



Potomac  
Community  
Village

April - May 2017

*"your roadside assistance on the journey of life"*

240-221-1370

[info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org)

[www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org)

## Potomac Community Village News

**PCV Board elections** will be held at the general meeting on May 18. Only members may vote. This is your opportunity to have a say in who guides our organization and develops the programs we offer. Be a good PCV citizen; come and vote! You are already registered! Any members who are interested in board positions should contact Nominating Committee Chair Jill Phillips at 240-221-1370.

### PCV Builds Community and Friendship

You may remember that, a few months back, one of our members had a laundry room fire and received aid from many member-volunteers who helped in the clean-up. It turns out that one of the volunteers experienced a similar scare last month when a fire erupted in her garage. No possessions were lost, but there was smoke damage to the home. The previously established connection between the two households was rekindled when the women shared their common experience of a house going up in flames. **Another Village friendship established.**

Another of our members has been hospitalized repeatedly in the past few months. She lives alone, has no local family and had been receiving PCV volunteer help with some of the daily tasks that are difficult for her to manage on her own. She also gets calls from our **"friendly phone call" volunteers**, who are not only helping her sort out some of her options for paid help but also functioning as a friendly ear for a chat.

Our **Storm Buddies** phone tree went into effect for our minor snowfall in March. Though we only got about 2" of snow, everyone appreciated the phone calls and several members used our **Neighbor Suggested Contractor List** for referrals to snow removal contractors.

And once again PCV's **Holiday Friends program** came through for members who have no local family and wanted to go to a Passover Seder or Easter Dinner. We expect to offer Holiday Friends opportunities again in the fall. Many thanks to our hosts for volunteering their homes and offering their friendship.

### ROMEIO (Retired Old Men Eating Out) Meets for Lunch on April 25

Potomac Community Village is sponsoring a social **ROMEIO lunch** just for men on **Tuesday, April 25 at 12:30, at Bagel City on Rockville Pike**, and you don't need to be retired to come. This debut lunch will be **FREE** for PCV members and active volunteers; non-members and friends are welcome to attend but must pay for their own meal. Please RSVP by Sunday, April 23 to [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org) or 240-221-1370. Let us know if you need a ride or can provide one. See you there!



**Next Meeting – Thursday, May 18, 7 - 9 p.m.**

**"Grand Old Ditch" – The C&O Canal, Past, Present and Future**

Local historian and author Judy Welles will present historic highlights and photographs of the C&O Canal, including the canal's role in the Civil War and the building of the Washington Aqueduct in the mid-19<sup>th</sup> century.

**Free! All welcome. Bolger Center's Franklin Building, 9600 Newbridge Drive, Potomac**

**Be a Help Desk Volunteer!** You're "on" for 2 to 4 weeks at a time, whatever works best for you, using the PCV cell phone. You need to be comfortable using a computer; you will be trained and will get lots of help. To learn more, please call our Help Desk, 240-221-1370, to connect with Marla Cohen, our Help Desk Coordinator. Welcome to Eleanor Sorbello, our newest Help Desk volunteer.

**Help us run the PCV Booth at the Potomac Farmers Market** every Thursday from May 4 through July 13 (weather permitting) at the Potomac United Methodist Church parking lot (Falls Rd at South Glen Rd). We need a coordinator to schedule staffing each week and worker bees to set up (1:30 – 2 pm), run the booth (2 to 4 pm) and pack up at 4pm (approximately 15 minutes). Last year's chairperson will provide help and guidance. You don't have to do it every week. And you don't need to be a PCV member to help out. Please call 240-221-1370 to connect with Sheila Moldover, last year's Booth Coordinator.

**Be a hospitality facilitator and help keep our monthly meetings festive.** We need volunteers to purchase and bring snacks to meetings (cookies, soft drinks, fruit, water, etc.). PCV will reimburse the cost. Call 240-221-1370 to connect with Meryl Cohen, our Refreshments Coordinator.

**Interested in home repair and upkeep?** We are looking for a volunteer to help expand and update our Suggested Contractors/ Vendors list. This would be a fun task for someone interested in home repair and upkeep and who enjoys finding good deals available in our community. It would involve a few hours a month of work from home; no driving or walking involved. Some computer literacy is required to update our database of vendors. E-mail Dita Smith at smithdita@mac.com, for more information.

**Calling all movie buffs among us.** We would like to develop an afternoon movie program for members and need several volunteers to work together on finding the best movie-rental services, titles that would interest members and locating available venues to show them. To find out more, please connect with our Program Team by calling 240-221-1370 or email [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org).

## May 11 Lunch at Tally-Ho

Instead of holding a Morning Coffee last month, we moved it to lunchtime, and had such a good time and turnout despite the pouring rain and threat of tornados that we're doing it again on Thursday, May 11, from noon to 1, at Tally Ho Restaurant on Falls Road in Potomac Village. It's another opportunity for us to meet, get to know each other better, and chat with neighbors about "thriving in place" in our well-loved homes. Participants pay for their own lunch. RSVP please by Wednesday, May 10, so we know how many tables we need, by 240-221-1370 or [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org). Our thanks to Nelly Urbach for organizing this event.

## New: Each month a simple exercise to help keep us fit

Most of us think of exercise as based on endurance, such as walking, biking, hiking, or treadmill. But there are three additional types of exercise we should pay attention to as we age: those that increase our balance, flexibility and strength, especially if we would like to age in place. These other types, as well as endurance, were discussed and modeled at the Go4Life Workshop PCV offered in March in partnership with the National Institute on Aging's Go4Life program. As a follow-on to this program, we plan to teach a new exercise each month and provide Go4Life materials at each of our monthly meetings. Here's one exercise to try that will help with strengthening your ankles and gaining flexibility. All you need is a chair.

1. Sit securely toward the edge of a sturdy chair.
2. Stretch your legs out in front of you.
3. With your heels on the floor, bend your ankles to point toes toward you, and hold this position for 10 – 30 seconds.
4. Bend your ankles to point toes away from you, and hold for 10 – 30 seconds.
5. Repeat 3 to 5 times, making sure you exercise each foot.

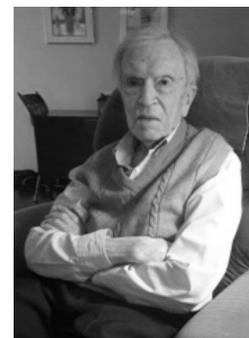


## Meet a PCV Member: Stories of Service in World War II

*Our thanks to Shirley Jacobus for interviewing and writing about Norman Canfield, and to Norman for being our "meet a member" this month.*

How many World War II veterans do you know? Well, meet one in Norman Canfield, a PCV member since 2014 and a delightful man whose life, like so many others, was dramatically changed by the Japanese attack on Pearl Harbor on December 7, 1941.

Norman entered the University of New Hampshire in 1938 with the goal of becoming a weather forecaster, but by March 1942 found himself one of 14 newly commissioned Naval Ensigns who, along with a similar number of civilians and approximately 100 Army Air Forces Cadets, began a 9-month concentrated graduate meteorology curriculum at MIT. On graduation, he was sent to the Naval Air Station in Bermuda. There, he did daily weather forecasting for anti-submarine patrol operations planning and preflight briefing of flight crews, as well as regular briefing of contract crews for flights to Puerto Rico, Trinidad and New York City.



At the close of the 1943 Atlantic hurricane season, he was transferred back to the Boston area and at the ripe old age of 21, he became Officer in Charge of the weather office at Squantum Naval Air Station. There, as Norman said, "September 1944 brought what I like to think was my best forecast of World War II. Beginning at least 7 days before a hurricane swept northeastward across southeastern New England, I made it a point to brief personally the Executive and Operations Offices every day about the storm and its likely significant impact on NAS Squantum. At first virtually nothing was done, but preparations eventually began and all planes were flown inland before the hurricane arrived to do some damage to the NAS main hangar."

Norman's next assignment took him to Plymouth, England, where at age 22 he filled in for the senior aerological officer, a well-seasoned and experienced Commander who was long-overdue for leave. Subsequently, he and five others manned the headquarters weather office. Norman's final duty station was NAS Quonset Point, RI, where he received one of life's best Christmas presents, an official honorable discharge on Christmas Day 1945.

On returning to civilian life, Norman became an employee of the U. S. Weather Bureau, now the National Weather Service, doing aviation weather forecasting. In 1950, he completed a special climatology course at MIT and soon transferred as Chief, Marine Section, at the Weather Bureau's "Central Office" in Washington, DC. When the Navy contracted with the Weather Bureau in the mid-1950s to produce the U.S. Navy Marine Climatic Atlas of the World, Norman became managing editor for the first edition of the several volumes in that series, necessitating a move to Asheville, NC. In terms of the number of weather observations used, it was clearly the world's largest climate data processing and analysis project undertaken up to that time. Completing that work by 1965, he moved to other supervisory and administrative positions in the National Oceanic and Atmospheric Administration (NOAA) until he retired in 1982.

By Norman's side, through his busy professional life, was his wife, Virginia, to whom he was married for 65 years until her death in 2010. Together they raised two daughters, one now living in Ontario, Canada, and the other in Woodbury, Minnesota, and a son who resides in a suburb of Indianapolis. Three granddaughters complete the family. Considering the distances, when I asked how often he sees them, he replied that "one shows up every 2 to 3 months."

Thought of as considerate, friendly, and smart by those who know him, Norman has been a resident of Potomac since 1975 and volunteers his time and expertise in the field of weather at the University of Maryland on a weekly basis. He is an avid reader, spends time on his computer, delves into genealogy, and is a huge lifelong baseball fan.

## Theater Parties: A few tickets left for May 2 and June 27

We have one ticket remaining for the PCV trip to the Round House Theater production of "Or" on Tuesday, May 2, and three tickets available for their production of August Wilson's "How I Learned What I Learned" on Tuesday, June 27. Tickets are \$10 for members, \$15 for non-members. Anyone can purchase the May 2 ticket, members have priority until June 5 for the June 27 show. For tickets, please email [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org).

## Docent-led tour at the Kreeger Museum set for May 25

Our next docent-led tour for PCV members and active volunteers is on Thursday, May 25 at 10:30 a.m. at the Kreeger Museum, 2401 Foxhall Road, in Washington, D.C. with a \$7 suggested donation. Thank you to Carol Nerenberg for organizing this event. To register, please call 240-221-1370 or use the sign-up form on the PCV website, [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org).

This is the latest activity in the series of events being planned by our PCV Arts Planning Group. Our goal is to have various people coordinate different events so the process is spread out among many instead of a few. In addition to docent-led museum and gallery tours, we're hoping to organize theater events, concerts and other special cultural activities. We're looking into a backstage tour and a dance rehearsal, a docent-led tour of the Library of Congress' new exhibit on the U.S. entrance into World War I, and a tour of Rockville's Beall – Dawson House and its new exhibit on furniture. The Planning Group expects to meet again in early May. If you are interested in joining the Group or would like to come to the next planning meeting, please call 240-221-1370 or email [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org).

### Coming up with PCV...

- **ROMEO lunch, Tuesday, April 25, at 12:30.** Open to all men. Members free.
- **PCV board meeting, Tuesday, May 2, 7 p.m.** Members welcome, please call us if you'd like to come – 240-221-1370.
- **Theater Party at Roundhouse Theater, Tuesday, May 2, 7:30 p.m.**
- **Lunch at Tally Ho, Thursday, May 11, 12 – 1.** Open to all.
- **The PCV Book Group (members only) meets Tuesday, May 16 at 1:30** to discuss *Everybody's Fool*. For location, directions or questions, please call 240-221-1370.
- **Monthly meeting on Thursday, May 18, 7 – 9 p.m.** Open to all, free.
- **Docent-led tour of the Kreeger Museum, Thursday, May 25.** Members and active volunteers only.
- **June board meeting on Tuesday, June 6, 7 p.m.**
- **Monthly meeting on Thursday, June 15, 7 – 9 p.m.**

**Thank  
You!**

**Thank you** to the following for their support: **The Bolger Center** for providing PCV with free meeting space; **Hopkins & Porter**, a construction and handyman services firm at 301-812-3161 or [www.hopkinsandporter.com](http://www.hopkinsandporter.com), for their financial support; **Carol Nerenberg**, of **Berkshire Hathaway PenFed Realty's** Bethesda office, for printing our newsletters each month. Carol can be reached at 202-957-5559, or [carol@carolnerenberg.com](mailto:carol@carolnerenberg.com).