

THE VILLAGE NEWS

Northwest Neighbors Village

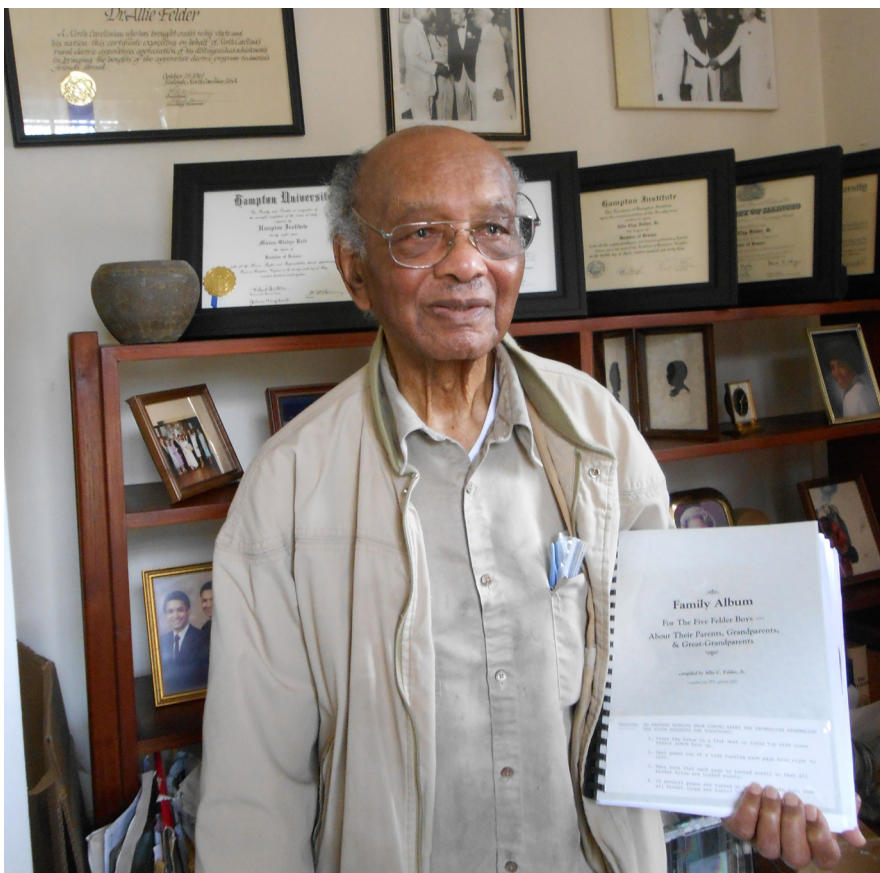
Volume 6, Issue 5

A Community Network of Support

May 2014

MEMBER PROFILE

Allie Felder, a man of the soil



JANEAN MANN

University, where he studied agriculture and rural sociology. He obtained an undergraduate degree from Hampton, an M.S. from the University of Illinois and a doctorate from Ohio State University in agriculture and rural sociology. Allie was an associate professor at Hampton from 1948 to 1956.

In 1956 he received an offer he could not refuse. The Joint India Fund (which was underwritten by Nelson Rockefeller and the Cooperative League of the USA) offered him a six-month stint to research and study 14 villages in northern India. The six-month job turned into 12 years, as Allie organized and supervised operational research and economic development activities. A specific mandate was to assist the growth and development of cooperatively owned businesses in the fertilizer and dairy industries.

When he was on sabbatical from these duties, he traveled with his wife and two sons to many European countries and served as professor of agricultural economics for one year at the University of Wisconsin.

In 1968, Allie moved to

BY JOAN JANSHEGO

It seems that agriculture is in Allie Felder's genes.

His great-grandfather was the trusted slave of a Florida landholder, who sent him to South Carolina to reconnoiter land to add to his holdings. The great-grandfather recommended acreage in

Orangeburg, S.C. After the Civil War, the former slave owner gave the South Carolina acreage to Allie's great-grandfather, and it became the key to his prosperity: He raised 23 children there.

Two generations later, Allie—newly graduated from high school in Durham, N.C., where he was born—went to Hampton

See FELDER, Page 2

NORTHWEST NEIGHBORS VILLAGE

*a community network of
support*

4901 Connecticut Ave. NW
Washington, DC 20015
(202) 777-3435

www.nwnv.org

Northwest Neighbors

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

Join or Volunteer

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

NNV Board Members

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TOM OLIVER

Elegant setting

NNNV members enjoyed a docent-led tour of Riversdale, a Federal-style manor house in Riverdale Park, Md., on April 23. The house, now a museum still undergoing restoration, was built in the early 1800s by a Belgian aristocrat and later occupied by George Calvert, a descendant of Maryland's founder, and his family.

Allie Felder's life in agriculture

FELDER, *Continued from Page 1*

Washington, where he became senior vice president of the Cooperative League. He was responsible for economic development projects in 20 developing countries in addition to India, and he traveled extensively to those countries for the next 18 years.

After his retirement, Allie worked as a self-employed consultant for economic development programs overseas. His major projects were in India, where he continued

with Cooperative League contracts, and in China with Ford Foundation and Winthrop Rockefeller contracts.

Allie also continued his agricultural interests, cultivating several large vegetable gardens in Chevy Chase. At 92, he curtailed his large-plot gardening, but he still maintains a small garden in his back yard.

Allie has two sons, Allie III, a retired Marine lieutenant colonel, and Robert, a physician in California, and he is the proud grandfather of five grandsons. His wife, Miriam, died in 1990.

NNV CALENDAR

Rides are available for NNV members to all NNV events.

Mon., May 5, 2-3 p.m.

Gentle Yoga with Sandi Rothwell. Assembly Room, Methodist Home, 4901 Connecticut Ave. NW.

Mon., May 12, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Tues., May 13, 5:30 p.m.

NNV's 5th Birthday Party—Ray Suarez, master of ceremonies. By invitation to NNV members, volunteers, donors, supporters. Blue

44, 5507 Connecticut Ave. NW.

Thurs., May 15, 7:30 p.m.

Who Will Take Care of Us When We Get Older? How Will We Pay for It? NNV/CCCA meeting with *Washington Post* columnist Michelle Singletary and elder law attorney Bill Fralin. Light refreshments. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Wed., May 21, 2-4 p.m.

NNV Book Club to discuss the first half of *The Power of*

One by Bryce Courtenay at the home of NNV member Barbara Dresner. RSVP: (202) 777-3435.

Mon., May 19, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Mon., May 26 (Memorial Day), 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Tues., May 27, 3 p.m.

NNV Men's Book Club to discuss *A Fighting Chance* by Elizabeth Warren at the home of NNV member Bernie Hillenbrand. RSVP: (202) 777-3435.

Annual event will focus on making decisions for growing older

Michelle Singletary, who writes *The Washington Post's* syndicated "Color of Money" column, and Bill Fralin, a Certified Elder Law Attorney, will be the panelists for NNV's fourth annual community program, co-sponsored with the Chevy Chase Citizens Association. The event, snowed out in March, has been rescheduled for 7:30 p.m. Thursday, May 15.

This year's subject, "Making wise decisions: Who will take care of us when we get older? How should we plan now to pay for advanced medical care?" will focus on holding discussions with family members; healing relationships, if needed; and planning for medical care costs.

We all plan to get older and retire, but we have no idea what that time will look like when it arrives. Better to plan now for the "what if"



Columnist Michelle Singletary and lawyer Bill Fralin are the featured speakers.



scenarios and understand the costs associated with options.

If already retired, there is still an opportunity to protect assets and explore the idea of having advocates to navigate on your behalf for the best choices in a skilled or long term care environment. Singletary and Fralin will

outline recommendations for planning wisely.

The program will take place in the auditorium at the Chevy Chase Community Center, 5601 Connecticut Ave. NW. All are welcome to attend. Light refreshments will be served. For questions, call NNV (202) 777-3435.

What a blast: NNV's Brandywine Valley trip

It was a jam-packed three days for participants in NNV's excursion to the Brandywine Valley in late March. **1** At the Hagley Museum, site of the du Pont family's gunpowder works, they saw how the product was tested, and at the **2** Marshall Steam Museum they watched a Stanley Steamer fired up and rolling. **3** Winterthur Museum had enough early American furniture to satisfy the connoisseur, as well as **4** a display of costumes from the TV show "Downton Abbey." Though rain precluded a tour of Longwood Gardens' grounds, there were **5** **6** plenty of exotic plants on view inside. The group stayed at the historic **7** Hotel du Pont in Wilmington, a well-preserved relic of America's Gilded Age, where they also enjoyed a performance of "Man of La Mancha" in the theater.



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TOM OLIVER



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JANEAN MANN



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TOM OLIVER

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JANEAN MANN



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TOM OLIVER



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TOM OLIVER

In D.C.'s 2015 budget, some good news for seniors

By JANEAN MANN

The D.C. budget for fiscal year 2015, sent to the D.C. Council on April 3 by Mayor Vincent Gray, contains a mixture of pluses and minuses for seniors. Some are tax-related while others impact government programs for seniors.

The overall budget reflects some tax changes recommended by the D.C. Tax Revision Commission last year. All of it, however, is subject to change by the council.

The Tax Revision Commission, an independent body, was created by the D.C. Council in 2011 and proposed a variety of tax law changes affecting individuals and businesses in February 2014. It comprises 11 individuals appointed by the mayor and council and was chaired by former mayor Anthony Williams. Its objectives were fivefold: provide for fairness in apportionment of taxes; broaden the tax base; make the District's tax policy more competitive with surrounding jurisdictions; encourage business growth and job creation; and modernize, simplify and increase transparency in the District's tax code.

On the program side, there are overall budget increases for senior services in such areas as health promotion and wellness and community services. This includes physical fitness, such as

the 60+ exercise classes at the Chevy Chase Community Center, and health screening.

Also increased are community services such as Meals on Wheels, counseling and legal help. Elder rights protection, including education on elder abuse and resolution of complaints between residents/families and nursing homes or



residential facilities for seniors, receive a substantial increase. Programs for emergency shelter, supportive housing and aging-in-place programs are funded at the same level as last year.

Several tax cuts are likely to prove beneficial to seniors. The fiscal 2015 budget provides funding for the new provision signed into law in March (see [report](#) in *The Village News*, April 2014) that eliminates all property taxes for some low-income individuals over age 75. The tax commission did not recommend this change.

Another provision reduces the income tax rate on taxable income between \$40,000 and \$60,000 for single taxpayers or \$80,000 to \$120,000 for two-

earner families by 1 percentage point, from 8.5 percent to 7.5 percent. The Tax Revision Commission had recommended the rate be lowered to 6.5 percent.

At the same time, the D.C. budget maintains the top 8.95 percent tax rate on income above \$350,000 rather than lowering it as required by the current law. The commission recommended this rate be reduced to 8.75 percent. There is also a reduction in the business income tax rate from 9.975 to 9.4 percent.

The new budget ignores the Tax Commission recommendation to bring D.C. law into line with federal

statutes by raising the estate tax threshold from \$1 million to the \$5.25 million federal level and then index it for inflation. This provision is in the budget's "contingency list," meaning it might be funded if revenues exceed expectations and if the mayor and council do not change the priorities.

Two other tax provisions of interest to seniors also fall into that category: an increase in personal tax exemptions from \$1,775 to \$2,215 and an increase in the standard income tax deduction from \$4,250 to the current \$5,200 federal level.

For some not-so-light reading, the entire \$10.7 billion budget can be found at www.budget.dc.gov/.



A fishermen's one-footed ballet on Lake Inle, home to many fishing villages.

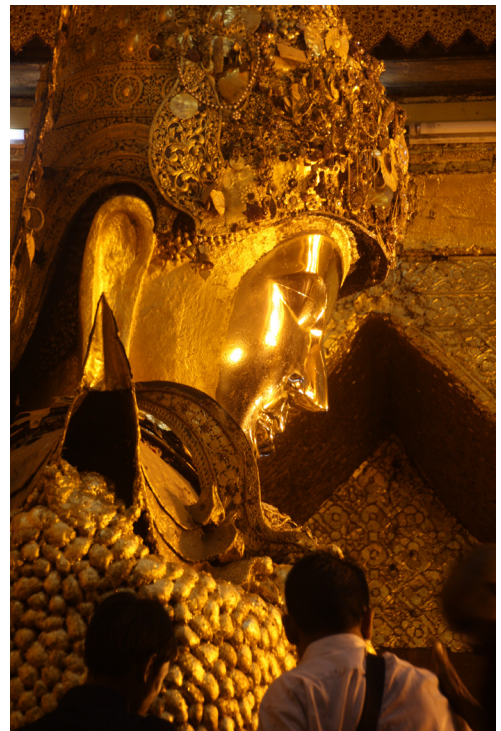
PHOTOS BY LARRY WILLIAMS

Where in the world?

Larry Williams, NNV volunteer and associate member, and his wife, Patti Pride, brought back these striking photos of their three-week trip to Burma, officially the Republic of the Union of Myanmar. Their trip, arranged a year in advance through a local travel agent, resulted in a trove of more than 2,000 photos, and they have created a DVD of the trip that can be viewed on their Web site, <http://larry-williams.magix.net>. Larry said it was hard to choose photos from "one of the most picturesque countries we have ever visited." (More photos on Page 7.)



Tattooed women of the Chin village on the Irrawaddy, Burma's longest river.



Men apply gold leaf to Mandalay's most fabled religious monument in the Mahamuni Pagoda.



Buddhism is Burma's predominant religion. Above may be the country's largest reclining Buddha.



Most women, children, and some men wear sun cream made from the thanaka tree.



Monks waiting for lunch at Burma's largest monastery, in Mandalay.



Left, young girls returning home from school on Inle Lake.

By JANEAN MANN

The D.C. Department of Motor Vehicles will replace D.C. driver licenses with new REAL ID cards beginning on May 1, requiring motorists to produce a number of documents to prove their identity, Social Security number and residential address.

After an initial announcement on April 15 that all residents would receive individual notifications from the DMV telling them when to update their licenses, the DMV changed course and on April 23 announced that for most people, their old driver licenses can be used until they expire, and the documents do not need to be produced until the licenses are renewed.

Revised DMV notices said that the immediate issuance of REAL ID cards impacts *only* “those residents obtaining a DC license for the first time, renewing their licenses or who need to replace their

license due to it being lost, stolen or an address change.” The new information says that current valid driver

government to “set standards for the issuance of sources of identification, such as driver licenses.” Such identity cards, which are not considered national identification cards, will be required to enter some federal facilities and board airplanes. The new D.C. licenses will have a star in the corner.

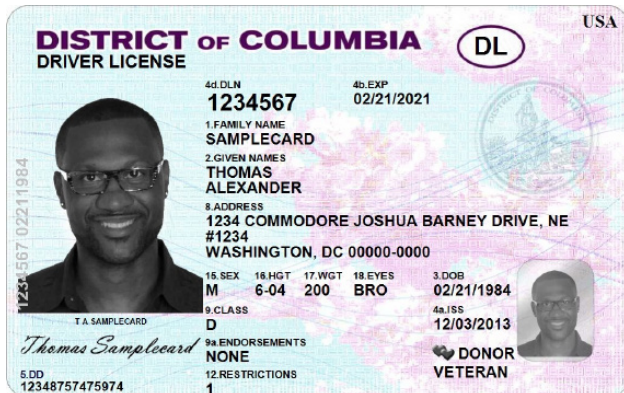
The DMV’s initial announcement caused massive confusion as news media noted that 540,000 drivers or identity card holders would have to report to the DMV in the coming months armed with birth certificates, Social Security cards and documents proving their residency. A DMV representative told NNV that people who were under 70 when they obtained a new license in recent years but who subsequently turned 70 would have to provide doctor’s certificates to get their REAL ID cards despite the fact that their old licenses would not expire for years.

By April 23, much of that had changed. What does not change is that anyone seeking a new D.C. driver license or ID card, including renewals, will have to provide documents to prove their identity, Social Security number and address. The Web site <http://dmv.dc.gov> lists the types of documents acceptable, but you have to go back and forth under the “Know Before You Go” tab to find them.

Valid passports and certified copies of birth certificates are acceptable, as are a variety of documents that contain your Social Security number. Utility bills, leases and property tax bills are among the many types of documents acceptable to prove residency. Individuals over 70 seeking new licenses or to renew their old ones will continue to be required to provide a doctor’s certificate, a form for which is also on the D.C. Web site.

After city’s REAL ID announcement, real confusion

*Old driver’s licenses
can still be used
until they expire*



New driver
licenses
feature
pink cherry
blossoms.

licenses remain valid and can be used to enter buildings and board airplanes until their expiration date.

DMV is implementing the REAL ID program in compliance with a federal law, the REAL ID Act of 2005, which was a result of recommendations of the 9/11 Commission. The commission called on the federal

Club 60+ promotes a more active lifestyle

BY JANEAN MANN

Every Tuesday and Thursday, groups of Northwest D.C. seniors, including many NNV members, are stepping up the pace with exercise classes provided by Club 60+. The club is the brainchild of ANC 3/4G member Carolyn (Callie) Cook, a Chevy Chase resident.

As a new ANC commissioner six years ago, Callie conceived the idea of establishing a free senior program at the Chevy Chase Community Center, and in 2009 she submitted a written proposal. "I offered a holistic approach to aging well that included exercise, creative expression and dialogues about current affairs," she said. Budget cuts intervened and the program was sidelined, but Callie persevered and resubmitted her proposal in 2013.

The exercise classes began in July 2013, with chair yoga on Tuesday and exercises and bingo



JANEAN MANN

NNV members John Collins, left, and Fradel Kramer, right, stretch out the kinks at the Club 60+ exercise programs at the Chevy Chase Community Center.

on Thursday. With a different instructor, the Tuesday class now has a stretching/t'ai chi focus. The classes also have exercises to help individuals maintain their balance, since falls send more seniors to the hospital than anything else. Participants benefited from the taste of smoothies during some of the March classes, and the sessions have also become an opportunity to meet new people. One NNV member even reconnected at the class with a friend she had not seen in 50 years!

Last month Club 60+ learned that classes would be suspended

for the summer, much to the dismay of the participants—at least 60 of whom gave D.C. Parks and Recreation (DPR) officials (who had anticipated only 20 participants) an earful about that proposal at a recent Thursday class. Participants expressed strong support for Club 60+ programs and urged other improvements to the Community Center. Within a week, the decision to suspend the programs for the summer was reversed.

The Thursday class has reach its capacity, but Club 60+ is seeking to add a second exercise class that may feature Joe Queen, a DPR instructor who has been leading the class pending the return of popular YMCA instructors Will Yates and Jerry Simpson, who have been volunteering their services. Because of a series of snafus, they had not been previously DPR-certified. A search for a site for this second exercise class is underway.

SERVICE REQUEST OF THE MONTH *Garden Clean-up and Planting*

Are you thinking of sprucing up the garden for this year's lovely blossoms? NNV volunteers can rake, mulch, clip, bag and plant for you—two volunteers for two hours. Volunteers bring their own gloves and water; we supply clippers and rakes, if needed. Members provide bags and other gardening supplies. Call (202) 777-3435 for your pair of garden volunteers.



Chicken Marbella, a party in your mouth

BY BARBARA OLIVER

If you've never tasted Chicken Marbella, a sweet and savory, aromatic entree, you are in for a treat. The recipe pays homage to Spanish meat dishes enhanced with olives and Moroccan tagines, slow-cooked mélanges of meat and fruits.

When the original recipe was first published in *The Silver Palate Cookbook* (1981) by Julie Rosso and Sheila Lukins, it became the go-to party dish of the era. The prep work is done in advance and it marinates overnight; before cooking simply sprinkle with wine and brown sugar and bake it. In 2011, a *Chicago Sun-Times* article declared Chicken Marbella "a Jewish holiday and Shabbat dinner favorite."

I have trimmed some of the fat and sugar from the recipe, which also makes it cook in less time. The original recipe calls for four 2½-pound chickens, quartered, and brown sugar and cooks 50 minutes to an hour.

This recipe serves 10 to 12 but can successfully be divided to make a smaller amount. Or freeze portions for eating at a later time.

Chicken Marbella – On the Lighter Side

2 pounds of boneless, skinless chicken breasts, cut into 4-ounce pieces (the size of a deck of cards)

2 pounds of boneless, skinless chicken thighs, cut into 4-ounce pieces

1 head of garlic, peeled and finely pureed



TOM OLIVER

Coarse salt to taste

Freshly ground black pepper to taste

½ cup red wine vinegar

½ cup olive oil

1 cup pitted prunes (about 6½ ounces)

½ cup pimiento stuffed Spanish green olives

1 cup capers with a bit of juice

6 bay leaves

1 cup Splenda Brown Sugar

Blend

1 cup white wine

¼ cup Italian parsley (flat leaf), finely chopped

In a large bowl combine the first 11 items (chicken through bay leaves). Cover and let marinate, refrigerated overnight.

Preheat oven to 350°F.

Arrange chicken pieces in a single layer in one or two large shallow baking pans and spoon marinade evenly over them. Sprinkle chicken pieces with brown sugar and pour white wine

around them.

Bake for 35 to 45 minutes, basting frequently with pan juices. Chicken is done when thigh pieces, pricked with a fork at their thickest point, yield clear yellow (rather than pink) juice.

With a slotted spoon or tongs transfer the chicken, prunes, olives and capers to a serving platter. Moisten them with a few spoonfuls of pan juices and sprinkle generously with parsley. Pour the remaining juices into a gravy boat or small pitcher.

To serve Chicken Marbella cold, cool to room temperature in cooking juices before transferring to a serving platter. If chicken has been covered and refrigerated, allow it to return to room temperature before serving. Spoon some of the reserved juice over the chicken.

To freeze Chicken Marbella, divide into portions, place in freezer containers and label with the name and date.

COMMUNITY CALENDAR

Events are free unless otherwise indicated.

Sat., May 3, 11 a.m.-3 p.m.

Spring Fair—Lafayette Elementary School, 5701 Broad Branch Rd. NW.

Sat., May 3, 4 p.m.

Gallery Talk by artist BK Adams on his sculpture exhibit "Mynd Alive." Katzen Arts Center, 4400 Massachusetts Ave. NW.

Mon., May 5, 12, 19; Wed., May 7, 14, 21; 10 a.m. and 12:30 p.m.

PC for Beginners 2—Continuation of PC for Beginners 1. Two-hour sessions on Internet, e-mail, editing, files. Meets twice a week for five weeks. Tenley-Friendship Library, 4450 Wisconsin Ave. NW. Register at Byte Back, (202) 529-3395.

Mon., May 5, 7 p.m.

Author Talk—Chinelo Okparanta, *Happiness, Like Water*. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Tues., May 6, 7:30 p.m.

Police Service Area (PSA) 201—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Wed., May 7, 7 p.m.

Author Talk—Roger Engle, *Stories from a Small Town: Remembering My Childhood in Hedgesville, West Virginia*. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., May 8, 7:30 p.m.

ANC 3E—Meeting. Wilson High School, 3950 Chesapeake St. NW.

Mon., May 12, 7:30 p.m.

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

Tues., May 13, 7 p.m.

Author Talk—Roz Chast, *Can't We Talk About Something More Pleasant?* Politics & Prose, 5015 Connecticut Ave. NW.

Wed., May 14, 1-2 p.m.

Caring for Skin—Dermatologist Melissa Abrams discusses common skin conditions, what to look for and how to protect your skin. Call Suburban Hospital, (301) 896-3939,

to register. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

Thurs., May 15, all day

Movie Marathon—Call 202-727-1225 for information. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., May 15, 10:30 a.m.

Avalon Senior Cinema—Patrons age 62 or more can see the feature film for less than the usual senior price of \$8.75. 5612 Connecticut Ave. NW.

Sat., May 17

Author Talks—1 p.m.: Mark N. Ozer, *Washington DC and the War of 1812*. 6 p.m.: Elizabeth Drew, *Washington Journal: The Watergate Scandal, 1973-1974*. Politics & Prose, 5015 Connecticut Ave. NW.

Sat., May 17, 4 p.m.

Gallery Talk—"Brink and Boundary." Katzen Arts Center, 4400 Massachusetts Ave. NW.

Sun., May 18, 4 p.m.

Concert—Chancel Choir and Orchestra, Handel's "Coronation Anthems," Concerto for Organ in F, Op. 4, No. 4. Chevy Chase Presbyterian Church, 1 Chevy Chase Circle NW.

Mon., May 19, all day

Managing Your Pet's Lumps and Bumps—Friendship Animal Hospital Series. Large conference room, Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Tues., May 20, 7:30 p.m.

ANC 3F—Meeting. Methodist Home, 4901 Connecticut Ave. NW.

Tues., May 20, 7:30 p.m.

Election, Public Safety Meeting—Chevy Chase Citizens Association, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Wed., May 21, 6-8 p.m.

Downloadable Media Walk-Up Clinic—Use library iPads for audio books, e-books, e-magazines, music. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., May 22, 6:30 p.m.

The Secret Life of "Quiescent"

Volcanoes—Neighborhood Lecture by Dr. Diana Roman. Carnegie Institution for Science, Greenwall Bldg., 5241 Broad Branch Rd. NW.

Thurs., May 29, 7 p.m.

Author Talk—Ruth Reichl, *Delicious!* Politics & Prose, 5015 Connecticut Ave. NW.

Every Tues. & Thurs., 8:30 a.m. and 9:30 a.m.

Walking Club—Sibley Senior Association, Mazza Gallerie, Concourse Level, Wisconsin and Western Aves. NW. (202) 364-7602.

Every Mon., 9:30-10:30 a.m.

Club 60 +—Walking Club. Shirley Ricks, Staff Office, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Tues., 11 a.m.-noon

Club 60 +—50/50 Cardio Strength. Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Thurs., 11 a.m.-noon

Club 60 +—Exercise basics. Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Thurs., noon-2 p.m.

Club 60 +—Bingo. Lounge next to first-floor office, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Fri.

AARP Legal Counsel for the Elderly Self-Help Office—For D.C. residents 60+ years old. Paralegal Ebonee Avery assists with legal questions, claims reports, consumer complaint letters, benefit checks, etc. Iona Senior Services, 4125 Albemarle St. NW. Call (202) 895-9448 (option 4) for appointment.

Movie Mondays

2 p.m. and 6:30 p.m., Chevy Chase Library, 5625 Connecticut Ave. NW. **May 5**—*Tsotsi*, S. Africa/U.K., 2005, rated R.

May 12—*Quiz Show*, U.S., 1994, rated PG (Ralph Fiennes, Paul Scofield).

May 19—*The Quiet American*, U.S., 2002, rated R (Michael Caine).