

CAPITOL HILL VILLAGE NEWS

JULY 2013

Upcoming CHV Events for July 2013



Thursday, July 4 • 9:00 am
8th & I Sts SE, Accessible to all

March in the Capitol Hill July 4th Parade!

Be a part of this neighborhood tradition! It's time to represent Capitol Hill Village in the 2013 Capitol Hill July 4th Parade. Come out and spend an hour or two with your fellow community members and celebrate our community and nation! Marchers will meet under the overpass at 8th & I Sts SE and will march on Barracks Row to D St SE!

Open to all, including grandchildren.

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



► continued on page 2

Saturday, July 6 • 9:00 am

Your home

DC Hazardous Waste Pickup

Signup deadline is 3 pm, Wednesday, July 3.

This is the periodic pickup day for hazardous materials and personal papers at CHV members' homes that will 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.

Hazardous wastes for pickup include paint, house cleaners, batteries, television, video equipment, and others not accepted in weekly home trash pickup.

Capitol Hill Village recommends that you remove your hard drive from computers you are disposing in the pick up. If you need assistance doing so, call the Village office and we can send a volunteer. Call 202.543.1778 or e-mail info@capitolhillvillage.org by 12 noon, Wednesday, July 3rd, to request a pickup or volunteer to assist with the drive.

Members only

Monday, July 8 • 5:00 pm

Capitol Hill Location (TBA)

The Travel Club

Signup deadline is 3 pm, Monday, July 8.

The July monthly meeting will be a summer happy hour event in which members and their guests can mix and mingle while enjoying each other's company. Cash bar.

Members, Social Members, Volunteers and Guests

Thursday, July 11 • 6:00-7:30 pm

Private Home

Cinephiles Club

Signup deadline is 3 pm, Thursday, July 11.

Each month participants in this film discussion group view one or more of the films listed before the scheduled meeting. At the meeting we discuss the films already viewed and select the next month's choices. View one or two or all three of the following films before July 11th, *Frances H*, *Fill the Void*, and *Shadow Dancer*. Participant should call the CHV office to register and learn the meeting address.

Members and Social Members

Friday, July 12 • Starting at 9:00 am

Your home

Book Donation Monthly Pickup

Signup deadline is 12 noon, Wednesday, July 10

Friends of the SE Library will be picking up donations of used books, records, 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, July 13th (10 am to 3 pm), in the basement of the library at 7th Street SE, just off Pennsylvania Avenue.

Members only

Saturday, July 13 • Starting at 10:00am

Your home

Student Service Day

Signup deadline is 12 noon, Wednesday, July 10

The second Saturday of every month, local students make themselves available to assist with Student Service Saturdays. When you call CHV to sign up, please provide a description of the task you would like completed. CHV then will match appropriate students with members' service requests. No request is too big or too small! Sign up required by noon on Wednesday, July 10th. Participants will be contacted by CHV with further details.

Members

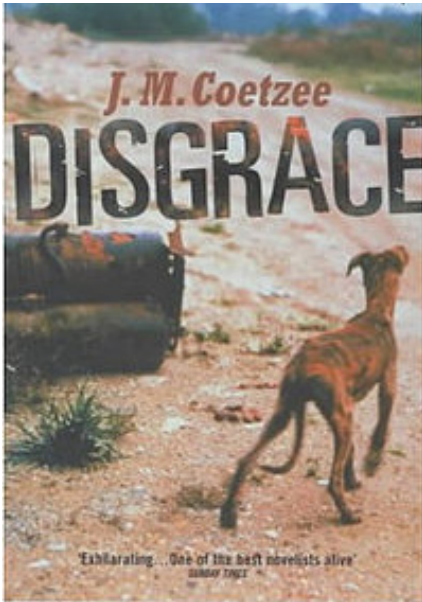
Tuesday, July 16 • 6:00-7:30 pm

Private home

Literary Club

Signup deadline is 3 pm, Monday, July 15.

If you've never read *Disgrace*, J.M. Coetzee's compelling 1999 novel of post-apartheid South Africa, this is your opportunity. *Disgrace* won the Booker prize in 1999, and four years later, Coetzee won the Nobel Prize for literature (after reading this book, you'll understand why). The main character is a "disgraced" college professor who takes refuge with his adult daughter, who, living alone in a predominantly black area on an Eastern Cape farm, is the victim of another "disgrace." Relatively short (220 pages) and written in vivid, spare prose, the novel's concerns are large, exploring



desire, intellectual arrogance, integrity, and, most notably, punishment and salvation. It's a book that squarely faces what it means for white South Africans to remain on the land, and one where the fate of the characters is related to the fate of the country. One critic calls it "the definitive

work on South Africa's present state." Please call the office to register and learn the meeting address.

Members and Social members

Thursday, July 18 at 12:00 PM

Mi Vencindad Restaurant, 12th & Pennsylvania SE

Men's Lunch Bunch

Signup deadline is 3 pm, Wednesday, July 17.

Join other men of CHV for a different kind of "old boys club" (cigars and scotch not provided). It's the monthly men's lunch club, an informal lunch exclusively for men.

Members & Social Members

Friday, July 26 * 12:30-1:30 pm

SE Neighborhood Library, 7th and D Streets SE,
Accessible from D St.

Balance class

Signup deadline is 3 pm, Wednesday, July 24.

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.

Members, Social Members, and Guests

Continuing CHV Events

NOTE: You do NOT need to RSVP for continuing events, but please confirm schedule with the office or check www.capitolhillvillage.org.

Every Monday • 4:00 pm

Garfield Park, South Carolina Ave. at 2nd St. SE

Petanque

Join a group of Capitol Hill game enthusiasts each Monday for a friendly game of Petanque. Petanque is a the French game of boules, similar to the Italian game of bocce. For further information call Paul Cromwell at 543-7530.

Open to all

Tuesdays and Thursdays • 10:00 am

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

Qigong

This gentle, but powerful, Chinese movement exercise is offered by CHV member Joni Bell.

Members only

Mondays • 10:00 am

St. Mark's Church Dance Studio

Pilates

St. Mark's Dance Studio hosts this class. Pilates, is a body conditioning system that builds strength, flexibility, coordination and endurance.

Performed on a mat, the class progresses through exercises that develop strength in the abdominal muscles, legs, arms and back. Individual class \$7; 10 class card (no expiration date) \$55

Open to All

Wednesdays • 3-5 pm

Private home

Mahjong

Mahjong is a game the originated in China. Similar to the Western card game rummy, Mahjong is a game of skill, strategy and calculation and involves a certain degree of chance. Join a group of members and volunteers who meet to play together. Beginners welcome.