



VILLAGE VOICE

MAY 2024

CHEERS TO 15 YEARS

MVAH Celebrates Our 15th Anniversary!



MESSAGE FROM PRESIDENT MICHELE CALHOUN

Tra la! It's May!
The lusty month of May!
That lovely month when
ev'ryone goes
Blissfully astray.

Lyrics from Camelot's "Lusty Month of May"

Foremost is "Welcome, Kathy" to our new Executive Director. She has had her nose to the grindstone in our office since her start on April 15th and looks forward to a more personal experience on May 23rd, meeting members and volunteers and our partners and sponsors at the Annual Gala at River Farm.

When we fill our vacant Office Manager/ Membership position, MVAH board members who have been carrying the bulk of the burden will be celebrating. We owe huge thanks to Paula Lettice, Brenden Power and Dave Prescott for all they have done filling in for all these months. And to Paula we owe an especially big thank you as she not only filled in but also educated and trained Kathy and me. Anyone who has personal knowledge of someone you think you can be a superb office manager and is interested in a paid position, please contact the office for a job description and application.

In reading this month's newsletter I hope you notice our new *Hail and Farewell* section. When you see one of our new members, help them feel a part of our community.

There is another new recurring column I am calling *Joyous Moments*. This new column is for you to self-report achievements, experiences, happy moments or photos you would like to share with your MVAH community. Think of the things that you would pick up your phone and tell family or friends or mention to your neighbor over a cup of coffee. This month's

(cont'd on p. 4) ➡

HAIL AND FAREWELL

May Birthday Greetings to MVAH members:

5/3 - Peter Lattu
5/5 - Thomas Crooker
5/6 - Alma Kaplan
5/10 - Bill Mould
5/14 - Virginia Hodgkinson
5/15 - Rocky Curtis
5/17 - Susan Wuchinich
5/18 - Ellen Herrberger
5/23 - John Glaser
5/26 - Sheila Daley
5/26 - Arlyne Goodweather

WELCOME

New Members

Marianne Beatty
Doreen Forsman
Robert Kuletz
Peter and Catherine Morosoff

Members who have recently moved:

Elizabeth Mueller to Iowa
Robert and Joanne Nedzbala to Green Spring

Happy Birthday to MVAH Volunteer:

5/13 - Kathleen Stevens

Mount Vernon at Home

TO REACH US

Phone: 703-303-4060

Office hours: M-F, 10:00 am–4:00 pm
info@mountvernonathome.org
https://www.mountvernonathome.org

MAILING ADDRESS

Mount Vernon at Home
P.O. Box 7493
Alexandria, VA 22307

OFFICE ADDRESS

Sherwood Regional Library
2501 Sherwood Hall Lane, 2nd Floor
Alexandria, VA 22306

To become a *member*, go to
www.mountvernonathome.org and
click on “Membership”.

Dues can be paid online via PayPal
or call our office at 703-303-4060.

To become a *volunteer*, go to
www.mountvernonathome.org and
click on “Get Involved” or
call our office at 703-303-4060.

To *support* our Village, go to
www.mountvernonathome.org and
click on “Donate.” Mount Vernon at
Home is a 501(c)(3) charitable
organization. Your tax-deductible
gifts are welcome!

MOUNT VERNON AT HOME LEADERS

Kathy Dismukes, *Executive Director*
Dave Prescott, *Volunteer Coordinator*

BOARD OF DIRECTORS

Michele Calhoun, Board President
Kathi Hanrahan, Vice President
Tim Wagner, Treasurer
Brendan Power, Secretary

Maribeth Bersani

MaryAnne Beatty

Jane Earley

Evan Kaufman

Robert Kuletz

Paula Lettice (Past President)

Greg Lukens

Barbara Mann

John Peak

Herb Riggs

Kamla Rodriguez

Karen Corbett Sanders

Susan Wuchinich

Message from Executive Director, Kathy Dismukes



Hello Mount Vernon at Home Members,
Volunteers, Sponsors, Donors, and Partners!

I’m delighted to join this vibrant, caring
community. As your Executive Director I report
to the president of MVAH’s Board of Directors,
Michele Calhoun, and will work to execute the
board’s vision for the organization. I’m really
looking forward to implementing their creative
strategies and plans on behalf of...You!

I’m a 100% mission-driven person who’s spent a career in the service of
nonprofits that play a vital role at the community level and beyond. I’ve
worked at organizations that advance conservation, global health,
diversity/equity/inclusion, and women in media. I’ve even worked with
documentary filmmakers and playwrights on projects that explore
societal issues. I can’t think of a more essential or timely mission than
MVAH’s. As someone who cares deeply about people continuing to age in
place while living a rich life and has personal experience helping and
caring for family, friends, and neighbors, I think MVAH is the perfect place
for me.

Like many in the nonprofit sector, I’ve had an opportunity to develop
skills in many areas that I believe will be useful to MVAH. These include
running programs, raising funds, building partnerships, generating
communications, managing an office, serving on boards, leading projects,
and coordinating events and media production. My favorite thing is to
have fun and laugh with people whether I’m working or not.

I’m a resident of Montebello and grew up in the D.C. area. I have a BA in
history from the University of Virginia and love listening to history
podcasts. I am a lifelong nature lover, and I serve on Montebello’s
Grounds Committee, which works to improve the beauty of our gardens
and diversity of our 20-acre woodlands. I love to explore nature, travel,
eat good food, and do crossword puzzles.

I am excited to meet every single one of you. I hope to see you in person
at the MVAH’s 15th Anniversary Gala celebration at River Farm on May
23rd. Until then and anytime, please contact me at
director@mountvernonathome.org for questions and conversation.

All the best,

Kathy Dismukes

MEET NEW MVAH BOARD DIRECTOR HERB RIGGS



Herb Riggs

I am a native of the scenic Maine Coast, and have a diverse background and unwavering dedication to service. I attended the University of Maine where I had both baseball and soccer scholarships! In the following years, I attended Brigham Young University, earning a BA in English and joining the Ballroom Dance Team, immersing myself in the world of dance sport, growing individually and as a teammate. Subsequently I earned my J.D. degree, working for eight years at litigation firms in Washington, D.C. Yet, a desire for a "healthier lifestyle" led me to pursue a Master's in Finance from Johns Hopkins University and transition into mortgage finance for a time.

However, my true calling emerged in the realm of real estate. Since 1995, I have been an integral part of the Northern Virginia community, serving with dedication

and integrity. Alongside my professional endeavors, I have remained deeply connected to my faith, serving as an ordained minister and engaging in interfaith dialogue.

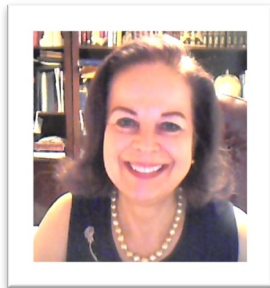
Family has always been paramount for me, cherishing my loving marriage and four children. In my role as principal of Riggs & Co, I bring this same commitment to every client interaction. With an emphasis on personalized service and attention to detail, Riggs & Co has earned acclaim for its excellence in real estate practice. I feel my professional achievements are underscored by my educational background and expertise in negotiation, finance, and law - and I approach each transaction with strategic acumen and integrity. Many of my clients are government employees relocating to this area.

Beyond my professional endeavors, I find joy in spending time with my family and indulging in my passions for baseball, reading, and sailing. For me, life is a journey marked by connection, growth, and gratitude.



Message from Outgoing Acting Executive Director, Paula Lettice

It's been my pleasure to step in as the Acting Executive Director for the past four months. I will be working closely with President Michele and ED Kathy, transitioning operations, sharing history, and providing support as needed into the future. There are many events like the Board of Directors election and Annual Meeting that are once-a-year occurrences ... so you will see me involved to a lesser and lesser extent as the months go by. There is a lot to cover – so please be patient as we navigate this.



Of course, I will still be involved as the Past President and as a member of our village! I'm looking forward to seeing you at the Gala on May 23rd and/or other future events!

Mount Vernon at Home
Celebrate! Gala

Thursday, May 23

4:00 to 6:00 pm
River Farm
7931 East Boulevard Drive
Alexandria, VA 22308



We hope you will join us
as we celebrate
Mount Vernon at Home's
15th Anniversary!



CELEBRATING OUR 15TH ANNIVERSARY

MEET ONE OF OUR FOUNDERS

VIRGINIA MARTIN



Virginia Martin grew up in Louisiana, graduated from Randolph-Macon Woman's College, and returned to Louisiana to work in personnel management at a coffee company. She married

Clarence Martin and they relocated to Alexandria, VA so that he could accept an appointment in the Kennedy Administration. Virginia became involved in the domestic Peace Corps, taking the lead in organizing a low-income neighborhood credit union.

After her children were born, Virginia was very involved in volunteer activities (e.g., Christ Church's gift shop, TWIG, local and national political campaigns, and Gunston Hall). She returned to the workforce when her children were in grammar school, and soon realized that mothers need flexible work schedules. She became an advocate for flexible working hours and part-time professional employment, resulting later in legislation allowing flexible hours, compressed work weeks, and permanent part-time employment for federal employees. During her career, she worked for the National Federation of Business and Professional Women's Club, consulted with various organizations and city-wide programs, and

several local information technology firms, ultimately retiring from CACI.

Virginia has two adult children and her hobbies have included tennis, travelling, gardening, and reading. After her husband passed away, she moved to Porto Vecchio in 2014 and is active there. Although she lives in the City of Alexandria now, Virginia maintained her Mount Vernon at Home membership as an alumnae member.

When asked about MVAH, Virginia replied that she was recruited to join a committee along with the Edelmans, Petersons, and Glaziers who were also co-founders. She participated in drafting bylaws, outreach, nominations, and program planning. Her husband served on the board. Virginia has graciously hosted many MVAH events through the years.

Her favorite activity was Conversations, that, before the COVID pandemic, was in-person, happy hours, and bridge. She dearly misses these in-person events.

If a friend asks about the possibility of joining MVAH, her response is always, "Do it!"

Thank you Virginia for your many contributions to Mount Vernon at Home!

Message from President Michele Calhoun (cont'd)

Joyous Moments is an EXAMPLE of what this new column might look like (see below). You can email or call the office with what you want to share. It must be from your experience and not someone else's and your name will be included in the column. Your self-reporting is how we know you agree to release the information.

The third change to the Newsletter is a column I am calling, for now, "Member Musings". We will be happy to consider a "Rename the Column" competition in the future. I would like members who want to contribute to the newsletter to send articles that are relevant to the MVAH community, positive, uplifting, or educational in nature. The article will include your name in the byline. If you want to write about race, religion or politics, consider joining the Timely Topics group for a lively debate. This column is not intended to be divisive. I hope our members want to take part in this newsletter expansion and we look forward to receiving your submissions!



Joyous Moments - Sample Edition

I just had my 10th grandchild. - O. M. Hubbard

Today was my last day of work and I am officially retired. - Happi Kamper

I completed my first mini marathon. - Speedy Feet

I am finally back home after 6 weeks of rehab. - Ida-Fell

I took my first drawing class at The Torpedo Factory and love this new hobby. - Artsy Mann

I just got back from a 50th HS reunion in Chicago. What a blast from the past. - J.T. Cool

Please note that ALL requests for volunteer services are to go through the MVAH office.

Please be sure to use this contact information when making any requests:

info@mountvernonathome.org
volunteercoordinator@mountvernonathome.org
Phone: 703-303-4060

May Movie Group

May movies include *The Holdovers* and *Lion*. The bonus movie is *Tom Jones*.

The Holdovers (2023, Amazon Prime) – Comedy/Drama

A curmudgeonly instructor (Paul Giamatti) at a New England prep school remains on campus during Christmas break to babysit a handful of students with nowhere to go. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school's head cook, a woman who just lost a son in the Vietnam War. The movie received 5 Oscar nominations for 2024, with one win for Best Supporting Actress. (Rotten Tomatoes, 97%)

Lion (2016, Amazon Prime) – Biographical Drama

The film is based on the 2013 non-fiction book *A Long Way Home* by Saroo Brierley. Five-year-old Saroo gets lost on a train which takes him thousands of miles across India, away from home and family. Saroo must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple. Twenty-five years later, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home. (Rotten Tomatoes, 84%)

Bonus Movie recommended by the Mattainos: *Tom Jones (1963, Amazon Prime) – Period Comedy*

Tom Jones (Albert Finney in his career-making role) is a foundling raised by the kindly Squire Allworthy (George Devine), who loves the beautiful Sophie Western (Susannah York), but cannot marry her due to the difference in their stations. When the villainous Blifil (David Warner) tricks the squire into casting Tom out of his household, the young man goes on a series of high-spirited adventures, including heroic swordfights, mistaken identities, good deeds and lusty women. The film was one of the most critically acclaimed and popular comedies of its time. It was nominated for ten Oscars, winning four. (Rotten Tomatoes 81%, Wikipedia)

NOTE: You don't have to watch the assigned movies and are welcome to come and talk about recent movies that you have seen and might recommend (or not) to our MVAH members.

The next Movie Group meeting will take place on Tuesday, May 7, at 3:00 pm by Zoom.

book group

There were eight participants in this stimulating book group session on April 23.

Louise McLean read *Deacon King Kong*, a novel by James McBride. Set in a housing project in the 60s, an elderly, alcoholic church deacon who goes by the name “Sportcoat,” shoots and kills the neighborhood drug dealer. *Deacon King Kong* explores the lives and characters of all involved. Louise liked this book a lot and recommends it. Louise also read *The Yiddish Policemen’s Union* by Michael Chabon, and Kazuo Ishiguro’s novel *When We Were Orphans*. She did not enjoy these two as much as *Deacon King Kong*.

Alice Outerbridge read *In True Face*, non-fiction, by Jonna Mendez. In this memoir, Mendez married a CIA officer and became a “contract wife” for the CIA, following her husband to overseas postings. Her talent in photography leads her to the CIA’s technical track and she eventually becomes the CIA’s Chief of Disguise. Alice related a fascinating anecdote from *In True Face*: Mendez was invited to the White House for a meeting with President Bush “41.” She wore one of her masks to the session which she removed at the end of the meeting, shocking the President. Alice liked this book and is now re-reading it.

Carol Mattaino reported on *We Were the Lucky Ones*, historical fiction based on fact, by Georgia Hunter. This book tells of a large, extended family’s terrible difficulties during WWII and the holocaust.

Carol said *We Were the Lucky Ones* is very well-written and researched. She highly recommends it.

Sarah Tatum read *Nine Black Robes*, non-fiction, by Joan Biskupic. Biskupic, CNN’s Supreme Court correspondent, delves into the inner workings of the Supreme Court. She focuses a lot of attention on how former President Trump “packed” the Court with right wing judges. Sarah noted that if you are not a fan of former President Trump, you will probably like this book.

Cher Terry read *The Women* by Kristin Hannah, a novel. Well-researched and written, *The Women* relates the story of Franki McGrath, a young, well-off Californian, who enlists as an Army nurse and serves two tours in Vietnam during the worst of the war. Franki returns to the U.S. where she is greeted with hostility and sinks into severe depression. She finally gets the help she needs. Cher, who served in military hospitals in Asia and other places during the Vietnam War, said this book was authentic to the period, down to the music and socio-cultural references.

Laurie Tracy read *Fiasco*, non-fiction, by Thomas Ricks. *Fiasco* relates the events of the 2003 U.S. invasion of Iraq and subsequent occupation. He sees the U.S. invasion and occupation as deeply flawed, and based on faulty intelligence, hubris and delayed recognition of the insurgency. Laurie liked *Fiasco* a lot but said it was depressing.



Congratulations to MVAH member Cher Terry, whose dog, Piper, was recognized as the “most charming” dog at the Ides of Bark event!



MAY UPCOMING PROGRAMS

Note that for all Zoom events, reminders and Zoom links will be sent out before the event. All RSVPs should be directed to our office at 703-303-4060 or info@mountvernonathome.org. Please carpool when possible.

Friday, May 3: Walking Group. Meet at 10:00 am in Picnic/Parking Area A at Fort Hunt Park. Weather permitting.

Tuesday, May 7: Movie Group. Hosted by Kathi Hanrahan by Zoom at 3:00 pm. Assigned movies are *The Holdovers* (2023, Amazon Prime) and *Lion* (2016, Amazon Prime Video); the bonus movie this month is *Tom Jones* (1963, Amazon Prime).

Friday, May 10: Walking Group. Meet at 10:00 am at Fort Hunt Park Picnic/Parking Lot A. Weather permitting.

Saturday, May 11: Timely Topics. 11:00 am by Zoom. Virginia Hodgkinson and Holly Hoven are the current events discussion facilitators, and Paula Lettice is the Zoom host.

Monday, May 13: Program Committee Meeting. Hosted by Kathi Hanrahan by Zoom at 2:00 pm.

Tuesday, May 14: Group Lunch. Meet at The Haven at 11:30 am. RSVP to our office.

Wednesday, May 15: Lunch & Movie. At Paul Spring Retirement Community. Lunch begins at 12:00 noon, followed by the movie *Secretariat*. RSVP to the MVAH office.

Friday, May 17: Walking Group. Meet at Fort Hunt Park at 10:00 am, Picnic/Parking Area A. Weather permitting.

Sunday, May 19: Conversations. 3:00 pm by Zoom. Event details will be provided later this month.

Tuesday, May 22: Timely Topics. 4:00 pm by Zoom. Virginia Hodgkinson and Holly Hoven are the current events discussion facilitators, and Paula Lettice is the Zoom host.

Thursday, May 23: MVAH CELEBRATE GALA! 4:00 - 6:00 pm at River Farm. RSVP to our office.

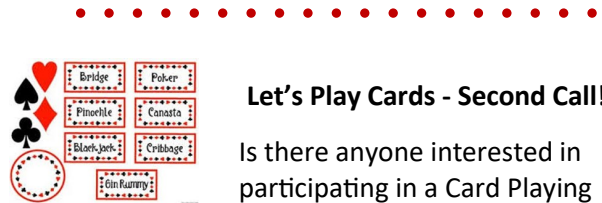
Friday, May 24: Walking Group. Meet at Fort Hunt Park Picnic/Parking Lot A at 10:00 am. Weather permitting.

Monday, May 27: Membership Committee. No meeting this month due to Memorial Day holiday.

Tuesday, May 28: Book Group. Hosted by Laurie Tracy by Zoom at 3:00 pm. RSVP to tracylauri@aol.com.

Thursday, May 30: Cheers! Hosted by Keith and Vikki Bea at 5:00 pm. Bring an appetizer/dish to pass and your own beverage. RSVP to the MVAH office.

Friday, May 31: Member Coffee. 10:00 am at Mt. Vernon Country Club. RSVP to our office.

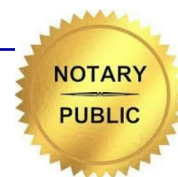


Let's Play Cards - Second Call!

Is there anyone interested in participating in a Card Playing Club? Do you like cribbage, rummy, poker, hearts, bridge, spades? MVAH member Bill Mould is looking for others to play. Please email the MVAH office at coordinator@mountvernonathome.org if you might be interested. We will coordinate and contact you!

Community Events

Don't forget to check out May events at Sherwood Regional Library. Popular library events include Chair Yoga classes, Tai Chi classes, 1-on-1 Tech Tutor, and First Saturday Book Sale. For a complete listing, view their monthly offerings at: <https://librarycalendar.fairfaxcounty.gov/calendar?cid=6524&t=d&d=0000-00-00&cal=6524&audience=2039,2188&cm=3455&inc=0>



In need of a notary?

Did you know that all of Supervisor Storck's staff are Notaries Public? And that this service is free?

May Dates to Note

May 1: May Day

May 2: National Brothers and Sisters Day and National Day of Prayer

May 3: Museum Lovers Day and the Kentucky Derby

May 5: Cinco de Mayo

May 11: World Fair Trade Day

May 12: Mother's Day

May 15: International Family Day

May 16: Do Something for a Neighbor Day – *Cheers to our volunteers*

May 18: National Visit Relatives Day and National Armed Forces Day – *Cheers to our veterans*

May 24: National Brothers Day

May 27: Memorial Day

May 31: National Smile Day

And, the Weekly Observances in May 2024:

National Pet Week (May 5-11)

Teacher Appreciation Week (May 6-10)– Cheers to our members who are teachers

National Nurses Week (May 6-12) - *Cheers to our members who are nurses*

National Women's Health Week (May 12-18)



!! Relive the Sixties – Second Edition!!

The 1960s were a time of political protest and cultural change, much of which is evident in the music, clothes, and movies of the time.

With that came some far-out slang. A few of these words survived and became part of our everyday lexicon, while others are relics of a more psychedelic time. You might cry, "OK boomer," at some of these slang terms today, but in the 1960s, they were the height of cool.

How many of these words do you remember? Did you use? Here is the second half of the list, the first half was in the April issue.

Fad: A "fad" is something that becomes fashionable quickly, and then goes out of style just as quickly. The word still stuck though. "Platform shoes are a returning fad that needs to go away!"

Far Out: Remember yet another synonym for "groovy." "Your new shoes are far out!"

Flower Power: Hippies were fond of using flowers as accessories at concerts, gatherings, and, of

course, protests. "Flower power" described the hippie desire to make the world a better place with peaceful actions.

Hacked: Sometimes paired with "off," this term was used to describe someone who was angry. Nowadays, you'll get pretty hacked if your email gets hacked.

Mellow: Being mellow meant feeling relaxed, carefree, and at peace. It's the opposite of being hacked off.

Sock It To Me: Aretha Franklin popularized this phrase in her 1967 song "Respect." It didn't always have a family-friendly connotation, but comedians began using the phrase to mean "give it to me," and they'd often see consequences, such as getting a pie to the face.

Threads: Adapted from jazz slang, the word "threads" was used to refer to clothes — usually covered in flowers, patchwork, and paisley.

