



# THE VILLAGE NEWS

Volume 5, Issue 3

A Community Network of Support

March 2013

## TRAVEL

### In Israel, a transforming experience

**O**ur tour of Israel started in Tel Aviv, headed north to Caesarea (the archaeological site), Haifa, Nazareth, over to the Golan Heights, Jerusalem and then down to the Dead Sea, Masada and Qumran, where the Dead Sea Scrolls were found. We spent two nights on Kibbutz Kifar Haruv in the Golan Heights, just below the Syrian border. A highlight of the trip was celebrating the Jewish New Year on the kibbutz, where we had amazing food and fascinating discussions.

As a secular Jew, I was unprepared for the impression that Israel, Jerusalem and Masada in particular had on me. My visit to the Western (Wailing) Wall, leaving my prayers in this ancient place, was mystical. The entire experience of seeing the convergence of the Christian, Muslim and Jewish faiths, and the passion that the followers of each have about the Holy Land, is something I never could have begun to understand without visiting Israel.

I spent a day in a Bedouin village, visiting a school and the home of a Bedouin family and finally seeing the work



PHOTO BY BARBARA HEFFERNAN

See ISRAEL, Page 4

An ultra-Orthodox Jew near the Western Wall in Jerusalem.

**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  
Pat Kasdan  
Tom Oliver

## From the desk of the co-presidents

**T**he leaders of any successful organization must depend on supportive colleagues.

We are especially fortunate to have had Frances Mahncke as our founding president and treasurer. Her dedication and tireless efforts led us through the early days of Northwest Neighbors Village. Janean Mann's exemplary service over the last two years has brought us to where we are today, a maturing organization where ideas abound.

Our first executive director, Carole Bernard, made significant progress in rooting the Village in the communities we serve and grew our ranks to include American University Park, North Cleveland Park and Tenleytown. Currently, Marianna Blagburn's innovative ideas and efforts have been a springboard to much of what Northwest Neighbors Village has been able to accomplish since her employment began almost two years ago.

The NNV Board gave us their unanimous vote of confidence to jointly lead Northwest Neighbors Village. We are looking forward to serving NNV with plans for continued growth and expansion, not only of members and volunteers, but of services, educational programs and social activities.

As we expand our ideas, we seek partnerships with other organizations to broaden our services. Most recently, NNV received a grant from ANC 3/4G to partner with Iona Senior Services to create a curriculum to train volunteers to be medical note-takers. This program will allow volunteers to accompany our members to



doctor's appointments. Volunteers will take notes that will be verified with the doctor, transcribed by the volunteer and reviewed with and given to the member for future reference. And we will be starting a monthly Caregivers Support Group led by a trained professional, to help members who have become caregivers to family members or friends.

The main goal during our tenure is to maintain and improve NNV's excellent reputation for service delivery. We are committed to the concept of Northwest Neighbors Village; each of us has served in various capacities starting out as service volunteers in late 2009-10. We will serve not only as co-presidents but will continue as board members, service volunteers and donors. We will also continue to serve as chair of the Fundraising Committee (Bob Holman) and chair of the Social Committee (Joan Norcutt) for the immediate future. We will engage other committee chairs to flank us as we move forward to seek new horizons and look for people who are willing to be trained as service volunteers and participants on various committees. We welcome ideas and discussion to help improve and grow Northwest Neighbors Village.

—Joan Norcutt and Bob Holman

## VOLUNTEER PROFILE

### Introducing Agi Kiss: Ecologist, author and NNV driver

**A**s an ecologist overseeing Europe and Central Asia for the World Bank, Agi Kiss is responsible for ensuring that projects receiving loans comply with the environmental and social policies of the financial institution.

As a writer of fiction, Agi memorializes some of the five years she spent as the bank's ecologist in Kenya. And, as a volunteer with NNV, she drives members to various events and appointments. Agi also enjoys gardening and making friends in her community.

Born in Budapest in 1956, Agi emigrated as an infant with her parents, first to Canada and ultimately to Yonkers, N.Y., as part of the Hungarian diaspora.

She lived in Kenya from 1992 to 1997, working with conservationist Richard Leakey on a five-year project to rehabilitate the country's national parks. The effort was very successful, Agi says, and the two made "fantastic progress" in restoring the parks and reducing the widespread poaching menace in the country, until Leakey was forced to resign because of government pressure. "We worked together on a common goal," says Agi, who calls Leakey "a good friend."

Agi maintains close ties to Africa, where she has many friends and "a small house" in South Africa. She visits periodically and the continent is the setting for the three children's books and one adult mystery she's written. "I do this writing for fun," Agi says.



PHOTO BY MARIANNA BLAGBURN

Agi Kiss poses with her book at Politics & Prose bookstore.

Her most recent children's book, "The Cheetah Who Wouldn't Run," was featured at a Politics and Prose reading earlier this year. Written as a birthday tribute to her mother, the book commemorates an experience the two shared during her mother's first visit to Kenya in the early 1990s. Her mother, now in her mid-80s, serves as president of Sunbird Press, the publisher of Agi's books ([sunbirdpress.com](http://sunbirdpress.com)).

Hired by the World Bank in 1985, she focuses on environmental, wildlife and conservation projects.

Because her job calls for significant international travel—"three or four times

a year for a few weeks at a time"—Agi says she's happy for the flexibility that is offered to NNV volunteers. "Since I travel so much, it's difficult to make a continuing week-by-week commitment," says Agi, who also volunteers by reading for the blind. She read an article about NNV and liked the idea of helping residents in her community.

Later this month Agi is off for another three-week trip to Eastern Europe, Russia and Turkey, overseeing projects for the World Bank. In April, she'll be home—one of many NNV volunteers helping her local community.

—Nancy Montwieler

# An American Jew finds insights in Israel

ISRAEL, *Continued from Page 1*

the Bedouin women are doing to help and encourage young girls to become educated and self-sufficient. We had dinner at the home of a young Jewish Orthodox family, learning about their religious practices along with the prejudices that exist inside Israel with regard to the strict observation of their beliefs.

Our group also spent time with a Palestinian journalist who was passionate about his desire for a Palestinian state and how it might be achieved. At Yad Vashem in Jerusalem, Israel's memorial to the Holocaust victims, we spoke with a Holocaust survivor who relived the years she and her younger sister were hidden, and then sent to concentration camps.

As an American Jew, looking from the outside into the Israeli-Palestinian issue, I have a better understanding but can't imagine what the final solution to this age-old problem will be. The wall built around the West Bank made it much safer to live and visit Israel, but, in my opinion, it relegated the Palestinians to a far less prosperous life, cutting them off from everything Israel has accomplished. I am a different person as a result of this experience, and yes, I will go back.

—Barbara Heffernan

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*More photos on Page 5*

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PHOTO BY BARBARA HEFFERNAN



COURTESY OF BARBARA HEFFERNAN

Above, Jews pray and tourists gather at the Western Wall, one of the holiest sites of Judaism. It is the remnant of an ancient temple believed to have been constructed by King Herod the Great. Left, Barbara Heffernan (at right in picture) and two members of her group pose in Bedouin wedding attire during a visit to a Bedouin home and school.

# Finding meaning in Israel's ancient stones



Scenes on this page are from Masada, a fortress on a plateau in southern Israel that was the scene of a memorable clash in Roman times. A rebellious splinter group of Jews in the 1st century took refuge there against the siege assault of a Roman legion. The Romans built a ramp against one side and succeeded in breaching the fortress, only to find it had been set afire and the 960 inhabitants had committed mass suicide. Masada is reached today by cable car, left; below left, Barbara Heffernan examines the ruins.

PHOTO BY BARBARA HEFFERNAN



COURTESY OF BARBARA HEFFERNAN



PHOTO BY BARBARA HEFFERNAN



PHOTO BY BARBARA HEFFERNAN

## Oh, deer, what can the matter be?

**N** NV members and many others in our community are of mixed minds about some of our residents—the deer of Rock Creek Park.

Some want them protected at all costs; others would like to see some reduction in the park's deer population because their extensive grazing is destroying vegetation in the park and in the yards of homes nearby. Still others like to see the deer in their yards but worry about Lyme disease and other issues.

After an extensive two-year study and much public input, the National Park Service last May 1 released its deer management plan. It called for reducing the deer population by a variety of means, including immediate culling and some contraceptive method. The culling would generally take place using qualified sharpshooters at night during late fall and winter, with the venison being donated to local charitable organizations.

NPS rejected several other plans, saying less-stringent, nonlethal methods would not bring deer numbers under control rapidly enough to curb the threat to vegetation and other animals and birds that rely on it.

The Park Service had been watching the deer overpopulation situation for some time. NPS noted that the deer population, which had been eliminated in the late 1800s and early 1900s, began making a comeback in 1960, when three deer were observed in the entire



PHOTOS BY JANEAN MANN

**Above, young bucks forage in a Northwest backyard. Left, the resident cats watch the show.**



2.74-square-mile park.

At the time it began considering a population control program in 2009, the Park Service estimated that there were approximately 67 deer per square mile in the park. NPS says more than about 15 to 20 deer per square mile will limit the ability of park vegetation to regenerate and would endanger the habitat of ground-nesting

birds, turtles, frogs and other indigenous animals.

In October 2012, five Chevy Chase residents and a California-based organization filed suit in federal court challenging the Park Service decision, asking that the planned culling be stopped and that only nonlethal methods be used. Calling the deer management program “arbitrary and dramatic,” they said the Park Service does not have the authority to cull deer. They said adoption of the plan would damage their ability and that of other visitors to enjoy the park.

The NPS agreed to postpone implementing the plan until March 15 to allow time for the court to act. A hearing is scheduled for March 4.

—Janean Mann

**W**ashington is likely to become an increasingly buzzing city with the adoption in January of a new law facilitating beekeeping. Although beekeeping has been legal for some time, and there are hundreds of beehives in the city, some of the restrictions have been removed and the law is clearer.

Homeowners can now have up to four hives on a quarter of an acre and those living in apartments can keep them on their roofs if the owners agree.

This is good news for those who are concerned about the serious loss of honeybees nationwide due to “colony collapse disorder.” It’s not that the resulting number of hives in the District will make a dent in the overall picture, but an increased awareness of honeybees and their critical role in our lives would be a welcome outcome.

Briefly, honeybees are critical to the production of our pollination-dependent crops, and there are some 400 crop species *dependent on bees* for

## Coming: More Beehives in D.C.?



PHOTO BY JON SULLIVAN—PDPHOTO.ORG

### A honeybee collecting pollen.

pollination. According to the USDA, one-third of the human diet (many vegetables, fruits and nuts) relies on insect-pollinated plants, and 80 percent of those insects are honeybees.

In beekeeping, a keeper provides a hive, a box containing several vertical hanging frames in which a colony of bees and their queen live. The bees build the honeycombs in the frames, where hexagonal cells contain their larvae and their stores of honey (to feed the bees) and pollen (to feed the young).

Bees do not die at the end of their production year. The

honey they’ve stored allows them to winter over in their hives with a remarkable community technique to keep themselves and the incubating larvae alive. Honeybees are fuzzy, so by huddling tightly together between the frames, they provide an outer layer of insulation, while the bees at the center cluster around the queen and rapidly vibrate their wing muscles to generate enough heat to keep the core cluster warm. They rotate their positions from outside to inside the cluster, and are fueled by their honey.

American University has one beehive and will add three more under the new law. Like “The Lord of the Stings” (the current hive’s name), the rest will be on the roof. According to School of International Studies Assistant Professor Eve Brotman, bees seem to thrive on roofs, where they are subject to fewer predators. Prof. Brotman has offered a tour of hives to NNV members. If you are interested, contact NNV Executive Director Marianna Blagburn.

—Judy Brace

## NORTHWEST NEIGHBORS VILLAGE CALENDAR

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

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

**Sun., March 10, 2:45-6 p.m.**

**Visit Normandie Farm for Classic Jazz Band**, \$10 charge, food and drink available for purchase, 10710 Falls Road, Potomac (rides available for NNV members).

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

**Gentle Yoga** with Sandi Rothwell.

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

**Gentle Yoga** with Sandi Rothwell.

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

**Decluttering & Organizing**, discussion co-sponsored by NNV and Chevy Chase Citizens Association, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

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

**NNV Book Club** to discuss *The Name of the Rose* by Umberto Eco, Chapter 4 to the end, at the

home of NNV member Bernice Degler. RSVP: (202) 237-1895.

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

**Gentle Yoga** with Sandi Rothwell.

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

**NNV Men’s Book Club** will meet at the home of Ed White, 5908 Nevada Ave. NW, to discuss *The Hidden Wound* by Wendell Berry; RSVP: (202) 237-1895. There is room for two additional men in the group; please call if you are interested.



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PHOTOS BY JANEAN MANN



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## Party on, volunteers

NNV's stalwart corps of volunteers was saluted at a luncheon Feb. 24, when they were treated to a performance by the City Singers.

**1** Volunteer co-chair Pat Kasdan, second from right, introduces the City Singers.

**2** Food and friendship: Attendees gather in Bob Holman's kitchen to eat and chat.

**3** Volunteers Frances Mahncke, Kathryn Klein, Mary Pat Gaffney and Stacey Marien enjoy the event.

**4** A chat before lunch. In foreground, David Shears, Doris Chalfin and Ursula Shears.

**5** Jo-Ann Tanner, fourth from left, welcomes the group including (from left) Elinor Stillman, executive director Marianna Blagburn and Ann Collins.



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## What are those volunteers doing, exactly?

There are now 40 villages in the Washington metropolitan area at various stages of formation, according to Andy Mollison, president of the Washington Area Village Exchange. Six are operational in the District and we await the opening of the seventh: Cleveland Park, in April, to join Capitol Hill, Dupont Circle, Georgetown, Glover Park, Palisades and Northwest Neighbors villages.

Villages expand the resources of the community to manage the naturally occurring phenomena of a diverse retirement community. This month, NNV will celebrate its fourth year of operation and can count well past the 200-member mark with 104 volunteers! The general appeal of the Village has remained: practical, low-cost help and friendly, caring connections from the neighborhood where there might be a deficiency of social supports because good neighbors leave, friends die and family is unavailable. The scale of the village allows for services to be delivered efficiently and affordably and members have access to a full complement of personal care through the use of vendors who have collaborations with the Village.

Most important, the village as a volunteer-first model is designed to offer services based on the capacity of committed

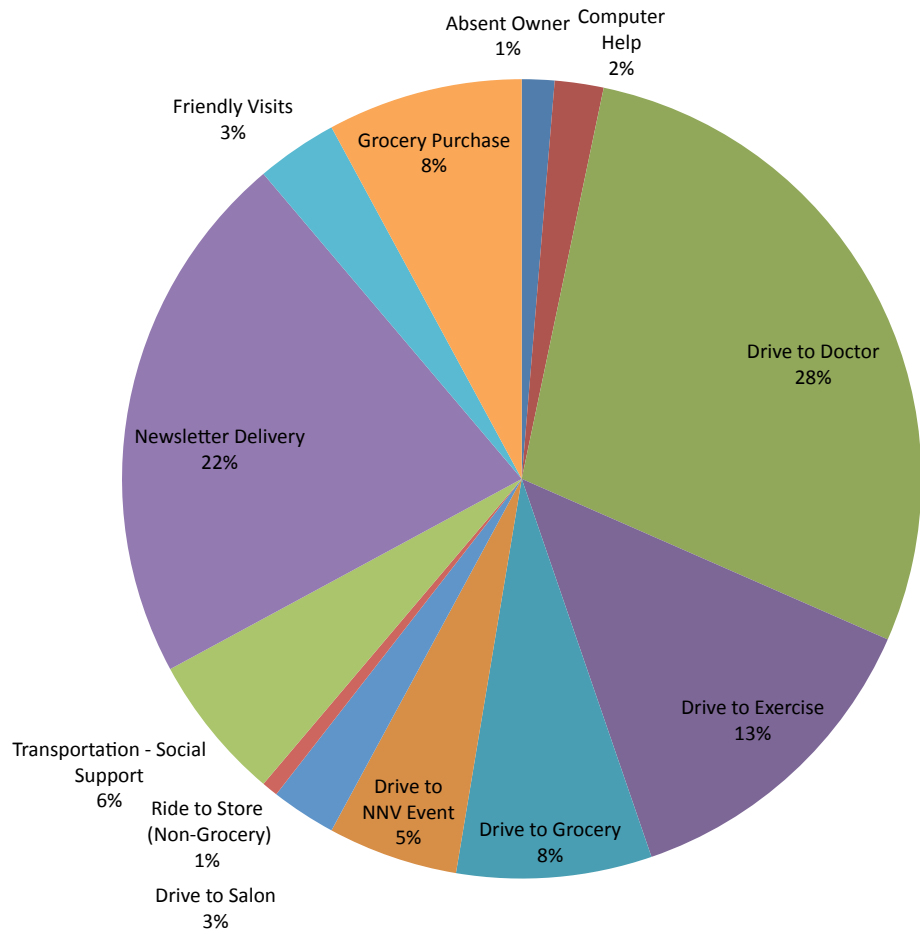
volunteers. There is very little that members request of the Village that our volunteers cannot do—from help with decluttering to migrating files from an old computer to the new. Volunteers are the major labor force of the Village. Many are retired and close in age to family members of villagers; they are alert to members as they transition on the spectrum of aging and encourage them to seek additional support when needed. They are not only neighbors, but friends. Younger volunteers involve their children

on friendly visits and errands, much to the delight of our seniors.

Take a look at the NNV service requests for February 2013 to see how many requests our volunteers have answered and in what areas. It is no surprise that NNV members, who praise our volunteers on a daily basis, say: Better a nearby neighbor than a distant relative. In April we will take a closer look at the cost savings that NNV offers its members.

—Marianna Blagburn

NNV Service Requests February 2013



Total service requests: 153

## MEMBER PROFILE

# Mae and Tom Scanlan's adventures in multimedia

**T**om Scanlan became a jazz addict when he was a teenager growing up in Philadelphia. His idols were Benny Goodman, Count Basie, Duke Ellington and Lester Young. Mae, Tom's wife of 59 years, beams as she relates that they got engaged after dancing to Count Basie at a Washington club.

Tom established a name for himself as a jazz critic. He wrote jazz columns for various publications and did jazz programs for the Voice of America. His first book was a biography of Steve Jordan, *Rhythm Man: 50 Years in Jazz*, which he co-wrote with Jordan. The second was *The Joy of Jazz: Swing Era, 1935-1947*. He is working on a scholarly criticism of jazz critics with Mae's help.

This is not the first professional collaboration for Mae and Tom. That was a book called *Beautiful America's Washington, D.C.*, which an Oregon publisher, who had bought some of Mae's photographs, encouraged her to create. When he asked her if she knew a writer who could do the narrative, Mae suggested "the perfect writer"—Tom. It has proven so popular that it has had several editions, with a new edition coming out soon.

The Scanlans are multi-talented in the arts. Tom earned a scholarship to the Corcoran College of Art and Design in drawing prior to being drafted in World War II. He has done



PHOTO BY JOAN JANSHEGO

Mae and Tom Scanlan, collaborators in writing as well as life.

many charcoal sketches of Mae.

Mae wrote for several ad agencies during her professional life. Humor writing has always been an important part of her life. She wrote a humor column for the *Navy Times* for 10 years. She also has written song parodies for Mark Russell and Helen Thomas at the National Press Club, where Tom has been a member for 50 years.

Writing humorous verse since she was 6 years old, Mae has been frequently published in *LIGHT: A Quarterly of Light Verse* and was the featured poet in its spring-summer 2009 issue. She was the first American to win the top prize for humorous verse in *The Spectator*, the oldest continuously published weekly in the English language.

She says the English are more interested in humorous verse than Americans. Locally, Mae's contributions to the Style Invitational in *The Washington Post* are frequently published and she has won the top prize several times.

As a boy, Tom was a fan of the old Philadelphia Athletics, and he knew Connie Mack, the legendary owner. He has 39 scrapbooks in his attic on the Athletics and they were helpful to an author who was writing a book on a former player.

Mae and Tom love their home, and want to stay there as long as possible. They say it is comforting to know that if needed, help is available through NNV.

—Joan Janshego

## A fresh approach to the menu for St. Patrick's Day

**N**apa cabbage has a lovely soft, crinkly texture and delicate flavor. It's often sold halved and wrapped in plastic. Sliced across the grain, it drapes attractively and offers a fresh and healthy side to roasted corned brisket of beef.

### Napa Cabbage Slaw with Orange and Cranberries

*4 cups (about 8 ounces) Napa cabbage, sliced thinly across the grain*  
*1 can (11 ounces) Mandarin orange segments, drained*  
*6 tablespoons dried cranberries*  
*6 tablespoons Ken's Steak House dressing, Lite*  
*Sweet Vidalia Onion*

Mix cabbage, orange slices and cranberries in a medium-size bowl. Add the dressing and toss gently until ingredients are evenly moistened. Divide and serve on 4 salad plates.

DEVELOPED BY BARBARA B. OLIVER



PHOTO BY TOM OLIVER

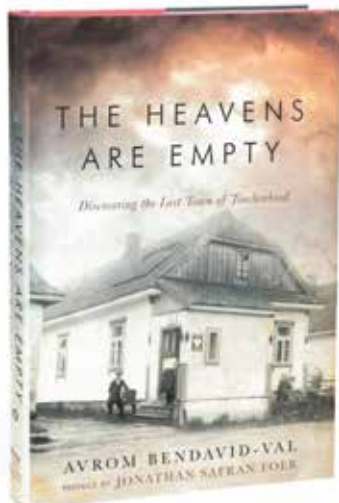
### Oven-Roasted Corned Beef

*1 flat-cut corned beef brisket (4 to 5 pounds), rinsed, fat trimmed to 1/4-inch thick*  
*Low-fat, low-salt chicken broth*  
*Water*  
*Four sprigs of fresh thyme*  
*2 bay leaves*  
*1 tablespoon black peppercorns*  
*1 teaspoon whole allspice*

Preheat oven to 350°F. Place brisket on a rack in roasting pan. (Throw out the spice packet that comes with the beef.) Mix equal portions of water and chicken broth (about 4 cups of each) and add enough to just touch the top of the rack; add the seasoning. Cover pan tightly with its lid or aluminum foil. Bake brisket 2 to 3 hours until fork-tender. Let beef rest covered for 20 minutes. Transfer meat to carving board and slice against the grain into 1/4-inch-thick pieces. Serves 6 to 8.

ADAPTED FROM SEVERAL RECIPES

—Barbara B. Oliver



## Book talk: An unlikely tale of a Jewish village

**A**vrom Bendavid-Val will speak on his book, *The Heavens Are Empty: Discovering the Lost Town of Trochenbrod*, at the Friday Lecture series at Ingleside at Rock Creek from 3:30 to 4:30 p.m. on Friday, April 19. The talk is co-sponsored by NNV and Ingleside.

Bendavid-Val's book tells the story of Trochenbrod from the settlers in the early 1800s to the town's destruction in 1942. Readers will be amazed at the story of this bustling commercial center that started as a small agricultural hamlet. Trochenbrod was the only all-Jewish town since biblical times outside of Palestine. Isolated in a clearing in the forest, the Jews were able to conduct themselves as if they lived in their own kingdom.

Books will be available for purchase. Refreshments will be served. Please RSVP by calling (202) 237-1895.

## Yoga: Standing like a mountain

**“M**ountain Pose”—what a comforting name. How do you feel about mountains? Do you find them comforting, strong, beautiful or restful? Mountain Pose can evoke any or all of those feelings. In Mountain Pose you become the calm, strong, confident person you have always wanted to be. The pose is not about any particular athletic skill but about awareness of your body.

Mountain Pose is usually taught early in a yoga class. The yoga practitioner stands on both feet placed approximately under the hip bones. In a relaxed stance, he or she stacks the hips in line with the ankles, the ribs over the hips, shoulders relaxed over the ribs, and the head finds that “sweet” spot where it can balance easily between the shoulders and in line with the spine. This sounds like a military stance but is far from that. The pose places you in a good relationship with gravity and you can relax. Your eyes relax. Your breathing softens. You actually rest.

In fact, this is the perfect pose for waiting in line. Your mind calms as you focus on the alignment of your body, and the waiting becomes less of a chore. Make waiting more like a meditation. Breathe slowly and stand in Mountain Pose.



PHOTO BY JANEAN MANN

NNV yoga instruction Sandi Rothwell (right) demonstrates mountain pose in the Monday yoga class. From left, Lillian Rubin, Elaine Greenstone, Neva Farrah and Pat Kasdan.

You can use the pose seated. Just place your feet firmly on the floor and line your spine, neck and head in a relaxed stack over your hips.

You can practice yoga anywhere simply by finding your Mountain Pose and resting there awhile.

—Sandi Rothwell



PHOTO BY JANEAN MANN

## Time to replace parts?

In a Feb. 6 NNV program, Dr. Phillip Bobrow uses a model knee to discuss procedures and materials now used for artificial hip and knee replacements. He said most surgeons today use “minimally invasive” procedures, which entail separating the muscle rather than cutting it as in the past. This results in faster healing times. Improvements in the materials used for hip and knee replacement have also reduced the necessity for replacing worn-out parts.

## At the magic age of 70½, the tax man cometh

If you turned 70½ years old within the last year and have an Individual Retirement Account (IRA), the IRS wants to hear from you. Individuals with IRAs (except Roth IRAs) are required to begin taking an annual distribution (Required Minimum Distribution, or RMD) from that IRA within the year that they turn 70½. And, they have to pay taxes on that distribution. The Roth IRAs are exempt from both the RMD and the requirement to pay taxes on the distribution.

The amount that you must withdraw depends upon your age and the amount you have in all of your non-Roth IRAs combined. The minimum withdrawal amount is also based on your life expectancy or the joint life expectancy of you and your beneficiary. For example, if you have two IRAs of \$50,000 each, you must begin taking a percentage of the total \$100,000 in the first year. However, you may take funds from one IRA or split your distribution between the two. You can withdraw more than the minimum, but must pay taxes on the amount withdrawn. For example, an individual turning 70½ last year would have been required to take a distribution of \$3,650, or 3.65 percent of the \$100,000 cited above.

In the year that you turn 70½, you can delay taking the RMD until April 1 of the following year, meaning that you would pay taxes on it in the following year. But you must also take the RMD for the second year in that calendar year, so that you would end up paying taxes on two RMDs in one year.

Employer-sponsored 401(k)s or similar qualified retirement plans require the same distributions as IRAs, but individuals covered under these plans generally are not required to begin taking distributions until after retirement unless the retirement plan is an IRA.

Determining what your minimal distribution will be should not be that difficult. The easiest way is to call your stockbroker or person managing your IRAs. That person can tell you how much

was in your combined IRAs on the previous Dec. 31 and the percentage you must withdraw based upon your age. However, these figures change every year and must be recalculated. The IRS also offers a worksheet online at [www.irs.gov/publications/p590/aro2.html](http://www.irs.gov/publications/p590/aro2.html).

If an IRA account holder dies before having taken his/her first distribution, different rules apply to the beneficiary of the IRA. Beneficiaries usually receive the distribution within five years of the IRA owner's death or over the lifetime of the beneficiary.

Failure to take the minimum distribution can result in a penalty of an excise tax equal to 50 percent of the amount the individual should have withdrawn.

—Janean Mann



*NNV invites you to an afternoon of jazz and good company.*

*The Conservatory Classic Jazz Band, a traditional Dixieland ensemble, will perform for NNV's invited guests.*

*Food and Drinks can be purchased at the restaurant.*

**When:** March 10, 2013

**Time:** 2:45-6pm

**Location:** Normandie Farm Restaurant  
10710 Falls Rd.  
Potomac, MD

**Entrance fee:** \$10 per person

*If you bring an instrument and sit in with the band, entrance is free.*

**Please RSVP or contact us for more information:**

(202) 237-1895

[nnvillage@gmail.com](mailto:nnvillage@gmail.com)

## COMMUNITY CALENDAR

**Sat., March 2, 3:30 p.m.**

**Book Talk**—Authors John Douglas and Mark Olshaker on *Law and Disorder: The Legendary FBI Profiler's Relentless Pursuit of Justice*. Politics & Prose, 5015 Connecticut Ave. NW.

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

**Gallery talk**—D.C. Artist Susan Yanero, on her paintings in the American University Museum. Katzen Arts Center, 4400 Massachusetts Ave. NW; free.

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

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

**Wed., March 6, 7 p.m.**

**Book talk**—Author Rebecca Gale on *Trying*, her new novel about love and politics. Tenley Friendship Library, 4450 Wisconsin Ave. NW.

**Sat., March 9, 2 p.m.**

**Lecture**—Florence Fasanelli on "Art and Mathematics in the 20th Century." American University Museum, Katzen Arts Center, 4400 Massachusetts Ave. NW; free.

**Sat., March 9, 3 p.m.**

**Book talk**—Author Marione Ingram on *The Hands of War: A Tale of Endurance and Hope, From a Survivor of the Holocaust*. Politics & Prose, 5015 Connecticut Ave. NW.

**Sat. Mar. 9, 5-9 p.m.**

**British Invasion!**—Auction to benefit City Choir of Washington: Food, drink, music, tempting items, fun; 6301 River Road, Bethesda. Tickets: 703-591-6438.

**Sun., March 10, 5 p.m.**

**Book talk**—Author Jeanette Winterson on *Why Be Happy When You Could Be Normal?* Politics & Prose, 5015 Connecticut Ave. NW.

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

**ANC 3/4G**—Meeting. Chevy

Chase Community Center, 5601 Connecticut Ave. NW.

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

**It's Not All in Your Head**—Anand Germanwala, Suburban Hospital neurosurgeon, discusses signs and symptoms of brain tumors and aneurysms, and when to see a neurosurgeon. Friendship Heights Community Center, 4433 S. Park Ave., Chevy Chase, Md. Free; register at (301) 896-3939.

**Thurs., March 14, 7 p.m.**

**Andrei Molodkin: Crude**—Closing party for Russian artist's exhibit. American University Museum, Katzen Arts Center, 4400 Massachusetts Ave. NW; free.

**Thurs., March 14, 7:30 p.m.**

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

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

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

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

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

**Sun., March 24, 5 p.m.**

**Book talk**—Authors Ronald K.L. Collins and David M. Skover on *Mania: The Story of the Outraged and Outrageous Lives that Launched a Cultural Revolution*, a history of the Beats. Politics & Prose, 5015 Connecticut Ave. NW.

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

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

**Wed., March 27, 7 p.m.**

**2nd District Metropolitan Police Dept.**—Citizens Advisory Council

meets. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Thursday, 1 p.m.**

**Scrabble.** Chevy Chase Library, 5625 Connecticut Ave. NW.

**Every Friday**

**AARP Legal Counsel for the Elderly Self-Help Office**—Free to 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.

**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).

**Chevy Chase Library Movie Mondays**

**2 p.m.**

**March 4**—*Citizen Kane*, U.S. 1941, rated PG

**March 11**—*Italian for Beginners*, Denmark 2001, rated R

**6:30 p.m.**

**March 4**—*True Grit*, U.S. 1969 (John Wayne), rated PG-13

**March 11**—*African Queen*, U.S. 1951 (Humphrey Bogart, Katharine Hepburn)

**March 18**—*Adventures of Robin Hood*, U.S. 1938 (Tyrone Power)

**March 25**—*Suddenly Last Summer*, U.S. 1959 (Elizabeth Taylor, Montgomery Clift)