

CAPITOL HILL VILLAGE



NEWS

CHV Gala Will Bring You Stardust Soon

Capitol Hill Village's Second Annual Stardust Gala on January 30 is getting ever closer, so now is the time to make reservations.

CHV members and volunteers already should have in hand your Save the Date postcard. As the card explains, the earlier you purchase tickets, the less expensive they are. Even better, organize a table of eight, nine or ten friends and save even more.

For tickets purchased by January 15th, tickets are \$60 each and \$50 for table groups of 8 to 10. Those

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January Events and Programs

Tuesday, January 5 • 6:00-7:30 pm
Home of Mary Procter

Literary Club

We will read a play, *The Dining Room*, by A.R. Gurney. Scripts available at Back Stage, 8th & G Sts. SE for about \$8. Call early to order the script. Gurney is the Neil Simon of New England WASPs. The play is a series of short scenes all set in a dining room. Read the play and decide which 2-3 scenes you want to be in. Then we can decide on the "cast" at the meeting. Call the office to sign up and find out the location.

ADVANCE NOTICE: For the Feb. 2 meeting we will be reading *Dreyfus: A Family Affair, 1789-1945* by Michael Burns (many used copies available at amazon.com).

[Members, volunteers, and guests]

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ASK DR. WONK

Prioritize Travel Health Planning

Editor's Note: This is a new monthly column, aimed at providing expertise and/or research on questions, especially but not limited to policy-related questions, raised by Capitol Hill Village members. If you have a question that you would like Dr. Wonk to answer, please e-mail info@capitolhillvillage.org or call 202.543.1778.

Dear Dr. Wonk:

My wife and I are preparing for a trip to Europe and want to "Be Prepared" for any medical emergencies that may arise while we are abroad? Will our health insurance cover health care expenses when we travel internationally?

Sincerely,

Globe Trotting CHV Member

Dear Globe Trotting CHV Member:

Capitol Hill Village wants our members to "Be Prepared" to enjoy safe, stress-free travel; therefore, planning for any medical or dental issues that may occur while traveling in a foreign country is a priority. Members should put travel health planning right alongside airline and hotel reservations.

Points to consider when preparing for a trip abroad include the possible length and nature of the illness; distance from home; type of medical facilities available near your travel destination; the need for foreign hospitalization and/or treatment; possible visits to your bedside by loved ones. In the event of serious injury/illness

or death, it is important also to consider your possible need to be transported back to the United States for treatment or burial. This type of coverage is referred to as medical evacuation and repatriation insurance and, typically, is not covered under many health insurance policies.

In planning for the foreign trip, you first should contact your current health insurance provider to ask about the details of covered services while abroad. If you are covered, it is important to ask for the amount and types of coverage, and plan for any uncovered expenses in advance.

For Medicare beneficiaries, it is important to know that Original Medicare does not cover foreign travel. Medicare only will pay certain "covered" expenses in "special" circumstances. For example, if a foreign hospital is closer than an American hospital (i.e. you are driving through Canada while traveling to/from Alaska, or if a cruise ship is in a U.S. port or no more than six hours away from a U.S. port). Therefore, Medicare subscribers need supplemental insurance while on foreign travel for "uncovered" medical or dental expenses. For more information on Medicare coverage, a good resource is Medicare Interactive, a resource of the Medicare Rights Center at www.medicareinteractive.org.

Those individuals with Medicare Advantage plans or individuals with a Federal Government Retiree plan should discuss with their plan administrator the details of their coverage.



In the case that your health insurance policy does not offer sufficient coverage abroad, supplemental medical insurance is available on a per trip basis, and is a relatively inexpensive addition to the cost of your trip. Supplemental insurance can cover the costs of emergency medical, dental, and evacuation services needed while traveling, as well as travel costs for a bedside visitor.

To identify an appropriate supplemental coverage, AARP recommends using www.insuremytrip.com to compare the various plans. The rates for your trip coverage will be based on your age and other qualifying information. It is important to be accurate when purchasing the coverage to avoid denial of coverage when seeking reimbursement.

In addition, you may have supplemental travel insurance coverage through your credit card company or a professional membership organization. For example, American Express provides a concierge type service to cardholders, where an operator will help the traveler find local help with various emergency needs, but they do not insure the costs incurred.

Whatever your situation, be sure to plan ahead for any medical needs you may experience abroad. *Bon voyage!*

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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For membership information, please go to www.capitolhillvillage.org and click on "Become a Member"

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Katie McDonough, Community & Social Services Director

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From The Executive Director...

Here we are at the beginning of the second decade of the 21st century. Let us tour what Capitol Hill Village supporters can expect from this organization in the future.

Come and Swing

If you have not purchased your [reservation](#) already for the 2010 Capitol Hill Village Second Annual Gala on Saturday, January 30, do so now. [Read more on page 1.](#)

Whether you come alone or with friends, you'll be welcomed with much entertainment including music, (everyone) dancing and silent auction opportunities—among which you will find vacation homes and fascinating home dining events with very special guests.

Do you want to explore what to wear to this event (in your own closet or on the Hill) with a volunteer? Give the office a call.

A 2010-2019 Vision of Capitol Hill

Capitol Hill Village became a part of your life and many of your neighbors during the preceding decade. Anticipate that you and Capitol Hill Village will work together with other community leaders to further the admired attributes of our award-winning liveable, walkable community.

[Read more on page 10.](#)

Capitol Hill Village—Your Resource for Fun and Problem Solving

A new Capitol Hill Village website will be available later this year. In addition to one telephone call or e-mail away, you will find



it easier on-line to sign up for events, arrange for services you have come to expect, discover reliable resources, be entertained with stories about the 'hood and your neighbors and make your own helpful comments to improve Capitol Hill Village. Member and volunteer Norman Metzger (our newly elected ANC Commissioner) has headed the website development with volunteer Neal Mann, members and volunteers Larry Molumby and Don Heffernan, along with help from a web design firm paid for with a generous grant from The Cafritz Foundation. You will be invited to a grand introduction and tutorials to introduce you to the new site.

Attention Capitol Hill Village Members and Volunteers

Two new services:

- ▶ **Opportunities Available** (Paid and Volunteer) [Read more on page 11.](#)
- ▶ **Lending Shop** (Kitchen, Yard, and Others) [Read more on p. 6.](#)

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CHV Gala *continued from page 1*



CHV Gala co-chairmen Norris and Paul Malvey



CHV Gala co-chairman Anne Kraemer

purchased after the 15th will be \$70-a-person, or \$60 for the table groups. Reservations can be made by contacting the office via phone or on the website, and tickets purchased by mail (CHV, PO Box 15126, Washington, DC 20003) or through Internet Paypal.

“Our 2010 Stardust Gala at St. Mark’s Church should be even better than last year’s,” says Village President Mary Procter. “And that was a GREAT party, fun like a wedding with singles, couples, threesomes at once and even a conga line out on the dance floor.”

“Like last year, we expect the Gala to be a Capitol Hill event, drawing many Capitol Hill residents, not only our Village members.”

Music for opening the 7:30 to 11 pm evening will be by the Combo-Nation Trio, later growing into the full SingCo Rhythm Orchestra, led by Crooner Doug Bowles. The Jaynettes, known as “vintage women singing

vintage music,” will provide easy listening between dances. And Gottaswing, from Glen Echo’s Spanish Ballroom, will do a short lesson to open up swing dancing for all.

For attendees who just want to chat, or who need a break from dancing and music, the Quiet Café will be in the next room. There will be a table loaded with sweets, crackers and cheese, and vegetable munchies. Wine, coffee, tea and fruit punch will be available.

In the Café room, Gala-goers will find tables showing auction items as well as dinners and classes for which to register. This year’s auction is featuring vacation homes in Mexico and France, along with the US spots offered last year. And a new variety of classes and dinner salons, as well as some of last year’s popular ones, will be available for a limited number of signees.

CHV Board Member Jon Genderson is offering an

intriguing lesson this year. Co-owner of Schneider’s Liquor, he will do a wine tasting for those who want to learn more about good wines.

The dinner opportunities offer scrumptious food, lively conversations, and words of wisdom (or just interest) from a politician, Washington notable, musician or writer. Our own DC Councilmember Tommy Wells will be a dinner guest April 8 and discuss his vision of “walkable, livable communities.” Former DC Ward 6 Councilmember Sharon Ambrose (a CHV member) will be a guest at another dinner, ready to discuss current Hill political issues—the former Naval Hospital becoming a Hill political center and the new Hine Junior High complex.

Co-chairmen for the 2010 Gala are Anne Kraemer and Paul and Norris Malvey. The evening’s magical setting of stars, streamers and candlelight are the work of

(continued on page 5)

CHV Gala *continued from page 4*

Faith Brightbill and Cathi Smith. Genderson is handling the liquid refreshments, while Margaret Crenshaw and Harriet Rogers are lining up the vacation homes, classes and dinner guests for auction or sale.

Twenty volunteers of all ages will be keeping the evening running smoothly (and later may be asked to show off with a thank-you dance).

Hill merchants and several Village members were primary contributors who made the event possible. They include:

- ▶ Schneider's of Capitol Hill
- ▶ Judi Seiden of Prudential Caruthers
- ▶ Frager's Hardware
- ▶ Johnson Law Group
- ▶ Frank Guzzetta & Thomas Manville
- ▶ Distad's American Station
- ▶ Monarch Title
- ▶ Atlas Properties
- ▶ The Monocle
- ▶ Washington Hospital Center
- ▶ William H. Phillips
- ▶ Wilson Epes Printing Co.
- ▶ Medstar
- ▶ Larry Bowers
- ▶ Adele Robey
- ▶ Don Denton & Chuck Burger of Coldwell Banker
- ▶ Nicky and Steve Cymrot
- ▶ Yarmouth Management

Thank you!

Capitol Hill Village is looking for additional sponsors for the event.

Practice Makes Perfect! Capitol Hill Village members and volunteers have been practicing the dance moves at a series of Swing Dance lessons given in preparation for the Jan. 30 Gala. Debra Sternberg of Gottaswing is welcoming singles and couples to the lessons (two remain, January 13 and 20 at 7:30 pm), teaching both basic and tricky moves and signalling partner switching every few minutes. So join the last two sessions and the Gala will become an even more special evening for you. (Sessions listed in calendar, page 14.)



Teacher Debra Sternberg (far right) is showing Simone Brown how to swing, while Margaret Crenshaw and Steve Lotterman practice together.



The swingers at the December 9th class included, from left, Anne Kraemer, Bill Matuszeski, Simone Brown, Terry Nicoletti, and Margaret Crenshaw.

Executive Director *continued from page 3*

All of us must plan to make life easier for ourselves and those we love. Expect more encouragement and cajoling to:

- ▶ complete and store accessibly documents to communicate with the health and legal worlds ([Read more on p. 7](#)),
- ▶ learn more about the energy consumption and condition of your home and how to gain access with even disabilities,
- ▶ get rid of stuff and in some cases help others in doing so.

If you already have not done so already, join us and help get things done for yourself and your neighbors.

—Gail Kohn

Lending Shop

The purpose of this service is to facilitate the exchange of items needed by Members and Volunteers who do not want to own an item, just borrow it under terms agreed between the borrower and the lender.

You are encouraged to call (202/.543.1778) or e-mail (info@capitolhillvillage.org) with any requests or offers to lend items.

Lending—Currently available items:

- ▶ Cake pan shaped like a bunny
- ▶ Six small cake pans shaped like train cars
- ▶ Very large roasting pan with cover
- ▶ Thirty wine glasses
- ▶ Large Ax, Long Saw
- ▶ Leaf Blower

—Gail Kohn

Prodding Us All: Be Prepared

By Mary Procter

We all have our New Year's resolutions. Two of mine for 2010 are for getting "prepared" for the crises that come out of the blue and have laid low several of my friends.

Resolution number one is to find the brand new will (together with health and financial powers of attorney) we paid a lot of money to have drafted last year, put away in a safe place, and now we are unable to locate.

My second resolution is to get an up-to-date printout of the electronic set of my medical records from Medstar (which owns Washington Primary Care Physicians) and put it in an easy-to-find place for my husband

and/or designated health care power of attorney. I also will register and post medical information in a Vial of Life electronic record. If I must go unconscious to an emergency room, either or both (obviously) are more effective than no information.

My suspicion is that all of us can benefit from being prodded into taking these simple steps that make it possible for people to help us in a crisis. So the Village News will start a set of "Be Prepared" thermometers (like those United Way fundraising thermometers) to track how we all are doing. Expect them in the March newsletter.

There will be two thermometers for the Board of Directors, one

for wills and powers of attorney, and the other for accessible sets of medical records, tracking what percent of Village Board members have each of these ready to use. There will be a second pair of thermometers for Village members, one tracking wills and POAs and one tracking accessible medical records. Village members will be invited by e-mail or phone call to tell the Village if they have completed one or both of these steps. (Plus, the village can offer to assist those who can't respond "yes," yet.)

So join me and others in making 2010 the year that we of Capitol Hill Village stop procrastinating and ensure that we will BE PREPARED.

Nursing Students Aid Village Vial-of-Life Program

By Jim Hardin

“Culture shock” awaited ten nursing students from Indiana University, Richmond, Indiana, as they emerged from Union Station on November 14, dragging their luggage. Being young, they adapted quickly to the big city and found their way on Metro to the Seminar Center at Capitol Hill Presbyterian Church.

The fifth-semester students were here to fulfill a program requirement performing 75 hours of community clinical-health service, explained Curtis Bow, instructor at the Indiana School of Nursing. The group is likely to return in the spring for additional management “field” training.

Capitol Hill Village Director of Social and Community Services Katie McDonough arranged for the students to interview 19 Village members. Their assignment was to explain the Vial of Life program, help members fill out Vial-of-Life forms, and post notification stickers on front doors.

One element of CHV’s “Be-Prepared” agenda, the Vial of Life program, recommends organizing and posting on the refrigerator door (or in another prominent location) an envelope that contains full medical information—hearing and vision difficulties, medical problems, current medications, doctors’ phone numbers, and the like, along with copies of health insurance cards and your living will. In the event of an emergency, first responders and hospital personnel will have the data they need to provide proper treatment.

“A sticker on the front door,” Katie explained, “alerts the emergency



first-responders that the resident has filled out his or her medical information form, which should be carried to the hospital.”

The students broke into pairs, each pair visiting three or four members’ homes.

Thus, they had an overview of our side-by-side community of Victorian and early-twentieth-century rowhouses, all within easy walking distance of one another. Two of the young nurses, Heather Stephens and Shanna Hildebrand, were charmed by Capitol Hill, noting that “Richmond is a lot more spread out and the houses are newer.”

In addition to working with CHV members, the nursing students conducted an exercise and nutrition seminar at Christ House, a residential facility for men with acute health problems. They also helped with meal preparation at Food and Friends, and

CHV member Grover Batts was among those assisted by the Indiana nursing students.

served meals at the Capitol Hill Methodist Church and the DC Central Kitchen.

“There is little or no homeless population in Richmond, and we don’t have many volunteer organizations providing services,” said Shanna. “As a result of this visit, I have a new sense of what culture means, and the different ways people live and do things in different communities.”

Nurses are trained to provide many vital medical services, but the profession also calls for sensitivity and understanding in dealing with a variety of people and cultural situations. In making a home visit, you never can be sure what you will find when you pass through the front door. Thus, “Be-Prepared” is an important agenda for nurses as well as for Capitol Hill Village members.

Parallelism?

By Leo Orleans

Many years ago, the poetry selections I saw—and occasionally read—in *The New Yorker* inspired me to try my hand at this art. After all, since rhyme and reason no longer are prerequisites for poetry, why not find a moment of tranquility, set down a few thoughts in some short lines, and impress friends with my new skill. No big deal. After all, only my wife and a few close friends ever see my “spontaneous overflow of powerful feelings recollected in tranquility” (thanks Wordsworth). Most of them end up as fillers at the bottom of one of my numerous musings.

Your Hand—The Poet’s Portable Workshop by Steve Kowitz, and told me to read chapter 7—“The After-Glow: The Interior Music.”

The ten-page chapter was a revelation. Steve tells us that at the very heart of poetry is “a stimulating, moving or pleasing pattern of sounds.” He discusses “repletion” and “alliteration” and “rich consonance” and “anaphora” and many other techniques used to incorporate music into poetry. According to him, it also is important to understand that, by the “conscious use of vowel and consonant sound,” poets have introduced something called “internal rhyme” that apparently “adds melody to the words.”



see a close parallel between the analysis of poetry and the analysis of wine. Is it possible that both are (snobbishly) overanalyzed?

Consider the process of ordering a bottle of wine in a restaurant. It goes something like this: the tough decision as you peruse the long wine list; the red or the white; selecting the proper glass; uncorking and dripping a small quantity of selected wine for approval; the smell test and the color test; swirling of the wine; checking the aroma and unique characteristics; the chit-chat with the wine steward or waiter; and finally the little sip that will determine whether you have selected the right wine. How embarrassing, therefore, for my wife when her gauche husband starts with the wine sip and maintains that this is all it takes for the other wine issues to fall into place.

For those of you who still don’t recognize the parallel between poetry and wine, I like to think we can find solace in agreeing that poetry improves with wine and wine improves with poetry.

I see a close parallel between the analysis of poetry and the analysis of wine. Is it possible that both are (snobbishly) overanalyzed?

A few weeks ago, on thirteen rather short lines, I set down thoughts about the eternity of god. After receiving a cool domestic approval, I e-mailed it to Nancy, my long-time friend and critic. She replied that it was OK but that I have one enduring problem with all my poems (a word I use reluctantly because whatever I might write in short lines is strictly for fun—and only for fun). Poetry, she informed me, is supposed to have music, and there is absolutely no music in what I write. The next week, Nancy loaned me a book she had in her collection, entitled *In the Palm of*

Musical lines and sentences also can be produced through the use of “diction and sentence grace.” And if you follow all these and many other prescriptions, you will find that your poetry will be “cohesive both logically and musically.” You probably knew all this, but I doubt I ever will attempt to write any short lines again.

As I was digesting this valuable information, my mind strayed to one of my other long-standing but somewhat analogous peeves and grumbles. Most of you likely will find it absurd and some of my relatives and good friends may well be insulted, but I gotta tell you. I

Seeing in Many Ways

Visual impairment, obviously, can mean blindness, but the term also applies to many other limitations on sight—too often problems that cannot be corrected with lenses.

A group of Capitol Hill Village members will meet Wednesday, January 20, for the first of what is planned to be a monthly gathering centered on limited-vision topics. CHV member Ruth Grossman will host the first session, 2-4 pm.

The sessions will provide members with opportunities to make friends with others who share this concern, as well as share and explore information and advice, and learn about changes in the related fields, said Katie McDonough, Community &

Social Services Director. “We will get to know each other and brainstorm on future group topics and discussion ideas.”

CHV has “several members who have vision problems that cannot be corrected with lenses,” McDonough continued. “Even those who temporarily are experiencing limitations due to cataracts may find the exchange useful.”

In addition, “there could be now, as well as in the future, some among our members who have been diagnosed with irreversible conditions. They might well appreciate mutual support and expertise from within the group as well as visits with others who can make life easier.”

Able readers of CHV news are encouraged to tell other members who have difficulty reading about



this new program and encourage them to participate.

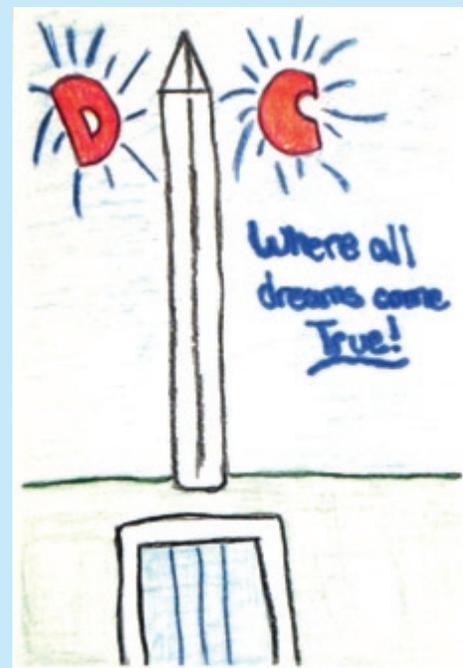
To register for and learn the address of this first meeting, call 202.543.1778.

Maury School Artists Make Notes Memorable

Drawings by budding young artists of Maury Elementary School decorate sets of note cards now available for purchase at stores around Capitol Hill. The above drawing of “DC—Where all dreams come True!” is by fifth grader Mireah L.

Seventy students, pre-school through fifth grade, submitted drawings in Maury’s “Sharing in D.C.” contest. The card sets feature the work of the eight contest winners, including “Sharing Money for the Homeless,” “Sharing an Umbrella” and “Sharing Makes Me Happy.” Each artist is identified on the back of the card. Capitol Hill Village members were the contest judges.

The eight-card packages sell for \$10 and are available on the Hill at Pawticulars, Hill’s Kitchen, Groovy Cards & Gifts, Frager’s Hardware, and Homebody. Students will be manning a booth to sell them on Saturdays outside Eastern Market.



Policy Committee Aims to Insure Livable Hill

By Margaret Crenshaw

Formed just this fall, the CHV Policy Committee already is tackling external issues that impact not only the elderly, but everyone who lives on Capitol Hill.

Although the scope of the Committee's work remains somewhat amorphous, a November 23 meeting among CHV representatives and DC Councilmember Tommy Wells and his staff highlighted key areas for future research and action.

In addition, the first of what hopefully will become four annual CHV policy forums tentatively is scheduled for early March and will focus on health care reform. The forum will feature a panel of health experts

members listened to Wells explain his vision of "liveable, walkable communities."

Impressed by the scope and depth of CHV members' questions, Wells invited Executive Director Gail Kohn, President Mary Procter, and Policy Committee Chair Margaret Crenshaw to meet with his staff. Four topics for research emerged from the meeting: housing, multi-model transit, health-care support, and financial and legal counseling. Wells assigned four staff members to serve as liaisons with CHV members who will work on each issue.

The Policy Committee now is looking for members who would be interested in serving on the Committee and chairing work

Capitol Hill; construction of home-like apartments on Capitol Hill for those who need extensive care; inclusion of universal design in new DC construction (this encompasses such construction standards as wider door openings for walkers and wheelchairs—and furniture and baby carriages; easier access to showers; elevators, and re-enforced construction that allows for installation of grab bars and other safety items).

- ▶ **Transportation:** standards for the timing of cross-walks and the location of speed bumps; protected bike lanes; safe sidewalks for pedestrians; affordable and accessible public transit.
- ▶ **Health care:** 24-hour, seven-day-a-week non-hospital, neighborhood clinic care; home health support as a city service; ambulance and emergency response care beyond the fire department; re-design of hospital emergency rooms to enhance care of the elderly.
- ▶ **Legal/Financial:** tax rates comparable with lower-cost jurisdictions, particularly the estate tax; standardization of powers of attorney and medical directives; expanded use of paralegals for preparation of expensive legal documents; affordable and reliable financial planning instruction.

If you are interested in these issues, please join the Policy Committee by calling Margaret Crenshaw at 202.546.4847 or e-mailing: crenshawm2@gmail.com.

The Policy Committee now is looking for members who would be interested in serving on the Committee and chairing work groups for housing, multi-model transit, health-care support, and financial and legal counseling.

from Congress and key players in the health reform debate.

If current federal health reform legislation becomes law, the panel will discuss major changes and how they impact CHV members. If current legislation fails to be enacted, the panel will focus on what went wrong and what's next.

As for long-term policy issues, the November 23 meeting with Wells grew out of an earlier event at the home of President Mary Procter, where 35 Village

groups for each of the four topics. Meetings with the appropriate Wells' staffers will commence in mid-January. As topics are narrowed and objectives defined, Wells' office will utilize the expertise of other city and federal agencies and tap into liveable community activities now surfacing across the country.

At this time, the topics to be researched include:

- ▶ **Housing:** construction of affordable housing in mixed-aged neighborhoods like

“Mr. Smith” Opens Hill Film Festival

How about an early night out at the movies—free—every first Tuesday of the month?

Friends of SE Library (FOSEL) are offering a new, monthly movie night featuring landmark films that were produced in Washington, DC, or that feature a story line about Capitol Hill or the city.

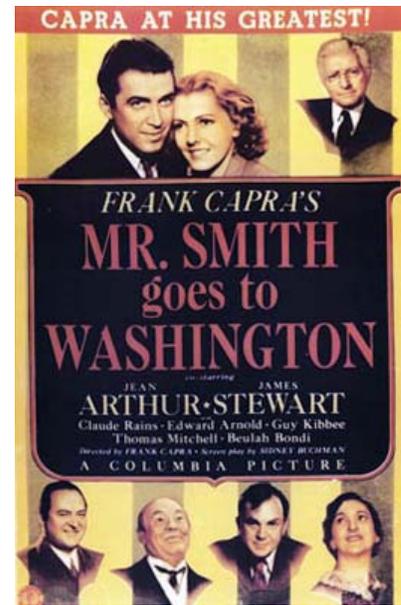
“Mr. Smith Goes to Washington,” created in 1939 starring James Stewart and Jean Arthur, will be shown as the first feature on Tuesday, January 5, at 6:30 pm. It runs just over two hours.

Scheduled to be shown subsequently are “Born Yesterday,” “Seven Days in May,” “All the President’s Men,” and “No Way Out.”

Capitol Hill Village member Mike Canning organized the five-month film program for FOSEL, and he will be introducing each film. Canning has reviewed movies monthly in a column for the Hill Rag since 1993.

Canning says that “Mr. Smith” is “the grand-daddy of Washington-based movies and the first major studio picture to emphasize a congressional context. Hugely popular when first shown, ‘Mr. Smith’ was second only to ‘Gone With the Wind’ in 1939 box office receipts and was nominated for 11 Oscars that year. It also certified Jimmy Stewart as a bona fide star.”

While most of Mr. Smith was filmed in a studio, some shooting was done in Washington to use as background footage, Canning



says. The director tried unsuccessfully to do his prime filming in the Senate chamber. The most significant filming in DC was a shot at the Lincoln Memorial.

Among the “goofs” that Capitol Hill viewers might watch for, Canning suggests, is a scene looking straight out Union Station’s front doors. The doors shown are not the station’s doors. Also, the lit Capital dome is viewable out those doors in the movie, even though, in reality, the Columbus Fountain obscures such a view.

Canning, a member of the original neighborhood group who created Capitol Hill Village, was a Foreign Service officer with the US Information Agency for 30 years, serving in eight countries on four continents. He says he is a lifetime movie fan, and first remembers going to Saturday matinees in Fargo, ND, at age four. “I’m living my dream,” Canning adds, “being able to go to the movies free and write about them.”

The SE Library is at 7th and D Streets SE.

Opportunities Available

To list or explore an opportunity, members and volunteers are encouraged to call (202.543.1778) or e-mail (info@capitolhillvillage.org).

Volunteer Tutors Wanted

Capitol Hill Village partner, Maury School, is looking for some 1:1 tutors, all elementary school ages, various subjects.

Paid opportunities

Part-time Assistant Needed

A member in the real estate business is looking for a part-time assistant.

Member can help maintain client/donor relationships

A member will help you put more effort into building and strengthening client and/or

donor relationships, when you just don’t have the staff time or budget. Imagine if you could:

- ▶ stay in touch with your clients or donors with a regular e-newsletter,
- ▶ make more public presentations about your organization,
- ▶ develop trainings that would get your message out,
- ▶ make your sales/marketing materials more exciting and effective,
- ▶ strengthen the message in your proposals and marketing materials,
- ▶ get an extra pair of expert hands to plan and execute your special events.

Now May Be The Time For Solar Rooftop Power

By Darrell Blakeway

After a year of exploration, 15 Capitol Hill residents are ready to sign contracts for solar power facilities to be placed on their homes.

And the Capitol Hill Energy Co-op (CHEC) held a session December 8 to provide information to other Capitol Hill residents in hopes of interesting a second group of Hill residents in solar power. The evening program on Solar Power—How to Get Started also was attended by four solar facility vendors.

But the real story is that financial assistance for this first 15, and likely those who install a solar system in nearby future years, can add solar power to their home energy system at relatively little cost.

How about spending just \$3,500 from your pocket to buy and install a \$27,000 solar generating system on your Capitol Hill home? In addition, you can anticipate a further savings on your electric bills with the sun power covering some of your energy needs, and this savings will exceed the \$3,500.

And a “good” point three, once the \$3,500 is covered, the electric bill savings can produce a significant return on the investment over the 20-25 year life of the facilities.

No, this is not a fairy tale.

Some Capitol Hill homeowners—those whose homes are fully friends with the sun—are among the lucky who can benefit from a successful effort by the Mt. Pleasant neighborhood in getting the DC Council to pass related legislation and seek federal grants to make solar energy economically feasible for District residents.

The DC Department of Environment has federal funds to offer 35 percent rebates for residential solar facilities, usually provided soon after the facility is installed. Second, there is a federal tax credit for 30 percent of the cost of a solar facility. Third, electric utilities will purchase Solar Energy Renewable Energy Credits from owners of sun-warmed homes because the home-produced energy is the utilities’ alternative way of meeting requirements to acquire some of their power from solar energy resources.

According to CHEC Solar Committee Chairman Mike Barrette, a homeowner could expect to pay about \$27,000 for a medium sized (3.5kW) solar generating system, and recoup \$10,000 of that amount almost immediately as a DC rebate, \$8,000 in reduced federal tax liability, and \$5,500 for an upfront sale of the SRECs for the first ten years of the facilities. Those funds mean the homeowner outlay could be reduced to as little as \$3,500. And, once the \$3,500 is covered in smaller electric bills, the return on investment begins to grow positively.

A happy note for homeowners who do get serious about adding solar energy to their house is that solar facility vendors will handle paperwork for securing the rebates and tax credits, selling SRECs, and arrange interim financing until DC rebate checks arrive.

The initial step for those interested in solar energy is to sign up for “Solar DC Google Group” through www.capitolhillenergycoop.org, suggests Barrette. This will give you the background and history on the initial investigations of solar facilities for Capitol Hill

homes, plus keep you informed on new happenings.

Next, sign up for a free Energy Assessment of your home by e-mailing Willie Vazquez at willie.vazquez@dc.gov or calling 202.673.6700. The report will be useful, whether or not your home is appropriate for installation of solar facilities. The assessment will suggest inexpensive energy measures, such as attic insulation, window and door caulking, and sealing wall gaps.

Third, have a vendor do a preliminary assessment of the solar potential of your house, a study that should be free. Here is where many Capitol Hill residents will find that shade trees or other sunlight obstructions preclude solar facilities on your roof being economical. Or you may find that you are in need of a new roof or structural roof work before you install solar facilities.

If your house is in a good location, fill out the pre-application for the DC rebate to get on the waiting list. When you receive a letter saying you are now eligible to apply, your vendor will fill out the longer form, based on specifications of the system you are buying and installing.

Get bids from several of the vendors. CHEC has a recommendation list. Then, look at the DC Environmental Department website for over 20 solar facility vendors registered with the city: http://green.dc.gov/green/lib/2009.06.11_REIP_Supplier_List.pdf.

Vendor recommendations vary, so one learns a range of possible approaches by talking with several vendors, Barrette said. Each location and each consumer has unique

characteristics. Asked if there is an advantage in waiting for prices of residential solar facilities to drop, similar to what happened with desktop computers, a vendor representative said the cost of solar facilities peaked about 2007. Prices have dropped significantly since then, he said, due to the recession and lower commodity prices in general, but expect them to turn upward in the next few years.

Barrette added that the 35 percent DC rebate seems almost too good to be true. While it likely will be available a few more years, it is temporary, a way to jump-start investments in solar industries as an alternative to energy derived from fossil fuels.

For many years, investment in residential solar systems only made economic sense for “off-grid” homes without access to a local electric distribution system. Or they could be viewed as a luxury item for one who wanted to promote green energy and be seen as an early adapter of cutting-edge technology. However, with the DC rebate, federal tax credit, and a viable market for SRECs, a very strong economic case can be made for such facilities.

Now, the DC City Council and Department of Environment have begun supporting solar energy, and PEPCO has adapted procedures for interconnecting and providing “net metering” service to owners of their own solar generation facilities. Thus, the institutional barriers and hurdles that residents of DC faced just a year ago appear largely to have been overcome. And now that Mt. Pleasant Solar Coop and CHEC’s first group of 15 have paved the way, this may be an ideal time for the less adventurous (even risk-averse) residents to jump into the water.

Home Solar Panels Already Active on The Hill

Kelly Vielmo, whose rowhouse is at 7th Street and South Carolina Avenue SE, is one of the first Capitol Hill homeowners to have an active solar panel atop his home. Fourteen photovoltaic panels were installed on his roof in August.

In late September, PEPCO installed a new digital meter for him set at 000000. For the first week or so, his meter ran backwards, because his solar facilities were producing more electricity than he was consuming. The excess was flowing into the PEPCO system as additional power. As of early December, he said, he has consumed 845 kwh of electricity using his new meter, but produced 725 kwh from his rooftop solar panels — thus producing about 82 percent of his power. (I expect this percentage of solar generation will drop during winter and summer seasons, but reflects mild temperatures this fall and lots of sunny days.)

The Capitol Hill Historic District guidelines require that solar panels not be visible from the street level. Vielmo said his panels are not visible when leaves cover trees, and barely visible as “something up there” now that leaves are gone for the season. Some residents may have to set back their panels from street-side facades and use fewer panels to comply with historic preservation requirements.

Vielmo reported that when he started tracking his energy consumption and generation from his own solar facilities, he started looking for ways to reduce his consumption, unplugging so called “energy vampires,” such as electronic equipment that consumes power even when “turned off.” Most purchasers of solar facilities become motivated to try to conserve their energy usage to rely as little as possible on power from the grid.



(Capitol Hill Village member Darrell Blakeway is an attorney who formerly worked at the Federal Energy Regulatory Commission, and is now a renewable energy and energy efficiency consultant.)

Upcoming Events and Programs *continued from page 1*

Thursday, January • 7 10:30 am
National Air & Space Museum, Udvar-Hazy
Center, Chantilly, VA

Forces of Nature

This film, produced by National Geographic and showing at the IMAX theater, “follows scientists on pulse-pounding quests to discover how natural disasters are triggered—without getting literally caught up in their work. Lose yourself in *Forces of Nature*, and find what may be cinema’s biggest, baddest depictions of real-life earthquakes, volcanoes, and storms.”

We will depart Capitol Hill at 10:30 to allow time to view the amazing aircraft at the museum before seeing the 40-minute movie at 12:45. Return to Capitol Hill by 3 pm. Call the office by Monday, Jan. 4, to sign up and say whether you need a ride or can drive. Tickets cost \$6.00. Checks may be sent to Capitol Hill Village, P.O. Box 15126, Washington, DC 20003-126.

[Members and their guests]

Friday, January 9 • 9 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 member’s front porches. The items will be used in the monthly used-book sale Saturday, January 10, 10 am to 3 pm, at the library at 7th Street SE off Pennsylvania Ave. CHV members who want to receive a tax-related contribution thank you, include a list of donated items, plus your name and address.

For pickup, contact CHV by WEDNESDAY, Jan. 7, at 202.543.1778 or info@capitolhillvillage.org.

Sunday, January 10 4:00 pm
Private home (call office for address)

Triumph and Hope: Golden Years with the Peace Corps in Honduras

Long time Hill resident Barbara Joe has written a book about her life changing experiences in

Honduras after she joined the Peace Corps at age 62. Named Best New Non-Fiction Finalist, National Indie Excellence Awards, and Best Peace Corps Memoir of 2008, Peace Corps Writers. Sharon House is hosting this book talk. Limited to 10 people, so call the office by Friday, January 8 to sign-up and learn the address. (Re-scheduled from October.)

[Members only]

Tuesday, January 12 • noon
Hawk 'n' Dove, 329 Pennsylvania Avenue SE

Looking Ahead in 2010

Capitol Hill Village members and other people interested in learning about CHV, join Executive Director Gail Kohn to talk about the year ahead, the Village's Be Prepared Agenda, events we might want to plan for 2010, and other questions of prospective members.

Call 202.543.1778 or e-mail info@capitolhillvillage.org to register, so we'll have adequate seating.

[Open to all]

Wednesday, Jan. 13 & 20 • 7:30-8:30 pm
Frances Taylor Center, 750 6th Street SE

Swing Dance Classes

A continuation of the classes begun in December. Thanks to some generous members, Gottaswing is presenting a series of four swing dance lessons free to CHV members. Join us on Wednesday, January 13 and 20, from 7:30-8:30 pm, followed by 15-20 minutes of dance practice. Space is limited. Call the office and sign on NOW. Please sign up for both classes. Singles are encouraged to come alone or bring a friend you are encouraging to join CHV.

[Current and prospective CHV members.]

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

Upcoming Events and Programs *continued*

Thursday, January 21 • 9 am - 4:30 pm
American Legion Post #8, 224 D Street SE

AARP Driver Safety Class

This program, highly praised by the CHV members who attended last year, is being offered once again. Included are current rules of the road, defensive driving techniques, and how to operate your vehicle more safely on today's increasingly challenging roadways. You'll learn adjustments to accommodate common, age-related changes in vision, hearing, and reaction time. While there is no test at the end of class, you must attend the full day's program in order to qualify for a discount with your auto insurance carrier. (Check with your own insurance company about discount.) Class is conducted by an AARP certified instructor. Cost: \$12 for AARP members; \$14 for non-AARP members. For further information: http://www.aarp.org/family/articles/why_take_a_driver_safety_class.html

You must sign up for the class through CHV at 202.543.1778 or info@capitolhillvillage.org by **Monday, January 11**. Bring a check or cash to class, as well as drinks, snacks and sandwiches. There will be a half-hour break for lunch.

[Open to all]

Friday, January 22 • 6:30 pm
107 D Street NE

Reserve by Tuesday, January 19

Dinner at the Monocle

Once again, The Monocle is offering a special tasting menu to CHV members and friends. You will choose between two menus, each of which includes an appetizer, an entree, and a dessert, for a fixed-price meal of \$22, including taxes and gratuities. Alcoholic drinks and coffee are not included in the fixed price, and are paid for separately. We arrange for tables of no more than six diners for easy conversation.

Cash only. You MUST call the CHV office to reserve by Tuesday, January 19, so that the restaurant can accommodate us.

[Members and their guests]

Sunday, January 24 • 3:00 pm
(Note: Date changed from Dec. listing)
Atlas Theater, 1333 H Street NE

WAM (Wolfgang Amadeus Mozart)

The InSeries, which has some of the most imaginative programming in the DC area, presents the young stars of the Washington Ballet's Studio Company and the star opera singers of the InSeries, who join to explore the miracle of Mozart's childhood and the glorious explosion of his music, from serenades to *Figaro* and more. Directed by Septime Webre, David Palmer and Carla Hübner. We have reserved 10 tickets at the senior group rate price of \$31.50. Call the Village by **Friday, January 15**, if you would like to go. Need a ride? Just ask!

[Members and their guests]

Saturday, January 30 • 7:30-11:00 pm
St. Mark's Church, 3rd and A Streets SE

Stardust Gala

Join members and friends for Capitol Hill Village's Second Annual Stardust Gala. The Combo-Nation Trio will open the evening, later growing into the full SingCo Rhythm Orchestra, led by crooner Doug Bowles. Songs by the Jaynettes, Capitol Hill's group of "vintage women singing vintage music," will inspire dancers onto the dance floor. Gottaswing, from Glen Echo's Spanish Ballroom, will teach us all to swing dance.

Near the music-filled dance hall will be a Quiet Café, where partiers will find snack foods; coffee, tea, fruit punch and wines; friendly tables with chairs, and other tables showing off auction items—vacation homes, dinners with book authors and politicians, classes for exploring untried (by you) crafts.

Reservation prices are unchanged from last year. Through January 15, reservations will sell for \$60 individually and \$50-per-person for a group table of at least eight. After January 15th, reservations will cost \$70 individually and \$60-per-person for a group table.

Capitol Hill Village members, expect your invitations to the 2010 Gala to arrive in the mail just after Christmas.

[Open to all: If you have not received an invitation, call the CHV office at 202.543.1778]

Continuing CHV Events: *Remember to check schedules around the holidays!*

Mondays • 2:30 pm

Garfield Park, S. Carolina Ave. at 3rd Street SE

Capitol Hill Petanque

Join a group of Capitol Hill game enthusiasts each Monday for a friendly game of Petanque. Beginners are welcome, no personal equipment needed, and instruction will be provided. Game continues except on snowy days. *[Members, volunteers and friends]*

Every Tuesday • 12:15 to 1:15 pm

St. Mark's Yoga Center, Arts Studio, 301 A Street SE

Class Offering: Easy Does It Yoga

Yoga is an outstanding form of exercise for seniors, and is encouraged by the American College of Sports Medicine. Its benefits include increased flexibility, improved breathing, better balance and nerve function, and relief from a number of ailments. The classes are designed to strengthen, stretch, and restore body, mind and spirit. Your first class is free, and yoga mats and blankets are available at no cost. Consult the web site for details on these affordably-priced classes: www.stmarks.net/arts/yoga.html, or call Christine Romero at 202.544.6356. *[Open to All]*

Every Tuesday • 3:00 pm

Every Wednesday • 7 am

Le Pain Quotidien, 7th and Pennsylvania Ave SE

Stammtisch / MorgenStammtisch

"Stammtisch" is German for a local restaurant table reserved for friends who meet there regularly. Lively discussion with other CHV members and friends — and delicious teas, coffees, and pastries. *[Open to members and friends—no sign-up necessary]*

You DO NOT need to RSVP for continuing events, but let the Village Office know if you need a ride, by calling 202.543.1778, or by e-mailing info@capitolhillvillage.org

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]*

Monday–Saturday • See times below

Corner Store, 9th Street and S. Carolina Ave SE

Corner Store Phys Ed

The Corner Store Phys Ed offerings continue with:

- Monday, Wednesday and Saturday 8:00 am, **Walk** for 1 hour through Capitol Hill
- Tuesday & Thursday 8:30 am, **Workout** with Ariel
- Wednesday 6:30 am, **Yoga Flow** with Pattie
- Wednesday 11:30 am, **Gentle Pilates** with Katherine

For more information, please call 202.544.5807 or visit <http://cornerstorearts.org>. *[Open to all]*

Every Saturday • 8:00 to 9:00 am

Lincoln Park, 13th Street and East Capitol Streets

Tai Chi Practice

Practice Tai Chi outdoors on Saturday mornings at Lincoln Park, weather permitting. Another gentle form of exercise for all ages, and especially useful to seniors. It promotes strength and balance, as well as deep breathing and relaxation. It has been described as "moving meditation." Under the direction of Dr. David Walls-Kaufman, tai chi is not difficult to learn, and can be performed at whatever physical level one brings to it. For additional information, call Capitol Hill Chiropractic Center at 202.544.6035. Consult the web site for details on the classes: www.capitolhilltaichi.com. *[Open to All]*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 See p. 16 for: Neighborhood Walk, 8 am Petanque, 4:30 pm	29 See p. 16 for: Workout, 8:30 am Chi-Gong, 10 am Easy Does It Yoga, 12:15 pm Stammtisch, 3 pm	30 See p. 16 for: Yoga Flow, 6:30 am Morgenstammtisch, 7 am Neighborhood Walk, 8 am Gentle Pilates, 11:30 am	31	1 New Year's Day	2 Kwanzaa Begins Boxing Day
3	4 See p. 16 for: Neighborhood Walk, 8 am Petanque, 4:30 pm Last day to sign up for Forces of Nature, see page 14	5 See p. 16 for: Workout, 8:30 am Chi-Gong, 10 am Easy Does It Yoga, 12:15 pm Stammtisch, 3 pm Literary Club, 6 pm, see page 1	6 See p. 16 for: Yoga Flow, 6:30 am Morgenstammtisch, 7 am	7 See p. 16 for: Workout, 8:30 am Chi-Gong, 10 am Forces of Nature, 10:30 am, see p. 14	8 Deadline to sign up for Triumph and Hope, see page 14	9 See p. 16 for: Tai Chi, 8 am Neighborhood Walk, 8 am Book Donation Pickup
10 Triumph and Hope, 4 pm, see page 14	11 See p. 16 for: Neighborhood Walk, 8 am Last day to sign up for AARP driving class, see p. 15	12 See p. 16 for: Workout, 8:30 am Chi-Gong, 10 am Easy Does It Yoga, 12:15 pm Stammtisch, 3 pm Looking Ahead in 2010, noon, see p. 14	13 See p. 16 for: Yoga Flow, 6:30 am Morgenstammtisch, 7 am Swing Dance Lessons, 7:30 pm, see page 14	14 See p. 16 for: Workout, 8:30 am Chi-Gong, 10 am	15 Last day to sign up for WAM (Mozart), see p. 15	16 See p. 16 for: Tai Chi, 8 am Neighborhood Walk, 8 am
17	18 See p. 16 for: Neighborhood Walk, 8 am Petanque, 4:30 pm Martin Luther King, Jr. Holiday	19 See p. 16 for: Workout, 8:30 am Chi-Gong, 10 am Stammtisch, 3 pm Last day to reserve seat for dinner at the Monocle, see p. 15	20 See p. 16 for: Yoga Flow, 6:30 am Morgenstammtisch, 7 am Swing Dance Lessons, 7:30 pm, see page 14	21 AARP Driving class, 9:00 am—4:30 pm, see p. 15	22 Dinner at the Monocle, 6:30 pm, see p. 15	23 See p. 16 for: Tai Chi, 8 am Neighborhood Walk, 8 am
24 WAM (Mozart), 3:00 pm, see p. 15	25 See p. 16 for: Neighborhood Walk, 8 am Petanque, 4:30 pm	26 See p. 16 for: Workout, 8:30 am Chi-Gong, 10 am Easy Does It Yoga, 12:15 pm Stammtisch, 3 pm	27 See p. 16 for: Yoga Flow, 6:30 am Morgenstammtisch, 7 am Neighborhood Walk, 8 am Gentle Pilates, 11:30 am	28	29	30 Stardust Gala, 7:30-11:00 pm
31						