

CAPITOL HILL VILLAGE NEWS

JULY 2010

Hill Center Is Replacing Old Naval Hospital

Sunday, June 13, was Ground-breaking Celebration Day for a long effort to turn the Old Naval Hospital into a Center for the Capitol Hill community.

The Grand Opening for the Hill Center — in the refurbished 1866 hospital built for Civil War veterans — is planned for July 2011.

While speakers included DC Delegate Eleanor Holmes Norton, Mayor Adrian M. Fenty, and Council Chairman Vincent Gray, the ceremony spotlighted Nicky and Steve Cymrot, owners of Riverby Books. The Capitol Hill couple is credited with initiating and continuing the years of effort to have the deteriorating structure saved and renewed to serve Hill residents.

Another key member of that effort, which became Friends of Old Naval Hospital, is Capitol Hill Village member (and



former original board member) Michael Canning.

The building was used as a 50-bed hospital from 1866 to 1911 to care for veterans of the Civil and Spanish-American wars; it then became a Hospital Corps Training School for sailors.

From 1922-63, it served as the Temporary Home for Old Soldiers and Sailors for veterans pressing pension claims in the capitol.

The long run-down structure will be returned to an elegant historical site and transformed

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Upcoming Events and Programs

Sunday, July 4 • 9:15 am

July 4th Parade on 8th Street SE

Once again, Capitol Hill Village members will march in Capitol Hill's own 4th of July parade. Marching behind a large CHV banner, this year we will have yo-yos to toss to the crowd. Join us for this festive occasion. We will assemble about 9:15 am under the freeway at 8th and I Streets SE.

The parade starts at 10 am and proceeds to the Eastern Market Metro Plaza, where the 4th of July Family Festival runs from 11 am to 4 pm. The festival will benefit the Arts Education Fund for DC Public Schools on Capitol Hill.

Members and volunteers

► *July Events continued on page 10*



July 2010 Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	3
4 Hill's July 4th Parade, assemble to march with CHV at 9:15 am; march at 10 am, see page 1	5	6 Nationals Game, 7:05 pm, see page 10	7	8 Call the office by noon to arrange June 11 pickup of Book Donation, see page 10	9 Book Pick-up, 9 am, see page 10 Wine and Cheese Party, 7 pm, see page 10	10
11 Mrs. Warren's Profession, 2 pm, see page 10	12 Reserve spot for June 14 seafood Lunch by calling the CHV office before noon, see page 10	13	14 Lunch at Mike's Crab house, 11 am, see page 10	15	16	17
18	19	20 Literary Club, 6 pm, see page 11	21	22	23 Balance Class, 11:30 am, see page 11	24 Potluck Dinner, 7 pm, see page 11
25	26	27	28 Peach Tasting, 4 pm, see page 11	29	30	31

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 is sent to you every month to catch you up on what's happening, alert you to who's who and ask your participation in other features. We are interested in your feedback.

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Gail Kohn, Executive Director

Katie McDonough, Community & Social Services Director

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From The Executive Director...

WHEN TO STOP DRIVING?

This July issue of the *News* takes you to the Capitol Hill Village **Be Prepared** agenda for another challenging assignment.

When does concern for the safety of others and one's self make us stop driving?

The decision is a personal one. In spite of the rules in some jurisdictions, there is no magic age to stop.

As adults, many of us as were faced with concerns for the safety of others as our parents drove slowly, and suffered near misses or multiple fender benders. Some, like me (an only child), were the ones who had to have the difficult conversation about giving up the keys.

Personally, I do not want to be told I should give up my keys. I want to make that decision before I am faced with "the difficult conversation" with my children.

As you read about the decisions of our members, remember that among the Capitol Hill Village volunteers, there are over 80 good drivers who want to cruise with you. Automobiles are a perfect location for meeting a new friend and having a fascinating conversation.

ASK, PLEASE

Members of Capitol Hill Village are encouraged to ask for services, even if they can carry out task themselves. Why? To get into the habit of asking for assistance. Then, when the inevitable crisis occurs, you will know you can rely on Capitol Hill Village to assist you. And we will know you. Some members think they need to use Capitol Hill Village only as a last resort. Don't. Call



any time for any reason. We will love hearing from you.

SUMMER IS THE RIGHT TIME

Going away? Need plant watering, house checking?

Get a box and fill it with unneeded items.

Capitol Hill Village is your source for:

- ▶ help with selling collections on Craig's List
- ▶ donating household items for a good cause
- ▶ giving to the DC SE Library. Downsize your own collection of books, DVDs, and CDs
- ▶ hazardous waste disposal pick-up
- ▶ paper shredding pick-up

Get Some Exercise

- ▶ Come to the next Balance Class at the SE DC Library on Friday, June 25th at 11:30 AM.
- ▶ Do you need a short-distance walking partner?

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RANDOM MUSINGS

Chicken Fried Country

By Leo Orleans

Since English is my second language, it probably is not surprising that when I came to the United States as a teenager, right out of a British Grammar School, I became fascinated by many of the pronunciations, inflections and twangs I heard in different parts of the country. As it happened, during my three years in the Army Air Corp during WW II, I became surrounded by guys from middle and southern states and therefore fully was exposed to accents and music I never heard before. I even jotted down (surreptitiously, of course) many of the expressions, which stood me in good stead for a "Cowboy Lingo" paper I wrote in college.

Then, in my old age, a 50-page music catalog dropped into the mail slot and among the various categories I noticed was one entitled "Chicken Fried Country" that

listed 21 song titles [CDs #635524, \$26.99]. What follows was almost fateful.

If you just had stopped to think, you would have known why I don't reply when you ask, "Why Don't You Haul Off And Love Me?" After all, just a few days ago you confided that, "Billie Broke My Heart At Walgreens." But, of course, there are many other reasons why "I'm Kissin' You Goodbye."

Since it is well known that "Good Girl's Gonna Go Bad", it should not be surprising that gradually but surely "You're Driving Me Out Of My Mind." If you would just "Get Your Biscuits In The Oven And Your Buns in Bed" you would have known that "I May Be Used, But Baby I Ain't Used Up." And, of course, if your buns were in bed, you would not have to tell me "You Can't Have Your Kate And Edith Too." I never wanted



to hurt your feelings, but now I finally can tell you that "You're The Reason Our Kids Are Ugly" and how stupid you were to "Hire a Wino To Decorate Our Home."

Now that you decided to "Divorce Me COD," I never again will have to sing "I Got Tears In My Ears From Lying On My Back Crying Over You." At this point, I don't even care that "You Got The Goldmine And I've Got The Shaft." And so, "I'll Take The Dog" with this parting wish: "May The Bird Of Paradise Fly Up Your Nose."

Executive Director *continued from page 3*

- ▶ Let us know if you want to be part of our newest class, Introductory Armchair Yoga, at the SE DC Library (time and dates to be announced).

Communicating with the Health Care and Legal Worlds

- ▶ Assemble on-line all that an emergency room needs to know, so you can access your health history, contact information, and who to inform, if you are stricken across town or in another country.

- ▶ Write durable powers of attorney for health care and financial decision-making. Is your will up-to-date? Contact CHV if you want legal help writing these documents.

Find out about your home's vulnerable systems

- ▶ CHV works with partners USInspect expert Eric Carpenter and Capitol Hill-focused Jason Martin real estate group to offer you a \$100 home inspection that generates

a list of what needs fixing or soon may need to be replaced. Members give this experience thumbs up.

Consider joining the Rise and Shine program

- ▶ Members call members every day, to see if everything is OK. Do you want a partner?

Capitol Hill Village is looking forward to hearing from you.

—Gail Kohn

Hill Center *continued from page 1*

into campus-like grounds, with the old carriage house becoming a café, complete with catering services for Hill Center events. While exact uses are still under discussion, the overall goals are for lifelong learning, cultural enrichment, and community life. The building plans to provide space for club meetings, performances, classes, exhibits, and one-time events.

Among the classes envisioned are computer literacy, languages, GED, ESL, visual arts, music, parenting, creative writing, cooking, adult CPR training, tutoring, computer classes for all ages, resume writing, and classes for small businesses.

The top floor is to include rental office space for local non-profits (Capitol Hill Village will maintain an office there). The central theme, says Foundation spokeswoman Rosemary Freeman, is to make the Hill Center home for learning and experiences that appeal to people of all ages.

The building has been falling into disrepair for decades, especially



District's crowded, rundown Southeast Library? Private groups also expressed interest.

The nearby carriage house was rented as an administrative office for citywide addiction treatment and counseling services. Pieces of the memorable iron fence surrounding the property disappeared, with a few real estate personnel saying they would return them, if and when the site became viable again.

In 2000, a small group of neighborhood activists on Capitol Hill formed Friends of the Old



Those striking the first shovel for Hill Center included, from left, (with yellow hat) DC Councilman Tommy Wells, Nicky Cymrot, DC Mayor Adrian Fenty, DC Delegate Eleanor Holmes Norton, and DC Council Chairman Vincent Gray.

While exact uses are still under discussion, the overall goals are for lifelong learning, cultural enrichment, and community life.

after the site was transferred to the District of Columbia in 1962. Aging, moisture, and neglect took their toll as a few city agencies moved in and out, and stories came and went about bringing the historic building to life again. How about making it home for the D.C. mayor? Or, maybe this would be a new spot for the

Naval Hospital. The Urban Land Institute was hired to do a study, and concluded the District should select a tenant for the property that serves and represents the community.

That led to formation in 2002 of the Old Naval Hospital Foundation by a diverse group of area neighbors, and it took five

more years for the city to accept the Hill Center plan. Two years later, the DC Historic Preservation Review Board also accepted it. Then DC City Councilwoman Sharon Ambrose worked successfully for \$5.7 million in city funds, with an additional \$4.3 million being allocated in federal dollars.

The Foundation has a fundraising effort underway to raise \$3.5 million to make Hill Center self-sustaining. A professional staff will be hired to oversee the daily operation.

A Few Thoughts About Owning and Driving Cars

One of the most positive qualities of Capitol Hill as a place of residence is its walkability. Ask any realtor. And, for Capitol Hill Village members, volunteers are ready to provide our second most requested service — transportation. So the two questions arise, can I do without my car and more importantly, when is the right time, so I do not have to be told to get rid of my car because I am an unsafe driver?

Following are stories by Village members who share their thoughts and experiences on this issue.

WHEN TO STOP DRIVING?

AARP Care Behind The Wheel

The AARP Driver Safety Program seems to offer the perfect plumb — participants receive cuts in their car insurance.

Capitol Hill Village members who have attended previous sessions of the class spoke openly about why to attend — a \$250 cut in their insurance bill.

At a similar session down in Biloxi, Miss., the smiling teacher opened his remarks with, “Why are we all here?” Then he answered himself, “The discount. Right?” But he added the real need for the class: Drivers over 65 are involved in more crashes per mile than drivers ages 30-64 — and we survive them less well.

Known as “55 Alive”, at least 36 states and the District of Columbia now mandate insurance discounts to drivers who take the course. Some areas require that it be retaken every two years to continue the discount.



Most research has found a correlation between enrollment in the course and reduced traffic violations; they have not found a statistically significant relationship between the course and decreases in accidents.

However, among drivers taking the test, four out of five report they adjusted driving habits following the course.

So, what are the issues the class tackles? That driving reality on the roads has changed; that aging leads to subtle physical changes that center around your vision, hearing and general stamina; and awareness of these changes, plus related changes in your driving habits to accommodate the physical changes can lead to you being a safer driver, longer.

The course explores many issues, including:

- ▶ Annual visits to your optometrist can help one stay independent and driving.
- ▶ Minimize driving at dusk, dawn, and night (or confine yourself then, to well-lit and familiar streets). Otherwise, you might find increasing troubles with headlight glares, changes in color perception, and less ability to see street signs and pedestrians.



- ▶ Act your age. Replace your offensive driving techniques with defensive ones.
- ▶ Focus on your driving, rather than eating, drinking, a crossword puzzle at stoplights, or making eye contact with someone in the rear seat. Does listening to a taped play or opera while you drive keep your mind on traffic?
- ▶ Exercise your neck, turn your head to see the blind spots provided by side mirrors.
- ▶ Failing to yield the right-of-way on corners and at lights leads to drivers getting into trouble more often than anything else.
- ▶ Learn from your mistakes. When a near accident or close call occurs, ask yourself questions, think the incident through so it will be less likely to repeat the incident. Could I have avoided the incident, reacted differently? Did I fail to see something?

NOTE: Next year, another AARP driving class will be on the calendar for CHV members.

WHEN TO STOP DRIVING?

A Treasured Possession

By *Leo Orleans*

The other day, I stopped by the Village office—because it is there—and bumped into our Precious Leader (an appropriate title borrowed from North Korea) who, without any introduction or warning, asked me how I would handle the loss of my driver's license. I was flabbergasted. "Are you serious?" I asked Gail, borrowing the phrase from John McEnroe. If she had asked me how I would handle dying or most any other simple problem, I would have been able to come up with an appropriate—serious or amusing—response. But, as an avoider of any aggravating thoughts, I never allowed my brain to tackle anything so life-ending as the possibility of losing my driver's license.

I have had a driver's license for 68 years and—would you

believe—my current license does not expire until 2017! I certainly am thankful to the stern DC motor vehicle people for sharing their official projection with me. It is reassuring to know that no ding-a-ling official will devastate my social life, what remains of my professional life, or deprive me of my bridge addiction. And how about my wife? Without my driving services, she too would have to curtail seriously whatever she does when she does it. Most of all, however, the loss of my license would deprive me of my freedom. Freedom to go or not to go and to do or not to do. Freedom to make last-minute decisions. Freedom to get away from it all. Freedom to reject invitations by adding "sorry—having problems with my car" to the standard health excuse. And last but not least, freedom to

provide occasional transportation to other members of CHV.

Don't get me wrong. I really do admire my Village friends like Diane Brockett and Ed Missiaen who enjoy their carless lives and assure us that they have no problem in getting to wherever they want to go. As a carless bonus, they get their exercise walking, meet many neighbors they wouldn't otherwise know, save a good chunk of money, and, when necessary, don't hesitate to use taxis. In other words, they have their own variety of freedom. As my mother used to say, "to each of his own."

Personally, however, if I had my druthers, I would like to synchronize my own final departure with the departure of my driver's license.

WHEN TO STOP DRIVING?

Happily Car-less

By *Diane Brockett*

As someone who had to give up my driver's license for medical reasons and has survived for years without getting behind the wheel, I'd like to share some of my thoughts in the hope that they might be useful to others who might be facing this possibility.

I will tell you right from the get-go that, if you have to give up driving, you are lucky to be living on Capitol Hill, and not only because so many of your necessities are within walking distance. Also, as you no doubt already know, it is a fun place to

walk. You see things you hardly notice when passing in a car. Look at the great variety of houses and how they manage to be upgraded while maintaining their history. You enjoy passing so many beautiful home gardens, feel pleasure in watching them change with seasons. As you walk, you get to know many Capitol Hill residents with their friendly "hello" faces. And it is fun to walk through the multiple historic alleys that can be explored without adding to your walking distance. I found that not being able to drive has added some other nice moments in my life, such as when friends automatically offer me a ride

somewhere, or insist on walking me home after dark.

When working, I daily took Metro by choice. When health issues forced me to become a non-driver, proximity to a Metro stop became an absolute. In fact, at my last job with the National School Board Association, I gave up my parking space in return for monthly Metro funds for the whole staff. I also have used buses, but ever since I was attacked on a bus ride home about 10:30 pm, my new rule is to take buses or Metro during the day, Metro until 9:30, and taxicabs if later.

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WHEN TO STOP DRIVING?

Who Needs To Own A Car?

By Edward Missiaen

There are many reasons I like living on Capitol Hill. Near the top of the list: I don't need to own a car. We gave our car away seven years ago and never have missed it. At the time, I was contemplating buying a new vehicle, but reconsidered. Why buy a new car when I rarely drive the old one? To have it sit, for weeks at a time, unused? Even before we ditched our ride, our interstate and foreign travels were mostly by air. I usually rented a car at our destination. In fact, I tended to put more miles on rental cars than on my own car. So why own a car?

Here on Capitol Hill we walk to friends' houses, to the grocery store (all you need is a cart to tote the vittles home), to Eastern Market, the pharmacy, Frager's Hardware (who needs Home Depot?), a plethora of restaurants, the library, church, the post office, the bank, the gym, the dry cleaner's, wine shops, Nationals Park, and more.

And then, there's the Metro. It takes us to Trader Joe's, shopping and theaters downtown, all the stores at Pentagon City, the Target in Columbia Heights, and to the suburbs (some of them). With my senior pass, I travel half price.

Finally, the clincher for not owning a car is Zipcar. The car-sharing service has 40 cars scattered around our neighborhood. There are 18 within one-half mile of my house. Zipcar fees, including insurance and gasoline, are about \$10 per hour. The all-day use rates are much lower. I reserve a vehicle on the Internet (a two-minute process), walk to its assigned parking place, get in, and drive away. No running down to Union Station or National Airport, and no waiting in line. Zipcar is my fallback for short trips out of town, to Metro-deprived suburbs, and major shopping excursions.

The upside of being car-less:

- ▶ I save money—No gas, oil, or maintenance; no auto insurance; no registration fees; no car payments or depreciation.

- ▶ I have less stress—no worry about funny noises from somewhere near the right front wheel, no car washing or taking the car up to Distad's for regular maintenance, no waiting in line at 6 AM for auto safety inspection, no hassle looking for a parking spot and fretting about traffic.
- ▶ I have a better lifestyle—I walk more, and when I do drive, it's always in a late-model vehicle.
- ▶ I make a contribution to improving our environment.
- ▶ In sum, not owning a car simplifies and enhances my life.

The downside of being carless:

- ▶ It is annoying to pay \$12 or \$13 a day for liability insurance when renting a car from traditional auto rental companies. This is because I have no personal auto insurance.
- ▶ Always-in-a-hurry Washingtonians might be put off by the extra time it takes to travel by public transport. But for me, Metro and bus rides are an opportunity to catch up on my reading.

WHEN TO STOP DRIVING?

Happily Car-less *continued from page 7*

And speaking of taxis, in my non-driving situation, taxis are not a luxury, merely a necessary convenience. To make sure that I am on time for doctor's appointments, for example, I always take taxis; on the return trip, I take the Metro. Since I don't have to buy a car, buy gasoline, maintain the vehicle, purchase insurance, wash it or park it, I don't have a sense of guilt in taxi use.

You won't be surprised that there are some negatives to not being

able to drive—and I will mention a few. When I walk to stores, I have to limit purchases to what I can push in my cart. Whereas I used to visit three garden stores each spring, I now limit my plant and shrub purchases to Frager's and Ginkgo Gardens—which, I must admit, has not made my gardens less attractive. And, while travel limitations may cause me to decide not to attend some event or exhibit, I'm still not just sitting, fretting that I have nothing to do.

I admit that, so far, I am more fortunate than others to be able to maintain my own valued sense of "independence" and limit use of Capitol Hill Village's most popular service—transportation—by asking for a ride only when it is most necessary.

Then, again, I smile when a Capitol Hill Village neighborhood friend says he is on the way to Safeway and offers me a ride.

Pam Weiss becomes Village Office Manager

Pam Weiss, a Capitol Hill Village member and volunteer since February 2009, has been working 10 hours weekly as CHV Office Assistant, processing financial information so it is timely and accurate.

On July 1, Pam is becoming CHV Office Manager with responsibility for making all of our administrative operations run smoothly. She will average 20 hours weekly in the office, much of that time when it is closed. Working in the quiet of early mornings and evenings enables Pam to concentrate on processing paper and making computer entries. Her work will improve CHV's efforts to keep track of and report on organizational activities, both to individuals and groups.

Pam also will continue to volunteer for Capitol Hill Village. Executive Director Gail Kohn, observed, "Pam has driven more than 50 members to our nearby airports, and to appointments as

far away as Baltimore. She has helped one after another at home with all manner of requests. She also volunteers regularly during office hours, arranging services for members."

Gail continued, "As an interested CHV member, Pam Weiss often attends CHV events. She offers ideas for CHV programs, then makes arrangements to make things happen. Pam takes advantage of Washington, DC, more broadly than most of us. She is a talented, curious, knowledgeable professional."

Born and raised in the Detroit area, Pam visited her aunt and uncle one Christmas when they were in Germany courtesy of General Motors. She didn't come back to the states until almost thirty years later, when she settled on Capitol Hill. While in Europe, she was executive director of an international nonprofit organization in both Germany and Iceland. She has a daughter



who is an art historian in Berlin and two grandchildren.

"In summary," Gail said, "We are fortunate to have Pam Weiss as a member, volunteer and CHV employee. I was delighted that she accepted the newly created part-time, flexibly structured role, CHV Office Manager."

CONGRESSIONAL CEMETERY CORRECTION

(Editor's Note: Following is a letter from Capitol Hill Village member Marian P. Connolly about the Congressional Cemetery having public plots for sale [Capitol Hill Village News, June 2010.]. She provided interesting details, so we thought members might enjoy reading the full note.)

The reference to "United Christ Church" is wrong. Christ Church, Washington Parish, is the oldest Episcopal church in the original Federal City. (St. Paul's, Rock Creek Parish, off North Capitol Street NW, and

Georgetown parishes are older, but they were not in the original Federal City.) Vestry members of Christ Church, Washington Parish, acting individually, purchased the land for the Cemetery in 1807. It was conveyed to the Vestry of Christ Church several years later.

In order to ensure better stewardship of the Cemetery than the Vestry was able to provide, given its larger responsibilities for parish governance, the parish incorporated the nonprofit Congressional Cemetery Association in the 1970s. It was hoped that separate management would appeal to a wide

range of Hill residents interested in historic preservation. The parish then entered into a long-term lease with the Association to preserve and manage the grounds, tombstones, and buildings thereon. The Association has been the hoped-for, effective mechanism for ensuring good stewardship of the Cemetery, especially in the last decade or so.

The Cemetery is still owned by Christ Church—which may be as much news to most Village members as the availability of burial plots.

Marian P. Connolly

Upcoming Events and Programs *continued from page 1*

Tuesday, July 6 • 7:00 pm
Nationals Park, N and ½ Streets SE

Washington Nationals Baseball Game

Come and join Capitol Hill Village at a Washington Nationals baseball game. CHV has obtained a special group rate for seats in Section 311 to the Nationals game versus the San Diego Padres. Ticket price is \$22 per ticket. Call the CHV office to make your reservation, then send a check to CHV, Box. 15126, Washington, DC 20003-126.

SIGNUP DEADLINE IS THURSDAY, JUNE 24.
Remember to call the office if you would like a ride.

Members, volunteers and their friends

Friday, July 9 • Beginning at 9:00 am
Your home

Book Donation Monthly Pickup

Friends of SE Library will be picking up (boxed or bagged) donations of used books, records, music and movie CDs and DVDs from Capitol Hill Village members' front porches. Items will be used in the monthly book sale to raise funds for SE Library. The July book sale is Saturday, July 10, 10 am to 3 pm.

CHV members who want to receive a tax-related contribution thank-you note, include a list of donated items, plus your name and address. **For Pickup, contact CHV by noon on Thursday, June 10, 202.543.1778 or info@capitolhillvillage.org.**

Friday, July 9 • 7:00 – 9:00 pm
Private home

Wine and Cheese Party

CHV members recently have installed a roof deck on their home near the Marine Barracks. They are inviting a maximum number of eight fellow members to watch the Marine Tattoo from their deck. Bring a bottle of wine and your favorite cheese to share. Warning: There are 38 steps to climb. **Please call the office to sign up and find out the address.**

Members only

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

Sunday, July 11 • 2:00 pm
Shakespeare Theatre, Sidney Harman Hall, 610 F St. NW

Mrs. Warren's Profession, by George Bernard Shaw

Originally banned from the stage, *Mrs. Warren's Profession* scandalized audiences upon its debut. The world of the idealistic Vivie is turned upside down when she learns that her family's considerable wealth comes from her mother's management of a chain of brothels. Is *Mrs. Warren's profession* an outrageous moral failure or a paragon of female achievement? STC favorite Elizabeth Ashley (*The Little Foxes*, *Sweet Bird of Youth*) returns to Washington to play the resourceful Mrs. Warren. Director Keith Baxter's comedies have been hailed by the *Washington City Paper* as "splendiferous" (*Lady Windermere's Fan*) and "hiccup-inducing hilarious" (*The Imaginary Invalid*).

The group rate ticket price is \$27. **THE DEADLINE FOR ORDERING TICKETS WAS JUNE 21.** If you already signed up for this event, call the office to see if we have the minimum number of 10 people and how to pay. **If you did not sign up but are interested in going, call the office to see if there are extra tickets available.**

Members, volunteers, and their guests

Wednesday, July 14 • 11 am — 2:30 pm
Mike's Crab House, 3030 Riva Road, Riva, MD

Seafood Lunch on the South River

Craving steamed crabs or crab cakes? We're taking a field trip to Mike's Crab House on the South River, near Annapolis, for a group lunch. You'll have the option of cracking open your own steamed crabs, or making a selection from seafood/beef/chicken sandwiches. Steamed crabs with a drink and access to the salad bar will cost about \$21 per person (this price may vary). The fixed-price Luncheon includes

Upcoming Events and Programs *continued from page 10*

a sandwich, salad and soft drink for \$17, including taxes and gratuities. CASH ONLY

For more information about Mike's Restaurant, go to: www.mikescrabhouse.com/rest.php.

Obviously, we'll need to take cars. Mike's Crab House is about 45 minutes from Capitol Hill. **Contact CHV by 10:00 am, Monday, July 12, if you'd like to join us;** let us know if you can drive or if you need a ride. Also, tell us which option you choose (steamed crabs or sandwiches).

Members and volunteers

Tuesday, July 20 • 6:00 pm

Private home

Literary Club

The book for this month is *Under the Banner of Heaven: A Story of Violent Faith*, by Jon Krakauer. A murder within a fundamentalist Mormon family in 1984 is the impetus for Krakauer's exploration of "messianic delusion, savage violence, and unyielding faith...With a clear-eyed look at Mormonism's violent past, Krakauer examines the underbelly of the United States' most successful homegrown faith and finds a distinctly American brand of religious extremism." **Please call the office to sign up and find out the address.**

Members and volunteers

Friday, July 23 • 11:30 am

at the SE DC Library

Balance Class

Join other members in this monthly balance class who 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 who is volunteering from Physiotherapy Associates.

Please RSVP with CHV office.

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

Saturday, July 24 • 7:00 pm

Private home

Potluck Dinner

Join fellow members for dinner at the home of Mike and Judy Canning. They will prepare a meat main course. Bring an appetizer, vegetable, salad, dessert, bread, or wine. Weather permitting, we will eat outside. When you call the office to sign up and find out the address, please say what you are bringing so we don't get too much in one category.

Members only

Wednesday, July 28 • 4 pm

Citizens for Global Solutions, 418 7th Street SE

Peach Tasting

Come with your taste buds ready. See if you can tell the difference among local and California peach varieties. Try peach wine and/or peach beer and/or peach nectar. Bring a friend and enjoy the fun on a lazy summer day.

You'll want to leave work early for this.

Members and friends

Continuing CHV Events

NOTE: Stammtisch is taking a break until further notice. If there is demand, it will be revived.

Tuesdays and Thursdays • 10:00 am

Capitol Hill Presbyterian Church, 4th Street and Independence Ave SE

Class Offering: Chi-Gong

The gentle but powerful Chinese movement exercise known as chi-gong [pronounced chee gong] is offered for Capitol Hill Village members by Joni Bell (the classes began in May). Joni, herself a CHV member, has practiced this discipline for the past 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 and last 30-40 minutes.

Open to members only