



News

from the Villages of Kensington

Enhancing the quality of life in Kensington, one neighbor at a time!

Volume 2, Number 1 May 2018

Member Highlight: Artie!



Everyone has an interesting life story! Member Art Romano lives in the Kensington neighborhood of Rock Creek Palisades and has a long-standing love of

Lionel model trains. A mechanical engineer by profession (BSME), he retired in 1993 and devotes some of his time to perfecting the many model-train setups he has created over the years.

Artie has six children and 15 grandchildren. He worked as a civilian for the Navy Department for 36 years at the Washington, D.C., Naval Sea Systems Command, designing shipboard surface weapons systems. In addition to enjoying the technical aspects of his work, he really enjoyed working with his colleagues, who were very dedicated and truly cared about work quality and each other.

His love of model trains goes back to his early childhood in Utica, New York, and Artie still has the first train set his dad gave him when he was 6. As early as 8 years old, Artie was repairing everything brought to him by family and friends, so being formally trained as a mechanical engineer was a natural progression. His older brother was similarly trained, and they both graduated from the same Syracuse University program with mechanical engineering degrees in 1958.

Artie has lived in his Kensington home for 51 years and really enjoys the neighborhood. He heard about Villages of Kensington from his friend Renee, who heard about VoK at the 2017 Day of the Book festival.

Artie and Renee will be hosting June's VoK LunchAround, so you can come see his vast layout with operating trains and accessories and his many Navy awards. It's an Artie-provided-finger-food-and-drink lunch to which VoK Members, Volunteers, and Kensington-area friends are invited; see the VoK website Calendar for details. No need to bring any additional food, unless you want to share something special! The picture at right hardly does justice to

Artie's amazingly detailed setup, and it is just one of two such displays he has lovingly arranged in a large crawl space in his basement.

Members & Volunteers – If you'd like to share your life story in future newsletters, please contact us at newsletter@villagesofkensingtonmd.org. We'd love to feature Y-O-U!

One of Artie's amazing train set-ups!



VoK Welcomes Our Newest Corporate Sponsor!

Palisades Home Properties is now a GOLD-level supporter of Villages of Kensington! See their ad on page 2.

Sponsors provide financial support so we can meet our budget and keep our membership fees low and available to all. Please thank our sponsors by using their products & services!

VoK sponsor levels are:

Friends of VoK: \$1 up to \$249

Bronze: \$250 up to \$499

Silver: \$500 up to \$999

Gold: \$1,000 up to \$2,499

Platinum: \$2,500+

New VoK Board Members!

VoK welcomes two new members to our Board of Directors! Mike and Tammy bring significant experience and caring, and a wealth of energy to our Board. Say hello when you see them around the neighborhood!

Mike Landa, Volunteer Coordinator



Mike and his wife Michele and their son Adam have lived in Kensington Heights since 1992. "Jesse," a Papillon, Chihuahua, terrier mix, joined the household in 2016. Mike began volunteering with VoK in spring 2017, joined the Board in early 2018, and took the position of Volunteer Coordinator in spring 2018

when Cliff Scharman, VoK's former Volunteer Coordinator, relocated to Florida. Mike retired in 2015 from a career that included two tours in the practice of food and drug law in government, with a hiatus of seven years in private practice, and finished with stints in leadership and management in the Food and Drug Administration's Center for Food Safety and Applied Nutrition. Favorite activities in retirement include travel, listening to music, and catching up on reading.

Tammy Rickman, Treasurer



Tammy and her husband, Peter, and their three daughters have lived in the Town of Kensington since 1990, and two of her daughters have recently purchased their own homes in the neighborhood, anchoring

the Rickman family in Kensington for years to come. Tammy began volunteering with VoK in spring 2017, joined the Board in early 2018, and takes the position of Treasurer this month, when Carolyn Lichtenstein relinquishes the position to pursue other interests. Tammy practiced commercial and corporate transactions law in the Washington, D.C. area for more than 20 years, retiring in 2004. Retirement has given Tammy time to enjoy travel, reading, and helping with her grandchildren – Peter born in 2015 and Fiona born in 2017 – who live right next door and flow freely between home and grandma's house.

Palisades Home Properties

A Keller Williams Capital Properties Team

Theo Harding, Realtor; Malik J. Tuma, Associate Broker
7801 Woodmont Ave., 2nd fl., Bethesda 20814
240-292-4774

www.PalisadesHomeProperties.com
TheoHarding@kw.com & MalikTuma@gmail.com

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Thank you to Cliff & Carolyn!

VoK extends a heartfelt **THANK YOU** to two Board members who are rotating off our Board of Directors – Cliff Scharman, who served as our volunteer coordinator, and Carolyn Lichtenstein, who served as our treasurer. Both have been with VoK since the very early planning stage of our organization, and were instrumental in making VoK what it is today. ***"Thank you!"***



To join VoK and benefit from our Volunteers' friendliness and expertise, call us at

301-509-0191

or click **JOIN** at

www.VillagesofKensington.org.

How Can VoK Assist Y-O-U?

VoK Full Members are eligible to receive assistance from our vetted & trained Volunteers. If you can think of it, we can probably help! For example:

- Rides to shopping, social outings, worship, or medical appointments
- Small household or yard tasks or repairs
- Carrying large items to the curb for pickup
- Meal assistance while recovering from hospital stay or illness
- Picking up groceries or prescriptions
- Friendly visits and check-in calls
- Computer and electronics help
- Occasional or one-time, non-emergency assistance – just ask!

VoK Events!

ONGOING EVENTS

VoK Lunch-Around. On the first Friday of every month at noon, we gather at local restaurants or for a potluck at a Member's or Volunteer's home. Fun, good company, and we get to check out various local culinary delights and our own creations. Check the VoK website calendar. For info, contact Events Coordinator Laurie Pross at events@VillagesofKensingtonMD.org.

Monthly book club. The Rock Creek Hills Book Club is a well-established group of book-loving residents in the Kensington area that meets once a month in the evening to discuss current and past releases of all genres. We gather at different homes and refreshments are provided. Interested? For info, send an email to jennifer@VillagesofKensingtonMD.org.

Intro to Meditation. An introductory class on Meditation for VoK Members. Relaxation and calm is so important in our busy lives! For info, contact Donna at members@VillagesofKensingtonMD.org.

Knitting blankets for Project Linus. For info, contact Carolyn at projectlinus.mc@gmail.com.

UPCOMING EVENTS

Seminar: Successfully Aging at Home Safely. Three presenters discuss confronting aging, available County resources that enable independent living at home, and age-related changes in physical and mental health. Sunday, May 20, 2-4 pm, at Temple Emanuel on Connecticut Ave. RSVP to Sharon at secretary@VillagesofKensingtonMD.org.

**** Watch the VoK online calendar for events! ****



Got an idea for a one-time event or an ongoing program?

We're all ears! Contact us at VoK@VillagesofKensingtonMD.org or by phone at 301-509-0191.

VoK's Mission

"The mission of the Villages of Kensington is to build a supportive, diverse, and inter-generational network of neighbors helping neighbors to remain in their homes and to be engaged in their community."

Membership Fee Policy for Members 90+ years old!

Every Greater Kensington resident who is at least 90 years old or who will turn 90 during their member year will receive an individual **FREE FULL MEMBERSHIP** for the year!
For new *and* renewing Members!

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Thank You to Our Partner Organizations!

We thank our partner organizations with whom we've coordinated this past year:

↓ VillageRides

sponsored by Jewish Council for the Aging,
www.accessjca.org.

↓ Kensington Park Senior Living
www.kensingtonparkseniorliving.com

↓ Suburban Hospital
www.hopkinsmedicine.org/suburban_hospital
(click on Community Health)

↓ Jewish Social Service Agency, www.jssa.org

And thanks to the Town of Kensington and Kensington-area civic associations and businesses for their ongoing support of our mission!

How You Can Support VoK!

-- Tell your Kensington-area relatives, friends, & neighbors about VoK – who we are and how to sign up as a Member or Volunteer. (Best way: go to our website at www.VillagesofKensington.org)

-- Participate in activities and suggest activities you'd like to see!

-- Appreciate VoK Volunteers (no financial remuneration or tips, please)!

-- If you're a VoK Member, let us know how we can assist you; please do not be bashful! If not yet a Member, tell us how we *could* assist you.

-- Donate money or items for events.

-- In the spirit of Villages, help your neighbors in any way you can!

VoK Lunch-Around – for Members & Volunteers!



On the first Friday of each month, VoK Members and Volunteers gather at noon for lunch at a local restaurant or for a potluck at a Member's or Volunteer's home. Different attendees each month and you are welcome to bring a Kensington-area friend. We started this "Lunch-Around" in August 2016 and have lunched together every month since! For more info, contact Laura Pross, VoK events coordinator, at events@VillagesofKensingtonMD.org.

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Favorite Recipe!

Here's one from Volunteer Margaret. Yum!

Sigrid's Applesauce Cake

½ lb. butter	1 t. cinnamon
2 C. sugar	1 t. nutmeg
2 C. thick applesauce	1 t. vanilla
3 C. flour	1 C. raisins
1 ¾ t. baking soda	1 C. chopped pecans

Preheat oven to 325. Grease and flour a 9 inch Bundt or tube pan.

Cream butter and sugar together until light and fluffy.

Fold in the applesauce.

Sift together the flour, baking soda, and spices. Remove ¼ cup to toss with nut and raisin mixture.

Fold the flour mixture into the applesauce mixture. Fold in the vanilla.

Combine the nuts and raisins and coat them with the reserved flour mixture.

Fold the nut and raisin mixture into the batter.

Pour batter into prepared pan and bake for 1½ hours or until done. Cool cake for 10-15 minutes before turning onto wire rack to cool completely.

Finish with sifted confectioner's sugar or a thin glaze.

Got a favorite recipe you'd like to share? Send it to us at newsletter@VillagesofKensingtonMD.org!

New VoK Outreach Effort!

VoK has a new team member to help with outreach! Marcy Frosh comes to us from Silver Spring Village, where she worked most recently on strategies for outreach and diversity.



Marcy is coordinating with the VoK Board and Members to launch a series of "Meet & Greet" gatherings in a range of neighborhoods in 20895. She is also connecting with faith groups and other potential partners.

Marcy is quick to share her enthusiasm for working with VoK, stating: "This is an energetic and caring Village – I feel fortunate to be able to help spread the word to as many of Kensington's wonderful neighborhoods as possible!"

If you know of individuals who might like to be invited to a "Meet & Greet" or a group that would like a VoK presentation, you can email Marcy at marcy@VillagesofKensingtonMD.org or call her at 301-580-2823.

To volunteer with VoK and offer services to your Greater Kensington neighbors, call us at 301-509-0191 or go online to www.VillagesofKensington.org and click on VOLUNTEER.

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Contact VoK:

...on the Web: www.VillagesofKensington.org

...email: VoK@VillagesofKensingtonMD.org

...phone: **301-509-0191**

...U.S. mail:

P.O. Box 118, Kensington, MD 20895-0118

...Facebook:

www.facebook.com/KensingtonVillages