



THE Villager

◦ NEIGHBORS HELPING NEIGHBORS ◦

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Quarterly Meeting to Highlight Domestic Abuse

Jane Guttman

CORTNEY FISHER, Interim Director of the Jewish Coalition Against Domestic Abuse (JCADA), will speak at the Quarterly Meeting, Tuesday, November 13, at the Mason District Governmental Center. As described on its web site, <https://jcada.org/>, the organization “is committed to providing high-quality services to all residents of the Greater Washing-

ton DC community without regard to race, national origin, ability, background, faith, gender or sexual orientation.”

A motto of the organization is “Love Shouldn’t Hurt.” The organization’s hot line, if you know of anyone who is “affected by power-based violence,” is 1-877-88-JCADA(52232). The service is free and confidential. ■

Snappy Tappers to Dance at Coffee and Conversation

Jane Guttman



County Golden Gazette, “don shiny tap shoes, wear glittery costumes and move rhythmically to upbeat music.” The group has been in existence since 1987 and currently features Lake Barcroft neighbor Christina Anderson. Following the performance please stay for coffee and some holiday treats. ■

THE SNAPPY TAPPERS, a group of dancers who are mostly over the age of 60, will perform at a special Coffee and Conversation on Monday, December 10 at 1:00 p.m. at St. Alban’s Parish Hall; 6800 Columbia Pike, Annandale, VA 22003.

Join your fellow Villagers at a performance by the dance troupe who, according to an article in the Fairfax

New Social Members Affiliate with Village

The Village welcomes new social members Jill Pettibone, Burton Circle; Mary Margaret Flannery and John Albertella, Duff Drive; Marcia Grabowski and Rick Kercz, Waterway Drive; and Slava and Shirley Timashev, Potterton Drive.



Lee Jay Nelson Performs at Happy Hour

Jane Guttman

A RECORD CROWD attended the August 25 Happy Hour at Terry Stone's Crosswoods Circle home to hear Lee Jay Nelson perform and to enjoy an assortment of appetizers and beverages. The weather cooperated; attendees enjoyed some of the best temperatures of the summer and thus were able to gather around the pool.

Lee Jay performed such favorites as "My Way" and "New York, New York." Terry Stone sang along with him on one number (see photo).

Lee Jay has performed as front man/singer with various groups and has served as entertainment director at several well-known resorts. Currently Lee Jay performs in cabaret shows and acts in comedies and dramas. ■

Losing Your Spouse

Jane Guttman

At the September Quarterly Meeting of the Lake Barcroft Village, Linda Woodrow and Louise Ziebell shared their experiences with the sudden loss of a spouse. Linda noted: "the support of the neighborhood in Lake Barcroft has been a great boon to me." Louise mentioned receiving over 200 sympathy cards and how she appreciated the thoughts.

If a spouse is ill or has had a sudden heart attack or stroke, "You have to say what you want" when you deal with doctors, suggested Louise. Linda cautioned that after someone dies "You have to have a death certificate to do anything." Louise suggested ordering 15 copies of the death certificate, because every entity that has an account for you will want one.

Both speakers discussed the loneliness that they felt. Louise said "You will never be the same person you were before." Linda stated "You have an empty house when you come back home. . . Your family and your friends are going to work with you."

Some of the suggestions provided were: 1) both partners should discuss future funeral arrangements and the type of service desired; 2) make sure you have a will. Linda said "If you don't have a will, Virginia has one for you," implying that the state-mandated will for those who die intestate might not suit you. She pointed out that you also need an Advanced Medical Directive and a Durable Financial Power of Attorney. Both partners should know how to contact your lawyer, CPA and financial planner. The information should be shared with the family before someone passes away.

Linda mentioned that both partners should know which monthly payments are automatically taken out of the bank account or posted to a credit card; both partners should know how to access the computer, the cell phones and any other electronic devices. That means sharing the passwords. Louise emphasized that knowing the location of the vehicle titles is important.

Both speakers warned that one needs "immediate liquid assets" of

\$3000 to \$5000 and cash for three months' worth of expenses.

Louise noted that obituaries and death notices can be attractive to scammers, so one should be prepared not to fall for the scam. She herself received a phone call from a clairvoyant.

Linda and Louise offered to give a follow-up session for the Village. If you are interested, please contact Cindy Waters. ■

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Compost Happens!

Judy Hilton

COMPOST is so much more than just a fertilizer or soil conditioner. It is part of the continuity of life itself. Nature has been making compost from the earliest appearance of life on this planet, recycling nutrients through the natural decomposition of plant and animal waste. The compost heap in your garden is a replication of this natural process. The benefits for yard and garden are legion.

Aside from feeding your plants, the soil you treat with compost provides drought protection, helps stop erosion and has improved aeration.

There are a variety of ways to compost yard and kitchen wastes, depending on how much time and effort you are willing to spend. There are many products on the market with a range of costs to aid in the making of compost, but none of these are really necessary. What is necessary is a pile of high-ni-

trogen greens (vegetable peelings, grass clippings, coffee grounds) and high-carbon browns (shredded paper, hay, fallen leaves.). No meat or fats, please. Throw in a handful or two of good garden soil for a starter. This mixture can be in an open bin, closed container such as a garbage can, or simply heaped on the ground. The pile must be kept moist and aerated.

An alternate way to compost is in trenches or postholes in the ground.



Nearby plants stretch their roots to reach these nutrients. Or you may want to prepare the ground this way for a future garden bed.

Compost happens when conditions are right for the materials that are present to break down. It may happen quickly or slowly, depending on the conditions. Either way you will be rewarded with beautiful, crumbly, sweet-smelling “black gold” and your garden will thank you. ■

Discounts Available to Seniors

The Villager has learned about some additional discounts that are available to seniors. One of those is at Treasure Trove, the gift-filled thrift shop on Columbia Pike. A second is at the wonderful Silver Diner. See below for all the discounts for which we are eligible, some gleaned from the AARP web site. You can also find a list of discounts on our web site at:

<https://www.lakebarcroftvillage.org/senior-discounts>

Furry Friends

Columbia Pike Animal Hospital gives a 10% senior discount on medical care.

Gardens

Meadows Farms Nurseries allows senior citizens (65+) a 10% dis-

count on retail plant purchases every Wednesday.

Groceries

Harris Teeter: Club 60 shoppers (60 or over) who use their VIC card will receive a 5% discount every Thursday.

All **Shoppers 55+** should check out the clearance items the first Monday of each month. If an item has a red dot you get an extra 20% off.

Prescriptions

COSTCO pharmacy is available to non-members where required by state law. The Costco Member Prescription Program is a value-added benefit of a Costco membership. However, you do not have to become a Costco member or join CMPP to con-

tinue buying prescriptions at the pharmacy.

Dining Out

Villagers get 10% off at:

City Diner, 5616 Leesburg Pike, Falls Church, VA 22041

Anthony's Restaurant, 3000 Annandale Rd, Falls Church, VA 22042

Seniors 65 and over get a 10% discount at **Silver Diner** (all locations).

At **IHOP**, if you're a guest 55 or over, you can enjoy a senior discount on a number of items from the Senior menu.

Retail

At the thrift shop **Treasure Trove**, seniors get 15% off on Tuesdays from 10 to noon, and 10% off on Tuesdays after noon.

Kohl's gives a 15 percent discount to those age 55-plus every Wednesday. ■

Interview: Don Christian

Anne Murphy O'Neil

DON CHRISTIAN, with his son, Kent, and daughter-in law, Heather, both world-travelers, greet me in the entry to Don's home on Waterway Drive.

Descending to the main level of his home, we find a fascinating display of paintings and sculptures, and a great room furnished in lively early sixties vintage contemporary style.

Don: Ruth was an artist, a silversmith and a magnificent painter. Ruth chose all the furnishings in our home. When she first came upon the Lake in 1957, she jumped in for a swim, and was chased out by the head of water safety. Vowing she *would* swim in the Lake, she convinced me to purchase a lot on Quaint Acres Circle and a year later, in 1964, our real estate agent invited us for dinner at her home on Half Moon Circle. The dogwoods were in bloom and the moon shimmered on the Lake. We knew we had to live on the water and the next morning at 6 a.m., we began looking at houses on the Lake. We found this one which was still under construction.

When did you discover your talent for art?

D: I drew anything and everything, in grade school. I enrolled in the Art Department of the University of Michigan. The focus was on training art directors and it stressed the humanities. I got my MA at Bowling Green State University thinking I might end up teaching.

I worked in the government for a time, but didn't enjoy it. Ruth was working for a national trade association and said: "I've got contacts. You can set up your own graphics



studio to serve them. They all run educational programs, need letterheads and advertising, etc."

So that's what I did. I started my own business in 1963. Ruth and I worked together. I never knew for sure where the work would come from, but it was always there. I had fun with everything I did. Nothing lasted long enough to get boring. I retired in 2009, but still design graphics pro bono. I love giving something back. If it has to do with graphics, I'll do it.

You do it for us here in the Lake.

D: Yes. Years ago, George McLennan and I partnered to produce the Lake Barcroft Directory. I still do ads for the newsletter, and now I'm working on the Villager. I do graphics for every organization I belong to.

What are they?

D: I've been singing with a German choir for nearly 60 years, the Washington Sängerbund. I also sing in the adult choir of the International German School of Washington in Potomac, MD. Tom and Trippi Penland have a ukulele group with 30 or 40 members. We play and sing together. I have a 3" thick book of Hawaiian music.

How did you get into singing and playing the ukulele?

D: My father gave me a ukulele when I was in high school. The resident advisor of my college dorm was Hawaiian and encouraged my playing a uke. I've always liked singing in German — ergo most of my repertoire in in German. When Ruth and I drove places together, she drove; I sat in the front passenger seat, singing and playing. Ruth liked it.

What else do you do for fun?

D: I was on the ski patrol at Bryce Mountain for 40 years. Now, I'm the race starter, I do the count-down for each racer at the start of races. FIS sanctioned races, NAS-TAR and collegiate races, there's one or more races every Saturday and Sunday. I love it!

I've been collecting stamps since I was 8 years old. I always liked geography and history. I'm very curious about who people are, where they're from and why they do what they do. Stamp collecting satisfies all those interests. ■

Photography Group Forming

Those who have an interest in learning more about photography and how their cameras work, and who want to share helpful tips at every level are welcome to join the new photography group that the Village is organizing.

Participants will develop their own agenda. Those who are interested will be invited to an informal get-together to work out the meeting dates, times, places and general agenda. If you think you might like to participate, contact Village Executive Director Cindy Waters at lbvcoord@gmail.com or 703-354-0652. ■



Book Review: Citizens of London

Priscilla Weck

Citizens of London: The Americans who Stood with Britain in its Darkest, Finest Hour by Lynne Olson is a compelling read for everyone — even those who think they know everything about the power struggles of the U.S.-British alliance in WWII. Olson has written a fine, well-documented book about the early days of WWII and about three Americans who were instrumental in changing America's willingness to go to Britain's defense-- John Gilbert Winant, W. Averell Harriman and Edward R. Murrow.

John Winant was appointed U.S. Ambassador by Roosevelt to replace Joseph Kennedy, who believed in Britain's inevitable defeat by the Germans. Winant was a strong supporter of Britain, worked well with Churchill, and convinced a cautious President and dazed Londoners that the conflict could be won by Britain and its allies. He had a strong social conscience and a deep compassion for others that led him to walk through the bombs' wreckage in solidarity with the Londoners and to report the urgency of the US support needed to turn the tide.

Averell Harriman was appointed by Roosevelt to be his Lend-Lease liaison with the British government. Harriman wanted

Continued next column



Happy Hour at Glory Days

The Village had an unusual Happy Hour at Glory Days on Saturday, October 27 from 4 p.m. to 6 p.m. Members chatted as they sat around tables in Glory Days' private back room and enjoyed the food and drinks they ordered. ■

Book Reviews, continued

this position to help save Britain from defeat by providing aid. An internationalist, he truly believed that the United States had a moral obligation to support Britain and France. But Harriman was a charming business man who used his position to enhance his own agenda. In addition, he also made time to have a long-lasting affair with Pamela Churchill.

Finally, Edward R. Murrow as the head of CBS's European operations held regular broadcasts to the USA that were helpful in turning American opinion about supporting the war. For him, the American isolationist position

Villagers Enjoy Pot Luck Dinner

Dawn Donald hosted a lively Pot Luck dinner at her home Sunday, October 7. The following were the cooks for the event: APPETIZERS — Jane Guttman, Sheila Wayman, Janet Kerley; MAIN — Ron and Jane Karpick, Jane Guttman; SIDE DISH — Shirley Timashev, Carol Bursik/Roger Soles, Liz Gianturco and daughter Lisa, Louise Ziebell; DESSERT — Sunny Greene, Ellen and Stuart Feldstein, Annemarie Russell. ■



Photo by Eytan Welicker

was untenable and he brought into American homes the reality of the Blitz in London and the courage of the Londoners to survive it. *Citizens of London* is the behind-the-scenes story of the fragile position in Britain in 1941 that so greatly influenced these three men, their close ties with Winston Churchill, and their influence with Roosevelt and the American public. As Tom Brokaw wrote in a review, "*Citizens of London* is a great read about a small band of Americans and their courageous role in helping Britain through the darkest days of early WWII. I thought I knew a lot about this dangerous period, but Lynne Olson has taught me so much more." ■