



Chevy Chase Citizens NEWS

March 2010

P.O. Box 6321 • Washington, D.C. 20015-0321 • 202-362-9389 • www.chevychasecitizens.org

Calendar

March

- 10**—CCCA Executive Committee, 7:30 p.m., Community Center
- 20**—CCCA Prime-Time Expo (in lieu of Monthly Meeting), 10:00 a.m. to 1:00 p.m., Community Center
- 22**—ANC 3/4G, 7:30 p.m., Community Center
- 24**—2nd Dist. Citizens Advisory Council Meeting, 7:00 p.m., 3320 Idaho Avenue, NW
- 24**—CCCA Garden Club, "Home Garden Design," 7:15 p.m., Community Center

April

- 6**—PSA 201 Meeting, 7:30 p.m., Community Center
- 12**—ANC 3/4G, 7:30 p.m., Community Center
- 14**—CCCA Executive Committee, 7:30 p.m., Community Center
- 20**—CCCA "Green" Meeting, 7:30 p.m., Community Center
- 25**—Community Shredding & Family Events, PNC Bank Parking Lot, 5530 Connecticut Ave., NW
- 26**—ANC 3/4G, 7:30 p.m., Community Center

Save the Date

May 18—CCCA Public Safety Meeting and Elections, 7:30 p.m., Community Center

NEXT EVENT 10 A.M. TO 1 P.M., SATURDAY, MARCH 20

Prime-Time Expo Offers Broad Array Of Health And Services Information

One of the Association's most popular events is back this year and better than ever, with an even broader array of speakers and exhibitors of interest to the "prime-time generation"—those approaching 60 and over—and their families. The Association will host its free Prime-Time Expo (formerly the Senior Expo) on Saturday, March 20, 2010, from 10:00 a.m. to 1:00 p.m., at the Chevy Chase Community Center (5601 Connecticut Ave., NW).

Knowledge is power for the prime-time generation, and the Expo provides a convenient neighborhood forum to explore issues and gather information about local resources and service providers. We have assembled an impressive list of exhibitors to speak to a comprehensive range of topics, from nutrition and fitness to financial planning and reverse mortgages. Come learn more about professional organizing services for your home and office, transition services, and even how to sell things on ebay. Representatives from a number of over-55 communities in the Washington area *(Continued on next page)*

Review of February Meeting

Advocating For DC Voting Rights And Local Autonomy

At our February meeting, we learned about efforts to obtain voting representation in Congress and greater local autonomy for District of Columbia residents. We also enjoyed Greek

delicacies, courtesy of our local Parthenon Restaurant.

Abigail Levine, Program Manager at DC Vote, highlighted the inequities of DC residents being subject to Congressional oversight and paying federal taxes without having full voting representation in Congress. She noted that over 80% of Americans nationwide are unaware that DC residents lack such representation, and that many do not even *(continued on next page)*



DC Residents Demand the Vote. Abigail Levine, Program Manager of DC Vote with the Association's Second VP Jennifer Vaughan, the proud winner of a free raffle for a DC Vote T-shirt.

—Photo by J. Ulstrup

Community Service

DC Government Contact Information

All area code 202

www.dc.gov

Police/Fire: 911

Govt. Service Calls: 311

Second Police District

Main Desk-715-7300

Commander:

Matthew Klein

matthew.klein @dc.gov

Police Service Area 201

Lt. Antonio Charland

715-7325

antonio.charland@dc.gov

Mayor Adrian Fenty

mayor@dcgov.org

Neighborhood Outreach & Service Coordinators

Ward 3-Andrew P. del Junco

andrew.deljunco@dc.gov

615-0087

Ward 3-Petar A. Dimtchev

petar.dimtchev@dc.gov

340-7229

Ward 4-Joseph Martin

josephmartin@dc.gov

442-8120

Ward 4-Ayana Rockett

ayana.rockett@dc.gov

442-8161

Transportation

www.ddot.dc.gov

Director 673-6813

fax: 671-0650

Traffic Services Admin.

671-2700

Traffic Operations Branch

671-3368 (incl. traffic signals)

Urban Forestry Admin.

671-3368 fax: 671-5103

Public Works

www.dpw.dc.gov

Director-673-6833

fax: 671-0642

Potholes Hotline 645-7055

Parking Services 541-6029

Parking Meters 541-6030

Solid Waste Administration

727-4600

(Next Event continued) also will be on hand to answer questions and share information about their facilities and programs. There will be special presentations throughout the day, including mini-seminars (15-20 minutes each) led by professionals dealing with safe driving, Medicare, relocation, and legal issues.

Please join us for a day of information, refreshments, entertainment, giveaways, and more. All are welcome. There is no charge to attend the event. A complete program for the Prime-Time Expo (including a list of the 28 exhibitors and the mini-seminar schedule) can be found on the Association's web site at www.chevychasecitizens.org.

(February Meeting continued) know DC has local neighborhoods. To raise awareness, DC Vote has organized campaigns like "I Am DC, I Demand The Vote."

Walter Smith, Executive Director of DC Applesed Center, reported on pending federal legislative efforts to secure DC voting rights and greater local autonomy. For example, the DC Voting Rights Act is a bill that would provide voting representation for DC in the House of Representatives along with an additional seat for Utah, the state next up for a seat based on the 2000 census. Although passage is currently stalled, Smith is hopeful that the stalemate will be resolved soon. He believes that likely constitutional challenges to the act would ultimately be denied in court.

John Forster, a representative of the Committee for the Capital City, suggested that

"retrocession" would be the most practical method for achieving full voting rights for DC residents. He explained that retrocession would reunite the city of Washington (with the exception of a small Federal District, consisting of the Capitol Grounds, the Mall, and the White House) with Maryland,

Finally, Michael D. Brown, the shadow U.S. Senator for the District of Columbia, stressed that DC residents should make their voices heard on voting rights, and he encouraged residents to participate in Emancipation Day activities on April 16th. Emancipation Day traditionally celebrates the end of slavery in Washington, DC, and in recent years has been dedicated to the continued pursuit for full Democracy. He said a Voting Rights March to the United States Capitol will demand equal representation for DC residents in Congress.

Public Safety

PSA 201 Lt. Charland Addresses Recent Spike In Burglaries

During the first two months of 2010, there were nine burglaries reported in our Police Service Area 201, compared with just two over the same period last year. At the March PSA 201 community meeting, attended by more than 20 residents, Lt. Antonio Charland reported details concerning the recent burglaries, discussed the police response, and explained how residents can help to combat potential burglaries.

According to Charland, burglaries typically occur between 11:00 a.m. and 3:00 p.m., when residents tend to be out of their homes. Most of the recent burglaries, however, occurred between 5:00 p.m. and 9:00 p.m., but in only one instance were residents home. Charland said this suggests that the burglars have been casing residences to identify patterns for times when specific residences would be unoccupied.

Charland assured residents that he has increased patrols in our area, including an undercover unit. He said that the police have

an arrest warrant for a suspect who is believed to have been involved in multiple burglaries in PSA 201, surrounding PSAs, and nearby Montgomery County. He was confident that the suspect would be arrested soon.

Finally, Charland told residents that they should call 911 to report any suspicious activity, especially in the rear of homes, as entry has occurred in the rear in many of the recent burglaries. In particular, be on the lookout for vehicles unusually parked in alleys. Residents should also be wary of door-to-door service providers, as this is frequently a method used by burglars to obtain information. At a minimum, get references before hiring any such providers. When going out, ensure that all windows and doors are locked, leave a radio on to give the impression that someone is home, and activate any alarm system. In addition, when away for an extended period, remember to stop delivery of papers and to use light-timers.—Jonathan Lawlor

FOCUS ON THE COMMUNITY CENTER

Belly Dancing Gracefully Combines Exercise And Fun

Need to re-energize that New Year's resolution about exercising more this year? How about combining exercise with a fun, playful and earthy form of belly dancing taught right here at our Community Center. The instructor, Lara Adrienne (laraadrienne.net), has traveled to Turkey and throughout the United States to study, and leads students of all ages and skill levels in discovering this ancient dance form. A blend of belly dance classics and modern world music is used to teach technique and combinations. Class begins and ends with a yoga and dance-based warm up and cool down. The class offers a thorough workout through graceful,

feminine movement that increases body awareness and strengthens muscles, and is relaxing, energizing and challenging. As Lara says, "It's hard not to feel charming when you are belly dancing!"

The class meets in the second floor dance studio on Fridays at 6:00 p.m. An intermediate class is beginning on Wednesdays at 6:45 p.m. The cost for DC residents is \$70 for 8 weeks, \$80 for 10 weeks, with a \$5 surcharge for non-residents. The next session starts the week of March 29th. To sign up, contact the Community Center at 202-282-2204 or Lara at 202-905-5230.

—Sandy Cihlar



Instructor Lara Adrienne (right) leads belly dancing class—Photo by S. Cihlar

From the Neighborhood

Pedestrian Safety Audit

Connecticut Avenue Pedestrian Action (CAPA) is a coalition of community activists working to make Connecticut Avenue, from Calvert Street to Western Avenue, safer and more walkable for pedestrians of all ages. CAPA's leadership includes Marlene Berlin, who currently heads up a grassroots pedestrian safety initiative for Iona Senior Services, and Robin Schepper, a parent leader of Murch Elementary School's Safe Routes to School Pro-

gram. CAPA has retained one of the nation's leading planning and design firms specializing in multi-modal transportation to assist CAPA with a volunteer pedestrian audit in May. CAPA plans to use the data collected during the audit to help identify existing barriers for pedestrians, especially with respect to street crossings along Connecticut Avenue, and to use that information to develop and advocate for an integrated pedestrian plan for Connecticut Avenue. In addition to the audit, CAPA

Community Service

Ward 3&4 Inspectors

645-7190

Solid Waste Collection

645-4301

Street and Alley Cleaning

(incl. leaves, yard waste, bulk pick-up) 645-3900

Recycling 645-8245

Consumer and Regulatory Affairs

www.dkra.dc.gov

dkra.concerns@dc.gov

442-8947 fax: 442-9445

Motor Vehicles

www.dmv.dc.gov

724-2034 or 727-5000

Parks and Recreation

www.dpr.dc.gov

Director-673-7665

Customer Service-673-7647

fax: 673-6694

Chevy Chase Community Center 282-2204

Public Library

www.dclibrary.org

282-0021 (Chevy Chase)

727-1101 (main library)

Office of Zoning

727-6311 fax: 727-6072

City Council

www.dccouncil.us

Ward 3 Council Member

Mary Cheh-724-8062

mcheh@dccouncil.us

Ward 4 Council Member

Muriel Bowser-724-8052

mbowser@dccouncil.us

Advisory Neighborhood Commission 3/4G

363-5803

www.anc3g.org

DC Water and Sewer

www.dcwasa.com

Customer Service 354-3600

Emergency 612-3400

Internet Discussion List

chevychasecommunitylistse

rv-owner@yahoo.com

(not affiliated with CCCA)

CCCA Officers

PRESIDENT

Julia Ulstrup

FIRST VICE PRESIDENT

Jonathan Lawlor

SECOND VICE PRESIDENT

Jennifer Vaughan

SECRETARY

Donna Crisalli

TREASURER

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CENTENNIAL COORDINATOR

Sarah Pokempner

WEB SITE

George Kinal, Robert L. Wrin

PUBLIC ACTIVITIES COMMITTEES

EMERITUS

Stephen Zipp

ENVIRONMENT/TREES

Barbara Baldwin

AT LARGE

Nancy Taylor

FINE ARTS

Teresa Grana

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Nancy Wilson

NEIGHBORHOOD WATCH

Samantha Nolan

PUBLIC SAFETY

Jonathan Lawlor

PUBLIC SCHOOLS

Julia Ulstrup

FED. OF CIVIC ASSOCS.

Margaret Bacon

FED. OF CITIZENS ASSOCS.

Allen E. Beach, Anne Renshaw

will coordinate an online survey with an interactive map and distribute survey cards at various locations along Connecticut Avenue. For more information about CAPA, as well as to sign up to volunteer for the pedestrian audit, go to www.capa-dc.org.

Chevy Chase Players

The Chevy Chase Players continues its successful 2009-10 season with a production of "Incorruptible" by Michael Hollinger. Performances will be held on March 12, 13, 19, 20, 26, and 27, starting at 7:30 p.m. at the Chevy Chase Community Center. Tickets are \$15 for adults and \$13 for seniors and students. The box office opens 45 minutes before curtain. Their next production, "Steel Magnolias," will open at the Community Center later in the Spring. For more information about the Chevy Chase Players and its upcoming performances, visit www.chevychaseplayers.org.

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Holly Worthington
Managing Broker

Thanks To Our Business Members

Businesses interested in joining should visit our Web site, www.chevychasecitizens.org, and click on Business Corner. The site lists locations and phone numbers for current business members.

PLATINUM MEMBERS: 202Design | American City Diner | Ark Contracting | Avalon Theatre | Barstons Child's Play | Broad Branch Children's House | Catch Can | Chevy Chase Gallery | Chevy Chase Wine & Spirits | ChevyChaseJewelry.net | Circle Yoga | de la ines Salon | Geeks On Call | Holly Worthington, Long & Foster Real Estate | Landscapes Plus | Mr. Fix It | PNC Bank—Chevy Chase | President Valet | State Farm Insurance, Jon Laskin | Sunrise on Connecticut Avenue | Taylor Agostino Group Real Estate | Vaughan Group/Builders | Nancy Wilson, Evers & Company, Real Estate

GOLD MEMBERS: Arucola Osteria Italiana | Broad Branch Market | Cary Bland Therapeutic Massage | Circle Exxon | Goodman/Van Riper Photography | Lisner-Louise-Dickerson-Hurt Home | Magruder's Grocery Store | Ossolinski Architects | Safeway, Inc. | Write For You

SILVER MEMBERS: Aerobics by Jacki Sorensen | Fishery Seafood Market | Full of Beans | Mandarin Palace Restaurant | Monarch Paint and Wallcovering | Periwinkle, Inc. | Salon Familia | Starbucks Coffee | The UPS Store

Join CCCA Today!

Send \$15 annual dues with your contact information to
P. O. Box 6321, Washington, D.C. 20015-0321.

We welcome support from local businesses; those who contribute will be recognized in this newsletter. For more information on categories of membership, see "business corner" at www.chevychasecitizens.org. For more information, call Julia Ulstrup at 202-362-9389.