



# Fall 2015 USE Newsletter

---

## The USE September Picnic — Fun for All Who Came

About 50 or so USE picnickers came together at the North Hills Pavilion for our annual potluck picnic. Everyone seemed to have a very good time and lots of delicious dishes were eagerly consumed. Our President Lorelei provided a few words as our emcee and award certificates were distributed to several of this past summer's especially helpful farmer's market volunteers.

AND

Alan Krishnan announced the name of the winner who will spend a week at his Outer Banks beach condo: **Janet Cochran.**  
**Congratulations, Janet!**

Janet says: “Yes, indeed, I am so excited to hear that I will be visiting the Outer Banks courtesy of Alan Krishnan's generous offer. I must admit it was an incentive to man the USE booth more than once! My family vacationed in Nags Head for several summers during the late 80's when our children were young. We haven't returned since then. I look forward to seeing how the area has changed. Thank you, Alan.

*-Janet*

And for making the picnic happen, huge expressions of thanks go out to all of the callers and workers who contributed to the success of the picnic and our good time.



**A truly special expression of gratitude goes out to  
Lloyd Aguero**

for his consistently willing, cheerful help over the last five years, at *every one* of our large USE gatherings. Lloyd unfailingly acts as our greeter when people arrive, helps with coats and directions, you name it, and helps with various other set-up and break-down activities at each event. You're the best, Lloyd!

## **A Note from Our Membership Chair**

**Reston USE is 40 years old in 2015! We need your help to thrive at 50!**

Dear Reston USE members:

Did you know that Reston USE is 40 years old this year? Recently, I have had the privilege to talk with individuals who are building new time banks in our region. They are struggling to recruit members, who are hesitant about this "new-fangled" concept of time banking. But I am proud to tell them that I am a member of an organization with a long, proud heritage of sharing time and talents to support the community. Time banking is not at all new, just not well known.

So as we end our 40<sup>th</sup> year and look forward, it is time for Reston USE to really build so we will be thriving at 50! To do that we need your help.

I joined Reston USE two years ago, and within one month was helping the Board organize itself, using doodle polls to schedule a meeting, and then taking over the recording of hours and checking the mail. I was privileged to build on the tremendous work of former board member

Steve Wynands, and current board member Tim Finefrock. Both of whom had transported Reston USE into current technology. My contribution morphed into the position of Membership Chair, and in the last year I shepherded us into an online platform. I am grateful for the support of the membership as we transitioned to this new platform, which provides us both a way to connect with each other online and a way to build Reston USE. I know it has been confusing and painful for some members, since we are becoming more technologically based. But this enables us to grow. With our platform, powered by hOurworld, we are now part of the thriving international timebank community, and have a means to connect and share with timebanks around the country and the world. I am proud that I have been able to contribute to this part of my community. And in doing so, I have been able to connect with you, the membership, a group of people who I may not have met otherwise. The diversity and giving spirit of the Reston USE membership has inspired me through these past couple of years.

In order to keep USE flourishing we need your help! The Board is all-volunteer, and Reston USE has no staff. Thus, the more individuals can contribute to the running of our non-profit organization, the more we can divide the tasks. Some of the tasks, larger and smaller, which need to be done: webmaster; note taking for meetings and events; managing an online file system; external communications; internal communications; editing weekly updates; welcoming new members; connecting members to each other with services; planning social events; sending invitations and reminding members to pay dues. This is not an exhaustive list, and the Board welcomes members with a variety of skills and ideas for how we can grow and thrive.

If you have an interest in helping the Reston USE Board build our timebank, so that it is thriving at 50, please let us know. Send an email to Lorelei Cheung, our President, at [loreleik@gmail.com](mailto:loreleik@gmail.com) or to me, [kmalaika@alumni.princeton.edu](mailto:kmalaika@alumni.princeton.edu). We would love to talk to you about

what you can contribute to building our timebank and your ideas for the future of Reston USE.

Thank you for being part of our sharing community.

*-Malaika Walton*



**As of February 1<sup>st</sup>, 2016, the USE Board will bid farewell as Malaika Walton moves on to a new volunteer venture**

Malaika has been serving USE in so many ways that it will be very hard to fill her shoes. So many of the tasks she mentioned above are tasks that she now performs so very capably herself. We will need several new volunteers to do the work she has been doing. **Fortunately, she will not be leaving USE altogether!** But she will be missed by many who have been able to know and work with her in her position on the USE Board.

## Lunch Bunch Activities

The new lunch bunch has had several opportunities to get together and reach out to more and more members as we attempt to get everyone



in USE connected. It's always so much better to offer a service or ask for a service when you know the person you are asking or helping! If a USE friend invites you to lunch with a group of other USE members, just say, "Okay!"

So far we have had one lunch together at the Silver Diner. But — we don't just do lunch! We've attended monthly free movies for seniors at the Bow Tie Cinema (followed by lunch at Clyde's or The American Tap Room) as well as monthly free movies at the Unitarian Universalist Church of Reston, with desserts and beverages provided.

On one recent outing on October 28<sup>th</sup>, one group saw "The Age of Adeline," a recent release, at the Bow Tie. With the benefit of a 20%-off coupon, we enjoyed lunch together at the American Tap Room restaurant at Reston Town Center – undeterred by wind and rain, I might add.

And the free first Friday night movie just held on November 6<sup>th</sup> at the Unitarian Universalist Church in Reston – "Cherry Blossoms" – was enjoyed by over a half-dozen Lunch Bunch members. "Poignant" was the description from one of our attendees. These films are always top quality foreign films; this one was German with subtitles, also touching on the Japanese culture. They never fail to please. Plan to come next month, on Friday, December 4<sup>th</sup>. Film TBD. Contact Cheri Wubbels at [mediavip@aol.com](mailto:mediavip@aol.com) and let her know you will be attending the movie.

We hope to see our lunch bunch continue to grow into groups that gather for all kinds of other activities as well — like an evening wine tasting, a night of Scrabble or other kinds of games, sports events, walking groups, meditation groups, and - a very successful old favorite - the small potluck dinners! Those were always fun. Let's do 'em again!

## Reston USE Fall Events

---



### November

**18 *Reston USE Lunch Bunch: Film @ Bowtie Theatre***

***Far from the Madding Crowd.*** Doors open at 9:15, with free coffee, juice and donuts. Films start at 10 am. There is a Caption Theatre for those with hearing loss, and a regular theater. We can meet in the foyer and sit together, or have someone reserve seats for the group. Film is free and is sponsored by the Reston Association. (Contact Cheri, [mediavip@aol.com](mailto:mediavip@aol.com))

### December

**4 *Reston USE Lunch Bunch: First Friday Film***

View a free film at the Unitarian Universalist Church of Reston, 1625 Whiele Ave (*subtitles* for those of limited hearing). Social gathering starts at 7:30 pm (bring finger food or small donation). Movie starts at 8:00 pm. All are invited, but please RSVP in case of any date changes. (Cheri, [mediavip@aol.com](mailto:mediavip@aol.com))

**16 *Reston USE Lunch Bunch: Film @ Bowtie Theatre***

***A Walk in the Woods.*** Doors open at 9:15, with free coffee, juice and donuts. Films start at 10 am. There is a Caption Theatre for those with hearing loss, and a regular theater. We can meet in the foyer and sit together, or have someone reserve seats for the group. Film is free and is sponsored by the Reston Association. (Contact Cheri, [mediavip@aol.com](mailto:mediavip@aol.com))

**19 *Reston USE Cookie Exchange***

To be held at Alan Krishnan's home.

**TBD *Farmer's Market Volunteer Appreciation Dinner.***

To be hosted by Alan Krishnan.

## USE Farmers Market Table Closed for 2015

USE had its final day for this year at the Reston Farmers Market on September 19<sup>th</sup>. This was a fragmented summer for us because, among other things, there were several times that our table — under our small umbrella — was simply rained out.



umbrella — was simply rained out.

However, our intrepid group of volunteers continued to show up most Saturdays to spread the word about USE to the rest of our community — creating more awareness of what USE has to offer and bringing in new members as well.

*Cheri Wubbels and Laura Gutnick meet and greet at our table in the spring.*

A great big shout out of thanks goes to all of our many volunteers!

We hope we will be seeing familiar and new faces in our little corner of the farmers market (which may not be at Lake Anne — stay tuned on that) next summer.

## Update on Transactions

### Stats for 2015:

Member to Member Exchanges: 137 transactions for 296.5 hours

Services to Reston USE: 125 transactions for 229.5 hours.

The Top Six Categories are:

1. Rides/transportation — 66
2. Pet Care — 13
3. Home Repair — 8
4. Cooking & Food — 7
5. Help in the Home — 6
6. Sewing — 6

## Some recent transactions worth noting:

Sue Beffel's 35-cup coffee urn went directly from serving at the USE picnic to serving at the wedding of Betty Levinson's grandson — a transaction that kept on giving!

Rob Whitfield was able to take Cheri Wubbels and a friend from out of town on a tour around the National Mall, as well as to provide a tour of Skyline Drive and Monticello—now that's really providing rides!



## Reminder — Annual Donations/Dues

We ask that each Reston USE member provide an annual donation, also known as dues. We are calling it a donation because it is tax deductible. The rate is \$10 per individual, and \$20 for a household of two or more active members. Each member will receive an automatically generated email on the anniversary of his or her membership date, requesting the annual donation payment. Once dues are paid, you will receive a service hour for renewing your membership. When the time comes to pay your annual donation — DON'T FORGET! We don't want to lose you!

# A Hearty WELCOME to LOTS of new members!

---

Helen Vance

Penny Fulton

Natasha Porter

Samantha Mendis

Jeanett Essig

Anil Kappadath

Rohan Kappadath

Loretta Gooding

Rick Kenney

Janet Watkins

Lilla White

Sharon Kennedy

Marlene Dorfeuille

Cheryl Mendis

Delores Bailey

Marie Webster

Marilyn Hoexter

Vishal Jagtiani

Deepa Kappadath

Michelle Uzoka

Deborah Smith

Veena Bhaskar

Teddi Ahrens

Lilia Jimenez-Siuhengalu

Court Rawson

It's so great to have you join us! We hope USE and you will have a long and satisfying relationship!

## Senior Corner

### Come to a Memory Café!

A Memory Café is a place where those with Alzheimer's disease and their caregivers can find resources, support and companionship. The Alzheimer's journey is a difficult one.

A Memory Café helps both the caregiver and the care receiver find what they need. The caregiver needs the fellowship and help of others who are facing similar issues, and the care receiver needs friendship and the opportunity to talk with those in the same situation.

Schedules vary, but a Memory Café typically meets once or twice a month for two hours. Attendees can participate in a variety of activities, including conversations on various topics, simple puzzles and dominos, and active games such as indoor bowling or bocce, etc. Music is also an important part of a Memory Café, and so we have sing-alongs and other musical entertainment.

Caregivers learn about resources that will aid them, and the care receivers find friends and fun. For many individuals, the Memory Café becomes a second 'family.' Traveling with your loved one on the Alzheimer's journey is difficult. Sharing the journey with others can make it easier.

There is a consortium of Memory Cafes in the Northern Virginia and D.C. areas. The two listed below are in or near Reston:

- Loudoun County has a Memory Café that is a supportive place for people with mild to mid-stage memory loss and their caregivers. Meetings are held in the original wing of Galilee United Methodist Church, 45425 Winding Road in Sterling, the 2<sup>nd</sup> Saturday of every month, from 12:00-2:00pm. Bring your lunch. Soft drinks and dessert are provided, as well as resources to take home. Meet new friends, socialize, relax and join in activities. For more information contact Tim Frank: [tim@acesemb.com](mailto:tim@acesemb.com), 703- 299-5622.
- The Reston Memory Café will begin meeting January 12 on the second Tuesday of each month from 1:30-3:30 pm at the Reston Community Center, Hunters Woods, 2310 Colts Neck Road. Parking is at the Hunters Woods Shopping Center. Refreshments will be served. For more information, contact Karen Brutsche at [karen.brutsche@fairfaxcounty.gov](mailto:karen.brutsche@fairfaxcounty.gov), 703-476-4500.
- One more Memory Café will soon be at the Herndon Senior Center.
- Three additional Memory Cafes are located in Vienna, Fairfax, and D.C.  
*--Shared by Pat Williams and Cheri Wubbels*

## Neighbor to Neighbor

An article in the Fairfax County Times from October 23<sup>rd</sup> to 25<sup>th</sup> presents a great example of Neighbors Helping Neighbors. In fact, that's the title of the article. Read about how one neighbor reaches out to help another in Clifton, Virginia at [http://www.fairfaxtimes.com/articles/neighbors-helping-neighbors/article\\_6d49bb82-79cd-11e5-bc42-2b2dbea210bb.html](http://www.fairfaxtimes.com/articles/neighbors-helping-neighbors/article_6d49bb82-79cd-11e5-bc42-2b2dbea210bb.html).



Have a Very Happy  
Thanksgiving  
and  
a Very Merry Holiday Season!

If you have ANYTHING! -- news, a story, a request or an offer, comments, photos -- whatever -- that you would like to share in the USE newsletter -- just anything -- contact Kathy Bush, newsletter editor, at [mkbwrk1@hotmail.com](mailto:mkbwrk1@hotmail.com) or 703-435-6283.