



# THE VILLAGE NEWS

Volume 5, Issue 2

A Community Network of Support

February 2013



PHOTO BY MARJORIE RACHLIN

Ranger Tony Linworth spreads a peanut butter-cornmeal mix on a tree.

## Nature in the city, up close and personal

Looking for a place to go with family—or visitors—on a cold day? Try the Nature Center in Rock Creek Park. There is a planetarium with shows almost every day the center is open, as well as a top-notch exhibit on animals and plants in the park.

Open from 9 to 5, Wednesday through Sunday, the Nature Center is just a few minutes away by car, at 5200 Glover Rd. (go east on Military Road and turn right at the Oregon Avenue light near St. John's College High School).

I particularly enjoy the nature exhibit—a set of 30 glass cases that show the fauna and

flora of the park. Want to see what a fox or a coyote looks like close up? A spring bluebell in bloom? Each one has its own reproduction, beautifully done, in an individual case. You can brush up on your tree IDs or study the many birds, including an eagle in flight and most of the songbirds we know from our yards.

I'm fascinated by the information bulletins on the walls. I thought I was an expert on the park, but there are bulletins about spiders, mushrooms, trees, animals and wildflowers that are new to me.

See **NATURE**, Page 2

## A look back from the outgoing NNV president

The presidency of NNV is replete with challenges and rewards. The challenges include meeting the needs of the members and volunteers and

assuring the solvency of the organization. We must also assure the right talents and energies to maintain an effective working board

and the superior staff needed to implement board policies and provide top-notch service to our members.

In the two years that I



Janean Mann

## *New officers elected. Page 5*

served as president, NNV has met these challenges. Our membership has nearly doubled. To meet these increased demands, we hired a full-time executive director, Marianna Blagburn, and part-time administrative assistant Danielle Feuillan. Our increased contributions, coupled with our growing memberships, have

See **LOOK BACK**, Page 3

**Northwest Neighbors Village,**  
*a community network of support*

5425 Western Ave. NW  
Washington, DC 20015  
(202) 237-1895  
[www.nwnv.org](http://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, 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](http://www.nwnv.org) or call the office at (202) 237-1895.

**NNV Board Members**

**Officers**

Bob Holman, *co-president*  
Joan Norcutt, *co-president*  
Janean Mann, *vice president*  
Patricia Kasdan, *secretary*  
Stewart Reuter, *treasurer*  
Steve Altman, *assistant treasurer*

**Directors**

Frances Mahncke  
Dennis O'Connor  
Robert Parker  
Michael Sams  
Elinor Stillman  
Jo-Ann Tanner  
Ellen Witman

**Ex-officio**

Marianna Blagburn,  
*executive director*

**Newsletter Team**

Janean Mann, *editor*  
Doris Chalfin  
Patricia Kasdan  
Tom Oliver

## In the heart of D.C., a slice of nature —and a guided tour of the sky

**NATURE**, *Continued From Page 1*

For live action, there's an Eastern kingsnake named Oscar. He's been sleeping every time I've been there. There are also three different kinds of local turtles. In the tanks are two water turtles and fish you might see in the creek. The Eastern box turtle, a land species, has its own case.

The bird feeder at the Nature Center gives you a chance to see birds really close, better than our backyard feeders. When I looked out the window I saw a chickadee and a tufted titmouse only *three feet* away. There's a never-ending stream of birds in and out. A variety of woodpeckers, cardinals, nuthatches, juncos and other winter birds take advantage of the free food.

While I was there, Ranger Tony Linworth decided to smear a mix of cornmeal and peanut butter on a nearby tree trunk to see whether birds or flying squirrels might be interested.

Our Nature Center has the only planetarium in the National Park system, and the local rangers tell me that its shows attract a lot of children. Right now there are two shows

a day on Saturday and Sunday. One explores "The Winter Night Sky" and the other, "Exploring the Universe," deals with the sun and the planets. Just walk in, no fee.

Go to [www.NPS.gov/rocr](http://www.NPS.gov/rocr) and click on "Ranger Led Programs" for times and details on planetarium programs and outdoor events. Hikes and historic visits are scheduled from Wednesday to Sunday, most of them designed for

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*The bird feeder at the Nature Center gives you a chance to see birds really close, better than our backyard feeders. When I looked out the window I saw a chickadee and a tufted titmouse only three feet away.*

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children and families. Ranger Michael Zeilling has agreed to offer NNV special programs, such as a birding walk (in warmer weather of course) or a planetarium show.

On Sunday, Feb. 10 at 10 a.m., a ranger will lead a short hike to Fort DeRussy, a Civil War fort (ages 9 to adult). And there's much more on the Web site.

—Marjorie Rachlin



PHOTO BY JANEAN MANN

**WHERE WE LIVE, AS IT WAS:** Local history writer Mark Ozer (center right, with micropophone) describes the early growth of what is now residential Northwest Washington at NNV's first Supper Salon of the year on Jan. 6. He is the author of *Northwest Washington, D.C.: Tales From West of the Park*.

## NNV's former president takes stock

**LOOK BACK,** *Continued from Page 1*

helped expand the services we are able to provide. We recruited many new volunteers who benefited from the training of our volunteer committee co-chairs, Jo-Ann Tanner and Pat Kasdan.

We also expanded our outreach to other organizations in the community to better address the changing needs of NNV's members. As you will note, I continually say "we." That is because all of NNV's successes are the result of the support I have received from the board, volunteers, members and others and the enormous contributions

all have made to our success.

When I informed the board last summer that I would not seek a third term as president, I was delighted that two of our board members, Vice President Bob Holman and Social Committee Chair Joan Norcutt, offered to assume the presidency. The board formally elected them as co-presidents in January. Both bring a wealth of ideas and experience to the presidency. Both are also service volunteers, as are most of our board members. They have my complete support.

When we began organizing under the leadership of our first

president, Frances Mahncke, in 2007 to attempt to create a village, I often wondered whether we would succeed. Those concerns continued after we opened our doors. NNV was unknown in the community and it was difficult raising the funds to keep the organization going. But, today, NNV is a success because so many have given so much.

Although I have given up the presidency, I will continue to support NNV as vice president and as a service volunteer, donor, newsletter editor and contributor. This is a wonderful organization and I have been honored to serve as its president.

—Janean Mann



## VOLUNTEER PROFILE

### **Ex-submariner Stewart Reuter, still on the move**

**A** life in the Navy means a lot of moves, and NNV volunteer and Treasurer Stewart Reuter has moved 19 times from his college days to the present. A native of Scarsdale, N.Y., Stew graduated with an engineering degree from Columbia University with the help of National Merit and NROTC (Naval Reserve Officers Training Corps) scholarships. Upon graduation, he joined the Navy, retiring 20 years later with the rank of lieutenant commander.

During his career, he made 14 patrols in four different nuclear submarines. One boat toured the Pacific Ocean while the others made deterrent patrols in the Atlantic and Mediterranean. When not on patrol, Stew taught at the Naval Submarine School in Groton, Conn., served at the Strategic Air Command (SAC) headquarters in Omaha, Neb., and spent his last tour at the Cheyenne Mountain Alternate Military Command Center in Colorado.

Upon his 1980 retirement, Stew began using the MBA he earned while on active duty, working for a number of companies. One such position in a company that built nuclear power station control room simulators brought him to Washington in 1981. He and his wife Susan have lived in their current house in D.C. since 1989. He managed the renovation of



PHOTO BY STACEY MARIEN

**Former Navy man Stewart Reuter now serves as NNV treasurer.**

his house and then helped his neighbors as a project adviser for renovations on their homes.

He also worked at St. John's College High School as the business manager and corporate treasurer. Stew retired from St. John's in 2004, but was then asked to be the executive director of the Washington School of Psychiatry.

Since 1983, Stew has also been active in the Navy League of the United States. The Navy League supports members of the Sea Services and their families. He has been active in the Northern Virginia Council and is currently the national treasurer. The league has three missions: to support active personnel and their families; educate Congress and the public on the importance of the Sea Services; and to support youth programs such as the Naval Sea Cadet Corps.

In 2011, Stew was asked

by a neighbor, Steve Altman, to consider joining the board of NNV as the treasurer. As treasurer, Stew is head of the budget committee, manages the payroll, keeps track of income and spending and writes the checks. Not only is Stew a board member and an associate member; he also volunteers his time as a driver and for other duties. Depending on the need, he will drive two or three times a week. Stew feels his volunteering for NNV is a form of giveback to a worthy cause.

When not busy with all of his activities (he also has a small tax practice), Stew and his wife Susan like to travel and take Road Scholar trips. They have been to New Zealand, Eastern Europe, and cruised in Alaska and from Venice to Athens. This May they are going to the Normandy beaches with Road Scholar.

—Stacey Marien

# Holman, Norcutt to share Village presidency



Bob Holman



Joan Norcutt

**B**ob Holman and Joan Norcutt were elected NNV co-presidents during the January meeting of NNV's Board of Directors.

Bob, who was vice president, and board member Joan were willing to share the NNV presidency, as neither could fill the office alone because of other commitments.

The nominating committee consisted of associate treasurer Steve Altman (chair), former president Frances Mahncke, Janean Mann and NNV member and volunteer Ed White, a Presbyterian minister and Alban Institute consultant to nonprofits on organizational issues.

The committee recommended that Janean serve as vice president for one year to provide continuity

and advise the new co-presidents. After a year, the next vice president will assume the role of president-elect.

The new co-presidents agreed to serve for two years, if reelected in

2014. Stewart Reuter will continue as treasurer, Steve Altman as associate treasurer and Patricia Kasdan as secretary, completing committee recommendations for the slate of NNV officers in 2013.

The committee noted that there are no limits on the size of the board. More members can be sought, especially from neighborhoods with little or no current representation. At the

January meeting, Janean asked for nominations from the floor; there were none. The board passed a motion closing nominations and approved the election of the nominating committee's recommended slate.

Bob Holman thanked the board and vowed to follow the leadership of the two previous NNV presidents. A New Jersey native, Bob graduated from Rutgers University and served in the U.S. Air Force. After living, working and skiing in Colorado, he moved Chevy Chase, D.C., where he has built many houses, often living in one he has just finished while building another.

Bob, an associate member of NNV, has logged many hours as a loyal NNV volunteer. He has frequently invited NNV to use his Tennyson Street NW home for social and cultural events. In addition, he co-chairs the NNV fundraising committee with Bob Parker.

Co-President Joan Norcutt grew up in Toronto. After living and working in several areas of the United States, she and her husband moved to Washington in 1985 and started a regional, private cable television company. Joan worked her way up to chief operating officer as the company expanded to seven states.

She and her husband sold the company to Comcast in 2000 and retired to split their time between homes in Chevy Chase, D.C., and Mathews, Va. When her husband died in 2008, Joan remained in her D.C. residence. An NNV member and frequent volunteer, Joan also chairs the NNV social events committee and helps with fundraising.

—Patricia Kasdan



PHOTOS BY FRANK MAHNCKE

## Around the Horn! A ‘bucket list’ trip to the bottom of the world

**W**hile most people were celebrating Thanksgiving, my husband Frank and I cruised the Straits of Magellan, the Beagle Passage and Drake’s Passage on our way to Cape Horn. Fascinated with the age of sail as I am, Cape Horn, at the tip of South America, has been on my “bucket list” for a long time. Having turned 75 in April 2012, I decided it was time to go.

Cape Horn looms large in the history of world exploration and sea adventure. Before the Panama Canal, sailing ships traveling to the Pacific Ocean had to round Cape Horn. Drake’s Passage, between Cape Horn at the tip of Tierra del Fuego and the Antarctic Peninsula, has the most difficult sailing conditions on Earth.

The proximity of Antarctica results in violent and long-lasting storms with high winds and heavy seas. Ferdinand Magellan found the first path to the Pacific Ocean, the straits that honor his

**ABOVE:** A small group of tourists approaches Cape Horn Island at the southern tip of South America.

**BELOW:** Peaks along the Beagle Channel, one of the few navigable passages around South America; the channel was named after the *HMS Beagle*, which carried Charles Darwin.



See **CAPE HORN**, Page 7





Magellanic penguins greet visitors to their namesake territory, the Straits of Magellan.

## A fabled trip of peril from the age of sail

CAPE HORN, *Continued from Page 6*

name, trying to find a way through or around South America during a three-year voyage ending in 1522. But Sir Francis Drake, a privateer for Queen Elizabeth I in 1577, found open ocean at the bottom of South America when blown off course. Knowing this history of Tierra del Fuego and Cape Horn drove me to want to see it.

Our trip to Cape Horn was part of an OAT (Overseas Adventure Travel) trip through Argentina, the Chilean pampas and southwest Chile's Torres del Paine National Park. We boarded the *Via Australis* in Punta Arenas, Chile, for a four-night cruise that would include Cape Horn, if weather permitted, and ended in Ushuaia, Argentina, the southernmost city in the world.

Tierra del Fuego is a land of irregularly shaped islands and very narrow, deep winding waterways created by the meeting of two tectonic plates. The Straits of Magellan and the Beagle Passage are the only sheltered sea passages through it. The area is beautiful, mountainous and rugged with snow-covered peaks rising 3,000-4,000 feet and glaciers descending to the water.

Luckily the weather was moderate for the time of year—early spring. We experienced the high gusty winds for which the region is famous (50 mph gusts are not unusual at any time of the year) and 8-to-10-foot seas in the Drake Passage around Cape Horn. It was splendid to see the farthest reaches of the world I had read so much about and to experience the seas and winds around Cape Horn.

—Frances Mahncke

## NNV CALENDAR

**Mon., Feb. 4, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell in the Solarium at the Lisner Home (rides available for NNV members), 5425 Western Ave. NW.

**Wed., Feb. 6, 4:30-6:30 p.m.**

**Talk to the Experts**—Philip Bobrow, M.D., orthopedic surgeon, will discuss new joint replacement techniques and procedures; 3211 Tennyson St. NW. On-street parking, light refreshments; RSVP by Friday, Feb. 1, (202) 237-1895.

**Mon., Feb. 11, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Sat., Feb. 16, 10:30 a.m.**

**NNV Volunteer Training**—For information and application, call (202) 237-1895.

**Mon., Feb. 18, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Wed., Feb. 20, 2-4 p.m.**

**NNV Book Club** to discuss *The Name of the Rose* by Umberto Eco at the home of NNV member Bernice Degler; RSVP: (202) 237-1895.

**Sun., Feb. 24, 1:30-3:30 p.m.**

**NNV Volunteer Appreciation Luncheon**—By invitation only.

**Mon., Feb. 25, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., Feb. 25**

**Deadline to register** for the NNV-sponsored bus day trip to the Barnes Museum; call NNV member Benita Lubic at (202) 362-6100 or write to her at [blubic@aol.com](mailto:blubic@aol.com). Trip date: April 24. Price: \$145, all inclusive: fees, lunch, tour.

**Tues., Feb. 26, 3 p.m.**

**NNV Men's Book Club** will meet at the home of Bernie Hillenbrand, 3212 Oliver St. NW, to discuss *The Road Less Traveled* by M. Scott Peck; RSVP: (202) 237-1895.

## In the Chevy Chase Library, book treasures for sale

**T**he shelves of FOLio—the surprisingly eclectic and incredibly well-organized bookstore run by volunteers at the Chevy Chase D.C. Neighborhood Library—go far beyond the dusty collection of used 1950s novels, dog-eared paperbacks and out-of-date textbooks that make up many used book collections.

FOLio, operating under the auspices of the Friends of the Library since spring 2009, houses thousands of “gently used” books and media in a large second-floor area.

The trove of books—nearly all priced in the \$2 to \$5 range—is organized by genre and receives new selections every week, as neighbors donate, volunteer and buy.

Friends of the Library volunteers, managed by Bette Landish and Barbara Parker, work behind the scenes all week, sorting, pricing and shelving donations.

Some donations—the ones that are moldy or mildewed and don’t pass “the smell test”—are set aside for recycling, while other high-demand books are immediately added to the library collection.

The remainder—the “keeper” donations—have several destinations. Some are actually re-donated. Several volunteers coordinate with other volunteer organizations and some of the books find their way to Wilson High School, while others go to prisons, homeless shelters and developing countries.

The thousands of books, as well as DVDs, CDs



PHOTO BY JANEAN MANN

**Ready to read: Rebecca Jordan adds books to the shelves for a Saturday sale at FOLio.**

and audiobooks that eventually move to the shelves of FOLio, to the Friends’ quarterly book sales and to the overstock sale carts on the library’s first floor—are then sorted by condition and category.

Surprise donations over the years have included first editions of *Rebecca* and *The Great Gatsby*, among others. “Our donations often include everything—from current bestsellers to quirky books like *How to Be a Good Secretary*, published in the ’40s,” Barbara said.

Bette and Barbara agree that working with the volunteers brings as much pleasure as working with the books. “Our volunteers are bright, educated, erudite, interesting—and downright fun,” Bette says. “For all of us who ever wanted to work in a bookshop, FOLio is a dream come true.”

Funds raised through FOLio sales aid the Chevy Chase Neighborhood Library, as well as citywide programs of the D.C. public library system.

### Book donations needed for Wilson High students

Among the donations being collected by the Friends of the Library are books for Wilson High School students. Wilson is looking for multiple copies of the following books:

**9th grade:** *Fahrenheit 451*, *The Bluest Eye*, *Enrique’s Journey*, *Things Fall Apart*.

**10th grade:** *Cat on a Hot Tin Roof*, 1984, *Kite Runner*.

**11th grade:** *Zeitoun*, *The Help*.

**12th grade:** *The Color Purple*, *Lord of the Flies*, *Like Water for Chocolate*, *The Road*, *A Long Way Gone*.

To donate these or other books, bring them to the library at 5625 Connecticut Ave. NW during regular library hours.

There is a cart near the elevator on the first floor where you can leave these books, as well as other book and media donations for FOLio and other Friends of the Library collections. The librarian can provide tax donation forms.

See **FOLIO**, Page 9



## A vestige of the Revolutionary era in Cleveland Park

Once a 1,000-acre property that spanned much of Northwest Washington west of Rock Creek Park, Rosedale today is a home on less than one-half acre in Cleveland Park. In 1793, Uriah Forrest, a Revolutionary War colonel, built a house on the property, incorporating a small cottage built in 1740.

Born in St. Mary's County, Md., in 1746, Forrest fought in the Revolutionary Army under the direct command of Gen. George Washington. He lost a leg as a result of war injuries. Though appointed auditor general after the loss of his leg, he eventually had to resign the position because of that injury. Forrest also served in the Continental Congress.

In the spring of 1793, the Forrest family moved into a little cottage on what was then a very large, almost thousand-acre property called Pretty Prospect, bought from George



PHOTO BY TOM OLIVER

The Rosedale house once owned by Uriah Forrest (inset) is now a private residence; the grounds are managed by the [Rosedale Conservancy](#) as a privately funded community park.

Beall, encompassing the entire western side of Rock Creek. They then gave up their town house on M Street and lived full time at Rosedale, adding on to the original cottage.

The collapse in 1797 of the Morris-Nicholson syndicate that had purchased lots in the Federal City adversely affected Forrest, who had speculated on land in

Washington. He was required to sell 250 acres of Pretty Prospect to his brother-in-law Philip Barton Key. This became the Woodley estate. Several other pieces were sold off, leaving Rosedale with 130 acres. Forrest eked out a living for the rest of his life as a clerk of the Circuit Court of the District of Columbia.

—Mark Ozer

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## The Chevy Chase Library's own bookshop

**FOLIO**, *Continued from Page 8*

At our local library, the Friends have provided monetary support for an ongoing book discussion series, weekly movie afternoons and various children's activities. Carpeting in the second-floor meeting room, furniture in the young adult area, a bike rack to honor a dedicated volunteer and a reading garden all have improved the library's

ambience.

The Friends also contributed to the citywide summer reading program, purchased a complete collection of Caldecott and Newbery award-winning children's books, and financially supported other community literacy-related programs.

FOLio is open Saturdays from 10 a.m. to 5 p.m. On the first Saturday of every month, members of Friends of the

Library get a 50 percent discount on the entire FOLio stock. Non-members can join on the spot for as little as \$10.

The Friends encourage donations of gently used books, CDs and DVDs—but not textbooks, magazines, VHS tapes or cassettes—and they may be dropped off during library hours. The Friends of the Library is a 501(c)(3) organization and the librarian will supply tax donation forms.

—Nancy Montwieler

## MEMBER PROFILE

# Bill Cousins, shaping a life from his love of peace and India

**T**hough his career has taken him from Wellesley and other colleges to rural India and Iran and thrown many challenges in his path, William Cousins has never had a job he didn't love.

His life began to take focus in college when he met some Quaker and pacifist students who converted him to nonviolence. "I thought I should work for peace whenever I could," he said. After completing his doctorate in sociology, Bill began teaching at Wellesley College. Two years later he volunteered with the American Friends Service Committee (AFSC). They asked him to go to work in community development.

Bill thought they would send him to the South Side of Chicago or an American Indian reservation, but instead he accepted a position in Pakistan and shortly thereafter in India. While planning his trip, Bill met the woman who would become his wife, Gouri, an Indian Fulbright Scholar at Tulane University. He was struck by her insistence that there was no way to generalize the vast diversity of India. His many years in India confirmed this analysis. Gouri worked with Bill when he first arrived in India, and they married in 1954. She traveled with him throughout his career until her death.

Bill's plans to return to teaching gave way to his love of his work in India in the post-World War II reconstruction era. He worked with the AFSC in Delhi where he conducted seminars related to peace and development. While leading a seminar, Bill began to



PHOTO BY JANEAN MANN

see the community development path his career would take. During one seminar he met the Indian development commissioner for West Bengal. This official thought Bill's approach could be useful in training staff. He suggested that the predecessor of today's USAID might sponsor him to come as an adviser.

After home leave, he returned to India as an adviser to West Bengal. "That hooked me for life," Bill says. "I'm still a community development man." He was deeply impressed by the commitment of the people he met.

He then went to Iran, first with AID where his position placed him inside Iranian agencies working hand-in-hand with his counterparts. There he gained a deep understanding and appreciation for the Iranians.

He later served as the first Peace Corps director in Iran in 1962-64. He was in Kirman when President Kennedy was killed and was touched by the Iranians' expression of sympathy to him and the Peace Corps volunteers in rural Iran.

From there, he returned to India under AFSC auspices to help

start a pilot project on urban community development, a program they were not sure would succeed. Bill and an American Quaker couple spent several years designing and implementing the program. It was "the most fulfilling job" he ever had. The heart of the program in Baroda was the creation of a community organization comprising Indians from all

walks of life to help people realize their own capacities. Returning many years later as a UNICEF official, he found the project still ongoing.

Bill then returned to academia, teaching at Earlham College, a Quaker school in Richmond, Ind. Two years later he was recruited to teach at the newly established Federal City College in Washington. It was the first urban land grant college and had an open admissions policy. He found it an interesting place to teach and taught from 1969 to '75. The college later became part of the University of the District of Columbia.

In 1975, UNICEF recruited Bill to work as an urban adviser. He returned to India to work in Delhi for 10 years, then to the United States for three more. After retiring from UNICEF he was a consultant for UNICEF and other agencies.

Bill lives in Chevy Chase with his son Christopher, daughter-in-law Joelle and two granddaughters. Another son, Anand, and his wife Francia and daughter live in Seattle.

—Janean Mann

## D.C. renters have strong protections

**I**f you are a renter in the District of Columbia, did you know that you have a “bill of rights”?

All D.C. renters are covered, whether they are living in an apartment building, renting a condo or living in the basement of a private home. D.C. has some of the strongest rent protection provisions in the country. The bill of rights covers such issues as leases, rent increases, security deposits, disclosure information and eviction.

Rights of particular interest to seniors include:

### Discrimination

“The landlord may not discriminate against any tenant who is in a protected class,” such as age or disability.

“The landlord must make a reasonable accommodation to a tenant with a disability so that the tenant may have an

equal opportunity to use and enjoy the premises.”

*Example:* A tenant developed a disability that affected his walking. The tenant wrote a letter to request a “reasonable accommodation” from his landlord, which allowed him to move to a new indoor parking space next to the garage door.

### Relocation assistance

“If a tenant is displaced by a substantial renovation or rehabilitation, the tenant has the right to request and receive relocation assistance from the landlord.”

*Example:* An NNV member had a compromised immune system. Mold was discovered in her apartment tier. The tenant wrote a letter to request relocation money from the landlord. She received a daily stipend to cover the costs of her temporary living quarters while the mold was removed from her unit.

### Rent control

If the unit is under rent control, the landlord may not raise the rent more frequently than once every 12 months and by more than the Consumer Price Index (CPI) for elderly or disabled tenants or by more than CPI plus 2 percent for all other tenants.

*Example:* An individual in a rent-controlled apartment received a notice that his rent would increase by 10 percent. The individual was able to challenge the rent increase.

### New proposed legislation

On Jan. 8 this year, Bill 20-0058, the Tenant Bill of Rights Act of 2013, was introduced in the D.C. Council. This bill would require any residential lease issued in the District be accompanied by a copy of a “Tenant Bill of Rights.” The bill has been referred to the committee on economic development chaired by Council member Vincent Orange.

### The Tenant Advocate

A good source of information on your rights as a tenant is the D.C. Office of the Tenant Advocate, [www.ota.dc.gov](http://www.ota.dc.gov), (202) 719-6560, which produced the existing D.C. Tenant Bill of Rights. A copy of the complete document in both English and Spanish can be found on the Web site under *OTA Information/Information for Tenants*.

OTA’s mission is:

- To provide technical advice and legal services to tenants regarding disputes with landlords.
- To educate and inform the tenant community about tenant rights and rental housing matters.
- To advocate for the rights and interests of District tenants in the legislative, regulatory and judicial contexts.
- To provide financial assistance for certain emergency housing and tenant relocation expenses.

—Barbara Cline



## Winter salads pack nutritional punch

**L**egumes, inexpensive vegetable proteins that include black beans, cannellini beans, kidney beans and chickpeas, are an important source of iron, calcium and soluble fiber. According to Johns Hopkins Health Alert ([www.johnshopkinshealthalerts.com](http://www.johnshopkinshealthalerts.com)), “studies suggest that they reduce the risk of heart disease, colorectal cancer, and, possibly . . . diabetes.” These colorful, tangy, winter-friendly salads rely on pantry staples.

### Black Bean Salad

1 red bell pepper  
1 green bell pepper  
1 yellow bell pepper  
½ cup red onion, diced  
1 can (16 ounces) whole kernel corn, drained and rinsed  
1 clove garlic, minced  
1 teaspoon chopped fresh cilantro  
¼ cup olive oil  
¼ cup red wine vinegar  
1 teaspoon fresh lime juice  
salt



freshly ground black pepper  
1 can (15 ounces) black beans, drained and rinsed  
romaine lettuce leaves or tortilla chips

Seed and dice bell peppers. In a salad bowl, combine peppers, onions, corn, garlic and cilantro. Toss to mix. Add olive oil, vinegar, lime juice, salt and pepper to taste and mix. Add black beans and toss well. Serve on romaine lettuce leaves as salad or with tortilla chips as an appetizer. Serves 6 to 8 as a side salad or 12 to 16 as an

appetizer. Makes 6 cups.

ADAPTED FROM BUSH'S BEANS AD 2004

### Three Bean Salad

1 can (15 ounces) cannellini beans, drained and rinsed  
1 can (15 ounces) kidney beans, drained and rinsed  
1 can (15 ounces) chickpeas, drained and rinsed

2 celery ribs, finely chopped  
½ red onion, finely chopped  
1 cup fresh Italian (flat leaf) parsley leaves, finely chopped  
2 tablespoons finely chopped fresh rosemary  
3 tablespoons fresh lemon juice  
1/3 cup extra-virgin olive oil  
1 teaspoon kosher salt  
¼ teaspoon black pepper



PHOTOS BY TOM OLIVER

In a large bowl, combine the beans, chickpeas, celery, onion, parsley and rosemary. In a small bowl, whisk together the lemon juice, oil, salt and pepper to make a vinaigrette; drizzle over the salad and toss. Serve at room temperature. Serves 4 as main dish and 8 as side dish. Makes 4 cups.

SOURCE: [WWW.REALSIMPLE.COM](http://WWW.REALSIMPLE.COM)

—Barbara B. Oliver

## NNV's next cruise: New England and Canada in autumn

**A**utumn is glorious in Canada and New England. The sun still shines on the Eastern Seaboard's many seafaring towns and the cool fall air turns the foliage a dazzling crimson and gold. A trip to Canada and New England uncovers the history and character that started a nation. With the quaint Colonial charm of New England towns and the spectacular Canadian coastline, history is everywhere you look, and Canada has its own unique flavor and culture.

Northwest Neighbors Village members, friends and families are invited to an eight-night cruise on the 74,000-ton Royal Caribbean Cruise Line

*Grandeur of the Seas*. The cruise departs Oct. 17 from Baltimore and returns Oct. 25, with transportation from Chevy Chase. Ports of call include Portland and Bar Harbor, Maine; Saint John, New Brunswick, and Halifax, Nova Scotia.

The innovative ship, built in 1996 and refurbished in 2012, boasts exciting activities and amenities. Prices range from \$1,360 to \$2,550 per person, depending on selection of staterooms.

For more information, a trip application or to make a reservation contact Transeair Travel LLC, Benita Lubic (an NNV member), at (202) 362-6100 or e-mail [blubic@aol.com](mailto:blubic@aol.com).

## COMMUNITY CALENDAR

**Fri., Feb. 1, 7 p.m.**

**Book Talk**—Dave Barry presents *Insane City*, his first novel in 10 years; Politics & Prose, 5015 Connecticut Ave. NW.

**Sat., Feb. 2, 4 p.m.**

**Gallery Talk**—D.C. artist Andrea Way discusses her exhibit; American University Museum, Katzen Arts Center, 4400 Massachusetts Ave. NW; free.

**Tues., Feb. 5, 7:30 p.m.**

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

**First Thursdays, 12:30-4 p.m.**

**Health Insurance Counseling**—By appointment, free to D.C. residents 60+. The George Washington University Health Insurance Counseling Project answers questions about Medicare prescription benefits, long-term care insurance, paying medical bills; Iona Senior Services, 4125 Albemarle St. NW. Call (202) 895-9448 (option 4).

**Sun., Feb. 10, 1 p.m.**

**Book Talk**—*The Hour of Peril: The Secret Plot to Murder Lincoln Before the Civil War*, Daniel Stashower; Politics & Prose, 5015 Connecticut Ave. NW.

**Mon., Feb. 11, 7:30 p.m.**

**ANC 3/4G Meeting**—Chevy Chase Community Center, 5601

Connecticut Ave. NW.

**Tues., Feb. 12, 7:30 p.m.**

**ANC 3E Meeting**—Janney Elementary School library, 4130 Albemarle St. NW.

**Wed., Feb. 13, 1-2 p.m.**

**Preventing a Broken Heart**—Tony Dao, M.D., Suburban Hospital cardiologist, describes risks, causes, prevention, treatment of congestive heart failure; Friendship Heights Community Center, 4433 S. Park Ave., Chevy Chase, Md. Free; register at (301) 896-3939.

**Wed., Feb. 13, 6:30 p.m.**

**Foreign Film Series**—*Chunking Express*, Hong Kong 2002, PG-13; Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Tues., Feb. 19, 7:30 p.m.**

**ANC 3F Meeting**—Methodist Home of D.C., 4901 Connecticut Ave. NW.

**Tues., Feb. 19, 7:30 p.m.**

**CCCA Meeting**—Celebration of D.C. artists, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Thurs., Feb. 21, 10:30 a.m.**

**Avalon Senior Cinema**—Patrons age 62 or older can see the feature film for only \$7.25 (usual senior price, \$8.75); 5612 Connecticut Ave. NW.

**Sat., Feb. 23, 2 p.m.**

**Lecture & Guided Tour**—*Art and the Mind of Meditation*, American University Museum, Katzen Arts Center, 4400 Massachusetts Ave. NW; free.

**Mon., Feb. 25, 7:30 p.m.**

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

**Every Friday**

**AARP Legal Counsel for the Elderly Self-Help Office**, free to D.C. residents 60+ years old; paralegal 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.

**Chevy Chase Library Movie Mondays**

**2 p.m.**

**Feb. 4**—*8 Women*, France 2002, R  
**Feb. 11**—*Topsy-Turvy*, U.K. 1999, R (Gilbert & Sullivan)

**Feb. 25**—*The Great Gatsby*, U.S. 1974, PG; Robert Redford, Mia Farrow

**6:30 p.m.**

**Sidney Poitier Films**

**Feb. 4**—*Guess Who's Coming to Dinner*, U.S. 1967; Katharine Hepburn

**Feb. 11**—*In the Heat of the Night*, U.S. 1967; Rod Steiger

**Feb. 25**—*A Raisin in the Sun*, U.S. 1961