

CAPITOL HILL VILLAGE

DECEMBER 2010

NEWS



2011 Village Gala is Ready With Stardust

Expect Stardust to be glittering for Capitol Hill Village members again on Saturday, January 29, at our Third Annual Gala.

This year, the moon and stars will shine at a new celebration location — St. Coletta School. Very likely, you have noticed the modern,

multi-colored and multi-shaped buildings on Independence Avenue and 19th Street SE.

“We are offering the best night-out in the neighborhood,” notes Ann Richards, chairman for this year’s Gala. “I learned at last year’s Gala that I had no shortage of dancing partners.” [▶ continued on page 5](#)

Charmed by Seillans in Provence

By Faith Brightbill and
Carla Yates Bremer

Red tile roof tops on 12th century villas in a hilltop village reached by endless winding country roads — a perfect description of the picturesque village of Seillans in Provence.

Five friends were the fortunate top bidders for this romantic vacation destination in the silent auction at the CHV Gala last January. The home of Sylvia and Bill Peterson was all we had imagined and more — with modern, cozy conveniences in a 12th century abode.

We started each day with croissants, cheeses, and jams from the local market. Lunches and dinners were gastronomical delights (and dieters’ downfalls) usually three to five courses including fantastic desserts, consumed while visiting the many

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December Events

Saturday, December 4 • 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 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.

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December 2010 Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1 Hanukkah Begins (at sundown)	2	3 Call the office by noon to arrange Dec. 4 pickup of Hazardous Waste, see page 11	4 Hazardous Waste Pickup, Starting at 9 am from your house, see page 11
5	6	7 Nat'l Pearl Harbor Remembrance Day	8 Chew On That, discussion group, 7:00 pm, see p. 11 Call the office by noon to reserve a spot at the Dec. 10 dinner, see page 11	9 Hanukkah Ends	10 Dinner at The Monocle, 6:30 pm, see page 11	11
12 Black Nativity, 3:00 pm, see page 11	13	14	15	16	17 Balance class, 11:30 am, see page 11	18
19	20	21 Winter Solstice/ First Day of Winter	22	23	24 Christmas Eve	25 Christmas Day
26	27	28	29 Only four weeks left to polish your dance moves... Third Annual Gala is January 29...	30	31 New Year's Eve	1 Welcome 2011!

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.

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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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Activities Coordinator:
Judy Canning

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From the Executive Director...

Here we are in the busiest weeks of the year. With gifts and merriment on our minds, I hope to draw your attention to thoughts about the future ... and ways you can give a special treat to relatives, friends, and your Capitol Hill neighbors.

Contribute to Capitol Hill Village in honor of that special someone. Or serve as a volunteer: Your time with others is the greatest gift you can give.

► **Volunteer with Capitol Hill Village for easy connections with others.**

Because of our just-say-no policy, you can choose when and which assignments you want to undertake. We need more weekday drivers, but you can also provide valuable service by walking with a frail member, organizing household materials, doing simple home chores, shopping, or sharing your computer expertise.

► **Reserve a spot for yourself and those who will enjoy a magical evening at the end of January.**

The 2011 Capitol Hill Village Gala will be held at St. Coletta's School on Saturday the 29th.

► **Join Capitol Hill Village or pay for someone else to join.**

We need funds to cover expenses for our low-income neighbors who are members and want to renew and for others who would like to join. All members are urged to get in the habit of asking for help, so that they come to know the Village can be trusted to carry out their requests. Call the Village first to help with any vexing situation, including those associated with coordinating health care, with transportation, or advocacy.



- **Not ready yet to join? Become an associate member** — \$530 for individuals, \$800 for households — same as regular annual membership dues. Associate members can deduct their payment when tax season comes because it is a charitable contribution. Capitol Hill Village will benefit from your contribution and your participation as an associate member. We can cite our associate member program when asked by foundations to demonstrate community support. As an associate member, you cannot ask for services, but you may participate in any activity or program offered by Capitol Hill Village.

—Gail Kohn

Renew Your Membership Now—and \$Save

Renew for two to three years and lock in the current membership fees (\$530 for individuals and \$800 for households of two or more).

Rosalie Edge: Hawk of Mercy

By Diane Brockett

Dr. Deborah Edge recently hosted an evening on Capitol Hill featuring environmental reporter Dyana Z. Furmansky, author of a new biography *Rosalie Edge: Hawk of Mercy*. Dr. Edge responded to her father's wish to open Rosalie's files and other resources for the writing of the biography. Copies of the book are available from The University of Georgia Press at www.ugapress.org and also from book sellers online.

Learning of "Hawk Mountain Sanctuary" especially is enticing if you are a birder. Yet, even if not a driven natural wing-watcher, you would enjoy a day-trip to nearby Kempton, Pennsylvania, to witness an impressive hawk flight each fall.

However, Hawk Mountain is more than a nearby place of natural beauty: It is a memorial for Rosalie Edge, a remarkable activist, born to one of the wealthy New York City families that contributed to the glamour of the East Coast during and following the 1920s.

After working for women's suffrage along with other prominent women — she was a member of the Colony Club, the first social club established in the city by and for women — her life moved to a very different edge, so to speak. It was common to refer to Rosalie Edge within some circles as "Hell Cat." A 1949 article in *The New Yorker* described her as "the most honest, unselfish, indomitable hellcat in the history of conservation."

Rosalie Edge, in middle age, became an often-heard (and one of the first noticed) voices for birding and other environmental concerns. She also became the grandmother of Capitol Hill's own Dr. Deborah Edge, one of the founders of Capitol Hill Village, and a medical internist with offices on Pennsylvania Avenue.

Asked about her grandmother, Dr. Edge recalled that Rosalie "visited us about twice a year — for a few days at a time. She was not really grandmotherly — not playing with us. My remembrances of her mostly are from about ages eleven to fourteen. I was fourteen when she died. By then she would talk to me about how to make your bed — being sure to air it — keeping sachets in your dresser drawers, etc. I never went birding with her."

"As a child, I knew about Hawk Mountain, but I did not realize the full scope of her conservation mission work. Camping was a part of family life, and I was brought up with conservation in mind. My father, Peter Edge, opened my interests in birding. [Dr. Deb joined the Hawk Mountain board when her father left it in the late 1980s.]

"I do some birding — but mostly when on travel — so am not very good. I do not feed birds at the moment. I always forget to refill the bird feeders."

Rosalie Edge became the well-to-do-lady who took on the National Audubon Society, which she repeatedly challenged as working for rich landholders. Her story is a battle between the (much smaller group) lovers of nature and the powerful organizations behind the Audubon Society, who provided funds for the organization. Rosalie gave her time and life to conservation, if not her money. Both Hawk Mountain and the Emergency Conservation Committee were supported by many donors in small amounts. Rosalie thanked every single donor with a handwritten thank you.

Rosalie Edge (1877-1962), baptized Mabel Rosalie Barrow, was the daughter (with two sisters and a brother) of John Wylie Barrow, a



Environmental reporter and author Dyana Z. Furmansky, left, and Dr. Deborah Edge.

wealthy British accountant. Her dad's first cousin was Charles Dickens. When John died at age 57, the family sold their Forty-sixth Street mansion, and made their home in a Park Avenue brownstone. They still were invited to parties and offered opera seats by the Vanderbilts and other luminaries of the social set, but felt the "crunch" of being fatherless. One family story is of Rosalie and her sister going to the opera with only one pair of long gloves. They each carried one glove, as they could not afford a pair for each of them.

In 1909, Rosalie Edge married Charles Noel Edge, an Englishman civil engineer with "not close" family ties. They traveled the Far East, with Charles working as an expert in bridge design. Rosalie experienced China (Chinese railroad, a silk gown, the Great Wall), Japan, and much more of Asia.

Then, such travel became unsafe for foreigners. Charles was ordered to London for reassignment. Rosalie announced she was with child and

► continued on page 10

2011 Village Gala *continued from page 1*

The 7:30-11:00 p.m. evening will offer an opportunity to explore the architecturally intriguing structure, while you dance the night away, enjoy a glass of wine, and consider the trips, speakers, and activities offered at our silent auction.

Previous Gala dinners have featured talks on St. Coletta's, a nonprofit school for students age 3 to 22 who suffer autism as well as cognitive and other disabilities.

Crooner Doug Bowles and his full SingCo Rhythm Orchestra will provide the evening's music. Line dancing and partner exchanges will have party-goers off their chairs.

Expect to receive a formal invitation by mail soon. Ticket information is also available at the CHV website (capitolhillvillage.org). Prices are the same as last year: \$60 a reservation in advance by mid-January; \$70, after January 15. Or reserve a table for 8-10 people at a discount price of \$50 per person.

And do call the Village office to help you build a table of friends and neighbors by suggesting the names of other members who might like to join you.



Near the music-filled dance hall will be a Quiet Café offering snacks, coffee, tea, fruit punch, and wine. Nearby will be tables offering silent auction items — vacation homes, salon dinners

with authors and politicians, classes on handicrafts, and other premiums.

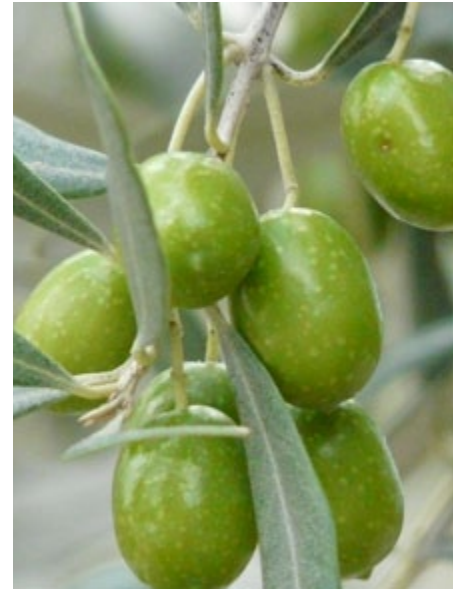
St. Coletta School is on the southeast edge of Capitol Hill, near the Stadium Armory Metro stop. Ample parking is available, and Capitol Hill Village volunteers will help organize car-sharing arrangements and provide transportation.

These are scenes from past years that will repeat for you again at our third GALA on January 29. Enjoy Dancing the night away, listening to the SingCo Rhythm Orchestra, sumptuous deserts, and signing up for Salon Dinners and Silent Auctions.

Gala photos: Tom Pullin © 2010



Charmed by Seillans in Provence *continued from page 1*



Carla Yates Bremer (left) and Faith Brightbill found their Seillans visit exhilarating, yet relaxing. Above is a typical, nearby village, and left, olive groves reminded them of France's many delights.

villages. How did we manage not to gain more weight than we did?

Several evenings were spent in front of the fireplace enjoying good wine and conversation. On days when we returned early from exploring, we climbed to the fourth-story terrace to relax, read, and enjoy the spectacular view.

Seillans is located centrally, allowing us to explore both the hilltop villages and the coast. We spent several days taking winding roads (some only one lane) to the villages of Mons, Fayence, Grasse, Moustiers-Ste-Marie, Bergamon, and

to the Gorges du Verdon, known as the Grand Canyon of France.

The Cote d'Azur is indescribable! We explored the coast from St. Tropez to Monaco, marveling not only at the natural beauty of the vineyards, olive trees, fields of lavender, and mountains meeting the vividly blue sea, but also at the many miles of yachts and villas. We visited Cannes, Antibes, and Nice, enjoying museums and galleries; and in Monaco we toured the palace-home of Princess Grace and Prince Rainier Grimaldi III and their family. Of course, we stopped

to dine and luxuriate in the sun at beach front restaurants.

We captured so much of Provence, but our favorite experience was spending time in the charming village of Seillans. We recommend it to all!

Editor's Note: *A feature of the annual Capitol Hill Village Gala is the auction of irresistible vacation homes. Faith and Carla's experience at the Peterson's abode in Seillans may inspire you to look for other enchanting possibilities at the January 2011 Gala.*

Preventing Falls for a Happier New Year

By *Tori Goldhammer*

Why not make your holidays — and the coming winter days — a little easier? Take a few minutes to think through the following suggestions, and consider giving this your gift to yourself.

Falls are a leading cause of injuries for older adults. Many organizations are conducting research and disseminating information on how to help prevent falls as the population ages. The good news is that falls are not an inevitable part of aging. You can do many things to help reduce your risk of a serious fall.

The list below includes useful tips. First, however, here are two *essential* components of fall prevention:

First, pay attention to your body and your surroundings. Quite often, falls occur because we are rushing around, trying to do multiple things. Notice if you feel fatigued or light-headed, take your time, and look for potential tripping hazards.

Second, talk about any fall you have had. Talking about a fall with a friend, family member, or professional can help you learn how and why it happened. The more we share our experiences, the more we learn from each other and reduce the embarrassment we may feel after experiencing a fall.

Top Ten Fall-Prevention Tips

1. Participate in a regular exercise program to work on strength, balance, and range of motion in hips, knees, and ankles.
2. Always use prescribed walking-assistance devices, such as cane or walker.
3. Take medications as prescribed and be sure your doctors and
4. Move your ankles up and down (ankle pumps) several times before standing to stimulate blood flow and reduce light headedness upon standing (postural hypotension).
5. Install grab bars in shower/tub area and have handrails on both sides of staircases.
6. Use non-skid mats inside and outside shower and tub.
7. Have proper lighting at all times. Use nightlights or motion detector switches if you tend to get up at night.
8. Remove or secure area rugs.
9. Have regular vision check-ups.
10. Maintain a healthy balanced diet and stay hydrated.



Participation in a regular exercise program is a top tip for fall prevention.

pharmacists know about all the medications you are taking, including over-the-counter products.

Incorporating the above tips, as well as being mindful of your body and surroundings, can significantly reduce your risk of falls. For more information see the following websites:

- ▶ CDC's fall prevention site: www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html
- ▶ Fall Prevention Center of Excellence: <http://www.stopfalls.org/>

Tori Goldhammer, MS, OTR/L, ATP, CAPS, is an occupational therapist with eleven years of experience in many different rehabilitation settings. She has a private practice consulting in homes to provide recommendations for aging in place, accessibility, and safety.

Dance, Dance Away

By Simone Brown

Editor's Note: *Dance lessons are a little pre-feature for Capitol Hill Village's annual gala, and they will be offered again over a couple of evenings in January. Capitol Hill volunteer Simone Brown (a volunteer at previous Galas) was an enthusiastic participant in last year's mini-dance classes. Simone's observations might encourage you to join the January classes (schedule to be announced soon).*

At the 2009 Gala, I worked alongside Gail Kohn's son and daughter-in-law serving drinks at a bar plus enjoying the band tunes. By the end of the night, a member asked me to dance! I enjoyed the hopping, tapping, and swinging along with the mass of people on the dance floor, but felt

I couldn't quite keep up and returned to the sidelines and my perfect floor view.

Then I saw the upcoming dance lessons for the 2010 Gala and jumped at the chance to increase my dance-floor endurance. I signed up for a series of swing-dance classes that the Village offered prior to the Galas. I was thrilled that I recognized the instructor from Glen Echo. Teacher Debra Sternberg was a bundle of skill and graciousness as she engaged our group of varied dance abilities while telling us stories of her past dance partners.

By the 2010 Gala, I was well prepared not only to serve wine but also to hit the dance floor if duty called! Sooo, if you need a partner...



It has been a pleasure supporting the work of Capitol Hill Village and I want to be part of this vibrant community as I age.

CVS Minute Clinic Experience

By Paul Malvey

I scraped my shin on a sailboat a while ago, and decided not to go to my doctor because it was such a minor injury (and my doctor has stopped taking my insurance). A week later, however, it turned reddish and Gail urged me to go to CVS's Minute Clinic at its store at 845 Bladensburg Road NE.

Wow! What an experience. There was no wait, and a nurse practitioner spent 15 minutes with me explaining everything about the wound's status and prognosis. She wrote a prescription for the infection, and went on to explain other, unrelated issues with my leg. The co-pay was only \$10. Without insurance, treatment starts at \$69.

The nurse practitioners at Minute Clinics are trained to diagnose, treat, and write prescriptions for

common illnesses, such as strep throat and ear, eye, sinus, bladder, and bronchial infections. Minor wounds, abrasions, and joint sprains are treated, and common vaccinations such for flu, tetanus, pneumonia, and hepatitis are available. There also are screenings for diabetes, high blood pressure, high cholesterol, and asthma.

And patients' records can be transmitted to a primary care provider, if requested. If needed, the clinic also helps patients locate a primary care provider in the area.

Yay, Minute Clinic!

A Postscript from Diane Brockett

I had a bad fall during a birding trip in October. I still was a bit wavy when Gail Kohn saw me at the office three days later. Gail was

off to get her own flu shot at the nearby CVS Clinic, so why didn't I go along? The clinic nurse was impressive. After chatting a few minutes, the nurse concluded that I was in need of a full medical exam. She said shots could wait. So Gail received her two safety needle pricks, and it was back to the Village office.

From there, volunteer Paul Malvey drove me to the George Washington University Hospital emergency room. Seven hours later, the ER said I had no concussion, and I was headed home by taxi, with instructions to see my neurologist.

However, I gained an appreciative lesson or two — Gail Kohn and Paul Malvey are good people, and don't forget your flu shots.

RANDOM MUSINGS

Why and How

By Leo Orleans

I betcha (to borrow a word from Sarah) you haven't thought about the parts of speech since you got your degree from grammar school. I certainly haven't. I also bet you can't even name the eight parts of speech.

Well, the other day I saw a news item that lauded some new program for disadvantaged kids in which words were given to a four-or five-year-old boy and he was able to identify their parts of speech. The educators that were present concluded that this mysterious innovation (to me) was a significant step in the right direction. Of course, I was impressed by the kid, but it also started me thinking. What in the world will he do with this knowledge? How did your ability to identify the parts of speech facilitate either your professional or social life?

As for me, I think I still can identify most nouns, verbs, and maybe adjectives, but I have never had an occasion to impress anyone with this limited proficiency or, for that matter, to use it in my writings. The insertion of "Wow!" in the text, for example, was never preceded by the thought, "At this point I think I should use an interjection."

Quite naturally, I immediately turned to my wife, who had a very successful career as an English teacher, albeit at the high school level. She seemed a bit shocked that anyone would be so stupid as to ask why kids are taught the parts of speech. But after a valiant trying, she had to reluctantly admit (Wow! Apparently, I just split an infinitive) that she couldn't find a practical reason for learning to categorize words. She later came up with "all

things have names" and I would add, "It's always been done."

And while I'm at it, I have another question that has been bugging me for some time. Why in the world are more and more successful young men growing and maintaining one-to-three-week-old beards, originally, I think, inspired by movie stars and athletes. The only possible guess is that this stubble must be a mysterious attraction for the opposite sex. To confirm this conjecture, I took a careful poll. Granted, due to my limited access to younger females, most of the participants in the survey were very nice middle-aged ladies. The outcome should not surprise you: a half-assed beard on a man is definitely a turn-off, not an attraction. As from my own experience, I know that trying to give a kiss to my wife after not shaving for two-days inevitably elicits an "ugh — you didn't shave." Are younger women that different?

But I am straying, because all that is a matter of taste, whereas my problem is much more scientific.



How in the world does a man maintain a two-week-old beard? Isn't it too long to shave? And trimming with scissors would require not only a steady hand but a significant talent. Barbers? Even if you can afford one (mostly barberettes these days, with appropriately higher charges), how would they approach the challenge?

On second thought, since scientific problems are solved by means of experimentation, maybe I should contribute to science and give it a go.

MEMBERS AND VOLUNTEERS: Enjoy dinner at the restaurant of your choice, if you convince another to join Capitol Hill Village!

*We invite you to join our fall campaign for new members. Thanks to donations from Village members, we are offering **\$35 gift certificates to dine out.** If the friend(s) joins before January 1, 2011, both you and any new member(s) you recommend each will receive a certificate. Contact Capitol Hill Village for details: 202.543.1778 during regular office hours or info@capitolhillvillage.org*

Vira Sisolak's Winning Pecan Pear Pie

Here is a sweet memory from the Capitol Hill Village October Harvest Fest. Village member Vira Sisolak won the best-dessert contest with her Pecan Crunch Pear Pie. Try this recipe at one of your holiday gatherings or feasts. Vera explains below where she found it:

Thirty years ago, parents of Peabody School students assembled a cookbook of favorite recipes. Peabody Mom Jan MacKinnon submitted Pecan Crunch Pear Pie.

I seldom bake, but this recipe always has been a favorite of my family. I always had a plentiful stock of pecans in my freezer, as my in-laws went to Texas every fall. My father-in-law picked many pounds, shelled them, and gave them to family members. Sadly, both in-laws passed away last year. But when my pecan supply runs out, I plan to buy

pecans and continue to make this crowd-pleasing pie.

PECAN CRUNCH PEAR PIE

*Recipe from Jan MacKinnon
baked by Vira Sisolak*

Pie shell for a 9-inch pie
1/3 cup granulated sugar
3/4 cup chopped pecans
1/2 cup firmly packed brown sugar
6 cups peeled and sliced Bartlett Pears (about 7 pears)
3/4 cup flour
1 teaspoon cinnamon
6 tablespoon butter

Prepare pie shell. Sprinkle 1/4 cup pecans over bottom of pastry and press in lightly. Chill pastry while preparing filling. Combine pear slices with granulated sugar and 2 tablespoons flour (optional:



1 teaspoon lemon juice). Combine remaining flour and pecans with brown sugar and cinnamon. Add butter and rub between fingers until pebbly. Turn pear mixture into pie shell. Distribute crumbs evenly over top. Bake at 375 degrees, about 40 minutes.

Rosalie Edge: Hawk of Mercy *continued from page 4*

would stay with her New York family. After a son was born and died at 5 days old, Rosalie returned to Bangkok and Charles. But, by 1911, the Chinese Revolution had begun, and it was time to return "home." They moved first to London, and then to New York for good in 1912.

Eventually, they had two homes, in New York and on Parsonage Point, on Long Island. Rosalie was drawn by her many city friends into the Suffrage Movement, where she honed her skills as a organizer, writer, and activist.

Charles and Rosalie eventually separated (although legally they remained a family) when Rosalie was in her 40s. Rosalie and the children moved back to the city, where she walked every day in Central Park, making friends with bird specialists that she met there. Rosalie was turned

off by professional ornithologists, who killed thousands of birds for stuffed museum display. She learned more about the wings drawn to Central Park, and she learned to go to Audubon meetings. Some key people in the wildlife world — scholars and others who were drawn to living wildlife — began to find Rosalie a friend. They were happy she would be the fearless voice on wildlife issues.

For nearly 40 years, Rosalie was active in battles to save space for wildlife, especially Hawk Mountain, where she inspired crowds of people to come and to view the hawk flight — delighted to witness the droves of flight in the sky. Eventually, hunters were driven away, and the place became "a refuge to all birds who rode the wind."

Rosalie also became a key figure in many other efforts to save natural

wildlife areas around the country. She convinced the Army to drop its plan to take away the short flyway near Yellowstone National Park for an artillery practice site. It was a key flyway for the few remaining trumpeter swans near Yellowstone. She stopped the dynamiting of Redwood Canyon and Mountain sequoias groves. Her name and her arguments frequently were used in Congressional hearings.

Unfortunately, Rosalie never wrote the book she planned (she wasn't good at keeping her own bird-sighting lists). Later, son Peter Edge gave his mother's suitcase of 300 letters, family memorabilia, and other items dating back to the 1850s to author Dyana Z. Furmansky. And Peter asked his daughter, Dr. Deborah Edge, to let the writer tell Grandmother's story.

December Events *continued from page 1*

Hazardous wastes for pickup include paint, house cleaners, batteries, old medicines, television, video equipment, and others not accepted in weekly home trash pickup. For the list of accepted wastes, check the DC hazardous wastes 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 noon, Friday, December 3, to request a pickup or volunteer to assist with the drive.

Members only

Wednesday, December 8 • 7:00 pm

Private home

Chew on That

Capitol Hill Village has begun a new, inter-generational monthly discussion group! Village members, volunteers, and young adults join to "chew" on some of the most interesting current events topics. In December, we will continue our discussion on education, specifically current changes and innovations in the local education system.

Please join us. Let office know if you are attending and learn the address. Turnout last month was impressive!

Open to All

Friday, December 10 • 6:30 pm

107 D Street NE (a few steps to the dining area, but restrooms are on the second floor)

Dinner at The Monocle

BY RESERVATION ONLY — contact the CHV office by noon on Wednesday, December 8

The Monocle, celebrating its 50th year in business, again is offering a 3-course "tasting menu" dinner for Capitol Hill Village members and potential members at a fixed-price of \$25. This price, which includes taxes and gratuity, offers a choice between two appetizers, two entrees and two desserts. It does not include the cost of wine, beer, or coffee. CASH ONLY. We request that there be no more than six diners at a table to ensure easy conversation. This is a great way for you to get to know other members of

CHV and to introduce potential members to a social benefit of belonging to the Village. You must make a reservation by calling the CHV office (543-1778) by noon on Wednesday, December 8.

Members and their guests

Sunday, December 12 • 3:00 pm

H Street Playhouse, 1365 H St. NE

Black Nativity

The Theater Alliance presents for the second year "Black Nativity," written by Langston Hughes and first performed in 1961. It is a rousing and touching retelling of the classic story of Jesus' birth, which features an entirely black cast. It incorporates traditional Christmas carols, sung in gospel style, with a few songs created specifically for the show. Capitol Hill Village has reserved ten tickets for \$22 each. Please call the office no later than Monday, December 6.

If you would like to have lunch before the show in the neighborhood (or an early dinner afterwards), let the office know when you sign up.

Members and their guests

Friday, December 17 • 11:30 am

Southeast Neighborhood Library, 7th and D Sts, 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 with CHV office.

Members only

NOTE: Literary Club does not meet in Dec.

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