



of creating connections

THE VILLAGE NEWS

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www.nnvdc.org

January-February 2020

The Census is coming

For the first time, answers can be submitted online

The next United States Census will take place on April 1. The 2020 Census counts every person living in the 50 states, the District of Columbia and five U.S. territories (Puerto Rico, American Samoa, the Commonwealth of the Northern Mariana Islands, Guam and the U.S. Virgin Islands). It is important for every U.S. resident to participate in the 2020 U.S. Census—this includes people of all ages and races, as well as citizens and non-citizens. The count is mandated by the Constitution and conducted by the U.S. Census Bureau, a nonpartisan government agency.

How will the 2020 U.S. Census be conducted?

The 2020 census will mark the first time that most people will submit their answers online. Starting in March, almost every U.S. home will be sent a letter with instructions outlining how to participate in the census online or by phone. All households should have received this invitation by April 1, Census Day.

If you don't respond by April 15, you will receive a reminder letter with the option to respond by mail. Finally, if you haven't submitted your 2020 U.S. Census before the beginning of May 2020, Census Bureau employees will follow up in person to ensure that your household fills out the census.

Why is it important for me to participate in the Census?

The census provides critical data that lawmakers, business owners, teachers and many others use to provide daily services, products and support for you and your community. Every year, billions of dollars in federal funding go to hospitals, fire departments, schools, roads and other resources based on census data.

The results of the census also determine the number of seats each state will have in the U.S. House of Representatives, and they are used to draw congressional and state legislative districts.

The census is also in the Constitution: Article 1, Section 2, mandates that the country conduct a count of

WHAT WE WILL SEND IN THE MAIL

On or between	You'll receive:
March 12-20	An invitation to respond online to the 2020 Census. (Some households will also receive paper questionnaires.)
March 16-24	A reminder letter.
	If you haven't responded yet:
March 26-April 3	A reminder postcard.
April 8-16	A reminder letter and paper questionnaire.
April 20-27	A final reminder postcard before we follow up in person.

The Census Bureau's timeline.

its population once every 10 years. The 2020 Census will mark the 24th time that the country has counted its population since 1790.

On a local level, census data helps support D.C. programs. The federal government distributes over \$3 billion annually to the District to support vital programs based on census data. Census data is used to update Ward and ANC boundaries to reflect population growth and movement across the District. District agencies rely on accurate census data for budgeting, planning and policy decision-making across the city. Residents use the census to support community initiatives involving legislation, quality-of-life and consumer advocacy.

How will NNV help members participate in the Census?

If any members require assistance in completing the online census form, please call the office to request a volunteer.

For more information:

U.S. Census website: 2020census.gov/

D.C. Census website: dccensus2020.dc.gov

NORTHWEST NEIGHBORS VILLAGE

a community network of
support
4901 Connecticut Ave. NW
Washington, DC 20008
202-777-3435
www.nnvdc.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.nnvdc.org or call the office at 202-777-3435.

NNV Board Members Officers

Judie Fien-Helfman,
president
Morgan Gopnik, *vice president*
Beverly Lunsford,
secretary

Sam Smith, *treasurer*
Directors

Steve Altman
Bert Foer
Alice Hayes
Merilee Janssen
Janean Mann
Stewart Reuter
Ann Van Dusen
Karen Zuckerstein
Frances Mahncke, *emerita*
Robert Parker, *emeritus*
Jo Ann Tanner, *emerita*
Staff

Stephanie Chong,
executive director
Heather Hill, *volunteer and member services coordinator*
Leslie Pace, *administrative assistant*

Newsletter team

Pat Kasdan
Janean Mann
Pat Mullan
Tom Oliver

In 2020, resolve to get organized

By JUDY TIGER

Growing up, I wouldn't have guessed that my foreign service childhood, B.A. in anthropology, and years facilitating community and youth gardens in D.C. would lead me to home organizing. But it turns out we learn many things along our life path that I now bring to my work and to you.

From my years in Iran and India and studying cultures, I learned that we all aim to enjoy a good life. We aim to create our home as a personal refuge and to welcome guests. We furnish for beauty, comfort, function and celebration. We decorate to reflect our own taste, including remembrances of people, places and milestones. We own things that support our interests, daily activities and

NNV volunteers can assist with simple organization projects like organizing a cabinet or bookshelf. NNV has a list of professional organizers to assist with larger projects.

obligations. You know what I mean: books, art and decor, memorabilia, music, electronics, dishes and other kitchen "stuff," sports gear, tools, office supplies, papers, clothes, bed/bath linens, toiletries, medicines, medical equipment and more!

I have learned that change is constant. Our daily obligations change as we raise families, work and retire. Our interests change. Our physical abilities, energy and attention change. We spend our young- and mid-adult lives acquiring and settling. As years go by, we may notice that our "things" are more difficult to manage. Not everything seems to get put away or even has a good home. We ask: How did this happen? What am I going to do about it? Why is it hard to figure out or fix? What if we want or need to move? How do we know what to keep? How do we care for our treasures and legacy? How do we find all the important papers?

These facts and questions are the essence of getting and living organized. Organizing is not about the rules of Miss Manners, Martha Stewart or House

Beautiful. It is not about being fancy or perfect. It is personal and individual. It is all about balancing interests (activities at home or out, family, friends, pets, hobbies, events), obligations (appointments, deadlines, caregiving), "stuff" (things we own), space (rooms, furniture, closets, shelves, cabinets where we can put everything) and abilities (energy, reach, attention, focus). And while this is a lot to juggle and balance, the good news is: The goal of getting and living organized is just about "having a pretty good day, most days."

We organize for kindness—to ourselves, our friends and our loved ones.

We organize for health & wellness—to eliminate trip-and-fall hazards, fire hazards and health hazards.

We organize for resilience—to prepare for returning from a hospital or rehab, for home health care or to move by choice or necessity.

We organize for legacy—so we don't leave the task for someone else.

We organize for peace of mind—to enjoy our rooms and welcome guests.

But how?

Organizing is a personal journey I call "Review and Refresh." It touches every drawer, shelf, cabinet, closet and box. Do the contents serve my life? Are they located where I need them, where I can find them, use them and easily put them away again (at least most of the time)?

Organizing is a process of self-discovery, all at once easy, hard, conflicted, overwhelming, frustrating, boring, seemingly endless, and a wonderful relief.

Take it one small step at a time. Embrace the uncertainty that comes with decision-making. Practice with an open mind and heart. Repeat, repeat, repeat. You will get better at it as you continue. Get started, schedule with yourself and get all the way through your home. Reward yourself for the small, steady accomplishments. And ask for the help you need!

Judy Tiger is the owner of Just That Simple, a D.C. home organizing and move management company, www.just-that-simple.net, 202-257-1609.

Partying like we're 10 years old



PHOTOS BY SAMANTHA FIEN-HELFMAN

At a party marking the holidays as well as the end of NNV's 10th year, members of the new Legacy Society are recognized: From left, Judie Fien-Helfman, Morgan Gopnik, Janean Mann, Sal Selvaggio, Andrea Selvaggio and Bert Foer.



From left, Jewel Hill, Morgan Gopnik, Al Hill, Tommy Heggans, Janean Mann and Yvonne Baudin.



Ann Ingram, left, and Debbie Dusault.



The Carey Smith Jazz Duo performs.



Janet Novotny reads her poem to the group.



Executive Director Stephanie Chong is flanked by founders Frances Mahncke, left, and Janean Mann.

Renewing driver's license isn't easy if you're over 70

By JANEAN MANN

Renewing your D.C. driver's license if you are over 70 may not challenge your driving skills, but your patience could take a real hit. A lot of paperwork is required—as is stamina. Decisions by examiners can be arbitrary.

If you have not renewed your license since 2014, your new license must comply with the Federal Government's REAL ID Act security standards. That means you must go to a D.C. Motor Vehicle center in person and take a plethora of identification with you, including proof of your Social Security number (SSN), two proofs of residence and proof of identity. The DMV also requires a medical/eye report signed by your doctor within 60 days of your renewal application.

You can find all the requirements and types of proof of identity needed, as well as the DMV sites where you can apply, at dmv.dc.gov/service/senior-driver-information. All driver's licenses issued before 2014 remain valid until their expiration dates.

If you don't have your Social Security card, there are three other types of documents you can use: a pay statement with your full name and SSN, a W-2 (wage and tax statement) with full name and SSN, or a 1099 IRS form, again with full name and SSN.

You must also take two documents proving your D.C. residence. These must be original documents and contain a valid D.C.



DC.DMV.GOV

The new REAL ID license card meets the federal government's new minimum security standards.

address (no P.O. box numbers). These include utility bills issued within the last 60 days such as a phone bill, D.C. property tax bill, unexpired homeowners or renter's insurance, credit card statement, or medical bill (not an explanation of benefits) issued within the last 60 days reflecting your name and address.

To prove your identity, you must provide one of the following documents: unexpired U.S. passport or passport card; birth certificate; certificate of naturalization; certificate of U.S. citizenship; unexpired foreign passport with accompanying visa; unexpired employment authorization card; valid REAL ID driver's license or REAL ID card. D.C. offers non-U.S. citizens a variety of options to prove their legal presence. These can be found at the above website.

Your medical doctor must fill out Part F of the application. Treatment within the last five years for any of five diseases listed in Part D of this form requires your

medical doctor and your eye doctor to complete a separate Medical/Eye Report. Although neither form asks for the dates of your most recent eye and medical doctor examination, the DMV official may ask for that information and reject you if the examiner does not think the exam was recent enough. There are no DMV guidelines spelling out how recently these exams had to have taken place. NNV raised this issue with Council member Mary Cheh's office. Her Transportation Committee counsel, Cole Wogoman, obtained a commitment from DMV head Gabriel Robinson to retrain all license renewal clerks to prevent this problem in the future.

Wait times at the Georgetown DMV stations can often be long. However, if requested, officers at all DMV stations sometimes allow seniors to sit down and/or advance them to the front of the line. There is no free parking at Georgetown. The southwest office at 95 M St. SW (around the corner from Arena Stage) may be a better alternative, though farther away. It has free parking, including handicapped spaces, and the lines seem to move faster. Lines are reportedly the shortest at the 4525 Benning Rd. SE service center off East Capitol Street. It also has free parking. DMV officials tell me Thursday is the best day to come.

FRAUD WATCH HELPLINE

AARP's Fraud Watch Network is a service that can help you spot and avoid scams. Call the toll-free fraud helpline at 877-908-3360 if you or a loved one suspect you've been a victim. It is available Monday through Friday, 7 a.m. to 11 p.m.

More information: www.aarp.org/money/scams-fraud/helpline/.

NNV's board chooses new officers for 2020

By STEPHANIE CHONG

Last month the Northwest Neighbors Village Board of Directors elected new officers with terms beginning in January 2020.

After one year as co-president and two years as president, Judie Fien-Helfman has agreed to continue her role for one more year. Our village has accomplished so much under Judie's leadership. She has helped to position Northwest Neighbors Village for growth through an ambitious three-year strategic plan; she has worked hard to secure the village's future with the creation of the Legacy Society; and she's encouraged technology improvements and staffing changes that have strengthened operations. We are grateful for her continued service and look forward to another successful year with Judie at the helm.



Judie Fien-Helfman

Morgan Gopnik, who joined the board in 2018, has assumed the role of vice president. In her time on the board, Morgan has played an integral role on the strategic planning committee and has assisted with grant writing. Morgan has not allowed her board commitments to get in the way of her dedicated service to our members. This year, she will have completed nearly 200 hours of volunteer services,



Morgan Gopnik

providing rides and helping members make sense of their computers. Morgan is an expert in environmental science, with a particular focus on ocean policy, and holds a Ph.D. in marine science and conservation.

Beverly Lunsford accepted the role of secretary. She has been a board member since July 2015. Like Judie and Morgan, Beverly has been an important member of the strategic planning committee. Beverly holds a Ph.D. in nursing, and is an assistant professor at George Washington University School of Nursing and is co-director of the GW Center for Aging, Health and Humanities. Beverly brings a wealth of knowledge and expertise to our board.



Beverly Lunsford

Sam Smith has been volunteering for Northwest Neighbors Village since 2017. He's driven members to medical appointments, helped the office identify a new database, and proved to be a valuable member of NNV's investment committee. Sam will be Northwest Neighbors Village's newest board member and will assume the role of treasurer.

Sam graduated from Cambridge University with a degree in accounting and worked with clients internationally during his tenure at Coopers and Lybrand, now

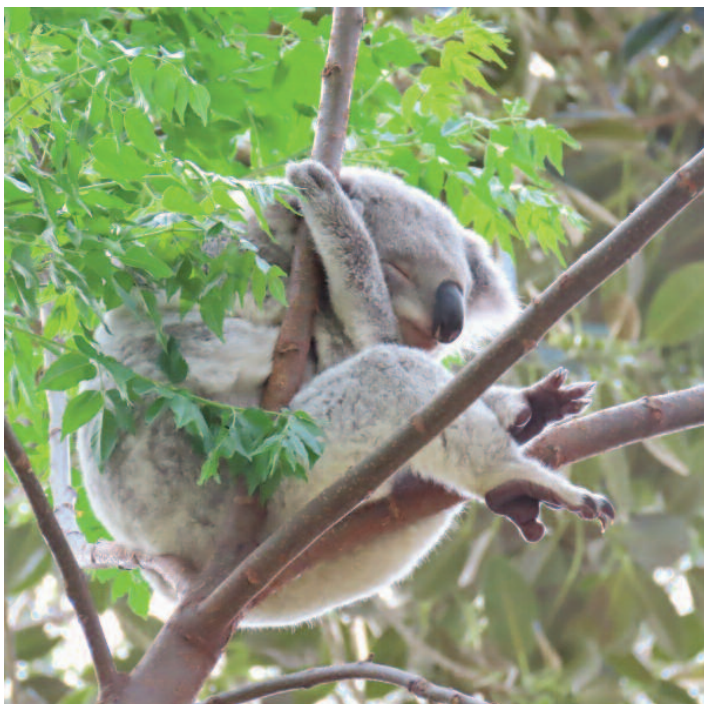


Sam Smith and Bella

PricewaterhouseCoopers. We look forward to working with Sam in this new capacity.

Please join me in thanking our outgoing officers for their dedicated work. Jonathan Lawlor, our former vice president, plans to focus on his family before his daughter heads off to college. Jon plans to continue to volunteer directly with members. Pamela Roberts, the former secretary, has taken on a new full-time job. Pamela continues to support NNV at special events. John Wheeler has left the role of treasurer to focus on what he loves best—being an arborist. We are grateful to Jon, Pamela and John for their contributions and wish them well in their future endeavors.





PHOTOS BY JANEAN MANN

A koala snoozes in a tree, left. At right, the author at the glacier-formed Lake Tekapo in front of Mount Cook, New Zealand's highest peak.

Australia and New Zealand, lands of contrasts and similarities

BY JANEAN MANN

My long-awaited three-week venture through Australia and New Zealand did not disappoint. Nice people, beautiful scenery and fascinating history met me everywhere—well planned by Smithsonian Journeys.

Initially one land mass—they were part of Antarctica—Australia and New Zealand split an estimated 85 million years ago. Aboriginal groups first arrived in Australia 40,000-60,000 years ago, possibly coming from Africa and passing through Sri Lanka. They ventured from the coast into the interior areas over the years, maintaining their independence until the British arrived in the 1780s, establishing penal colonies in some parts of the vast country.

In contrast, New Zealand's Maori tribes are believed to have arrived about 800 years ago from Taiwan via Polynesia. They lost much of their land to British settlers through

treaty violations and the resultant New Zealand wars in the 1800s. Today, both native groups have regained much of their original lands and enjoy the same rights as their countrymen.

Our trip began in Cairns, in Australia's Queensland state—a pleasant, small, tree-lined Coral Sea coastal city and the access point to the Great Barrier Reef. Despite some bleaching, the reef is aswarm with fish and a great variety of plant and animal growth, though its beauty was clouded by rough seas the day we were there and by the bleaching of some areas of the reef. Nearby islands teemed with nesting shorebirds and their hatchlings.

From there it was off to the hot, arid Outback (Northern Territory) towns of Alice Springs and Uluru (renamed Ayers Rock by the British settlers). This sandstone monolith has been sacred to Aboriginal Australians for more than 10,000 years. The site and its original name

See *AUSTRALIA*, Page 7



Aboriginal art has become a major source of income in the Northwest Territories. Nabanuuga displays "Women Dreaming."



Waitomo Caves is famous for its glow worms and relics such as the 700-year-old Moa bone held by cave guide Kaylee.

Dinner cooked over steam from a geyser

AUSTRALIA, *Continued from Page 6*

returned to Aboriginal control in 1985.

Though twice the size of Texas, the Northern Territory is home to only about 250,000 people. With a beautiful sunset we watched as the 2,800-foot-high rock, most of which is still buried beneath the earth, changed to various shades of red and to different shades at sunrise. We met with Aboriginal peoples, learned of their history and culture, viewed their art and savored traditional foods. Nightfall brought a glimpse of a kangaroo and her joey.

With its cooler climate, UNESCO World Heritage Site concert center, and its 5 million population, Sydney, located 2,800 miles to the south, is a stark contrast—a bustling port city and Australia's economic hub.

From there we were off to New Zealand, whose cities have been shaped by volcanoes and earthquakes and by its commitment to the environment. We first visited Christchurch, a British-style small town on the South Island, which is recovering from devastating earthquakes in 2010 and 2011. Driving to snow-capped Mount Cook, we passed turquoise glacier lakes before flying to the North Island to visit the Maori hub of Rotorua, located in a volcano caldera.

Our Maori dinner was cooked over geyser steam, following a colorful traditional welcoming. A bucolic three-hour drive ended our visit in New Zealand's largest city, Auckland, taking us through verdant back roads of forest, sheep and cattle farms and small towns. The entire trip took three weeks, but it will take much longer to absorb all I have seen.



PHOTOS BY JANEAN MANN

Emerging from a marae (Maori meeting house), members of the Te Arawa tribe perform a welcoming ceremony for Janean Mann and her fellow Smithsonian Institution visitors.



Left, a Maori art instructor creates a traditional weapon at the Maori Arts and Crafts Institutes, where Maori young people are trained. Right, a school of blue fish swim in the Great Barrier Reef amid the plant and animal formations.



The author gets acquainted with Lucky the sheep, whose fine merino wool will produce three \$22,000 Armani suits. At right, a shearer harvests a sheep's coat.

For the urban naturalist, lots to see in the backyard

By JANE WHITAKER

As my mobility has become restricted, treks to the mountains are a joy of the past. However, old naturalists can't stop observing. I'm now limited to my backyard deck, where I spend time most days observing the urban environment in Washington.

My small yard is fenced but over the years has been encouraged to be something of an oasis (a small one).

Native plants are in every nook and cranny possible. There are shale barren plants such as cactus on the hot bank in the front yard. In the backyard Jo Pye weed is in abundance as well as butterfly weed. A wealth of wild asters bloom in the fall. It is, in essence, a pollinator garden with over 20 native plants and a few introduced pollen generators such as butterfly bush rounding out the garden.

The yard is surrounded by some very old maples and oaks, which attract a variety of birds and beasts. Thanks to binoculars and hearing aids, being stationary is not much of a handicap.

I put up a hummingbird feeder in early July and have been entertained by the hummers' activity ever since. They are so territorial and chase each other most of the day. I wonder how they can drink enough sugar water from the feeders to have the energy to go at each other at such a fast clip.

The dying maple in my neighbor's yard has regular visitations by hairy, downy and red-bellied woodpeckers. The white-breasted nuthatch also is often seen on the trunk looking for food.

Robins nest in the surrounding trees and seem to love my backyard fountain and birdbath. They must love it, because we have to refill it with at least two gallons of water every day. Birds remove their nestlings' fecal sacs from the nest (otherwise it would become stinking and attract predators). I never knew what they did with the

sacs until this summer. They drop them in water! My birdbath, to be exact. We had to spoon out three or four each time we refilled the birdbath the entire nesting season. It wasn't until August that it stopped.

An immature robin caught my attention one afternoon as it was looking at something in the grass. It would walk up to it, back off, and then come back and sort of peck at the spot. I put my binoculars on it and lo and behold, a little northern brown snake was reared up in a defensive position, striking at the robin, which would back off and then get close again, perhaps thinking it had cornered a rather aggressive earthworm.

Rather than watching like a disinterested observer to see the outcome, I chose to intervene and walked over to rescue the snake. It was just as aggressive toward me, rearing up and striking, but it was too small to do any damage. I caught and released it in leaves in a flower bed.

Often in the spring we find dead northern brown snakes on the sidewalk with one little wound on

their bodies. This occurs when robins invade the city during snowy spring weather. I believe the dead snakes are victims of robins catching them in the leaves near houses and then dropping them when they realize they're not worms.

Another unusual sighting occurred one early September afternoon when I spied a blue-gray gnatcatcher in the big maple tree. It was flitting around as gnatcatchers do when it dropped head first from a limb about 30 feet from the ground. It seemed to be in a dead fall with a twist. It descended in a headfirst spiral, twirling round and round! About four feet from the ground it righted itself and flew back up into the tree.

These observations are only a few I have made in my backyard but they have convinced me that no matter where you live or how limited your activity level you can observe very interesting natural events. So keep on birding!



JANE WHITAKER

The "worm" fought back.




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TOM OLIVER

Holiday sounds on the harp

Northwest Neighbors Village presented a concert of holiday-themed music by 10 instruments of the Maryland Classic Youth Orchestra harp ensemble on Dec. 11. At right, director Monika Vasey Rhodes explained how the pedals work on a classical harp.



BARBARA OLIVER

First impressions of D.C.'s new Senior Med Express service

By PEGGY NOLAN

Two thumbs up to the D.C. Department of Aging and Community Living for its new service helping seniors get to medical appointments. As a low-vision senior no longer able to drive, I have enthusiastically embraced Med Express, appreciative of its many pluses. It's free, available to eligible D.C. seniors, has no income ceiling and no ride limit for users; moreover, it's well organized, attuned to the needs of residents with various mobility problems, reliable—I could add on more adjectives of affirmation but readers get the idea.

Of course, there are a few tips to pass along to eligible NNV members: Senior Med Express is evolving into a Book Ahead service. My experience in the 10 weeks I have used it may be instructive.

As of Nov. 7 I had booked 11 trips, all of which turned out to be safe, comfortable and on time. During the first two weeks in September, the service accommodated two next-day

requests without difficulty.

But by Oct. 15, no more bookings were being accepted for that month. As of Nov. 7, the month of November was filled—nothing available until December. While the introductory literature does refer to same and next-day service, obviously that is

not working. Best to call as soon as the user knows of the appointment.

One caveat: While the service is free, it's nice to give the excellent drivers a small tip if possible—they are most appreciative.

So, NNV members, consult the Department of Aging or call 202-420-7533 to explore your eligibility. Enjoy your ride.

(For a comprehensive description of the program, see the October Village News [article](#) by Janean Mann.)



AN AWARD FROM THE CITY FOR NNV

Northwest Neighbors Village has been selected as a Community Cornerstones awardee.

Our thanks to everyone who nominated our village—your village!—for this award. We hope you will join us on Jan. 22 at 6:30 p.m. at the John Wilson District Building, 1350 Pennsylvania Ave. NW, when at-large Council member Anita Bonds presents our award. A reception will follow.

Calendar

Check our website frequently for updated events information — nnvdc.org

Office Closed – New Year's Day

Wednesday, Jan. 1.

Recent Retiree Coffee

Wednesday, Jan. 8, 9:30-10:30 a.m.
Uptown Market & Cafe, 4465
Connecticut Ave. NW. RSVP to Barbara
(casemanager@dupontcircuitvillage.net)
or 202-441-7290.

Meet recent retirees from NNV and other villages. Please note: Recent Retiree events are intended for soon-to-be retirees and those who have retired within the last five years.

Recent Retiree Pizza

Saturday, Jan. 11, 5-6 p.m. Pete's Pizza,
4940 Wisconsin Ave. NW (corner of
Fessenden Street). RSVP to Barbara
(casemanager@dupontcircuitvillage.net)
or 202-441-7290.

Meet recent retirees from NNV and other villages. Please note: Recent Retiree events are intended for soon-to-be retirees and those who have retired within the last five years.

Recent Retiree Coffee

Wednesday, Jan. 15, 9:30-10:30 a.m.
Uptown Market & Cafe, 4465
Connecticut Ave. NW. RSVP to Barbara
(casemanager@dupontcircuitvillage.net)
or 202-441-7290.

Meet recent retirees from NNV and other villages. Please note: Recent Retiree events are intended for soon-to-be retirees and those who have retired within the last five years.

Watercolor Painting With Joey Mánlapaz

New session starts Thursday, Jan. 16, 1-3 p.m. Assembly Hall, Forest Hills of D.C., 4901 Connecticut Ave. NW. To sign up or to receive materials list, email Joey: manlapazjo@aol.com. Fee: \$120 (cash or checks made to Joey Mánlapaz payable at first class.)

D.C. artist and Corcoran Professor Joey Mánlapaz's five-week course in basic watercolor painting is held at Forest Hills

of D.C. Watercolor techniques from the simple to the more complex will be covered, including topics such as value, composition, color mixing, proper handling of the medium and critique of works created. Students work on still-lives, self-portraits, outdoor landscapes or individual projects.

French Conversation Group

Thursday, Jan. 16, 3:30-5 p.m. This group meets monthly in members' homes. RSVP for this month's location. RSVP: John Wiecking (jwiecking@gmail.com).

Join members of Northwest Neighbors Village and Cleveland & Woodley Park Village and parle Français!

Office Closed – Martin Luther King Jr. Day

Monday, Jan. 20.

Author Talk & Book Signing

Tuesday, Jan. 21, 6-7:30 p.m. Location TBD. RSVP to nnvdc.org and click on Events or phone 202-777-3435. Bob Levey, retired columnist for The Washington Post, will speak on "The Golden Era at The Washington Post." He will also sign copies of his recently published first novel, "Larry Felder, Candidate," which will be available for



Bob Levey

sale. It's the story of a famous Washington columnist who abandons journalism to run for Congress in the Maryland suburbs, confronting love, corruption, those pesky newspaper

reporters and the unforeseen.

Recent Retiree Coffee

Wednesday, Jan. 22, 9:30-10:30 a.m.
Uptown Market & Cafe, 4465
Connecticut Ave. NW. RSVP to Barbara
at casemanager@dupontcircuitvillage.net
or 202-441-7290.

Meet recent retirees from NNV and other villages. Please note: Recent Retiree events are intended for soon-to-be retirees and those who have retired within the last five years.

Office Closed – Presidents' Day

Monday, Feb. 17.

French Conversation Group

Thursday, Feb. 20, 3:30-5 p.m. This group meets monthly in members' homes. RSVP for this month's location. RSVP to John Wiecking (jwiecking@gmail.com).

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Watercolor Painting With Joey Mánlapaz

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D.C. artist and Corcoran Professor Joey Mánlapaz's five-week course in basic watercolor painting is held at Forest Hills of D.C. Watercolor techniques from the simple to the more complex will be covered, including topics such as value, composition, color mixing, proper handling of the medium and critique of works created. Students work on still-lives, self-portraits, outdoor landscapes or individual projects.

REGULAR EVENTS

Gentle Yoga with Mayu

When: Every Monday, 2-3:30 p.m. Jan.

See CALENDAR, Page 11

Passages

Doris Chalfin, 1933-2019

Doris Chalfin, early Northwest Neighbors Village planner, former volunteer and member, died at her home Nov. 19 after an extended illness.

Born in 1933, she grew up in



Westminster, Md., where she excelled as a scholar, with a special love of poetry, and as an athlete. She completed her bachelor's degree at Western Maryland

College in 1956 and married Seymour Chalfin in 1957. The couple spent the next six years living in Ghana and Kenya, where their two sons, Joel and Jesse, were born.

In 1970, Doris took up residence in Washington where she lived for the rest of her life. Neighbors initially

knew her as a delivery person for the Washington Post. She also worked as an editor for Heldref Publications.

In retirement, she was active with the Northwest Neighbors Village and Friends of the Library. She was also an advanced student of t'ai chi. Doris loved animals and the natural world. She provided a home for many abandoned cats, and enjoyed the company of her beloved cocker spaniel, Tony (named after the composer Antonio Vivaldi). She was an accomplished musician, playing piano, clarinet and viola, and had a special love of J.S. Bach.

Doris is survived by her two sons, Joel and Jesse Chalfin; and her brothers, Donald R. and Edmund E. Makosky. A memorial service will be held at a later date.

Manuelle Diamond, 1939-2019

Manuelle Diamond, former Northwest Neighbors Village member and volunteer, died Nov. 1 while taking an afternoon nap at the family home in Croix de Vie, a small seaside fishing

village and summer resort 200 miles southwest of Paris. She was 80 years old.

Manuelle and her husband, Bob, enjoyed many happy times during her last three months. They read together, walked the cliffs above the beach where they spotted a double rainbow, and celebrated their 54th wedding anniversary in October. Manuelle always loved Halloween in the States, and donned a sorceress's pointed black hat to give out treats this year.



Manuelle was buried in the Croix de Vie cemetery, where her grandparents are buried. Her husband, Bob; her sister, Irene; two sons, David (Bernard) and Paul (Raphaelle); and three grandsons survive her.

Calendar

CALENDAR, Continued from Page 10

6, 13, 27, Feb. 3, 10, 24. Note: No class on Jan. 20 (MLK Jr. Day) or Feb. 17 (Presidents' Day).

Where: Assembly Hall, Forest Hills of D.C.

RSVP to nnvdc.org and click on Events or phone 202-777-3435. (Yogis who attend regularly do not need to RSVP every week.)

Women's Sharing Our Lives Group

When: Second Wednesday of each month, 10-11:30 a.m., Jan. 8 and Feb. 12.

Where: Library, Forest Hills of D.C.

RSVP to Janet: 202-537-0039.

If you'd like some conversation with NNV friends to hear some good stories and

catch up on how we are spending our lives, this is the group for you.

NNV Walking Group

When: When the weather is nice! RSVP to be notified when we're walking.

Where: We meet at the corner of Albemarle and Connecticut (in front of Diplomat Cleaners).

RSVP to Leslie at lpac@nnvdc.org or call the office (202-777-3435) to be added to the last-minute walk notification list.

Winter Walks: We'll keep an eye on the weather and announce walks when we get some nice days. Last year, we had seven or eight people join a January walk and we even enjoyed sitting outside drinking coffee on an unusually warm and sunny January day. Please RSVP and we'll be sure to notify you when we walk.

BOOK GROUPS

NYT Notable Book Group

When: Second Thursday of each month, 1:30-3 p.m., Jan. 9 and Feb. 13.

Where: Home of NNV member Ginny Finch. Metro accessible and free parking.

RSVP to Ginny, 202-686-0053 or ginnyvne@yahoo.com.

Book pick for January: "Underground Railroad" by Colson Whitehead.

NNV Nonfiction Book Club

When: Last Tuesday of each month, 3-4:30 p.m., Jan. 28 and Feb. 25.

Where: Library, Forest Hills of D.C.

RSVP to Larry at lwindc@starpower.net.

Book pick for January: "Blowout: Corrupted Democracy, Rogue State Russia, and the Richest, Most Destructive Industry on Earth" by Rachel Maddow.

Kick off the new year with a nutrient-dense fish dish

By BARBARA OLIVER

Salmon is a nutritional powerhouse: rich in omega-3 fatty acids, a great source of protein, high in B vitamins, a good source of potassium, and loaded with selenium, an essential trace mineral, according to Healthline.com.

The following recipe made with a balsamic glaze offers an alternative to broiling or poaching salmon and is dressy enough for company. The entire dish is ready to serve in 30 minutes. Because the fish bakes on a foil-lined pan, cleanup is a breeze.

Balsamic Glazed Salmon

*6 (4-ounce) salmon fillets
4 cloves garlic, minced
1 tablespoon dry white wine
1 tablespoon honey
1/3 cup balsamic vinegar*

*4 teaspoons Dijon mustard
Salt to taste
Pepper to taste
1 tablespoon chopped fresh oregano*

Preheat oven to 400°F. Line a baking sheet with aluminum foil and spray with nonstick cooking spray.

Coat a small saucepan with nonstick cooking spray. Over medium heat, cook and stir garlic until soft, about 3 minutes. Mix in white wine, honey, balsamic vinegar, mustard, and salt and pepper. Simmer, uncovered, for about 3 minutes, or until slightly thickened.

Arrange salmon fillets on foil-lined baking sheet. Brush fillets with balsamic glaze and sprinkle with oregano.

Bake in preheated oven for 10 to 14 minutes, or until flesh flakes easily with a fork. Brush fillets with



BARBARA OLIVER

remaining glaze, and season with salt and pepper. Use a spatula to transfer fillets to serving platter, leaving the skin behind on the foil. Serves 6.

Note: You can substitute regular mustard for a less tangy glaze.

SOURCE: ALLRECIPES