

CAPITOL HILL VILLAGE

MARCH 2011

NEWS

Post Gala Events: The Fun Continues in March!

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Gala attendees ponder the selection of salon dinners, auction items, and lessons.

Gala dancers danced all night — or at least until the band closed down after 11.

Yet, events resulting from Capitol Hill Village's Third Annual Stardust Gala at St. Coletta School on January 29 will continue for months.

For, the second major activity after dancing was bidding for auctioned vacation-home visits, salon dinners featuring popular speakers, neighborhood restaurant coupons, local business services, and specialized lessons such as golfing and knitting.

Traditional line dancing was offered to get attendees off their chairs; in fact, the music of Doug Bowles and his SingCo Rhythm Orchestra kept the dance floor full most of the evening.

► *continued on page 5*

Heard Whispers? Learn about Minute Clinic

CVS Minute Clinic — a “secret that needs wider distribution,” suggests Capitol Hill Village member Paul Malvey. Late last year, after his initial clinic visit, Malvey declared: “Yeh, Minute Clinic!”

Malvey visited the clinic after a scraped shin from a sailboat accident became infected. For a \$10 insurance co-pay, he learned about the infection and received a prescription.

For individuals without insurance, Minute-Clinic treatment starts at \$69. The CVS One-Minute Clinic is located at 845 Bladensburg Road NE, is staffed by a professional nurse, and open the same hours as the drug store, including evenings and weekends.

Malvey may be CHV cheerleader for the Minute Clinic, but several other members and Village staff

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Upcoming Events

Thursday, March 3 • 6:00 pm

SE Library, 7th Street SE, one block from Pennsylvania Avenue

Capitol Hill Resident Describes Growing up in China

Margaret Hollister, a longtime resident of Capitol Hill who grew up with her missionary parents in China in the 1930s, will discuss and read from her new book on growing up in Peking, *Inheriting China*. The event is sponsored by Friends of SE Library, which Margaret and a friend initiated 20-plus years ago. Margaret, who is 94, is the Hill's “library lady,” much as CHV member Margaret Missiaen is the Hill's “tree lady.”

Margaret has been a strong advocate of reading and DC libraries for years. She re-established the Friends of Southeast Library in the 1970s.

► *Upcoming Events continued on page 17*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	1 Qigong, 10 am, see p. 20	2 Yoga Class, 6:30 pm, see p. 20	3 Qigong, 10 am, see page 20 Growing Up in China Talk , 6:00 pm, see p. 1	4 Call the office today: 1) By noon to arrange Mar. 5 Hazardous Waste pickup, and 2) By 3 pm to reserve a spot at the Mar. 9 Toscana Cafe dinner.	5 Hazardous Waste Pickup , Starting at 9 am from your house, see p. 17
6	7	8 Qigong, 10 am, see p. 20 Call the office to buy tickets for Mar. 19 play "The Chosen" Men's Urological Issues Talk , 6:00 pm, see p. 17	9 Yoga Class, 6:30 pm, see p. 20 Dinner at Toscana Café , (BY RESERVATION ONLY- SEE MAR. 4) 6:30 pm, see p. 17 Call the office by 3 pm to arrange Mar. 11 book pickup	10 Qigong, 10 am, see p. 20	11 Book Donation Monthly Pickup , starting at 9 am, see p. 18	12 FOSEL Monthly used-book sale , 10 am-3 pm, SE Library
13	14 Call the office by 3 pm to reserve a spot at the Mar. 16 AARP Driving Class	15 LOC Guided Tour: Civil War Maps of the Washington Region , 9:45 am, followed by Lunch. see p. 18 Literary Club , 6 pm, see p. 18	16 AARP Driver Safety Class , 9 am – 4:30 pm, see p. 18 Pre-St. Paddy's Day Irish Celebration , 5 pm, see p. 19 Yoga Class , 6:30 pm, see p. 20	17 St. Patrick's Day Qigong , 10 am, see p. 20	18	19 Play: "The Chosen" , 2 pm matinee, see p. 19
21	21	22 Qigong, 10 am, see p. 20	23 Yoga Class, 6:30 pm, see p. 20	24 Qigong, 10 am, see p. 20 Jewelry Repair , 1 pm, see p. 19	25 Balance class , 12:30 pm, see p. 14	26
27	28	29 Qigong, 10 am, see p. 20 Call the office by 3 pm to reserve a spot at the Mar. 30 Gauguin Talk	30 Lunch at the National Gallery , (11:45 am) before Gallery Talk: Gauguin, Maker of Myth , 1 pm, see p. 20 Yoga Class , 6:30 pm, see p. 20	31 Qigong, 10 am, see p. 20 Chew on That , 7 pm, see p. 20	1	2

For more information about any event, or to reserve a space at an event, call the CHV office at 202.543.1778 during regular office hours (9 am to 5 pm) or e-mail info@capitolhillvillage.org

Capitol Hill Village News

To reach us: We are interested in your feedback.

Phone: 202.543.1778

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info@capitolhillvillage.org

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To unsubscribe, please send a message to unsubscribe@capitolhillvillage.org

To become a member, go to www.capitolhillvillage.org and click on "Join." Payment of dues through PayPal is available online.

To support the Village, go to www.capitolhillvillage.org and click on "Support/Donate." Or support CHV through the Combined Federal Campaign # 55474. All donations are welcome!

Capitol Hill Village Leaders

Mary Procter, President of the Board

Gail Kohn, Executive Director

Katie McDonough, Community & Social Services Director

Capitol Hill Village News Team

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From the Executive Director...

Musings on the Importance of Capitol Hill Village Volunteers

Spring soon will make Capitol Hill visibly beautiful.

Members of Capitol Hill Village know that contacting the office at info@capitolhillvillage.org or dialing 202.543.1778 will result in a clean-up of your yard.

In 2010, 85 percent of member requests were fulfilled by volunteers. We now have more than 250 volunteers.

Volunteers interested in helping with yard work often are youths and their parents, who work together, sharing the experience of assisting someone else in the neighborhood. By calling for help, you not only will save money, you will be assisting a student fulfill service-learning requirements, and make Capitol Hill a little tidier for all to see.

The most frequently requested service is transportation, universally fulfilled by volunteers. While most member trips are to medical appointments, increasingly members have asked for rides to or from an airport. That kind of help creates an opportunity for a conversation about the common interests of the two people in the car. What fun it is to compare observations and find how living on the Hill has created shared memories.

From the start, nurturing shared experience has been an important Capitol Hill Village goal. Having fun together, as we did at the 2011 Gala, creates fond memories. Thanks to those who made them happen, memories of Galas go back three years now. Funds raised from these events help cover annual Capitol Hill Village expenses.



Volunteer office assistance makes it possible to control Capitol Hill Village expenses by matching volunteers with service requests from members. In addition, office volunteers help us track information about what we do.

Please take a moment to applaud the work of Capitol Hill Village volunteers, who make it possible to do what we do to support your desire to stay in your home.

Of course, it is your determination to stay in this wonderful Capitol Hill neighborhood, which will enable you to meet your goals.

You must be ready to face future changes.

The Capitol Hill Village **Be Prepared Agenda** is an important way to test your readiness to stay where you live now. See if you can check off all the categories.

- Communicating with the health care and legal worlds.
- Have you figured out who will represent you if you are incapacitated? If so, you are ready to write durable powers

► *continued on page 4*

From the Executive Director *continued from page 3*

- of attorney for health care and financial decision making. Ask Capitol Hill Village for model documents.
- Have you written a will? Consider whom you want to own your prized possessions. Do not test fate by waiting for a death-bed scene. Capitol Hill Village can help you with an attorney, who can put your wishes into a legal document the DC government will accept.
 - Do you have a list of important documents and where they are safely located? Does a family member or friend know where to find that list? Capitol Hill Village has a general check list for you to personalize.
 - Are you staying active and have a satisfactory relationship with a physician you trust?
 - Your balance, strength, and heart need regular workouts to keep you in shape to prevent injuries. Take advantage of Capitol Hill Village's free Yoga, Qigong, and Tai Chi workouts. Ask us to pair you up with a partner to walk and workout.
 - Control your weight.
 - Stay actively engaged with others. This is easy with Capitol Hill Village activities and volunteering opportunities.
 - If you do not have a physician you trust, contact Capitol Hill Village to discuss your choices.
 - Do you know how you will pay for long-term care, if you (like most) will need personal assistance at some point in your life?
 - How long are you likely to live? What are the financial resources you can rely upon? Capitol Hill Village can direct you to an advisor if you need help with this analysis.
 - Is your home in good shape? What can you expect to replace and have to change in the decades ahead? Through the generosity of volunteer and realtor Jason Martin, Capitol Hill Village offers you a home assessment to inventory which of your home systems are in good shape and those that are likely to malfunction. Low-income members pay nothing. Others pay \$100 for this eye-opening analysis.
 - Changes for safety made in advance pay off. Ask Capitol Hill Village to arrange an analysis by a professional, occupational therapist Tori Goldhammer. You will learn what to install for safety in your bathroom(s) and your stairs. Other structural adaptations and equipment installations may enable you to address other safety issues idiosyncratic to your home.
 - Have you sorted your collections and distributed unused and unwanted items? (If not, read the boxed text to the left for some ideas on why and how to start.)

Spring Cleaning Ideas

Many of us think about getting our windows washed and our yards tidied up for the spring. Why not add a little cleaning out to the cleaning up routine?

You may ask why dispose of stuff. Safety is the most important reason, preventing fires and falls in particular. You also can anticipate helping others who need what you no longer use. Finally, for some of us, accumulating too much stuff creates a burden for another generation.

Spring is a perfect opportunity to reduce the amount of clothing you own. While you are packing away your winter clothes and bringing out the warm weather items, donate items you didn't wear this past winter, discard worn or stained clothing, and arrange for a wardrobe consultation to see if your clothing are a good color and cut for you.

Ask Capitol Hill Village for a volunteer, who would like to help you make decisions. Use the monthly Capitol Hill Village book donation and hazardous waste pick-ups. Box up the papers you've been meaning to shred and let volunteers safely shred them for you. We also will arrange to take clothing, furniture, and other items for reuse by others.

If you can check off all these recommendations, please let us tell your story about your experience working through the list. There are many Capitol Hill Village members with good intentions to get this done.

Please ask for help from a Capitol Hill Village volunteer. Some are better at assisting others, than when they are undertaking these tasks for themselves.

—Gail Kohn

2011 Village Gala *continued from page 1*

Capitol Hill's popular former City Council member Sharon Ambrose talked with the Gala-goers about the architecturally and educationally unique St. Coletta School.

And Geoff Lewis, who is credited (along with a few friends) with initiating Capitol Hill Village, elicited smiles in placing a silver crown on the head of Village President Mary Procter, then handing Mary a royal silver scepter.

The silvery evening was a financial success for the Capitol Hill Village, with a crowd of 250 appearing (tickets ranging from \$40 to \$70), and the evening's earnings on auctioned vacation homes, salons, lessons, and dinner certificated totaled at least \$26,000.

No surprise, the vacation home auction was a success — all eight sites were claimed, several over the asking price. Two lesson offers also brought bids above the initial prices, for improving your golf game and a garden consultation. And all of the restaurant, hotel, Results Gym, and other service certificates sold, with several popular restaurants bringing more than the asking price.

Several of the Salon Dinners, which have limited numbers of guests, oversold and have waiting lists if winners cancel their attendance. Most popular on the oversold side are DC and Federal financial whiz Alice Rivlin, recently retired Federal Reserve vice chair (and husband of CHV Executive Director) Donald Kohn; and Hine School renewal team Weinstein & Esocoff.

The Salon Dinners where seats remain available include:

- ▶ **Joe Dupriest**, vice president of the Washington Capitols, April 8 dinner;



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- ▶ **Grover Norquist**, president of Americans for Tax Reform, March 2;
- ▶ **Tommy Wells**, DC Councilman Ward 6, March 12;
- ▶ **Jessica Wodatch**, founder of Two Rivers Public Charter School, March 27; and
- ▶ **Advisory Neighborhood Commissioners Kirsten Oldenberg, Norman Metzger, and Ken Jarboe** (former commissioner), April 10.

Spaces at three lessons also remain available:

- ▶ **Japanese Flower-arranging** (ikebana) on 3 Wednesdays this spring, (\$80 class);
- ▶ **Geneology** or constructing a family tree via the Internet, Tuesday, March 8, (\$35 class), and
- ▶ **Wall Painting Lesson**, Thursday, March 17 (\$35 class).

Contact Capitol Village at 543.1778 or info@capitolhillvillage.org if you are interested in registering for open spaces at any of the events.

CHV president Mary Procter and Executive Director Gail Kohn were thrilled with the turnout of 250 people for the Gala.

The winning bids for vacation homes were:

- ▶ Eastern Shore Clifton House, Tommy Wells (\$1,025),
- ▶ Whitehall Creek Home near Annapolis, Skip and Dee Seward (\$1,025),
- ▶ Waller Carriage House, Katie Kunzer (\$450),
- ▶ Dewey Beach, Shauna Holmes (\$800),
- ▶ Vermont, Bernadette & Jim McMahon (\$1,000),
- ▶ Maine Coast, Baldwin & Madeline Tom (\$800),
- ▶ Thousand Islands, Claire & Louis Kincannon (\$875), and
- ▶ Seillans, France, Donna & Martin Gleason (\$2,000).

Congratulations to the winning bidders and thank you to all who participated!

Your Recycling Makes an Interesting Field Study

By Julia Beatley

The first Saturday of each month, a truck or station wagon stops by Capitol Hill Village members' homes to pick up no-longer wanted items that are rejected by the weekly trash haulers. This pick-up includes hazardous waste, unwanted electronic equipment (known in the field as e-waste), and personal documents for shredding. The load then is driven to the Public Works Department's Ft. Totten Transfer Station in NE Washington, open for business that first Saturday of the month from 8 am to 3 pm.

Ever wonder why this special service is needed? Essentially, the District government is providing a safer way to dispose of these items. If hazardous waste and many electronic items were accepted in the regular trash, or poured down drains, they could pollute the environment and pose a threat to your health, that of your pet, and also DPW workers.

And, the District is the first local government in the area to offer residents free document shredding — a valuable service when one is disposing of tax

documents, paid bills, and other financial records. Volunteers who deliver the Village loads do not leave the site until the shredding of any documents is finished.

What are household hazardous wastes?

Household hazardous waste includes things that are poisonous or have the ability to burn or cause a fire, eat away at different materials, cause explosions, send out poisonous smoke, or damage and destroy cells and tissues. The list of accepted items is long, and includes cleaning chemicals, aerosols, antifreeze, batteries, fluorescent light bulbs, moth balls, drain openers, furniture strippers and stains, mercury thermometers, pesticides and poisons, fertilizers, windshield wiper and brake or transmission fluids, wood preservatives, and all paints but latex. Household hazardous waste items are taken from the site to a US Environmental Protection Agency facility for recycling or disposal.

Electronic items accepted for recycling include cell phones and pagers; audio cassettes;



PHOTOS: DIANE BROCKETT

A CHV member helps carry his items for recycling to the truck. It's good exercise—but you are welcome to leave your items on the porch.

computers and monitors; copy, printing, and fax machines; floppy, hard drives, and memory chips; network, video, and sound cards; TVs, VCRs, and VCR tapes; and connectors, cords, and wires.

Ft. Totten staff wrap the electronic items worthy of recycling into enormous bundles and send them to federal prisons in New Jersey or Pennsylvania. There, prison residents either take apart and repair items or separate wires and other items of value for resale.

What might not be accepted?

Things that are not accepted include latex paints, medicines, microwaves, air conditioners, tires, and more. Latex paint is not poisonous and should be dried in its can and placed in regular trash. Medicine also can be placed in



About the Author

Julia Bentley, who lives with her family on Capitol Hill, recently interned with Capitol Hill Village for two weeks. The 14-year-old is in 9th grade at The Field School.

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Recycling *continued from page 6*

your trash, with the empty bottle put into recycling (after the label has been removed).

Special city bulk-pickup is done for air conditioners, microwave ovens, and wooden TV consoles. Call 311 for a pickup appointment. Ammunition and explosives should be taken to your nearest police station.

What else happens?

Papers shredded at the Transfer Station go to a company in Rockville, Maryland, called Shredded. From there, the material is sent to a waste management facility for disposal. While most items sent for shredding are personal documents, common items like magazines also are accepted.

Computers generally are given to the facilities' own electronic recycling section if not in terrible condition. Trash transfer station staff also repair and sell reusable items, such as hard-drives that may be salvaged. They're erased of any data, and then tested to see if they are good enough for resale. If they are, then they are fixed and put back on the market.

Experienced advice

One regular Village volunteer offered some useful stories to members after making several Ft. Totten visits. "Remember that paint goes bad," he said, holding up a filled, large paint can with huge, rusty holes in its top. "Get rid of any can after ten years. Keep the paint label and number, if you might need the information, but dump your paint."

Also, he continued, clean out your personal and professional papers with some frequency. One



member, he describes as "a lousy fiduciary," recently handed over 10 boxes of legal papers for shredding.

And another member had "40 pounds, yes 40 pounds, of old pills that needed disposal." My good news," he continued, "is that the state of New Hampshire charges \$25 for this kind of pickup."

TOP: Steve Lotterman frequently helps with the Villages's monthly pickup of hazardous wastes, usually at least a carload. The paint cans at left have large rusted out holes in their lids.

ABOVE: Unwanted electronic equipment or e-waste is stacked into huge packages, that will be shipped to federal prisons where prisoners restore some items and valuable materials are salvaged, both for resale.

CVS Minute Clinic *continued from page 1*

also have received care there. CHV Executive Director Gail Kohn went for two seasonal shots, accompanied by a Village member who seemed mentally oozy.

The clinic nurse, after a short chat with the latter, said her seasonal shots should be delayed (Gail received hers) and referred the member to a nearby hospital emergency room. Doctors there concluded the CHV member had not suffered a concussion (on a recent birding trip), but then called her neurologist and referred her to the doctor's office for further exams.

Some weeks later, the CHV member returned for her seasonal shots, accompanied by another member suffering with hearing problems he assumed were ear-wax blockage. The nurse quickly agreed ear wax was causing his poor hearing, removed what she could, and advised him on self-treatment with

a product from the drug store, plus a follow-up clinic visit the next week.

A couple of days later, after hearing about the ear treatment, a CHV couple went to the clinic for similar care before they left on a two-week trip abroad.

All of these tales are to inform you about the nearby Minute Clinic and the wide variety of minor health care available there for patients at least 18-years-old. Also, in the experience of CHV, the wait is short and charges are minimal.

The clinic is not a replacement for your personal doctor; it provides quick treatment for many minor health problems. And, if your difficulties seem serious, the clinic staff will refer you to higher-level medical care,

The clinic services include a wide variety of vaccinations, from seasonal flu and pneumonia to tetanus, both Hepatitis A and B,

measles and mumps, and polio. The nurse will examine you for minor illnesses such as pink eye, sore throat, ear aches, itchy eyes, allergy symptoms, and urinary tract infections.

Exams for minor injuries also are available, such as for burns, blisters, bug bites, lacerations, sprains, wounds, and abrasions. Of, if you have a skin problem, the clinic specialties include acne, athlete's foot, poison ivy, shingles, minor sunburn, and wart treatment.

In addition to monitoring asthma, diabetes, blood pressure, and cholesterol problems, the clinic provides preventive services, including college, camp, and sports physicals; diabetes, cholesterol, and blood pressure screening; pregnancy testing; and smoking cessation assistance.

For further information, check www.minuteclinic.com.

Can You Help to Keep Our Village Open and Inclusive?

Capitol Hill Village welcomes all Capitol Hill residents as members. However, some of our lower-income neighbors are hard pressed to come up with the annual membership fees. In response, Capitol Hill Village offers a Membership Plus program, with annual fees of \$100 for individuals with yearly incomes below \$40,000, and \$200 for households of two or more earning less than \$50,000. In addition, every year, Membership Plus participants receive service certificates (\$250 for individuals and \$375 for households) to fix their homes or pay for personal care.

Funds to finance Membership Plus come entirely from designated donations and grants.

Funds to finance Membership Plus come entirely from designated donations and grants. Fees paid by members are not diverted to the program. The fund must be replenished with \$60,000 this year to continue assistance at the level we have undertaken. Please help. If you know of an organization or individual whom you believe would be interested in helping, contact Executive Director Gail Kohn.

Thanks to The Morris and Gwendolyn Cafritz Foundation, Capitol Hill Village also has spent \$5,765 over the last year for emergency repairs in members' homes. The Emergency Fund has benefited from repayments by some low-income beneficiaries who received help with situations requiring immediate attention. With your support, other low-income members will be helped in the future.

RANDOM MUSINGS

A Bloopy Boo-Boo

By Leo Orleans

Although, as we all know, our age provides us with a built-in excuse when we screw up in what we say or do, in some cases the goof is difficult to delete from our own heads. I hope that by telling you of such an experience, I will be able to relieve my guilt.

On a chilly day this past November, I called Holland America and made a reservation for a two-week cruise in the Caribbean. With winter coming on, it seemed like the right thing to do. It took several weeks before I connected the dots to discover my inexcusable gaffe: the timing of our cruise denied us the opportunity to participate in the annual, out-of-this-world GALA put on by our own Capitol Hill Village. What to do. I could have cancelled the trip by using the very expensive “can’t make it” insurance policy. But after a couple of weeks of pondering, contemplating, analyzing, looking at the weather forecasts, and consulting Helen (my housemate of 61 years), we opted for the cruise.

Will I ever live it down!

Nice ship, nice cabin with a nice little balcony, nice people to take care of our needs to make sure we do another cruise. But you know, after stopping at a whole bunch of rather attractive islands—most of

them starting with St. or Grand—I found that they all kinda blended together. At each port, the ship docked in the middle of a shopping mall where scores of islanders were waiting to sell you stuff, from souvenirs and local arts to fancy stores, apparently convinced that the main reason for your visit is the purchase of watches and diamond rings. Unfortunately for them, since we are in the difficult phase of shedding stuff, nothing enticed us. On the other hand, had we gone to the Gala, we might have won a summer week in a fascinating home in an enticing location.

From late afternoon till after midnight, someone, somewhere on the ship, was providing live music: small combos, a guitarist with songs, a piano virtuoso, four beautiful young women from Moldavia playing mostly classical music, and others. What I really missed, however, by not attending the Gala, is dancing on a floor that didn’t wiggle under me and listening to the impressive SingCo Rythem Orchestra playing great, danceable music of my generation. Yes, there was also a variety of entertaining nightly performances in the ship’s thousand-seat theater. But who needs nightly performances, for God’s sake?

And you all know about the enticing food which is available for almost



24 hours-a-day on cruises. I mean, it really is good, satisfies a great variety of tastes, but also produces endless complaints about the amount of weight that is gained. We would not have had to listen to all this grumbling or worry about our own expansion if we had opted to attend the Gala.

There was also the weather thing. Every day on our cruise was sunny with temperatures in the low or mid 80s. It was not easy for me, a life-long sun nut, to follow my dermatologist’s strict instructions to stay out of the sun, especially with two enticing pools to lure me. Even so, I returned with easily visible proof of his veracity. If we had elected the Gala, there would be no need for another medical appointment and we would not have missed the beautiful white snow that fell on Washington while we were gone.

Finally, it is most unpleasant to be constantly surrounded by a bunch of strangers. Oh sure, you meet some interesting people, manage to have fun with them, but it is nothing like spending 3-4 hours at the Gala with a couple hundred close friends and acquaintances who are members of Capitol Hill Village and, as a bonus, making Gail happy at the same time.

Can I stop feeling guilty now?



Hill Concerns Generate Changes in Hine Project

By Karen Stuck

Neighborhood concerns have resulted in new thinking on the location and size of the Hine Junior High site redevelopment project, including building locations and project size, a reduced building facade, and more space in the open plaza area.

So explained Amy Weinstein, the lead planner and architect, and Ken Golding of Stanton Development Corporation, to over 100 Capitol Hill residents who gathered February 2 for an update on the Hine project.

The plan's developers provided new details on the project, including those changes made at the request of Hill residents, but complete details are not expected before the plan is submitted to the Historic Preservation Review Board office later this month.

The project has been reduced 85,000 square feet. Residential space has been increased 100,000 square feet to just under 245,000. Office space has been reduced about 62,000 square feet to just over 150,000. Retail space has been reduced 13,000 square feet.

Instead of one building facing Pennsylvania, there now will be two, breaking up the mass along that block. The building along 7th street will include retail and office space and will have either residential space or a hotel. A residential building will line 8th Street, with a courtyard separating the two buildings. A second residential building with retail space on the ground floor will face south and be situated between the alley and the newly opened C Street.

Three potential office tenants have decided not to rent space

at the site —the Shakespeare Theatre (rehearsal and office space), Tiger Woods Foundation, and International Relief and Development. The *Washington Post* reported that the theatre could not come to financial terms with the developers, but still is negotiating for apartment space. No information was provided on other office tenant prospects.

Weinstein and Golding described several design changes brought about by feedback from Capitol Hill residents.

One change was a decision to keep the east-west alley between 7th and 8th streets fully open. The original plans called for a partial closing of the alley to make way for the North Residential Building. Under the new plan, light poles will be replaced by wall-mounted lighting; the residential building will have an enclosed trash room in response to neighbors' fears about rodents; and the city will be asked to permit two-way traffic.

Another neighborhood concern was commercial space on 8th Street, so that has been reduced and the 8th Street building will be apartments, designed to resemble townhouses.

Neighbor concerns about the mass of the office building on Pennsylvania Avenue have been addressed through a re-design of the building, making it two buildings and increasing the setback of the higher floors.

Traffic and parking generated the majority of questions at the Brent School briefing. Nicole White, an urban transit consultant, described some changes made in plans, but admitted that they still are works-in-progress and that her firm needs more community input. She said



Amy Weinstein, Lead Architect & Planner

she had told a smaller neighborhood group the previous night that the project would have minimal impact on traffic, but that she is backing down from that strong a statement, pending additional study.

Golding revealed they have heard from several boutique hotels regarding tenancy in the Seventh Street residential building, which was designed for 36 residential units. If that occurs, 126 residential units still would be available in the North and Eighth Street residences. He said that a decision on the hotel is expected by the end of March.

The developers have not decided whether residences will be apartments or condominiums, a decision resting on the real estate market when the building is ready for occupancy. Single-family townhouses have been ruled out because of project economics. A number of attendees expressed interest in moving into the residences, and Weinstein said there will be a few efficiencies, but most will be 1-2 bedroom units or 1-2 bedroom units with a den.

► *continued on page 11*

Endowment Update and 3 Documents You Need

By William H. Phillips, Endowment Trust Fund Manager

The Capitol Hill Village Endowment Trust Board, at their quarterly meeting in January, reviewed the financials of the trust, showing a December 31, 2010, balance of \$100,642.96. The trustees discussed developing a simple brochure on the endowment trust to explain its purpose and operation to the public. They also discussed holding future informational sessions for Village members on a variety of endowment subjects.

The first, a date for which will be set soon, will be on the importance of having a will, general durable power of attorney, and health care power of attorney. These three documents are the minimum that an individual should have so that any future situations can be resolved.

A will, of course, provides for the settlement of a person's estate and for the distribution of assets. The will appoints an individual to serve as personal representative, and be

in charge of settling the estate. The will also provides for the payment of any outstanding bills or debts, provides for the distribution of any gifts or bequests, and distributes assets according to the will's plan. It is important to have a will, so that your assets are distributed as you wish. If you do not have a will, District of Columbia provides for the distribution of assets under D.C. law. The beneficiaries under the District law may not be the beneficiaries you would like.

A general durable power of attorney allows the individual named as agent to take care of another person's property. The agent, generally, is a close family member. In the event you may not be able to pay your own bills, the agent would pay them, collect income that is due to you, and generally manage your financial affairs. Having someone like this really provides comfort to a family. Without a general durable power of attorney, an individual's assets would be overseen by the Probate Court under a conservatorship, which would be

established for this purpose. Having a conservatorship may cause things to be unnecessarily complicated.

A health-care power of attorney allows your appointed agent to make medical care decisions on your behalf. Such a power of attorney includes your advance directions on issues such as nutrition and hydration and other health-care decisions. Without a health-care power of attorney and advanced directive, a hospital has no choice but to provide many health care services that an individual may not desire.

If you already have these documents, it is good to review them on a regular basis. Your situation might have changed, and thus you might want to change related items in these documents.

If you don't have these documents, or only have one or two of them, I would urge you to see your lawyer to review those you have and to prepare the documents that you don't have. These three are really the three documents you need.

Hine Project *continued from page 10*

Apartment sizes remains in flux, but probably will range from 800 to 1,600 square feet.

Other information provided included:

- ▶ The developers are working on the plan for demolition of existing property, and will meet with community residents again on how that will be done.
- ▶ Any changes to the Metro plaza will come after the Hine School project is completed.
- ▶ The developers promised to explore the possibility of an activity to serve youth,

in response to a comment that educational institutions, historically, have existed at the site.

- ▶ The developers are seeking local retailers as tenants and are committed to not having restaurants.
- ▶ High cost has caused them to drop the idea of connecting the building to the Metro station.

Next Steps:

- ▶ By the end of February, the developers expect to finish the project plan and file it with the

Historic Preservation Review Board, which will put the issue on its March docket.

- ▶ The plan will be before the ANC6B planning and zoning committee on March 1 and before the full ANC on March 8.

Golding said the project is expected to be finished in 2013.

The developers' website at www.hineschool.com has more details about the plans, including the presentation made at the February 2 community meeting.

Stardust Gala Memories



GALA PHOTOS © TOM PULLIN



Band Leader Doug Bowles revs up the crowd



Sharon Ambrose, former Ward 6 City Council member, talks about St. Colleta program.



Carol Feierabend and Jim Hardin



Jim Mouth, Kathy Washburn, Tommy Wells



Richard Holwill and Donna Barbisch



Don and Barbara Heffernan



Katie McDonough, Daniel Romero, Julie Maggioncalda



Jeanne Connelly, Betsy Agle, Bill Matuszeski

Stardust Gala Memories



The line-dancing lessons drew a crowd



Bruce Brennan is a smooth dancing partner.



Above: CHV President Mary Procter, crowned by Geoff Lewis

Right: The amazing Rosa Molina, volunteer supervisor for three Galas



A musician from the SingCo Orchestra chats with Richard and Pamela Peia.





Ruth Mitchell, Anne Richards, Susan Sedgewick, (rear) Gerry Connally, Dr. Michael Kim, Matt Redman



Sandra Bruce, Carla Yates Bremer



Skip and Dee Seward



Tiiu Kera and Norman Wolfe



Gail Kohn, Faith Brightbill



Katie Frankel and Brian Cassidy

PHOTO: DIANE BROCKETT

CHV Theater Buffs—Save these dates!

You now can plan in advance to join fellow Capitol Hill Village members for the following theater performances:

Saturday, March 19 • 2:00 pm

“The Chosen,” based on the novel by Chaim Potok, is a Theater J production at Arena Stage. “The Chosen” is about a developing friendship between two teenage boys who are very different from their parents, communities, and each other, and how their lives unfold. See March calendar below for further information. **Tickets through CHV must be purchased by March 8.**

Saturday, April 30 • 2:00 pm

The New Electric Ballroom, by Irish playwright Enda Walsh at Studio Theatre. Three aging Irish sisters are imprisoned inside their reenactments of a tragic and pivotal night years ago.

Saturday, May 14 • 8:00 pm

“From Berlin to Sunset,” a cabaret presented by In Series at the Atlas Theater on H Street NE. In 1940s Hollywood, émigré artists (Marlene Dietrich, Billy Wilder, and composers Erich Korngold and Kurt Weill) socialize on a rooftop on Sunset Boulevard. This promises to be very entertaining.

Saturday, June 4 • 2:00 pm

“Cyrano de Bergerac,” by Edmond Rostand, at the Folger Theater. You can walk to see this play about gallant Cyrano, he of the notable nose, and his love of Roxanne.

The April, May, and June, performances will be announced again in the monthly newsletter, and you may sign up then.

Valentine’s Day Dinner

Capitol Hill Village’s monthly potluck dinner for February occurred on Valentine’s Day. After appetizers of fine pate and a special crab-artichoke dish, a curry dinner was served by hosts Andrea and Joe Kerr. Then came the chocolate! Seven samples of unnamed chocolates around each plate, followed with a vote. There was one clear loser, rated by all guests as last. Another easily won the most votes, but guests divided — as chocolate tastes normally divide. So each diner took home a bar of his or her favorite chocolate, and all voted the Kerrs their favorite hosts.



Left: Sheridan Harvey, Susan Hennessy, and Edward Missiaen are midway through the 7-piece chocolate tasting test.

Below: Sandy and Steve Lotterman enjoy chatting with Casey Chandler (center) during appetizer time.

Right: Andrea and Joe Kerr



Upcoming Events *continued from page 1*

As a retired social worker, she initiated programs to place books in public housing and the jail. She reads to neighborhood kids and takes a keen interest in public schools. During the 1990s, she was also called "the bathroom lady," as she pleaded tirelessly for replacement of decrepit bathrooms at Southeast Library. Books will be available for sale and signing.

Saturday, March 5 • 9:00 am

Your home

DC Hazardous Waste Materials Pickup

This is the periodic pickup day for hazardous materials and personal papers, right at your home, to be delivered to the District's safe-disposal site. Personal papers (medical records or financial files) will be shredded at the drop-off site, viewed by the CHV delivery team to ensure they are destroyed. (See page 6 for related story.)

Hazardous waste for pickup includes paint, house cleaners, batteries, old medicines, televisions, video equipment, and other products not accepted in weekly home trash pickup. For the list of accepted items, check the DC hazardous waste website: <http://dpw.dc.gov/DC/DPW/Services+on+your+block/recycling/household+hazardous+waste++E-cycling+document+shredding>

Call 202.543.1778 or e-mail info@capitolhillvillage.org by 12:00 noon, March 4, to request a pickup or volunteer to assist with the drive.

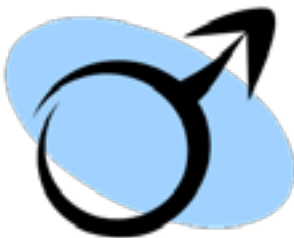
Members only

Tuesday, March 8 • 6:00 PM

The Corner Store, 900 South Carolina Avenue SE

Men's Urological Issues

Dr. Joel Emanuel's presentation will focus on men's urological issues, including current trends in screening, diagnosis, staging and treatment of prostate cancer; early stage, localized cancer; and metastatic cancer treatment options. He also will talk about aging-male prostate issues related to benign prostate disease, and then take audience questions. So come prepared to ask!



Dr. Emanuel is a member of Mid-Atlantic Urology Associates located on Capitol Hill. He was board certified in urology, after receiving his medical degree from the University of Pennsylvania Medical School in Philadelphia, and completed both his internship and residency at Columbia Presbyterian Medical Center in New York. He has been in private practice for nearly two decades.

Call 202.543.1778 or e-mail info@capitolhillvillage.org to register for the event.

Members, guests and volunteers

Wednesday, March 9 • 6:30 p.m.

601 2nd Street NE

(Dining room is up one flight of steep steps)

Dinner at Toscana Cafe



BY RESERVATION ONLY

Limited to 24 diners

Join us for a meal at this fabulous Italian restaurant. We have arranged for a 3-course, fixed-price meal that includes a choice of: one of two appetizers; one of two entrees; one of two desserts. The \$22 fixed-price includes taxes and gratuities. Beverages (including coffee) are additional, charged on an individual basis. CASH ONLY. Our tables will be limited to six diners for easy conversation.

Reservation deadline is 3 pm, Friday, March 4. Call the CHV office (543.1778) to reserve. A waiting list is likely, so if you find you cannot participate, please call the office so another may take your place.

Members and prospective members

Please RSVP to all events, and let the CHV office know if you need a ride, by calling 202.543.1778 during regular office hours or by e-mailing info@capitolhillvillage.org

Upcoming Events *continued from page 17*

Friday, March 11 • Starting at 9:00 am
Your home

Book Donation Monthly Pickup

Friends of the SE Library will be picking up donations of used books, records, and music and movie CDs and DVDs from Capitol Hill Village members' front porches. The items will be included in the monthly used-book sale Saturday, March 12 (10 am to 3 pm), in the basement of the library at 7th Street SE, just off Pennsylvania Avenue.

Call the office by Wednesday, March 9, to be included on the pickup list.

Members only

Tuesday, March 15 • 9:45 am
Library of Congress Madison Building Lobby
Constitution Avenue entrance at 1st Street SE corner

Civil War Maps of the Washington Region

This will be a guided tour by a senior map historian within the library's Geography and Map Division, who will talk about the maps' histories, the difficulties of battlefield cartography, and its role in the Civil War. We will have a chance to view maps by Gen. J.G. Barnard, cartographer and chief engineer for the defenses of Washington, DC, during the Civil War, among others. We also will see maps by Jedediah Hotchiss, famed battlefield cartographer for Stonewall Jackson, including his battlefield notebooks. Another treasure will be a battlefield map of the first Battle of Manassas/Bull Run.

Tour lasts approximately 2 hours. **Optional lunch together afterwards at nearby Hunan Dynasty. Please RSVP with Capitol Hill Village at 202.543.1778 or info@capitolhillvillage.org.**

Members and volunteers

Please RSVP to all events, and let the CHV office know if you need a ride, by calling 202.543.1778 during regular office hours or by e-mailing info@capitolhillvillage.org

Tuesday, March 15 • 6:00 pm
Private home

Literary Club

March's book, *Henderson the Rain King* (1959) by Saul Bellow, follows the comic adventures of Eugene Henderson, a middle-aged millionaire from Connecticut whose inner-voice cries out "I want, I want, I want." He travels to Africa on a spiritual quest, where he befriends and seeks to help several tribal leaders, with mixed results. Bellow was awarded the Nobel Prize for Literature in 1976. The character Eugene Henderson is modeled on Chanler Chapman, a Hudson Valley cousin of Mary Procter's who Bellow met when he rented Chanler's house during a teaching stint at Bard College. **Call the office to sign up and learn meeting address.**

Members and volunteers

Wednesday, March 16 • 9:00 am – 4:30 pm
Townhomes of Capitol Hill
750 6th Street SE

AARP Driver Safety Program



CHV again will sponsor an AARP Driver Safety Class. This program has been highly praised by the CHV members who attended our three previous

sessions. Here's your chance to review current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's challenging driving environment. You'll learn adjustments to accommodate common age-related changes in vision, hearing, flexibility, and reaction time. The class includes no test; however, you must attend the full-day program in order to qualify for a discount with your auto insurance carrier. (Check with your own insurance company about this discount. Also, if you took the class in 2009 or 2010, you may need to take the class again in order to continue receiving your auto insurance

Upcoming Events *continued from page 18*

discount.) An AARP-certified instructor conducts the class, which costs \$12 for AARP members or \$14 for non-members. This materials fee can be paid by cash or check on the day of the class. Bring your AARP membership number. For further information on "Why Take a Driver Safety Class?", go to: <http://www.aarp.org/home-garden/transportation/info-03-2010/take-aarps-drivers-safetycourse.html>

Note: this is a full-day session. There will be breaks during the day. Bring your own snacks, beverages, and a brown bag lunch. Street parking near the Townhomes will require a Ward 6 Parking Permit. **To register, call the CHV office, 202.543.1778 by 5 p.m., Monday, March 14th.**

Open to all, but you must sign up

Wednesday, March 16 • 5 pm
Private home

Pre-St. Paddy's Day Irish Celebration

Limited to 20 celebrants

Enjoy St. Paddy's Day Eve with your Capitol Hill Village friends at a proper Irish Celebration. The evening meal will feature Irish fare, including fine Irish stew and foaming steins of Harp Pale Lager & Guinness Stout. Some attending guests can contribute soda bread, a couple of green salads, and Irish desserts (including Irish shortbread). Desserts will be accompanied by coffee with Baileys Irish Crème, and appropriate entertainment by the Village's most Irish member, Bryan Cassidy.

Call Capitol Hill Village at 202.543.1778 to sign up for the dinner, find out location, and indicate if you will contribute food (from the list above) to dinner. Stew will be waiting. Evening is limited to 20.

Members and volunteers

Saturday, March 19 • 2:00 pm matinee
Fichandler of Arena Stage, 6th and M Streets SW

"The Chosen"

Theater J — as Arena Stage's first local guest "company in residence" — is presenting "The Chosen." The play is an award-winning adaptation of Chaim Potok's novel by Aaron Posner, who also directs this production. "The Chosen" is about the developing friendship of two teenage boys who

are very different from their parents, communities, and each other, and their efforts to reconcile those differences, yet take separate paths as they encounter conflicting values of the broader society.

Included in the cast are Helen Hayes award winners Rick Foucheux and Ed Gero.

CHV group discount tickets are \$31-per-ticket.

Deadline to sign up is March 8. Tell the office when signing up if you need accessible seats.

Members and their guests

Thursday, March 24 • 1:00-3:00 pm

Northeast Library, 7th and Maryland Avenue NE
Fully accessible

Jewelry Repair

Have a favorite necklace that needs restringing? A pin that needs a new clasp? Only one of your grandmother's earrings? Bring your unstrung beads and broken clasps to this session to learn how to make your favorite pieces wearable again. Casey Chandler will be hosting an informal session to see if there is enough interest to offer jewelry repair classes in the future. She also will demonstrate how to string a necklace and how to attach a new clasp to a broach. If you don't want to learn how to repair your own jewelry, bring it along anyway; Casey may be able to repair them for a fee. Limited to 12 people. **Call the office to sign up.**

Members only

Friday, March 25 • 12:30-1:30 pm
Southeast Library, 7th and D Streets SE

Balance Class

Join other members in this monthly balance class, which will help you recognize that strength and agility are the best defenses against falls. Practice skills that will keep you on your feet. The class is taught by a physical therapist volunteering from Physiotherapy Associates.

Please RSVP to CHV office, 202.542.1778.

Members only

February Events *continued from page 15*

Wednesday, March 30 • 1:00 pm

National Gallery of Art
4th Street NW

Gallery Talk: Gauguin, Maker of Myth

Join a National Gallery of Art Educator in exploring this glorious exhibit, which features 120 works by Gauguin, including colorful images both of Brittany and the islands of the South Seas. This is the first major look at this master's oeuvre in the United States since the blockbuster National Gallery of Art retrospective of 1988–89. Meet at the National Gallery of Art East Building Art Information desk.

Optional pre-talk Luncheon: 11:45 am at the National Gallery of Art Garden Café

Please RSVP to all events, and let the CHV office know if you need a ride, by calling 202.543.1778 during regular office hours or by e-mailing info@capitolhillvillage.org

Join other Village members in the lovely Garden Café (West Building) for a classic French-inspired buffet. Luncheon cost is \$20. Enter the West Building on the Constitution Avenue side and walk straight back to the Garden Café.

Call the office by Tuesday, March 29, to say you are coming to the tour and if you will attend the luncheon, so we know how many to expect at each.

Members and their guests

Thursday, March 31 • 7:00 pm

Southeast Library

Chew On That

Please join us for the second half of this two-part series where we will discuss the local phenomenon of gentrification and its effects on our community. Help us brainstorm ideas of positive ways we can approach this social challenge to create a richer and more unified community.

All are welcome, but please RSVP to the CHV office, 202.543.1778.

Continuing Events

Wednesdays • 6:30-7:30 pm

Townhomes of Capitol Hill, 750 6th Street SE, accessible

Yoga

Note: this is a fairly new exercise program being offered to CHV members and volunteers, as well as other Townhomes neighbors. Suzanne Gentes, Capitol Hill Village member and volunteer, and a certified yoga instructor, teaches a beginners class that incorporates the fundamentals of yoga. These include step-back sun salutations, standing poses, hip-openers, seated poses, twists, backbends, and basic inversions. Breathing exercises are explored as students begin to link movement through postures with inhale and exhale. This class provides a nurturing environment to help you gain flexibility, strength, balance, and relaxation.

Whether you practice on a yoga mat or in a chair, this is a class for those new to yoga or to anyone seeking a refresher on the basics.

Open to members and volunteers only

Tuesdays and Thursdays • 10:00 am

Capitol Hill Presbyterian Church

4th Street and Independence Avenue, accessible

Qigong

The gentle, but powerful Chinese movement exercise known as Qigong (pronounced chee gong) is offered by CHV member Joni Bell. Joni has practiced this discipline for ten years. Her strength and balance have improved remarkably, and she credits the activity with helping her as a 30-year patient with multiple sclerosis. The twice-weekly classes are free for CHV members, last 30-40 minutes.

Members only