsletter team members Pat Kasdan and Janean Mann will continue to contribute to the newsletter writing articles and

proofing copy. I am personally grateful for the efforts put forth by newsletter team members past and present.

In this issue, you'll notice an enhanced calendar that includes a description of each program. As we move forward we may make tweaks here and there. Let us know what you think. We'd love to hear from you. Do you have photos from a recent trip you'd like to share? Do you have an idea you'd like us to consider for a future edition? Do you have an article you'd like to

contribute? If so, please contact Danielle Feuillan at 202-777-3435 or dfeuillan@nwnv.org.

On behalf of the newsletter team, we hope you enjoy this edition and we look forward to continuing to provide an informative publication every other month. Look for the next edition of The Village News in January 2019.



Danielle Feuillan

Picnic scenes

Meadowbrook Park in Chevy Chase, Md., was the scene of NNV's annual picnic on Sept. 23.

① At one table were, from left, Margaret Neuse, Pat Kasdan, Karen Zuckerstein, Ann Ingram, Cecile Kelly and Bob Carr. ② Janean Mann and David Cohen chat; Edith Couturier is in the foreground. ③ Olivia and Ellie Chong help Lois Berkowitz quench her thirst. ④ Bob and Sharon Wolozin chat with Claartje Bertaut. ⑤ Morgan Gopnik, right, helps Edith Couturier complete her member survey.



①

STEPHANIE CHONG



②

DANIELLE FEUILLAN



③

STEPHANIE CHONG



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DANIELLE FEUILLAN



⑤

DANIELLE FEUILLAN

FROM THE EXECUTIVE DIRECTOR

Villages' collaboration brings benefits to NNV members

BY STEPHANIE CHONG

Sept. 30 marked the end of an exciting project supporting collaboration among D.C.-area villages. Twelve villages citywide participated in the one-year project, which began Oct. 1 last year. The project, which included strategic planning and development training, was made possible by a grant from the D.C. Office on Aging. An [article](#) in the June edition of The Village News reported on outcomes from the strategic planning process.

The grant allowed the D.C. villages access to professional training and support that would otherwise be unavailable to our small, nonprofit organizations. Over the summer, D.C. villages benefited



from the professional guidance of development consultant Susan Flinn, who honed the villages' skills in grant prospecting and grant writing, with an eye to seeking funding for future collaborative projects identified at the strategic planning session.

In September, board members from all of the D.C. villages were invited to participate in a follow-up strategic planning session facilitated by consultant Candace Robinson and fundraising training led by Beth Grupp. Both gatherings were designed to involve board members.

You may be wondering what village collaborations mean to you. The strategic collaborative efforts made thus far have helped further

NNV's ability to offer enhanced services and programming to our members.

Recent collaborative efforts that have benefited NNV members include professional case management services, creation of a new Transportation Navigator volunteer service, enhanced volunteer training, and increased member programs and outings.

Enhancements have been made strategically and carefully so as not to lose the culture unique to NNV. Similar to the neighbor-to-neighbor network that supports our members, the D.C. villages have found value in creating a village-to-village network that takes advantage of our urban setting.

Stay tuned for future collaborative initiatives in 2019.

NNV Calendar

Technology and Transportation Series

Understanding Metro Access and Transport D.C.

Monday, Nov. 5, 12:45-1:45 p.m.
Forest Hills of D.C., Assembly Room,
4901 Connecticut Ave. NW.

Last session of a three-part series. Learn about transportation options that can help you get around and save you money. Pam Holland of Tech Moxie describes how to incorporate the use of a smartphone or Jitterbug phone to help with your transportation. Please bring your cellphone or smartphone, if you have one. Pizza will be served.

Village Walk

Thursday, Nov. 8, 9:30 a.m. Meet at the corner of Albemarle St. & Connecticut Ave. NW.

Led by Sal Selvaggio, we'll walk about a half hour and end at Soapstone Market for coffee.

Lecture & Discussion

Lessons From Lives—The Harvard Study of Development

Thursday, Nov. 8, 1-2 p.m. Tenleytown Library, 4450 Wisconsin Ave. NW.

NNV volunteer and former board member David Cohen explores the Harvard Study of Adult Development. The study began in 1938 with 268 healthy college sophomores and followed them through their lives. Under only its fourth director, it continues today with their descendants. What does the study tell us about health, longevity, life satisfaction and our roles for our families? David is working on a book that draws on the study and his July interview with its director.

Salon Series

Janet Rodriguez, White House correspondent for Univision

Sunday, Nov. 11, 4-6 p.m. Visit www.nwnv.org/salons or call 202-777-3435 to purchase tickets. Cost: \$75 per seat, partly tax-deductible.

"Analyzing the Midterms, What's Next, and White House Women Journalists." Janet Rodriguez, a seven-time Emmy Award-winning journalist, has traveled extensively following major national stories, including the riots in Ferguson, Mo., the migrant crisis at the Texas border and Pope Francis's visit to the United States.

Salon Series

Judy Scott Feldman, chair of the National Mall Coalition

Sunday, Nov. 18, 10 a.m.-noon. Visit www.nwnv.org/salons or call 202-777-3435 to purchase tickets. Cost: \$75 per seat, partly tax-deductible.

"The National Mall." How many war memorials can fit on open space? Will the Park Service charge fees for free speech events and otherwise restrict public use? What's the future of this stage for American democracy? Dr. Feldman is a founder of the National Mall Coalition, an all-volunteer nonprofit organization of architects, historians, urban planners and concerned citizens. It was created in 2000 and advocates comprehensive visionary planning for the Mall to ensure its vitality, beauty and continued active role in American life.

Thanksgiving Dinner

Thursday, Nov. 22, time TBA.
Ingliside at Rock Creek. Military Road entrance closed for construction; use entrance at 5121 Broad Branch Road NW.

Ingliside will once again open their doors and invite NNV members for dinner on Thanksgiving. Details to be announced.

Men's Book Club

Tuesday, Nov. 27, 3-4:30 p.m. Forest Hills of D.C., outside library, 4901 Connecticut Ave. NW. RSVP: 202-777-3435 or schong@nwnv.org.

The group discusses "Gertrude Bell: Queen of the Desert, Shaper of Nations" by Georgina Howell.

Book Club

Thursday, Nov. 29, 2:30 p.m. Home of NNV member Sharon Wolozin. RSVP to Frances Mahncke at franmahn@aol.com.

The group discusses "Exit West" by Mohsin Hamid.

Salon Series

Sterling Speirn, CEO, National Conference on Citizenship

Sunday, Dec. 2, 10 a.m.-noon. Visit www.nwnv.org/salons or call 202-777-3435 to purchase tickets. Cost: \$75 per seat, partly tax-deductible.

"By the People—Your Place in Our Democracy." Sterling Speirn is the immediate past president and CEO of the Kellogg Foundation and other leading foundations. The country is witnessing an incredible upheaval of political norms today. In the face of growing national and global concerns, it is of the utmost importance that the U.S. continue the tradition of innovation in the practice of democracy to secure our common future and to restore the vitality of a free democratic society. Learn firsthand about the trends and issues confronting our democracy and institutions and explore how your efforts can effect change to keep our system "by the people" a living reality.

Village Walk

Tuesday, Dec. 4, 9:30 a.m. Meet at the corner of Albemarle St. & Connecticut Ave. NW.

Led by Anne Aarnes, we'll walk about a half hour and end at Soapstone Market for coffee.

Salon Series

David Wessel, senior fellow in economic studies at Brookings Institution

Sunday, Dec. 9, 10 a.m.-noon. Visit www.nwnv.org/salons or call 202-777-3435 to purchase tickets. Cost: \$75 per seat, partly tax-deductible.

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NNV Calendar

CALENDAR, Continued from Page 6

David Wessel, who is on mission to improve the quality of fiscal and monetary policies and public understanding of them, presents a post-election look at the economy and economic policy. He joined Brookings in December 2013 after 30 years on the staff of The Wall Street Journal and is also director of the Hutchins Center on Fiscal and Monetary Policy.

Holiday Party

Sunday, Dec. 9, 5-7 p.m. Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP to 202-777-3435 or nnvillage@gmail.com.

Join us for our annual winter holiday celebration. The party is potluck so please let us know what you will be bringing.

Salon Series

Mark Bergel, CEO, founder of A Wider Circle

Sunday, Dec. 16, 4-6 p.m. Visit www.nnnv.org/salons or call 202-777-3435 to purchase tickets. Cost: \$75 per seat, partly tax-deductible.

Dr. Bergel has emerged as a leader in the movement to end poverty. He is a nationally acclaimed speaker in the fields of poverty, health and social connection and has been featured on national television and radio programs.

Village Walk

Wednesday, Dec. 19, 9:30 a.m. Meet at the corner of Albemarle St. & Connecticut Ave. NW.

Led by Karen Zuckerstein, we'll walk about a half hour and end at Soapstone Market for coffee.

Book Club

Wednesday, Dec. 19, 2:30 p.m. Home of NNV member Doris Chalfin. RSVP to Frances Mahncke at franmahn@aol.com.

The group discusses the first half of *Pachinko* by Min Jin Lee.

A healthy body, a healthy brain

We hear a lot about heart health, but what about brain health?

Your lifestyle can affect how healthy your brain remains over the course of a lifetime. What you eat and drink, your level of movement and exercise, your social life, how you handle stress, and sleep quality are all very important to maintaining your brain's overall functioning.

Food

As the old saying goes: You are what you eat. A process called oxidation damages brain cells as we get older, mainly due to stress and other things in our everyday environment. But the good news is, we can make food choices to help reduce the oxidation process.

Eat more fat—but good fat. Eating high quantities of omega-3 fatty acids may be linked to reduced rates of major depression. Unfortunately, our bodies are unable to produce these acids so it is important that we include these fat sources in our diets.

Even though the brain accounts for a small portion of our overall body weight, it consumes 20 percent of the body's metabolic energy.

Eating fatty fish like salmon and sardines, or nuts and seeds like walnuts and almonds, eggs, and incorporating more olive oil and monounsaturated fats into your diet may help keep your brain running smoothly. Vitamin E in many of these foods is also especially helpful to the brain.

Consume your antioxidants. Aging takes its toll not only on our bodies but also on the brain, due to free radicals that break down cells. Our bodies can use antioxidants to protect against oxidative stress. Antioxidants include such well-known nutrients as vitamin C, beta-carotene and selenium. Foods like berries, greens, red wine, turmeric and chocolate containing

high levels of antioxidants may be especially good for brain health, so keep your diet colorful.

Sleep

Get more sleep. The benefits of a healthy sleep pattern are just starting to be understood by the medical community. The brain generates two distinct types of sleep—slow-wave sleep (SWS), known as deep sleep, and rapid eye movement (REM), also called dreaming sleep. Some doctors think sleep may be responsible for cleaning out the brain and helping to keep memories intact. Sleep may also help to preserve the things you've learned.

Movement and exercise

Some neurologists believe that people who exercise regularly have less of a chance of developing Alzheimer's disease, so it's important to find something you love to do that

keeps you moving, whether it's a daily walk or run, or something more intense, like a sport. Reading, playing chess or doing crosswords may also contribute to staying mentally fit, so

finding ways to exercise your brain on a daily basis is a good idea.

Social engagement

Having a robust social circle has been linked to a longer, happier life. With this in mind, it's important to promote social engagement among older adults before cognitive decline sets in. Taking an art class, joining a book group at the library or just meeting friends for coffee can help us keep our brains open to new ideas.

So to maintain your brain health, be mindful of what you eat, how often you exercise both your body and mind, the quality of your sleep and the strength of your social circle.

—Information from *Doctors to You*



Passages

We are sad to announce the passing of three NNV members.

Adelaide Miller passed away on June 4 after a long illness. Respected in the D.C. community as a civil rights activist and a lawyer with Neighborhood Legal Services Inc., she assisted many with landlord-tenant issues, from individual tenant evictions to a suit against the owners of a housing project in Southeast Washington on behalf of its tenants.

Adelaide was born in New York City and attended Bryn Mawr College, where she majored in physics, but later transferred to George Washington University in Washington, where she earned a B.A. in English and then a law degree.

Adelaide worked for Neighborhood Legal Services for seven years, then spent four years in Southeast D.C. representing tenants of housing projects. In her retirement she worked seriously on her art, taking life drawing and other art classes at the Washington Studio School and elsewhere while her health permitted. A selection of her work is being shown at the Daystar Gallery of the Shrine of the Most Blessed Sacrament Church at Chevy

Chase Circle.

Longtime NNV member **Jacqueline Delima** passed away peacefully surrounded by her family on Sept. 13. Born in Lahore, British India, a few months before Independence, Jacqueline graduated from Delhi University and later obtained a master's degree from Catholic University. A longtime resident of Washington, she was devoted to working with children.

She was one of NNV's first members. She joined the village in 2011 and was a presence at many NNV events. Jacqueline particularly liked the holiday party and annual picnic. She will be remembered fondly by the many NNV volunteers who helped her over the years.

The Rev. **Bernard Hillenbrand**, a longtime NNV member, died Oct. 5 after a fall. He recently moved to Forest Hills of D.C. after living for nearly 40 years on Oliver Street NW, where he and his late wife, Aliceann Wohlbruck, were cherished by neighbors for their hospitality and their musical Christmas/Hanukkah parties.

Bernie was an active member of the NNV Men's Book Club, which usually met in his hundred-year-old house, where he and his wife hosted the 2012 NNV picnic. Bernie wrote a blog for many years (www.hillenbrandreport.com).

Born in Syracuse, N.Y., he served in the U.S. Army during World War II and saw combat as a rifleman with the First Infantry division. He was wounded twice in the Battle of the Hurtgen Forest, the longest continuous, and one of the bloodiest, battles in the history of the Army.

Bernie came to Washington to work for the National League of Cities. He became the first executive director of the National Association of Counties, where he served for 25 years. On retiring from government work at the age of 60, Bernie earned a master's in divinity from Wesley Theological Seminary at American University and was ordained a United Methodist minister. He first served at a church for hearing-impaired congregants and later at two churches in Prince Georges County, Md., that had been separated racially, which he merged into Cedar Lane Church.



Dinners at Blue 44 aid NNV fundraising

NNNV extends its thanks to those who joined the dining-out fundraisers at Blue 44 held in April and August of this year. Members, volunteers and neighbors ate well while doing something good for their community.

Blue 44 generously donated 20 percent of each diner's total bill for

food and drinks to NNV. Blue 44 has been a supporter of Northwest Neighbors Village since the restaurant opened on Connecticut Avenue in 2011. Owner Chris Nardelli has offered to continue his generosity at special dining-out dates in 2019. Look for more information in the coming months.

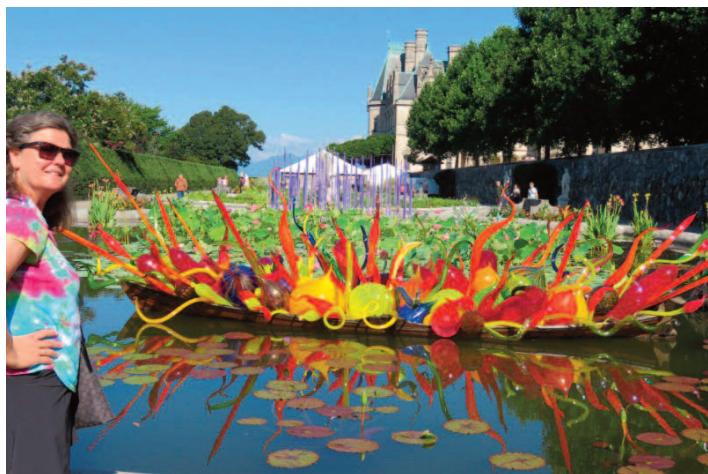
Blue 44 now caters. Check out their catering menu at www.blue44dc.com. Catering is the perfect way to please guests at a holiday gathering or special event.

Do you have a favorite neighborhood restaurant that you'd like to see host an NNV dining-out fundraiser? If so, please let us know by calling the office at 202-777-3435 or emailing schong@nwnv.org.

Where in the world?

NCV Volunteer and Member Services Manager Leah Penner and member Janean Mann both visited North Carolina this summer. Leah's hike in the DuPont State Forest gave her a chance to visit the lovely Triple Falls and High Falls in

the Blue Ridge Mountains. Janean's view was a little different—though still in the Blue Ridge, as she saw the Dale Chihuly glass exhibit at the Biltmore Estate in Asheville and participated in a barn dance in Montreat.



ABOVE AND THREE PHOTOS BELOW BY JANEAN MANN

Left, Janean Mann's friend Anne Stone admires a Chihuly work titled "Fiori Boat." Below left and right, two more Chihuly creations; gardeners worked for years to plant flowers to match the color of the exhibits. Bottom, a Friday night barn dance at Montreat.



PHOTOS ABOVE AND BELOW BY LEAH PENNER

Triple Falls in DuPont State Forest, above, and High Falls, below.



GEORGETOWN
H  **ME CARE**
 THE KEY TO STAYING HOME

For the holidays, a gluten-free, sugar-free confection

By BARBARA OLIVER

Holiday season is fast approaching, and finding sweet treats for those on restricted diets can be challenging. These five-ingredient cookies are delicious and gluten-free.

I understand from my diabetic friends that Swerve sugar replacement, confectioners style, can be substituted cup-for-cup for sugar in baking, but I haven't tested the recipe using it. Swerve Confectioners is available at Whole Foods and some other local stores, according to the website.

Almond Drops

1³/₄ cups whole blanched almonds, ground in blender
OR 2 cups almond flour
1 teaspoon salt
2 cups sifted powdered (confectioners') sugar
3 egg whites, room temperature
³/₄ teaspoon almond extract

Preheat oven to 325°F.

Grease baking sheets well with butter or margarine and dust with flour (OR spray with baking cooking



BARBARA OLIVER

Almond Drop cookies can be made with only five ingredients.

firm before removing them from the baking sheet.

Makes about 3 to 4 dozen 2-inch cookies.

SOURCE: ADAPTED FROM SUNSET MAGAZINE, JUNE 1966

spray).

Mix almond flour with salt and sugar.

In a separate bowl, beat egg whites with almond extract until stiff (when lifting the beater, a vertical peak forms), but not dry.

Fold beaten egg whites into almond mixture.

Drop by teaspoonful onto prepared baking sheets.

Bake cookies for 12 to 15 minutes or until lightly browned.

Remove from oven and let cookies sit a few minutes until