

## Transitioning to Retirement

BY BARBARA SCOTT

After decades of deadlines and the 9 to 5 grind, people in the workforce look forward to retirement as a time to refresh. Many expect to use their newfound time to do things they were too busy to do when they were working: traveling, catching up with old friends, and mastering new skills. But after the vacations are over, friends have been visited, and skills have been fine-tuned, many retirees find themselves feeling a sense of emptiness or loss of direction. For some, the reality of life after work doesn't live up to its promise.

The workplace provides a recipe for personal satisfaction, including social connections, a steady routine, and a sense of purpose. The key to a good retirement is to pull together those ingredients and create new possibilities. Studies show well-being in early retirement has been identified as an important predictor of future health status and survival. The following are steps you can take to create a successful retirement.

**Stay Social** – You don't have to have a lot of friends to have meaningful relationships. Be sure to get together with the people who you are comfortable with and who make you happy. Nurture the friendships that matter most to you.

**Engage in your community** – Many retirees realize they were so busy working they hadn't had a chance to get to know their neighbors well. Get involved in a community organization, like your local Village or community association, and enjoy the opportunity to meet the people around you. As a Northwest Neighbors Village volunteer notes, "I have

met neighbors who have become really good friends. NNV has expanded my support circle, making me feel better and better about staying in my own house as I get older myself."

**Establish a Routine** – Routines are so important to getting us up and out. Exercise, join a club, or pick up a new hobby. A full calendar will keep you active and provide a reason to get out of bed in the morning.

**Keep working (or volunteer)** – Sometimes working part-time or in a less demanding job can help one transition both financially and psychologically. Some find satisfaction in volunteering their time and talent to help others or to champion a cause they feel passionately about.

**Keep Learning** – Local universities provide opportunities to take college courses or learn a subject from an expert in the field.

Check out classes offered at Georgetown University and American University's Osher Lifelong Learning Institute (OLLI). Not only will you learn something new, you may also make new friends in the process.

**Share Your Wisdom** – A new retiree recently said, "My opinion used to matter". Retirement had made him feel less important and gave him the sense that he was no longer valued by others. There are plenty of ways to be sure your opinion is valued. Advocate for a cause that is important to you, share your expertise by serving on a non-profit board or committee, or teach students and younger generations and share your knowledge of a subject or craft.

Retirement can be an exciting time in one's life. Gone are the days of retiring to sit in front of the television all day. In fact, organizations like Northwest



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**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](http://www.nnvdc.org) or call the office at 202-777-3435.

### **NNV Board Members**

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Pat Kasdan  
Janean Mann  
Pat Mullan

# Avoiding Census scams

BY LESLIE PACE

**T**he decennial United States Census is coming in the next few weeks. Every household will receive a letter in the mail with instructions for submitting the Census online or via phone. Some people will also get in-person visits from census workers. With the Census comes the possibility of fraud. Here are some tips to avoid falling prey to scams.

### **Email and websites:**

Beware of email “phishing” scams that resemble the 2020 Census. Phishing emails often direct you to a website that looks real but is fake. Real Census website addresses will start with “https:” (the “s” is important. It stands for “secure”) and will end with “census.gov”.

### **Phone:**

Don’t trust caller ID — scammers can use “spoofing” tools to make it appear they’re calling from a real Census Bureau number. Call 800-923-8282 (or 800-877-8339 for TDD/TTY) to speak with a local Census Bureau representative to verify that a phone survey is legitimate.

The Census Bureau will not send unsolicited emails to ask you to participate in the Census. They will only contact you via postal mail or in person.

In addition to the Census instructions letter that all households will receive, some people will also get a personal visit from a Census representative. To verify Census workers who come to your home are who they say they are, check that they have a Census Bureau photo ID badge (with a Department of Commerce watermark and an expiration date). If you are still unsure of their identity, you can call 800-923-8282 to speak to a local Census Bureau Representative.

The census bureau will never ask for your social security number, any financial details, or any personal identifying information (e.g. your mother’s maiden name). They will also not ask for any money or donations of any kind. If an email, website, person on the phone or at your door asks for any information like this, you know it is not legitimate Census Bureau business and must be a scam.

If you suspect fraud, call 800-923-8282 to speak with a local Census Bureau representative. If it is determined that the visitor who came to your door does not work for the Census Bureau, contact your local police department.



Tom Oliver has decided to step down from the Northwest Neighbors Village Newsletter team. His long-term work on the layout and design has been invaluable in keeping the newsletter going and looking so professional. His experience and guidance were always appreciated.

Thank you, Tom!



# Celebrating NNV's Fantastic Volunteers at Our Annual Volunteer Appreciation Celebration



Board Members stand to be recognized for their service. From left, Morgan Gopnik, Karen Zuckerstein, Sam Smith, Stew Reuter, Janean Mann, Judie Fien-Helfman.

PHOTOS BY STEPHANIE CHONG

**V**olunteers don't volunteer simply to volunteer – they volunteer to gain experience, acquire new skills, or meet new people. Others do so to give back to their community, or promote a worthwhile activity, or because it provides meaning and purpose. Whatever brings you to NNV as a volunteer, I and our members are most grateful. Our whole village is grateful.

- NNV Board President Judie Fien-Helfman



Elinor Stillman, Benita Lubic and Janean Mann fill their plates from the fabulous spread provided by Blue 44.



From Left, Susan Lieberman, Stew Reuter and Sandi O'Neill.

*Thank  
You*

NNV Board President Judie Fien-Helfman thanks our fabulous volunteers.



# Citywide Peer Health Education Program

By HEATHER HILL

In January, our colleagues at Capitol Hill Village launched an exciting new program—Peer Health Education. In the program, seniors are matched with peer health educators, who are also seniors, to work on improving health outcomes and reducing transportation barriers. This program is offered to older adults citywide, including members of Northwest Neighbors Village.

The program is funded through an Innovative Coordinated Access and Mobility grant from the Federal Transit Authority. Capitol Hill Village is looking for folks who would be interested in being part of this pilot program.

What can a Peer Health Educator help with?

Peer Health Educators will work with low to moderate income seniors to improve their overall health and broaden their transportation options. For example, they can:

- Help you to complete an application for Metro Access
- Accompany you on your first Metro Access trip
- Accompany you to a medical appointment and take notes so that all important medical information is recorded.
- Connect you to other transportation resources that can help you achieve your health goals.

If this sounds like the type of program that would add value to your life, contact Meghan Wrinkle, CHV Care Services and Programs Specialist, at 202-543-1178 or [mwrinkle@capitolhillvillage.org](mailto:mwrinkle@capitolhillvillage.org).

And if you would like to learn more, we would be happy to speak with you about the possibilities!

# Three Ways to Conquer Your Clutter

By STEPHANIE CHONG

Spring is upon us. Fortunately, Northwest Neighbors Village has a number of ways to help you clear the clutter and rid yourself of things you no longer need.

**One:** Tuesday, March 10th – 10:00-11:00 – **Get Organized, It's Just that Simple** – Join us for this informative meeting and get spring organizing tips from a pro. Presented by Judy Tiger of Just That Simple. To RSVP, contact the office at 202-777-3435 or [on our website](#).

**Two:** Sunday, March 15th 11:00-1:00 – **Bring Your Bling** - NNV has a solution for your jewelry box full of unwanted or broken gold and sterling silver. Bring it to brunch at a member's home and, without spending a dime, your unwanted jewelry will be converted to a cash donation to Northwest Neighbors Village. This is a fun opportunity to get to know your neighbors and support your local neighborhood Village.

Tax receipts will be provided by Jewelry for Good for 100% of the value of your donation.

Note: Sterling silver items are accepted. Unfortunately, we cannot accept silver-plate items or costume jewelry.

To RSVP, contact the office at 202-777-3435 or [on our website](#). Can't make it but have a donation to share? Let the office know and we will make accommodations to pick up your jewelry.

**Three:** As always Full Members are eligible to receive volunteer assistance with simple organization projects, shredding, and responsibly disposing of hazardous household waste. Arrangements can be made by contacting the office.



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# Old Urban Naturalist

By JANE WHITAKER

**F**ebruary and March are exciting times for a naturalist. The plant matter has died down and many birds have left for warmer climates. Insects have laid eggs and died or become dormant until spring. It is now possible to observe the hidden world around us. Late February, even on the coldest winters, teases us with harbingers of spring. Our warm winter this year even more so. I've seen several introduced plants such as forsythia in bloom, daffodils popping out of the ground and I'm certain some readers have seen crocus blooming. There will be freezes coming but these early bloomers seem to have the ability to cope.

The earliest native plant to bloom is the skunk cabbage which gets its name from its less than pleasant odor. They can be found in the swampy woods along Beach Drive in Rock Creek Park just north of the D.C./Md line. Look on your left going north and you can see them. Binoculars are an aid as you probably can't walk into the swamp due to the soggy ground. In late spring and summer their very large leaves that resemble rhubarb are easy to spot. If you're in the mountains be wary of these wetlands as I can affirm that bears love to hang out there to eat the skunk cabbage tubers.

The early spring rains during the first warm spells will bring out salamanders and frogs migrating to the vernal pools where they mate and lay eggs. If driving through the park look out for them after dark. You might be rewarded with seeing a numerous variety

of amphibians that you won't see at any other time of the year. A good flashlight is helpful in spotting them. During a day hike take a look at any pools of water, even in small ditches, and you may find the egg masses. Salamanders lay softball size whitish blobs -- if you look carefully at them you can see the maturing

embryo. Toads lay long strings of eggs which can be mistaken for a bicycle chain.

Ice needles and ice pebbles are another phenomenon to be on the alert for. If you venture along a trail the morning after a soaking rain and consequent freeze during the night be on the lookout for them. They'll probably melt by midday. You'll see ice crystals protruding from the ground - some with little "caps" of dirt; hence the name ice pebbles. These are said to be rather common but are often overlooked since they are only one or two inches tall. Look in your flower beds or on top of rotten stumps. If you google 'ice segregation' or 'ice pebbles' you can see some good examples.

In closing, I must save a few lines for our feathered friends. Our native birds nest early and are starting to sing and set up territories to attract mates. This is a great time to learn a few songs before we're inundated with songs from the migrants coming back from the south. The white-breasted nuthatch is quite active and vocal here in the city and has a 'yank, yank' call. They are grey with a black head, white cheeks and a white breast. They love to creep over tree trunks in all directions and are amazing acrobats. If you see some, watch and you may see

them hiding seeds under the bark to store for a later time. Just keep your eyes and ears open. There is no telling what you will observe.



PHOTOS BY JANE WHITAKER

White-breasted nuthatch



Ice crystals



Skunk cabbage

## End-of-year campaign highlights

Another successful End-of-Year Campaign is in the books. The number of donations and amount received both exceeded our expectations. There was an increase in donations from volunteers and members as well as family and friends. We are always appreciative of people who support us year after year. We had a new option this year to support subsidized membership to the Village. That garnered some interest that we hope to expand on in the future. We are so grateful for everyone's support. Thank you!

# Staying safe online - a rational approach

BY PAM HOLLAND

**W**e get many questions about online security. And we often get brought in to help clean up after an incident of fraud. As a result, we have developed what we consider 'a rational approach' to online security. Rather than focusing on all possible risks, we urge our clients to first address factors that present the highest risk. With respect to protecting from online risk, we apply the 80/20 rule - 80% of the risk comes from 20% of the possible causes. In other words, if we just address the top possible risks, we eliminate the most common ways people are victimized online.

**We suggest thinking about protecting your data as you might approach protecting your home.** We all take reasonable steps to secure our homes; we lock our doors, close windows, and leave lights on. The goal is to reduce risk as eliminating risk is nearly impossible. The same is true in our digital lives. Taking small measures goes a long way toward keeping us safe, but it is nearly impossible to eliminate all risk.

**Consider your personal risk factors.** This is not unlike assessing your home for risk of break-in. If you live on the top floor of a high-rise, leaving your windows open does not present the same risk as if you were on the ground floor. With respect to your tech, do you have people regularly in your home from whom you need to protect your data? Do you bank online? Do you have sensitive financial or other documents on your computer? Do you only use your computer for email? Do you or a family member have cognitive issues that might make you more vulnerable to fraud?

**Based on our experience seeing the aftermath of fraud, taking steps to cover these six items will go far toward your online safety:**

**1. Use unique passwords.** I know this isn't what many want to hear, but unfortunately the risk in reusing the same password is increasing. A few years ago, the common advice was to create a unique password that was hard to guess. Today, the risk is not that someone will guess your password - the fraudsters already know it. Large corporate data breaches (e.g., Equifax and Marriott) may have put our passwords into the hands of fraudsters. If you typically use the same password for multiple accounts (and worse if you have used it for years), fraudsters are more likely to be able to access your other accounts. To return to the home analogy, it is as if you have given out your key to numerous people over the years - it's now time to change the locks. Some options:

- **Use a password manager** - This might mean allowing Chrome or your Mac to save your passwords, or using a third-party service like LastPass. I am often asked if they are safe. The only answer that I can really give is that they are safe until they aren't. I have chosen to allow my passwords to be saved on my Mac. For me, it has reduced my risk (because I don't need to reuse passwords) while (somewhat) saving my sanity. But a caution: If others have access to your computer, they may be able to view your passwords.

- **Write them down** - This works well for many. Of course it is important to keep the passwords in a safe place.

- **Develop a unique naming convention** - For example, you might take a short phrase that you will remember then add something unique to that account site.

- **Make your passwords safer by using two-step authentication** - This is an option in most online accounts (email, Facebook, banking). How does it work? When you log in from a new device or location, you'll be sent a code via smartphone or landline. This makes it harder for fraudsters to log into accounts even if they have your password. To set up, go to the account or privacy/security settings in your online accounts.

**2. Never allow remote access to your computer** (unless you have sought reputable assistance from Tech-Moxie or other computer techs). Fraudsters would like nothing more than to gain access to your computer. They pretend to be from Amazon, Microsoft, Apple or another company you know well, offering to "help" you with a service issue. Assume fraud if you get an email, call or computer alert from a familiar company or government name. Once in your computer they can access accounts and passwords. We have seen quite a lot of damage from these schemes.

**3. Think before you click.** Assume links in emails are fraudulent unless you can prove otherwise by checking with the sender. Fraudsters easily create emails that look like they came from a friend, bank or even the government. The email might be friendly ("Hey, check this out"), intended to provoke anxiety ("your Amazon order for a diamond ring has just shipped"), or seemingly innocuous ("your computer needs service"). Fraudsters are hoping to get passwords or other personal information. Remember, customer service doesn't come to you! Instead of clicking, go to the website directly via the internet.

See **TECH MOXIE**, page 7



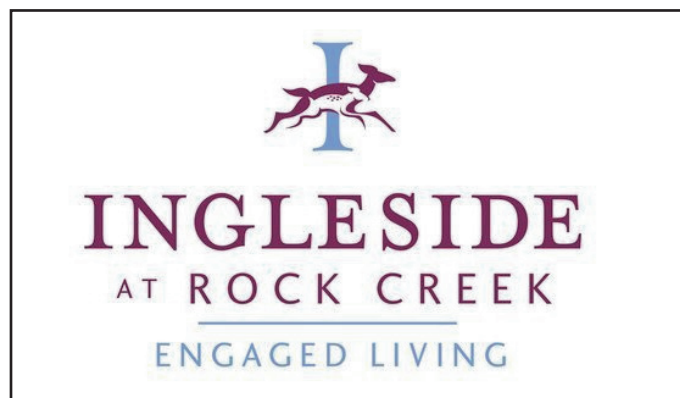
4. **Beware of pop-ups.** A "pop-up" is a window or box that opens on your computer - often with a warning. Do not believe pop-up warnings claiming there is a problem with your computer. Never give them remote access. Warnings may claim to be from Microsoft, Apple or another company you are familiar with. What to do? Shutdown and restart your computer and the pop-up should be gone!

5. **Update devices regularly.** Companies like Microsoft, Apple and Google look out for software vulnerabilities that fraudsters can take advantage of. They issue updates to fix these issues. Some devices may be set to automatically update, but others may require you to take specific action. This applies to computers, tablets and smartphones.

6. **Beware the telephone.** Scams change but follow common themes. Neither Apple nor Microsoft will call to alert you of problems. Government agencies such as the IRS, Social Security Administration or the local sheriff will never call claiming you owe money. If you are still in doubt, hang up and call the agency from a number that you have looked up independently.

We hope you find these tips helpful - and as always, we are here to help!

**Pam Holland** is the Founder and President of Tech Moxie, a DC company that helps busy people learn and use technology efficiently and effectively.  
[www.tech-moxie.com](http://www.tech-moxie.com), 202-642-5520.



Neighbors Village exist to provide opportunities for seniors to gather socially, share their expertise and talents, volunteer their time, and build a community that values aging. Check out our calendar of events and get involved with your neighborhood Village.

The image on the front page is from an excellent article: *Life Two: What we used to call 'retirement'* by Don Ezra in the Financial Times. (See <https://tinyurl.com/ftlifetwo>)

Northwest Neighbors Village Case Manager,  
Barbara Scott sends this message:

### Calling All Recent or Soon-to-Be Retirees!

I have been leading coffee and dinner get-togethers for Village members to discuss their experiences as recent retirees of five years or less, and soon-to-be retirees.

These get-togethers with NNV members, as well as members from other local DC Villages have been a great opportunity to discuss shared and unique experiences as we enter this next phase of our lives.

The group has also been discussing the possibility of doing several group activities together, beyond these get-togethers, such as trips to museums, plays, movies, or even to the zoo or botanical gardens. We try to meet at least twice a month, usually at local coffee shops or restaurants near Metro stops. Meet-up location suggestions are always appreciated. For additional information please email [casemanager@dupontcirclevillage.net](mailto:casemanager@dupontcirclevillage.net).



STEPHANIE CHONG

Northwest Neighbors Village is the proud recipient of the 2019 Community Cornerstone Award, awarded by DC Councilmember At-Large Anita Bonds in January. Each year, Councilmember Bonds honors individuals, organizations and local businesses whose efforts have positively impacted residents of the District of Columbia. Northwest Neighbors Village is honored to be recognized for providing over 10,000 hours of volunteer service last year and for our ongoing commitment to building a generous, supportive community where older adults are valued, age with dignity, and enjoy opportunities for growth and engagement. Thanks to everyone who nominated us!

# Calendar

Check our website frequently for updated event information - [nnvdc.org](https://nnvdc.org)

## Conversation with DC Council Chair Phil Mendelson

Tuesday, Mar. 3, 6:30-8 p.m.  
Assembly Hall, Forest Hills of D.C., 4901 Connecticut Ave. NW  
RSVP website: <https://nnvdc.org>, click on Events or phone: 202-777-3435.  
DC Council Chair Phil Mendelson talks about Aging in Community: Taxes, Rent Control, and Zoning.

## What's Your Parkinson's Score?

Thursday, Mar. 5, 6:30-7:30 p.m.  
Assembly Hall, Forest Hills of D.C., 4901 Connecticut Ave. NW  
NNV Members should register with Marianna Blagburn at (202) 696-1910 or [mblagburn@foresthillsdc.life](mailto:mblagburn@foresthillsdc.life).  
Live streamed lecture by Dr. Randolph Stephenson - Learn how to create a plan to fight Parkinson's and execute it. Includes information and a Q&A session. Free - registration required.

## Get Organized – It's Just that Simple

Tuesday, Mar. 10, 10-11 a.m.  
Assembly Hall, Forest Hills of D.C., 4901 Connecticut Ave. NW  
RSVP website: <https://nnvdc.org>, click on Events or phone: 202-777-3435.  
Just in time for spring cleaning, professional organizer Judy Tiger will discuss common challenges to getting organized and offer tips on managing paperwork and taming clutter. Learn practical solutions you can implement right away.

## Lessons from Lives: Harvard Study of Adult Development

Thursday, Mar. 12, 7-9 p.m.  
Chevy Chase Community Center, 5601 Connecticut Avenue, NW  
Join Northwest Neighbors Village volunteer David Cohen as he explores the Harvard Study of Adult Development. The study began in 1938

with 268 healthy college sophomores. It followed them through their lives. Under only its fourth director, it continues today with their descendants.

## Volunteer Orientation

Friday, Mar. 13, 10:30 a.m.-12:30 p.m.  
Conference Room, Forest Hills of D.C., 4901 Connecticut Ave. NW  
Interested in becoming an NNV Volunteer? Please contact Heather Hill for more information: [hhill@nnvdc.org](mailto:hhill@nnvdc.org) or 202-777-3435

## Bring Your Bling

Sunday, Mar. 15, 11 a.m.-1 p.m.  
Member's Home, Chevy Chase, D.C.  
RSVP website: <https://nnvdc.org>, click on Events or phone: 202-777-3435.  
More information on Page 4.

## French Conversation Group

Thursday, Mar. 19, 3:30-5 p.m.  
Member's Home, NW DC  
RSVP to John Wiecking ([jwiecking@gmail.com](mailto:jwiecking@gmail.com)).  
Join members of Northwest Neighbors Village and Cleveland & Woodley Park Village and Parle Français!  
This group meets monthly in members' homes. RSVP for this month's location.

## Mini-Musicals on the Move: Mary Poppins

Saturday, Mar. 28, 2-4 p.m.  
Assembly Hall, Forest Hills of D.C., 4901 Connecticut Ave. NW  
RSVP website: <https://nnvdc.org>, click on Events or phone: 202-777-3435.

## Watercolor Painting With Joey Mánlapaz

New session starts Thursday, Apr. 9, 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](mailto:manlapazjo@aol.com).  
Fee: \$120 (Cash or checks made to Joey Mánlapaz payable at the first class.)  
DC Artist and Corcoran Professor Joey Mánlapaz's 5-week course in basic watercolor painting is held at Forest Hills of DC starting January 16. 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, Apr. 16, 3:30-5 p.m.  
Member's Home, NW DC  
RSVP to John Wiecking ([jwiecking@gmail.com](mailto:jwiecking@gmail.com)).  
Join members of Northwest Neighbors Village and Cleveland & Woodley Park Village and Parle Français!  
This group meets monthly in members' homes. RSVP for this month's location.

## REGULAR EVENTS: Gentle Yoga with Mayu

When: Every Monday, 2-3:30 p.m. – Mar. 2, 9, 16, 23, 30, Apr. 6, 13, 20, 27.  
Where: Assembly Hall, Forest Hills of DC  
RSVP website: <https://nnvdc.org>, click on Events or phone: 202-777-3435.  
(Yogis who attend regularly do not need to RSVP every week).

## NNV Women's Sharing Our Lives Group

When: Second Wednesday of each month, 10-11:30 a.m. – Mar. 11 & Apr. 8  
RSVP to Janet: 202-537-0039.  
Where: Library, Forest Hills of DC  
If you'd like some good conversation with NNV friends to hear good stories and catch up on how we are spending our lives, this is the group for you.

## NNV Walking Group

When: Twice a month, 10-11 a.m. – Mar. 11 & 24, Apr. dates TBA.  
Where: We meet at the corner of Albemarle and Connecticut (in front of Diplomat Cleaners)  
Please RSVP <https://nnvdc.org> or call 202-777-3435.  
We'll walk for about 30 minutes or so and conclude with coffee and a snack. We expect to have two leaders so we can accommodate both faster-paced and more moderately-paced walkers.

See **CALENDAR**, page 9



# Passages

## Joseph Lancaster Brent III, 1928-2020

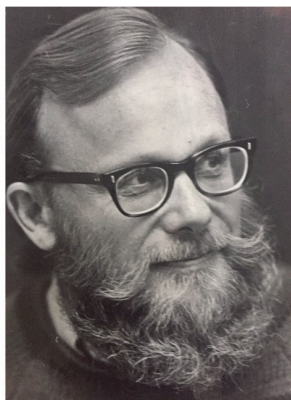
Long-term Northwest Neighbors Village member Joseph Brent died on January 21, 2020, from lung cancer. He was 91.

An historian who published the first biography of American philosopher and "father of pragmatism" Charles Sanders Peirce, Dr.

Brent was also a long-time civil rights activist and one of the founders of Federal City College (FCC), the U.S. capital's first public four-year liberal arts institution, which later became the University of the District of Columbia (UDC).

Born in Baltimore, Maryland on May 9, 1928 the son of a career diplomat, Joseph spent his early youth living overseas in Cairo, Paris, Jerusalem and Istanbul, before studying at Princeton University, and then obtaining a PhD in history from UCLA after serving in the Korean War. As a boy, he also cherished summers spent in East Blue Hill, Maine.

After teaching at Louisiana State University-New Orleans, the College of William & Mary and the University of Maryland-College Park, Dr. Brent became the founding history department chair at FCC, which was established in 1968, and later merged with DC



Teachers College and Washington Technical Institute to form UDC. He was a tenured professor of history at UDC until retiring in 1995.

Brent's biography of Peirce was published in 1996 by Indiana University Press.

In his spare time, Joseph was an avid outdoorsman, sailor, tinkerer and classical and jazz music aficionado.

Joseph is survived by wife, Ann M.

Garfinkle; sons Duncan, David and William; grandsons Malcolm, Eli, Theo, Elliot and Julian; granddaughters Katie, Eva and Alma; and brother Robert.

## Vivian Parker, 1930-2020

Vivian Parker was a scientific pioneer and a talented artist. A member of NNV since its inception and wife of NNV founder and board member emeritus Bob Parker, Vivian died February 1.

With a doctorate in chemistry from Penn State (plus a Brooklyn College BA) in hand, Vivian landed a job with the then National Bureau of Standards at a time when few women chemists were being hired. During her 30-plus year career, she was involved in evaluating thermodynamic data. This is also

where, at a break for lunch, she met Bob, a physicist at the Bureau of Standards. She and Bob raised two children, Susan and David.

In retirement, Vivian wondered what else she could master and found she could combine her scientific knowledge with art. She painted both original creations and was a copyist at the National Gallery of Art most Fridays, where visitors stopped to marvel at the quality of her paintings. She and Bob were regular visitors to the AFI Silver Theater and the pair loved to travel.

A regular attendee at NNV gatherings, her vitality and colorful outfits made her a standout and one with whom you could always engage in interesting conversation on a wide range of issues. In addition to Bob and her children, she is survived by son-in-law Cesar Martinelli, daughter-in-law Annie Gladman, four nieces, nephews, and three grandchildren.



## Calendar

*CALENDAR, Continued from Page 8*

### BOOK GROUPS:

#### NYT Notable Book Group

*When: Second Thursday of each month, 12:30-2 p.m. – Mar. 12 & Apr. 9*

*Where: Home of NNV Member, Ginny*

*Finch, Metro accessible and free parking. RSVP to Ginny, 202-686-0053 or*

[ginnyvne@yahoo.com](mailto:ginnyvne@yahoo.com)

*Book pick for March: "There There" by Tommy Orange.*

### NNV Non-Fiction Book Club

*When: Last Tuesday of each month, 3-4:30 p.m. – Mar. 31 & Apr. 28*

*Where: Library, Forest Hills of DC*

*RSVP to Larry, [lwindc@starpower.net](mailto:lwindc@starpower.net)*

*Book pick for March: "The Hundred Year Marathon: China's Secret Strategy to Replace America as the Global Superpower" by Michael Pillsbury.*

# Whip up this perfect cake for Passover or year round

By BARBARA OLIVER

**T**his moist, flavorful orange sponge cake can be made with various citrus flavors. Use lemon zest and juice or lime zest and juice in place of orange. Or omit the citrus zest and juice and instead use two teaspoons of vanilla extract or one teaspoon of almond extract. The cake is perfect for Passover, but can be made with 1 cup of flour in place of the matzo cake meal and potato starch for other occasions.

## Orange Sponge Cake with Raspberry Sauce

*3/4 cup matzo cake meal*

*1/4 cup potato starch*

*12 large eggs, separated*

*1 1/2 cups sugar*

*1/4 cup fresh orange juice*

*2 teaspoons orange zest, finely chopped*

*1/3 cup raspberry preserves*

*1 cup unsweetened frozen or fresh raspberries*

Preheat oven to 350°F.

Sift matzo cake meal with potato starch over a medium bowl; sift again and set aside.

In a large bowl, whip egg whites until stiff and glossy (NOT DRY); set aside.

In a large bowl, whip egg yolks with sugar until light and satiny; add orange juice and zest and blend well.

Fold egg whites into yolk mixture until just blended. Sift in matzo cake meal mixture; fold delicately.

Carefully pour batter into a 10-inch, 2-piece, ungreased angel food cake pan with feet, or a sponge cake pan.

Bake until center of cake springs back to the touch, about 1 hour. Immediately upon removing cake from the oven, invert the pan onto a wire rack; cool cake completely in the inverted position. (If you do not have a pan with feet, invert pan over a wine or beer bottle.)

Meanwhile, make topping. Heat



LESLIE PACE

raspberry preserves in a small saucepan over low heat and toss in frozen or fresh berries; mix well.

When cake is completely cool, run a sharp knife around the outside and inside rings of the tube pan to loosen cake; transfer to a serving plate.

Slice into 16 pieces and drizzle each slice with sauce just before serving. Serves 16: 1 slice of cake and 1 tablespoon of sauce per serving.

**Notes:** One large orange yields enough zest and juice for this cake.

Cooling the cake upside down is one of the tricks of making a sponge cake light and tall.

Source: adapted from Weight Watchers