

CAPITOL HILL VILLAGE

OCTOBER 2011

NEWS

Two Social Worker Interns to Complement CHV Office

Capitol Hill Village is welcoming two social worker student interns to our community. Chinwe Unegbu and Ariana Klay will be completing their Masters in Social Work field placement work at CHV, working with us through the spring.

Chinwe, a student of the University of Maryland's School of Social Work, completed her bachelor's degree in psychology at Bowie State University in 2009. Chinwe, a Nigerian native, has professional experience as a youth care

worker, program coordinator for transitioning adolescents from homeless shelters, and home health aide for older adults.

She lives in Glenn Dale, Maryland, with her husband and two children. Chinwe plans to become a licensed clinical social worker so she can "help make life easier for those facing difficult challenges in their lives."

Ariana and her husband Ben Klay are Capitol Hill residents,

► *continued on page 4*

Opera Pleasures Can Be Shared

"Before him trembled all Rome," exults Floria Tosca as she stands over the body of Baron Scarpia, a bloody knife in her hand.

Things were a lot more peaceful at the first meeting of the CHV Opera Interest Group. Eleven members gathered at the home of Andrea and Joe Kerr on Sunday, Sept. 11, for wine, cheese, and opera talk.

Sheridan Harvey provided a lively overview of Puccini's *Tosca*, which had opened the night before at the Washington National Opera (WNO). She gave background

► *continued on page 6*



Bags of Apples – M'El Abrecht



Haymaking – Mary Procter

Upcoming Events

Sunday, October 2 • 2:00-5:00 pm
Capitol Hill Presbyterian Church, 4th & Independence Ave., accessible

Apples & Art



Mark October 2 on your calendars for Apples & Art, celebrating our 225 amazing volunteers and our fourth birthday! This year, CHV has partnered

with the Capitol Hill Arts Workshop and Capitol Hill Arts League to bring you a silent art auction. Also, we will announce our Geoff Lewis Direct Service Volunteer of the Year and the Gail Kohn Administrative Volunteer

of the Year. We will have apple tastings provided by the Department of Agriculture and fun fall activities for children. And a full table of delectable appetizers will be awaiting your attention. Please come, bring friends and help us celebrate. **Sign up with the office by 3 pm, September 30.**

Open to all.



Stained Glass – Marci Hilt

► *Upcoming Events continued on page 11*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26 Petanque, 4 pm, see p. 13	27 Qigong, 10 am, see p. 13	28 Yoga Class, 6 pm, see p. 13	29 Qigong, 10 am, see p. 13	30 Contact the office by noon to arrange Oct. 1 Hazardous Waste pickup	1 Hazardous Waste Pickup, Starting at 9 am from your house, see p. 11
2 Apples & Art 2-5 pm, Bid on art, Celebrate our 225 volunteers and wish Happy 4th Birhtday to CHV! See p. 1	3 	4 Qigong, 10 am, see p. 13	5 Yoga Class, 6 pm, see p. 13 Reservation deadline for the Nov. 6 performance of <i>The Book Club Play</i>	6 Qigong, 10 am, see p. 13	7	8
9	10 Petanque, 4 pm, see p. 13	11 Qigong, 10 am, see p. 13	12 Yoga Class, 6 pm, see p. 13	13 Qigong, 10 am, see p. 13 Contact the office by noon to arrange Oct. 14 book pickup	14 Book Donation Monthly Pickup, starting at 9 am, see p. 12	15
16	17 Petanque, 4 pm, see p. 13 Contact the office by 3 pm to sign up for the Oct. 19 Café Berlin Dinner and Oct. 18 Literary Club	18 Qigong, 10 am, see p. 13 Literary Club, 6 pm, see p. 12	19 Yoga Class, 6 pm, see p. 13 Dinner at Café Berlin, 6:30 pm, see p. 12	20 Qigong, 10 am, see p. 13	21 Contact the office by 3 pm to sign up for the Oct. 23 play	22
23 The Heir Apparent, 2 pm, see p. 21	24 Petanque, 4 pm, see p. 13	25 Qigong, 10 am, see p. 13 Weatherize for Winter, 7 pm, see p. 22	26 Yoga Class, 6 pm, see p. 13 Contact the office by 5 pm to sign up for the Oct. 28 Balance Class	27 Medicare: Choosing the right plan, 10 am, see p. 13 Qigong, 10 am, see p. 13	28 Balance class, 12:30 pm, see p. 22	29
30	31 HALLOWEEN					

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:

Phone: 202.543.1778

E-mail:
info@capitolhillvillage.org

Internet:
www.capitolhillvillage.org

Mail: PO Box 15126,
Washington, DC 20003

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

Katie McDonough, Executive Director

Julie Maggioncalda, Community & Social Services Director

Gail Kohn, Advisor to the Board

Capitol Hill Village News Team

Editor: Diane Brockett

Activities Coordinator:
Judy Canning

Designer: Roxanne Walker

Copy Editors: Susanne Allen,
Eileen Leahy

Web Site: Neal Mann

From the Executive Director...

This month is Capitol Hill Village's fourth birthday and we have a lot to celebrate.

Over these four years, CHV has grown to more than 350 members and 200 volunteers, who provide 85 percent of 2,500 services to members annually. We have increased our social, cultural and exercise programs — an average of 10 activities a week. New donors and service providers have joined our ranks, making CHV one of the most successful villages in the nation.

Care Coordination Services

Members often are unaware of the breadth of CHV's valuable services. Among them are health and social care coordination to help our members navigate the complicated systems that many of us rely on. In times of medical or financial crisis, it often is challenging to access needed services when you are not feeling well or your mobility is temporarily or permanently limited. CHV can help in a variety of ways.

CHV has worked diligently to increase its care coordination to members. We have added more trained staff and are developing key public and private partnerships. Did you know that, through CHV's partnership with Washington Hospital Center's Medical House Call Program, you can use a primary care physician who makes home visits? Did you know that CHV has two licensed social workers on staff who can assist with hospital discharges, arrange in-home services, and are experts at accessing social and medical services for your unique needs? Professional care coordination can cost upward of \$100/hour. Village members can access these services with no fee. Call the Village first



when such challenges arise. We want to help!

Welcome to Our Two Graduate Student Interns

CHV is happy this fall to welcome our two graduate interns, Chinwe Unegbu and Ariana Klay, who are studying to receive their Master's in Social Work from the University of Maryland and Catholic University of America, respectively. Both will assist with care coordination to members and will help with service-related tasks in the office.

Additionally, Chinwe will work to develop our Intergenerational Skills Exchange Program that links young adults with members to share valuable skills, from learning a language to gaining business skills. Ariana will work to develop both funding and program opportunities to support our military veterans. They will be serving at CHV through May 2012. Please join me in welcoming them to our community.

Celebrate with Us!

To celebrate our fourth birthday, join us at the Apples & Art Celebration on October 2 from 2-5 pm. We will honor our over 200 volunteers, including naming the Geoff Lewis

► *continued on page 4*

Welcome Social Worker Interns *continued from page 1*

and Ariana currently is studying at Catholic University's School of Social Service while working part-time on the Hill Center staff. She completed her undergraduate degree at the U.S. Naval Academy. Ariana was a legal, operations and protocol officer in the U.S. Marine Corps; she served in Operation Iraqi Freedom during 2008-2009 in Ramadi and Baharia, Iraq.

She is pursuing a career in social work to improve the lives of others and challenge social injustice. Ariana chose Capitol Hill Village for her field placement work because of the opportunity to learn from a community of talented individuals who staff, volunteer, and are members of CHV, as well to gain experience in the clinical and policy sectors of social work.

Ariana and Chinwe will work with Executive Director Katie McDonough and Director of Volunteer & Social Services Julie Maggioncalda, assisting with care coordination for CHV members facing health and medical challenges. Chinwe also will work to bolster the CHV Intergenerational Skills Exchange Program. This aims to connect young adults with CHV members



Chinwe Unegbu (left) and Ariana Klay

to learn various skills such as a foreign language or developing cooking or craft-making skills. Ariana will help CHV develop its services and funding opportunities for discounted military veteran members.

Ariana and Chinwe are bringing skills to help improve services and programs available to CHV members, and in exchange, CHV will provide both students with field-learning experiences, a cornerstone of social work education.

Call Us First!
202.543.1778

From the Executive Director

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Direct Service Volunteer of the Year and — a new award — the Gail Kohn Administrative Volunteer of the Year. There will be apples, desserts, and cider tasting; fall crafts for the kids, and a silent art auction benefiting CHV and Capitol Hill Village. Join us!

As you can see, we have a lot to celebrate! I hope you are as proud as I to be a part of such an amazing Capitol Hill community organization!

— Katie McDonough

Caregiving Discussion Group Forming

Do you currently or have you ever cared for a loved one in your home, or in their home?

Capitol Hill Village is seeking members who are family caregivers to form a discussion group on the topic. The group will meet in later October to discuss the hows, whens, wheres and whys. If you have cared for a home-bound loved one, or currently are doing so, your input would be most valuable. Please call the CHV office at 202.543.1778 to express your interest, and we'll set a date. The availability of interested parties will be considered when determining time and meeting location.

From the Advisor to the Board...

Be Prepared for the Future

Do not miss the first of a series on Estate Planning and Necessary Powers of Attorney at 11 am on Tuesday, September 27, in the comfortable Community Center at Townhomes on Capitol Hill (6th and I Sts SE). Attorney Brad Johnson and financial planner Bill Phillips will provide an overview of how you can make sure your wishes are followed when you cannot speak for yourself. You can sign up by contacting Capitol Hill Village.

Apples and Art

Capitol Hill Village will celebrate its fourth anniversary, Sunday, October 2nd with a really fun event. (See when and where on page 1.)

For the many who have attended in previous years, there will be reminders of past Capitol Hill Village fall celebrations. Recognition of the importance of Capitol Hill Village's volunteers will be the centerpiece. Free apples contributed



These two pieces by CHV member Claire Kincannon will be available at the October 2 Apples & Art auction.

by the Department of Agriculture will return. We missed them last year, due to the brown marmorated stink-bug infestation. Come, taste and take some home. Join the fall dessert preparers or just be a part of the appreciative consumers. Kids of all ages again will have a chance to make bird feeders.

New to all will be the opportunity to view and purchase art, in partnership with Capitol Hill Arts Workshop and the Capitol Hill Art League. Most works will be available, thanks to Capitol Hill artists. Some deaccessions also will be offered. Among others attempting to gain control of our possessions, my husband and I have given art we have been storing, not displaying. If you have pieces of jewelry, sculpture or other objects to offer, contact Katie McDonough, to see if there still is room for treasures you are ready to pass to others, while benefiting Capitol Hill Village.

Whether you are among the donors or not, please come to Apples and Art and help us celebrate.

Housing on Capitol Hill (yours and others)

Most of you will stay in your home, where memories are evoked in every corner. Some see their future on Capitol Hill, but in a different housing.



A future in either direction...or both, requires planning. If you want to stay where you are, renovations may be needed. Capitol Hill Village can help you identify an architect and contractor to help. If you want to stay on Capitol Hill, but simplify your life by moving--now or later, speak up. We have a list and some visions emerging.

Consider this: "How about buying a building with others and renovating to suit?" There is a small group already interested. Year 2012 may be the time to start comparing ideas.

Honors and Opportunities for Capitol Hill Village

CHV has once again been selected for inclusion in the Combined Federal Campaign (see box below). Some agencies make Combined

▶ *continued on page 7*

CHV Chosen for Combined Federal Campaign

We are pleased to announce that for the second year in a row Combined Federal Campaign of Greater Washington selected Capitol Hill Village to be among the charities federal employees can choose for year-end annual giving at work. The campaign at federal agencies enables any federal employee to designate a part or all of their agency contribution to Capitol Hill Village.

Our CFC # is 55474.

Opera Pleasures Can be Shared *continued from page 1*

history, a summary of the convoluted plot, and a few sound excerpts. Stories told included what happens when you combine a large soprano and a trampoline (not pretty) or give insufficient stage directions to extras (they shoot the wrong person). For future travels in

Italy, attendees learned some useful Italian vocabulary— *aiuto* (help), *muori* (die), and *mia* (mine).

For many of us, it was a chance to meet neighbors who share a love of opera. There were many suggestions for future gatherings, including watching an opera video,

discussing a single singer, or inviting knowledgeable speakers. Since those who attended this first session regularly go to the Washington National Opera, we decided to use a similar format for the next meeting with the focus on

Sheridan Harvey (right) captured her audience's attention, including Joe Kerr, as she provided lively insight into the opera, *Tosca*.

Lucia di Lammermoor, WNO's next production. But we welcome other ideas and other folks for future meetings.

Many are planning to attend the simulcast of WNO's *Tosca* at Nationals Park on Thursday, Sept. 22. See Opera in the Outfield at <http://www.kennedy-center.org/wno/outreach/simulcast/index.cfm> for details on this free performance. This is a great opportunity for those curious to hear an opera to do so in a relaxed, convivial setting.

The new opera group has created an email list, which can be used to share news of upcoming events, arrange carpooling, sell or give away tickets, or anything else people think of. If you are interested in being added to this list, contact Sheridan Harvey at sheridan1558@gmail.com. Whether you are a newcomer or a life-long opera enthusiast, please join us at our future sessions.



CHV Theater Group Planning Changes

The CHV Theater Group has been considering new drama offerings for this upcoming season and has decided to plan the year a little differently. One reason for change, the group concluded, is that we have had good—even excellent—turnouts for a few plays and very low interest in others, including some bookings that were canceled. Another reason is because of the difficulty of making arrangements for group-rate tickets each month (theater companies have differing rules).

Whereas standard practice has been to book in advance for each

performance (at a lower group rate), the group decided to do advance booking only for a few, likely popular works. This year, so far, they include:

- ▶ *The Habit of Art* at Studio Theater on Sept. 18
- ▶ *Oklahoma!* at Arena Stage on Sept. 27
- ▶ *The Book Club Play* at Arena (Kogod Cradle) on Nov. 6
- ▶ *Red* at Arena in February
- ▶ *The Music Man* at Arena in May, June or July (a long run).

For other shows the group thought worthy, it was decided to announce

a specific date for a specific play and ask members to book their own tickets, then offer a wine and cheese at an attendee's house afterwards to discuss the program. The first of these offerings will be:

- ▶ *The Heir Apparent* at Shakespeare Theater on Oct. 23 (see page 13 for details).

Your suggestions are always welcome. Also, let us know if you would like to help plan theater visits. You may call the CHV office or email: info@capitolhillvillage.org.

Honors and Opportunities for CHV *continued from page 5*

Federal Campaign into a very visible competition among work colleagues and between agencies. "Loaned Executives" manage solicitation efforts within their agencies.

You too can help increase giving to Capitol Hill Village by alerting your friends in federal agencies and asking them to specify CFC # 55474, instead of disbursing their contributions to all charities. The name "Capitol Hill Village" is not as descriptive as some CFC recipients' organization names, so you may have to present the "elevator speech", that "Capitol Hill Village is my neighborhood charity, which makes it possible for us to remain in our homes throughout our lives." If you have more time, this story conveys the value of Capitol Hill Village membership:

Susan joined Capitol Hill Village because her friends wanted her to help support the organization. She was enjoying an active life on Capitol Hill and felt great. Then, one evening she walked into her front yard and tripped over a not-so-tall, newly installed fence. She was hospitalized with complicated fractures and sundry bruises. When she recovered from the shock, Susan called Capitol Hill Village. That was the beginning of her personal appreciation for volunteers arranged by Capitol Hill Village and Capitol Hill Village home care coordination. She rejected moving to a nursing home to recover, as her physician advised. At home she was with her cat in familiar surroundings. And Capitol Hill Village connected her with caregivers and rehabilitation specialists. Volunteers helped with errands and transportation and company. Help was one phone call away 24/7. What a difference one tumble can make.

If the agency you are familiar with hosts Combined Federal Campaign recipients at events to introduce the

importance of giving, Capitol Hill Village will send a representative. In many cases, that representative will be a former agency employee, who is a Capitol Hill Village member.

Catalogue for Philanthropy selected Capitol Hill Village for inclusion in 2012. Here's what readers will discover about Catalogue for Philanthropy at its website and in the catalogue. The 2012 copy will be available in November.

"Our family of nonprofits is over 300 strong and represents the tremendous range of good works in the greater Washington nonprofit community. Since November 2003, our inaugural year, we have helped raise more than \$12.5 million from new donors for featured nonprofits.

One hundred reviewers from foundations, corporations, corporate giving programs, giving circles, and peer nonprofits, evaluate applicants for distinction, merit, and impact. Every featured charity has been 'site visited' by at least one reviewer, some by as many as five. Our auditors scrutinize all finalists: cost-effectiveness and financial transparency are critical. We leverage the region's knowledge about philanthropy for the benefit of the entire community."

The Catalogue represents some of the best smaller nonprofits in the Greater Washington region.

Capitol Hill Village expects to make new friends and forge new partnerships, as a result of becoming a part of the 2012 Catalogue for Philanthropy.

Thanksgiving Dinner with Friends

Thanksgiving appears automatically on calendars, but if you haven't made your family or other social plans for November 24 yet — don't forget that Capitol Hill Village has an annual Thanksgiving dinner for members.

This year, as in the past, the meal will be potluck, for want of a better term.

A fireplace will be warming 325 South Carolina Avenue SE as Village members and maybe a friend or two arrive, and a stuffed roast turkey will be waiting in the kitchen. Meal items brought by attendees in past years have ensured it can be a fine repast.

The dinner will be included in the regular CHV November calendar, but we want to add this to your social possibilities as you begin holiday planning.



Village Book Club: Seriously Fun

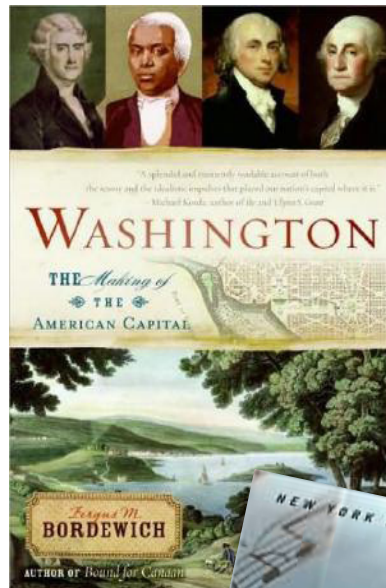
By Jim Hardin

"I enjoy the variety and quality of the books we read and the liveliness of our discussions," says Judy Canning, a regular at the monthly sessions of the Capitol Hill Village Literary Club. "The book selected isn't necessarily one I would have chosen myself," says Patricia Molumby, and for her that is a good thing. She enjoys finding out "what others find thought-provoking and well written."

The group meets on the third Tuesday of each month at 6:00 p.m. at a member's home. Books are selected several months in advance through a short discussion at the end of each session. Selections include both fiction and nonfiction, generally are under 400 pages, and available in paperback editions. At one session, we read favorite poems and at several others, popular plays, with participants taking the various parts.

Titles have included:

- ▶ Jeffrey Tobin, *The Nine: Inside the Secret World of the Supreme Court*;
- ▶ Jon Krakauer, *Under the Banner of Heaven: A Story of Violent Faith*;
- ▶ Ford Maddox Ford, *The Good Soldier*;
- ▶ Simon Mawer, *The Glass House*;
- ▶ Saul Bellow, *Henderson the Rain King*;
- ▶ Tom Stoppard, *Rosencrantz and Guildenstern are Dead*;
- ▶ Rebecca Skloot, *The Immortal Life of Henrietta Lacks*



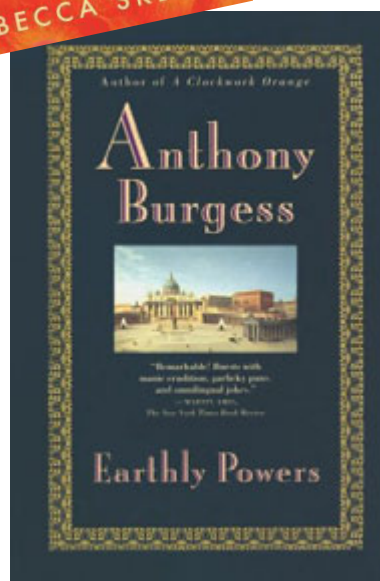
- ▶ Daniel J. Levitin, *This Is Your Brain on Music: The Science of a Human Obsession*; and
- ▶ Fergus Bordewich, *Washington: the Making of the American Capital*.

"One of the most intellectually stimulating experiences I have had since college," says Harriet Rogers. "As important as the discussion substance is the camaraderie of the group and the respect that each member has for each other — marvelous to watch and be part of."

Mike Neuman enjoys the group's "diversity of backgrounds and interests. As a result, the choice of works stretches us beyond our separate comfort zones, and the discussions enrich our individual readings. We seldom come to a consensus about anything . . . except the overall quality of the books and the congeniality of the group."

That congeniality is enhanced by meeting in members' homes, always a treat on Capitol Hill, with snacks and libations offered by the host. As Alice Norris reports: "Books are interesting; there is a wide-ranging and free expression of thought; the food and drink is grand."

Attendance varies from six to ten or twelve. The gatherings are open to all CHV members and volunteers. The Capitol Hill Village Literary Club selection for October is *Earthly Powers* by Anthony Burgess. See page 12 for details, then call the office to register and learn the location of the meeting. Join us for an evening of intellectual stimulation, conviviality, and fun.




RANDOM MUSINGS:


Antology

By Leo Orleans

My guess is that, unless you have spent all your life in apartment buildings, you have had some experience with domestic(ated) ants. We certainly have had our share of encounters with the little buggers, but with persistence and the help of advanced techno-chemistry we always have managed to rid ourselves of this temporary annoyance. Not this year.

For the first time, we are deluged not with ordinary ants of normal sizes but teeny-weeny, dwarfy ants that often require reading glasses to locate. I will not vouch for it, but as far as I can tell, they have standard body structure consisting of two "bubbles" the size of three grains of Domino cane sugar, a head the size of one grain of sugar, and probably six legs. And since whatever satiates their hunger probably escapes from the opposite end, there also must be a teeny-weeny connector between the two body parts. 


Based on our kitchen experience, neither spraying, nor trapping, nor plugging up the tiny crackettes around the kitchen counter, nor any

other suggestions learned from the internet seem to work. As soon as a crumb of anything semi-edible lands on the counter, out they come. Surely they must have someone on guard duty both day and night who also is capable of alerting the masses via some 21st century antsy-geeky device. 

To make matters worse, without doubt our visitors are the healthiest and speediest of all ant varieties. They remind me of football punt returners, who often are small wiggly guys and can run a long way before getting tackled. Moreover, our ants obviously can sense a finger when it appears over their heads because it usually takes two or three attempts before you can squish one of them.

To complicate matters, our tiny ants are so small that a soft finger does not always do the job. To accomplish our unmentionable objective we have to move fast, squish hard, and drag our finger for about a foot. The only consolation is that we never have to wash or even wipe our weapon. There's nothing on the finger to wash.



Maybe you can sense the somewhat discomfoting problem that, over time, furtively has crept into my head and complicated my relationship with our visitors. I kinda got attached to them. Maybe it's because of their size and because of the seemingly devil-may-care attitude they have toward life. Maybe it is because they are kinda cute and don't bite. I don't know. I wonder about their family. Do they have parents? Does the family recognize the disappearance of one of their own? I know bees have queens that are venerated and workers that never seem to rest. Our ants never seem to rest. Do they have queens? Or kings,  for that matter?

Could it be the vagaries of life or is it an ant in my brain?

Reminder: Give Away Clutter, for a Cause

Capitol Hill Village is partnering with A Wider Circle's Neighbor-to-Neighbor Program. On Saturday, October 8, CHV and A Wider Circle will pick up items on the Circle's wish list. If you would like to participate, please call the CHV office (202.543.1778) and sign up for a pickup by Tuesday, October 5 at 12:00 noon. If you would like to donate items that are not listed, please let CHV know, and later we will arrange an additional pickup with an agency that will take them.

Wish List *(Please donate items that are in good condition.)*

- ▶ Beds
- ▶ Kitchen tables and chairs
- ▶ Baby items
- ▶ End tables and coffee tables
- ▶ Sofas
- ▶ Televisions
- ▶ Lamps with shades
- ▶ New cleaning products
- ▶ Vacuum cleaners
- ▶ Kitchenware
- ▶ Fans and AC units
- ▶ Towels
- ▶ Bedding (with comforter bags to keep clean)
- ▶ Rope (to use during transport)
- ▶ Baskets (size of basketball or larger)
- ▶ Personal care items

About Moses Gozonsky

Moses Gozonsky, a Capitol Hill resident since 2000, died of natural causes at his home on August 23, 2011. Moses was born and raised in Laconia, New Hampshire. He graduated from Laconia High School in 1940, and later graduated from the University of New Hampshire (Class of 1947) in Durham, NH.

Moses enlisted as a Private in the U.S. Army on March 6, 1943, in Fort Devens, Massachusetts, and flew over the beach at Normandy during the D-Day invasion on June 6, 1944.

Moses married Eileen Charney in 1951. He and Eileen enjoyed 48 years together until she passed away in July 2000 after a long illness. Moses later married Gail Stettler, a Capitol

Hill Village volunteer and longtime resident of Capitol Hill.

Moses had resided in Washington, DC, since the mid-1950s. The majority of his career was at the Department of Housing and Urban Development in the agency's office on aging. After retiring from HUD in 1985, Moses pursued his many interests.

He was a world traveler whose many trips included to Israel, Africa, India, Argentina, England, Italy, Switzerland, Peru and the Galapagos Islands. He was an avid golfer and a longtime member of Indian Springs Country Club in Silver Spring, Maryland. Moses was also an active member of Temple Micah in Washington, DC.



Moses is survived by his wife, Gail Stettler; brothers Irving, Charles and Edwin Gozonsky and sister Mary Freidman; and stepchildren James, Elisabeth and Etienne Stettler.



Meals Improve with Friendships, and Good Restaurants

Capitol Hill Village members found “Zest Bistro” another winning area restaurant to explore, as this photo shows featuring Cornelia Strawser, George and Lois Porter, Michael Canning, and Kirsten Oldenburg. Ten more members filled tables during the lunchtime gathering. This month (see November calendar, page), dinner is available at Café Berlin, already a favorite for many. The meals are served Village members at a special cost, we select quieter

restaurants, and our members are seated at smaller tables to allow conversation—all add to the restaurant program's popularity. Also a plus is when most members can walk to the café. Let us know if you have a favorite Capitol Hill restaurant or a new one you'd like to explore that would be appropriate to host a group from Capitol Hill Village.

Upcoming Events *continued from page 1*

Saturday, October 1 • 9:00 am

Your home

DC Hazardous-Waste Materials Pickup

This is the periodic pickup day for hazardous materials and personal papers at CHV members' homes. The materials 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, old medicines, televisions, video equipment, and other items not accepted in weekly home trash pickup. For the list of accepted wastes, check the DC hazardous wastes website:

<http://dpw.dc.gov>, then select "services" when page appears, then "household-hazardous wastes-E-cycling-Shredding". Lower in the page is an extensive list of acceptable and non-acceptable items.

Call 202.543.1778 or e-mail info@capitolhillvillage.org by noon, Thursday, September 29 to request a pickup or volunteer to assist with the drive.

Members only

Wednesday, October 5 – Reservation Deadline for Arena performance in November

"The Book Club Play" by Karen Zacarias

Play is Sunday, November 6, 2:00 pm

Arena Stage Kogod Cradle, 1101 Sixth Street SW

This reexamined comedy involves Ana, a type A person, who lives an ideal life with her adoring husband Rob, who, however, does not share her intense passion for books. Ana is the founder and a pivotal character in her book club that includes people with unusual backgrounds. The interplay of these members, presented in documentary form, is captivating, witty and humorous. But when bizarre circumstances occur, Ana's perfect world is disrupted. This satiric comedy by Karen Zacarias, Arena Stage Resident Playwright, emphasizes the importance of book clubs, with books as a catalyst, bringing people together to socialize, analyze and criticize.

If you haven't seen a play in the Arena's new Kogod Cradle, this is an opportunity to do so. Half-price tickets

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

are \$32. Phone the CHV office at 202.543.1778 (by 3 pm, October 5) to reserve, and, at the same time, indicate any specifics such as a need for accessibility seating or transportation. Then mail your check to the office.

Members and friends

Saturday, October 8 • 9:00-3:00 pm

Your home

Household Donation Pickup

In the spirit of our "Be Prepared" Agenda, Capitol Hill Village is partnering with a local nonprofit organization to coordinate a pickup of extraneous furniture, kitchen supplies, linens, and clothing. The



items will be donated to A Wider Circle's Neighbor-to-Neighbor Program, and pickups will occur during the day on Saturday, October 8. Members who sign up will need to agree to be home on Saturday, October 8 between 9 am and 3 pm so the A Wider Circle staff can come to your home and remove the items you would like to donate. Items of interest include: beds, kitchen tables and chairs, baby items, end tables, coffee tables, new cleaning products, vacuum cleaners, kitchenware (pots, pans, utensils, toasters, etc.), microwaves, fans, air conditioning units, towels, bedding, baskets, personal care items and rope (for transport). Sign up by 3 pm, October 5.

Members only



Upcoming Events *continued from page 11*

Wednesday, October 12 • 2:00 pm
Southeast DC Public Library; Fully accessible

Create A New Future for Social Security



This program is the second in a two-part series. Join fellow CHV members and experts from AARP to consider various methods to solve Social Security. Learn about the options available and work together with a team to develop your plan!

Friday, October 14 • Starting at 9:00 am
Your home

Book Donation Monthly Pickup

Sign up by noon, Thursday, October 13.

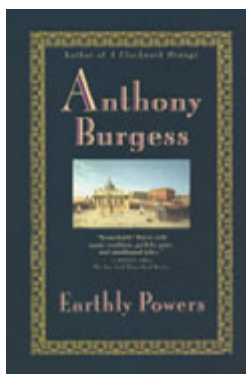
Friends of the SE Library will be picking up donations of used books, records, music and movie CDs and DVDs from Capitol Hill Village members' front porches. The items will be included in the monthly used-book sale Saturday, October 15 (10 am to 3 pm) in the basement of the library at 7th Street SE, just off Pennsylvania Avenue.

Members only

Tuesday, October 18 • 6:00-7:30 pm
Private home

Literary Club

The Capital Hill Village Literary Club selection for October is *Earthly Powers* by Anthony Burgess. Published in 1980, *Earthly Powers* explores the life of 81 year-old Kenneth Toomey (a character said to be loosely based on the writer Somerset Maugham). Described as a "panoramic saga of the 20th Century," told by an "octogenarian homosexual," *Earthly Powers* contains many of Burgess's favorite topics—sexuality, the Catholic Church, the unreliability



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

of memory, and the nature of evil. The novel's geographic and historical range is vast—hopping to Malta, Rome, Dublin, Tangiers, Chicago, and Hollywood (to name just a few), and referencing a range of diverse historical events: World Wars I and II, the 1918 flu epidemic, colonial uprisings in Africa, and prohibition. John Leonard, reviewing the book in the *New York Times* notes, "Mr. Burgess is as shameless as Dickens, he won't stop plotting." In 2006, the London paper *The Observer* named *Earthly Powers* the third best work of British and Commonwealth fiction in the past 25 years (it was tied with *Atonement*).

Call the office to sign up and find out the address. Newcomers always welcome.

Members and volunteers

Wednesday, October 19 • 6:30 pm
322 Massachusetts Avenue NE (a few steps down at the entrance)

Dinner at Cafe Berlin

Reservations Only (by 3 pm, October 17)

Join us for dinner at Cafe Berlin, a popular Capitol Hill dining spot since 1986, serving German food "with a lighter touch." CHV members are being offered a 3-course, \$27 fixed-price meal with a choice between two appetizers and three entrees (fish, pork, or chicken), and a dessert of Linzer Tart. The cost of the meal includes taxes and gratuities. Beverages (including coffee) are additional, and charged on an individual basis. CASH ONLY.

Seating is six-per-table, to allow for easy conversation. Reserve by calling the CHV office by 3 pm on Monday, October 17. If you reserve and cannot attend, please call the office to cancel. When the restaurant sets up for us, they turn away other diners. "No-shows" means a loss of business revenue and weakens CHV's ability to arrange for group meals.

Members and Volunteers

Upcoming Events *continued from page 12*

Sunday, October 23 • 2:00 pm

Shakespeare Theatre at Lansburgh Theatre,
7th Street (near E Street) NW. Fully accessible.

The Heir Apparent

Signup deadline is 3 pm, Friday, October 21

Buy your own ticket, then join Village members for the play and wine and cheese afterwards at a member's home. Playwright David Ives (who wrote last season's popular *The Liar*) returns with an adaptation of Jean-Francois Regnard's 1706 masterpiece, directed by Artistic Director Michael Kahn. Eraste desperately wants to marry Isabelle, but first he needs to secure an inheritance from his miserable old uncle, Geronte. The uncle won't make it easy for Eraste, though, as he's bequeathed his money to distant relatives. Can Eraste's resourceful servant save the day with his powers of disguise and quick wit? Love, family and intrigue make this a hilarious French farce. Call Shakespeare Theatre (202.547.1122) to book your tickets for this performance. Then call the Village office (202.543.1778) to sign up for the post-theater wine and cheese by Friday, Oct. 21 at 3:00 pm. If you have tickets for another day, you are welcome to attend the wine and cheese. Reservations required but not limited.

Members and friends

Tuesday, October 25 • 7:00 pm

Location to be announced

Weatherize for Winter

Come learn from Weatherize DC to make your home more energy efficient through weatherization. In addition, Weatherize DC helps create jobs by employing people in economically distressed areas to perform home retrofit upgrades. The presentation will focus on the importance of weatherization to save money, increasing comfort in your homes, and reduce your carbon footprints. Come learn about the options available to you to weatherize your house.

Members & 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

Thursday, October 27 • 10:00 am

Kaiser Permanente Capitol Hill Center;
2nd & G Street NE; Fully accessible

Medicare: Choosing the right plan

It is Medicare Open Season and time to be sure you have the right health care plan for you and your lifestyle, as offered plan details can change yearly. Join experts at Kaiser Permanente, who will provide a tutorial on choices for consumers and what to consider when you choose a plan. You can also stay for a tour of the new Kaiser facilities after the presentation.

Members & Potential Members

Friday, October 28 • 12:30-1:30 pm

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

Balance Class

RSVP to the CHV office by Wednesday, October 26.

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 only

Continuing CHV Events

NOTE: You do NOT need to RSVP for continuing events.

Every Monday 4:00 pm

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

Petanque *Open to all*

Wednesdays at 6:00 pm

Townhomes Community Center, 6th & I Sts SE

Yoga *for Members and volunteers*

Tuesdays and Thursdays 10:00 am

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

Qigong *for Members only*