



Fall 2015

Moving On and On



VOLUNTEER

Volunteer Phyllis Gestrin by Steve Elkin



Phyllis Gestrin

Phyllis Gestrin loved playing the piano, but when UNICEF sent her to Somalia, pianos were hard to find. So, in her 50s, Phyllis took up the cello. Such adaptability has

taken her from her initial study of mathematics to degrees in psychology, physiology and public health, and from computer programming to work in public health and development. She traveled with USAID, the Peace Corps and UNICEF, among other organizations, and said she has been in 29 African countries. "It's important not to be afraid to change careers," she said. "If you find something is not right for you, you should move on. And that was what I did."

Retiring to Tilden Gardens with her husband Yale Richmond in 2000, Phyllis volunteered early at the Village and now helps in the office with writing letters, filing and computer work. "The Village is a great idea. More and more people are staying healthy longer but they just can't manage a few things," she said. "This is where the Village comes

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Villagers meet a Food Pioneer: Coffee & Conversation with FRESHFARM Markets' Ann Yonkers



Villagers learn about DC's FRESHFARM Markets from guest speaker, Ann Yonkers.

A delicious revolution is changing the way people think about food, right here in the Chesapeake Bay region. And on July 15, Ann Harvey Yonkers, local-food pioneer and co-founder of FRESHFARM Markets, shared the story of her dynamic nonprofit farm-to-table organization with 30 Village people.

Yonkers gave tips on food preparation and storage as everyone enjoyed luscious apricots, Elizabeth Fox's herbal dip Tzatziki and Chris Covell's pickled strawberries with tarragon and cracked black pepper.

Starting 18 years ago to build and strengthen the local, sustainable-food movement, FRESHFARM now includes 13 open-air markets offering produce from 110 farmers in the five-state area. Most operate seasonally, but two - Dupont Circle and Silver Spring - are open year-round. FRESHFARM also runs five education programs on environmental issues and the health benefits of fresh foods.

Yonkers invited Villagers to visit a FRESHFARM market or take a virtual tour at freshfarmmarkets.org. You will be amazed at the food revolution that is FRESHFARM Markets!

in: it helps people stay in their homes.” She suggested that future Village programs might offer help and information on sensitive issues like elder care, wills and trusts, perhaps in the newsletter alongside word of social and cultural events. Cleveland -Woodley Park is a rich resource, she said: “It’s so full of life. I feel at home here-the shopkeepers know me. Some even know my name. There are people on the streets at all hours and all kinds of people - toddlers, seniors, young people. It’s a parade.”

Making New Friends



MEMBER



Elizabeth and Tom Fox with grandsons, Owen and Charlie

What Our Members did on Their Summer Vacations!

Village and Board members Elizabeth and Tom Fox planned a big trip for their 50th wedding anniversary - a trip to Rome, Athens and other parts of Greece with their grandsons, Owen (13) and Charlie (10). The boys are well versed in Roman and Greek history and architecture due to their schooling and popular fiction for their age. The Colosseum (in background) was a favorite for everyone. The whole two weeks were full of fun and learning for all! “We liked that traveling with my grandparents was different from traveling with my parents.” Owen and Charlie.

Audrey Alvarado and wife Kate had the trip of a lifetime this summer: 3 months exploring Morocco, hiking in Cornwall, hot

New Textile Museum Tantalizes Village Members

by Carren Kaston

On July 24, some ten enthusiastic members set out on the Village’s monthly museum jaunt, this time to the new Textile Museum. For many years, the collection’s beloved home was the John Russell Pope-designed Kalorama house of the museum founder, American forester and textile collector George Hewitt Myers (1875-1957). But on March 21, 2015, the museum reopened as part of The George Washington University on the Foggy Bottom campus, gaining a new and larger, more versatile space.



A sampling of treasures found at the new Textile Museum

The new museum remains true to Myers’ founding vision—to expand public knowledge and appreciation of the artistic merits and cultural importance of the world’s textiles. A pioneer in the appreciation of handmade textiles as art and collectable objects, Myers found it appealing that textiles were the products of anonymous artists, rather than objects valued for the sake of the name or reputation of someone famous.

Our tour guide, Linda Yangas, treated our group to delightfully informative commentary on the museum’s largest exhibit to date, Unraveling Identity: Our Textiles, Our Stories. The exhibit showcased more than 100 pieces spanning five continents and 2,000 years, up to the present. Monthly museum visits are arranged by Village member Carolyn Kulisheck. Want to see an exhibit? Email her at info@clevelandwoodleyparkvillage.org.

“Money Smart” Seminar: Don’t Be Fooled!

by Sandy Rubin

The offer is great, too good to be true! And it isn’t! You haven’t really won the lottery or the sweepstakes; the reverse mortgage is a fraud; the free-lunch investment seminar will cost you plenty.

A briefing on these scams and others, titled Money Smart for Older Adults: Preventing Financial Exploitation, drew 10 Village people to the Northwest Neighbors Village on August 24. Idrysis Abdullah of the DC Department of Insurance, Securities and Banking joined Fiona Drury, a Senior Case Manager at Iona, to discuss what makes older adults vulnerable to abuse.

Factors include trusting and polite natures, social isolation, diminished capacity for decision-making and judgment, dependency on caregivers and family, and lack of familiarity with financial matters.

The sad truth: family members, caregivers or others with a fiduciary relationship to the victim are the most frequent abusers. Scams also include contractor and home improvement deals, telemarketing, mail order offers and door-to door operators. People with Caller ID shouldn’t answer unknown numbers, especially from the 876 area code: it’s a part of Jamaica where many scammers operate.

No Village attendees have so far been victims, but the seminar reminded us to be wary. For help with scam attempts or exploitation, contact Chris DeYoung at 202-996-6266, or the Health Insurance Counseling Project of GWU Law School at 202-994-6272.

air ballooning in Turkey, visiting friends in Australia and going to the far reaches of Vietnam.



Here we see Audrey aboard her Dromedary (for the uninitiated, that's a one-hump camel). They rode their beasts out into the Moroccan desert, spending the night in tents under the stars. Audrey calls her Dromedary ride, particularly the way down, like a "slow moving roller coaster - holding on tight and hoping not to tip." Audrey and Kate prove that Villagers remain active, curious, and adventurous!

Upcoming Events



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 schedule a ride at 202-615-5853 or email info@ClevelandWoodleyParkVillage.org

October 7 - A Walking Tour of the Tregaron Conservancy,
11:00am-12:00pm

Farewell Party

October 9 - A luncheon at the Broadmoor to say farewell to Village Program Coordinator, Chris Covell, 12:00pm-2:00pm

October 12 – Volunteer Orientation, 6:30pm-8:00pm (monthly)

Moving? Decluttering? How about a Yard Sale?

Thank you to Associate Members Joe and Embry Howell for donating 100% of their pre-moving yard sale to our Village! Despite a rainy day, people showed up all day long, many very grateful for their bargains and for learning about our organization. Neighbor Carol Simon said, "I noticed the yard sale signs, but it wasn't until I saw: Proceeds will benefit the Cleveland & Woodley Park Village that I decided to come."



One happy customer with Embry Howell

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October 14 – Lunch Bunch,
12:00pm-2:00pm (every 2nd
Wednesday of the month)

**October 23 - Arts Club of
Washington Concert and
Luncheon,** 12:00pm-2:00pm

October 29 – Tea Time,
3:00pm-4:00pm (monthly)

**November 19 - Freer Art
Gallery Tour,** 1:00pm-2:00pm

**December 2 - Matinee at
Theater J: Sons of the
Prophet,**
12:00pm-2:00pm

**December 15 - Christmas
Concert by the Epiphany
Choir,** 1317 G Street,
12:00pm-1:00pm

Stay tuned for future dates!

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

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Director's Notes: Lots to do - Join us!

by Mark Ohnmacht, Executive Director



I have been the Executive Director at the Village a little over 8 months. What an exciting time it has been for the Village and me!

I have had the chance to meet so many of our Village members and volunteers. It is a joy to know them and work with them. I have very much enjoyed observing and attending the Village's programs - lunches, tours, and seminars.

Here is my assessment: We need to expand the programs, events, and social gatherings that we offer. Also, we need to provide topics of interest for all our members, so that they can successfully stay in their homes.

Let's create new opportunities and adventures for our members. We will naturally continue to provide help and services to our members as requested. And, we want to offer more choices and opportunities for our members to enjoy. Some ideas: Estate planning, Walking groups, Meditation, Yoga, Afternoon Tea, Book Clubs, more Cultural Events...

I would also welcome your participation in our effort to expand programming for the Village community. Would you like to plan a single event? Or our Village Membership Committee is on the lookout for new members to help with programming ideas and outreach to our members. If you have some time to spare, I know we will benefit from your engagement and participation.

I will be sending out a survey by email inviting you to take part by offering your suggestions on the quality, variety and scope of our programs. We welcome your feedback and want to be informed about your preferences for activities, services, and opportunities to make your life richer and more enjoyable.

Join the 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

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Make a tax-deductible donation to ensure the vitality of our Village. Send a check or donate online at www.clevelandwoodleyparkvillage.org/donate

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. Check out our Village calendar at www.clevelandwoodleyparkvillage.org.