

# CLEVELAND & WOODLEY PARK VILLAGE

NEIGHBORS HELPING NEIGHBORS



## FALL NEWSLETTER

October 2014

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### Versatility with a Smile



## VOLUNTEER

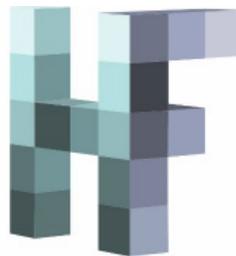
### Volunteer Susan Quanton



Susan Quanton, a California native, has become one of the Village's most versatile volunteers: helping in the office, working information tables at summer farmers' markets and polling places, handing out flyers and doing personal assistance and visits.

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## Village Scores Home Run with Home Front



**HOME FRONT**  
COMMUNICATIONS

There is luck and there is providence - something meant to be. The Village relationship with Paul Frick and his company, Home Front Communications is the perfect match of a small non-profit and a neighborhood volunteer, both committed to making a difference in the community.

Paul first encountered the Village when he signed up at our information table at a local farmers' market. Since then he has provided pro bono expert services through his national communications firm to boost our image and message.

Paul tells the story in his own words:

*"The Village and its neighbors helping neighbors mission really caught my eye the first time I saw it. It's an old idea, but still extremely important. It's really saying that we are as strong a community as we have time to offer, and reminds us that we all need to pitch in now and then. So I was already predisposed to get involved, but when the Village called out for help with branding and website design, I saw it as a way I could volunteer and contribute professional services as well."*



*"The experience couldn't have been more fun or rewarding. Top to bottom the volunteers who are The Village are amazing to work with. They are as committed to the mission as you'd expect, but they also really enjoy working together. They bring real expertise and deep experience in community service - the kind you might only find in Washington. It's an impressive group and their tremendous success after only a year proves that."*

We thank Paul, his graphic designers and our Home Front project manager Emily Freedner for their guidance, time, and expertise. They helped create our new logo and brochure. Watch for the unveiling of our new web site soon!

And please let us know if you or your company can also partner with the Village to score another home run for the Cleveland & Woodley Park community.

"The first thing was bringing a home bound gentleman a weekly breakfast from McDonald's," she said. "Then it was carrying out books for him." She has accompanied one member who needed regular walks and has simply visited with another, and works in the office one day a week.

Cleveland Park homeowners since 1969, Susan and her husband Tony retired in 1997 after his long career in the Foreign Service, where he served on every continent: Australia, then India, Pakistan, Paris and Nepal; then as ambassador to the Central African Republic, Nicaragua, Kuwait and Peru. Susan taught English in a variety of schools and institutes abroad and at the National Cathedral School during interim postings in Washington.

The Quaintons attended the first Village orientation in spring 2013 and Susan volunteered right away both because she saw how great the need is for Village services and "because eventually we'll be needing services ourselves." She especially likes hearing members' life stories and socializing with them. "Overcoming isolation is the big thing," she said. "The Village system is a marvelous way to meet the needs we all have."

## Writing Around the World



**MEMBER**

### Member Peggy Nalle

It was the early 1970s, the height of the Cold War, and Peggy Nalle was living in Moscow. One day she was approached on the street by a man who asked if she spoke Russian. When she said she did, he told her he was an

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## Director's Note: On "Bothering" Others

*Susan Hester, Executive Director*



"I just can't seem to get this done but it's too embarrassing to ask for help".... "I don't want to bother anyone with something so trivial".... "I don't want to be a burden".... "I really don't want anyone's pity"....

Americans are told from birth to be independent. Asking anyone for help, even with major life challenges, can feel like failure. We may be humiliated by struggling with small tasks that used to come easy - getting groceries, changing light bulbs, raking the leaves, sorting through that pile of papers, writing that letter. We should be able to do these things!

So we postpone them. Then we don't visit the doctor because we need a ride. And because projects accumulate and there's no tea, we stop inviting people in.

It's a vicious circle. Isolation can creep up on anyone, but especially as we grow older. Isolation happens. We leave the workplace, family lives elsewhere, our friends' health declines so we don't see them as much. That's why the Cleveland & Woodley Park Village exists - to keep everyone in our community connected to one another.

The Village is all about connecting. People connect when they do things together. By asking for some assistance, you are giving a Village volunteer an opportunity to connect. As we travel through this journey of aging, the connections - "the company of others" - is so important, for all of us.

Those small tasks and errands are opportunities for our volunteers, and that's why they have made themselves available - to drive to the doctor, sort the papers, go to the movies, rearrange the shelves. Members join in part to get those things done. Volunteers join in part to lend a helping hand. So there's no reason not to connect the two.

If something is difficult but needs doing, it doesn't matter what it is. Just ask. Really, it's no bother. That's one very important reason why we're here.

## Cleveland & Woodley Park Village Presents at Annual Village to Village Conference

On September 29-October 1, three of our Village volunteers were among the 275+ delegates from the 140 Villages nationwide gathered in Crystal City for the Village to Village Network annual meeting. Attendees learned best practices and shared information with each other. Topics included Village development and sustainability, service delivery, fundraising techniques, advocacy and outreach.

Cleveland & Woodley Park Village, Executive Director, Susan Hester, co-presented a workshop on Creating Diversity and Intentional Inclusion in Villages. All the conference presentations can be found on The Village to Village Network website.



*Elizabeth Fox poses a question at the conference.*

artist in trouble because he didn't want to paint in the government's favored "social realism" style.

"I got to know a number of these artists and was able to buy some of their works," she said and those abstract and futurist paintings now decorate her Washington apartment.



A native Washingtonian, Peggy's first job after graduating from Smith College was "as a copy boy" at the old Washington Evening Star, she said, laughing. She moved up to be a reporter, but "like most newspapers of the time, the Star didn't much like women reporters," she said. It assigned her to cover the National Zoo. Then it was the police beat and the courts.

So Peggy quit to join the CIA as a writer and editor. Then she met her husband of the next 55 years, an employee of the U.S. Information Agency, and traveled with him to postings in Syria, where she spoke French with the former colonials; Iran, where her husband spoke Persian; Jordan; and finally Moscow.

Back in Washington, Peggy became a speechwriter for Sen. Charles "Mac" Mathias (R-MD) and then his principal assistant. After he retired, she became the Washington representative for the American University in Cairo.

Peggy and her husband moved to Cleveland Park in 2002. She joined the Village in its early days "because it was my patriotic duty to support the local civic associations" and for transportation services. She has also volunteered to send out flyers, but writing is still her first love. "I hope to be useful doing that for the Village at some point," she said.

## Upcoming Events - Mark Your Calendars!

Take a look at our upcoming events and join us when you can. Everyone is invited to Village events - members, associate members, volunteers, and supporters. **Please RSVP to attend. Members can also call to schedule a ride:** 202-615-5853 or email [info@ClevelandWoodleyParkVillage.org](mailto:info@ClevelandWoodleyParkVillage.org)

### Lunch Bunch

**Wednesday, October 8, Noon - 2 PM**

Clyde's of Chevy Chase  
5441 Wisconsin Ave, NW

**Wednesday, November 12 - Noon - 2 PM - Blue 44 of Chevy Chase**

**Wednesday, December 10 - Noon - 2 PM - Location TBD**

### Movie and Light Lunch

**Thursday, October 16, 10:30 AM - 1:30 PM**

Avalon Theater, 5612 Connecticut Ave, followed by lunch and conversation at Bread and Chocolate at 5542 Connecticut Ave (a short walk). Movie is always the current feature film showing at Avalon.

**Thursday, November 20 - 10:30 AM - 1:30 PM**

**Thursday, December 18 - 10:30 AM - 1:30 PM**

### Cultural Outings

**Tuesday, October 28, 11 AM - 1 PM**

A tour of the Print Room at the National Gallery of Art with lunch at Cascades Café in the Gallery. Space is limited - first come, first accommodated. We must have our list of attendees by October 15.

**Tuesday, November 18 - 11 AM - 1 PM**

A tour of the National Museum of the American Indian with lunch at Mitisam Café.

**Tuesday, December 16 - 12 PM - 1 PM**

A holiday concert from the church's premier musical ensemble. Church of the Epiphany, 1317 G Street.

### Volunteer Orientation

**Sunday, November 2, 4 PM - 6 PM**

The Broadmoor, 3601 Connecticut Ave, Come for a Volunteer Orientation to learn more about the Village, our programs and ways you can volunteer. Explore many opportunities to assist our senior members and/or to work in the office or be part of the organization's development by serving on a committee.

### Cards and Games

**Wednesday, November 5, 1 PM - 3 PM**

Forest Hills of DC, 4901 Connecticut Ave Scrabble, checkers, chess, and more. Seeking BRIDGE players - must sign up ahead of time. Tea-time refreshments will be provided.

## It Takes a Village



### Donations are welcome

We rely on your generous support to keep the Village going day-to-day. Please consider a tax donation by visiting us on our website or by calling us at 202-615-5853.

## In Memoriam

**Donato "Dan" Casciano**  
January 11, 1935 - July 7, 2014

**Candida Frazee**  
March 25, 1945 - August 8, 2014

**Armen Tashdianian**  
November 22, 1934 -  
August 8, 2014

## Village Staff

### Staff

Susan Hester,  
Executive Director  
Chris Covell,  
Program Assistant  
info@clevelandwoodleyparkvillage.org  
202.615.5853

### Newsletter

Joanne Omang, Editor  
Cathy Crouch,  
Communications & Outreach



Cleveland & Woodley Park Village is a welcoming Village. Call us to learn how you can be part of our community.

## Village Volunteers Enjoy the Experience



Volunteers say their work with the Cleveland & Woodley Park Village is fun, interesting and easy, according to a recent survey by the Volunteer Committee, and two-thirds have suggested that their friends and family should volunteer as well. About half the 143 current Village volunteers

responded to the summer online survey, and 97 percent or more said they are satisfied with their experience - the support, the scheduling and the social events especially. About a third would enjoy a program with a speaker, a Happy Hour or a dinner with other volunteers. We'll make it happen! To see the full recap of the survey results, visit [www.clevelandwoodleyparkvillage.org](http://www.clevelandwoodleyparkvillage.org).

## Game Days

At the September gathering we had a table of four for bridge, a table of two for Scrabble and another table for an additional board game.



*Villagers enjoy a good bridge game.*

"I enjoy getting to know our members in a small personal surrounding and seeing them interact in an environment that challenges their intellect," says board co-chair and volunteer Suzanne Rooney.

## Join the Cleveland & Woodley Park Village!

### Member

**Individual: \$500 Annually**

**Household: \$750 Annually**

**Reduced fee (call for information)**

Enjoy individual services provided by our Volunteers and participate in social activities

### Associate Member

**\$250\* Annually**

Enjoy social activities and stay informed

\*Tax-deductible donation

### Donor

Make a tax-deductible donation to ensure the vitality of our village. Send a check or donate online at [www.clevelandwoodleyparkvillage.org](http://www.clevelandwoodleyparkvillage.org)

### Volunteer

Provide member services and/or organizational support. Attend our 2-hour Volunteer Orientation and then volunteer on your schedule and for activities that please you.