



You and the MWIA

BY MAC NACHLAS

Once, while kicking around slogans for the Mt. Washington Improvement Association someone suggested.....
“Live Long and Be Happy: MWIA”. The suggestion was politely but firmly rejected. Still, the thought stuck with me. Could it be true? Could volunteering for MWIA really help me live longer? Could it really make me happier?

The Corporation for National and Community Service recently published a review of research on “The Health Benefits of Volunteering”. They came to this conclusion;

Over the past two decades, a growing body of research indicates that volunteering provides not just social benefits, but individual health benefits as well. This research has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.

It’s right there at www.nationalservice.gov on the “Research and Policy” page. Since I live in Mt. Washington, I’ve



2011 MWIA Annual Meeting

Tuesday, June 14 • 7:30 – 9:00 P.M.

Mount Washington Conference Center - Rm C-19
5801 Smith Avenue, Baltimore, MD 21209

SEE PAGE 2 FOR DETAILS.



no doubt that very soon some of my neighbors from Hopkins and University of Maryland-School of Public Health will tell me if the methodology underlying this study is valid. But valid or not, here are some facts I can offer from personal experience; volunteering with MWIA I have met more of my neighbors than I ever dreamed possible, learned more about my community and government than I ever thought I would, and have been able to help both others and myself in real and tangible ways. I enjoy the time I spend volunteering and it helps me balance my life with work and family. I’ve learned a great deal, and some of what I’ve learned has helped me professionally.

The funny thing about MWIA is that it needs all sorts of people to make it work, and thanks to the diverse and eclectic population in MT Washington, someone always seems to step up. For instance, in developing a Master Plan for Northwest Park we need input from: kids, dog walkers, sports players, coaches, golfers, artists, landscapers and gardeners, writers (grant and publicity), meeting organizers and living room owners.

People who like to sit in the sun and read..... Visionaries and many others. Or consider the Traffic Plans for the five neighborhoods in our sector. It will take the input from: drivers, walkers, bikers, bus riders.... People who drive but want to ride the bus... healthy people and people who need help to get around. People who are smart and logical and can understand numbers and patterns. People who know, or want to learn about urban planning. People who think we can do better. People with ideas.

Do you fit on any of those lists? If not, then you probably have a pretty unique point of view... and MWIA needs that too.

So please consider volunteering with MWIA. Come to a public meeting and see if you might like to work on one of the committee. Or maybe volunteer to help with the Parade or the Tree Lighting or the Wine Festival. Talk to your Area Captain to learn more about how we work to Improve Mt. Washington. Meet some neighbors, do some good and have some fun. Who knows.... Maybe “Live Long and Be Happy” will work for you.....

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MESSAGE FROM THE PRESIDENT

Mayor Stephanie Rawlings-Blake to Address MWIA Annual Meeting

Tuesday night, June 14th, 7:30-9:00 P.M., we will have the honor of having Mayor Stephanie Rawlings-Blake join us at our MWIA Annual Meeting. The meeting will take place at The Mount Washington Conference Center at Mt. Washington, room C-19, We will hear a summary of this year's accomplishments and learn of the City's plans for the future. A question-answer period will follow.

We will be voting on our new officers, updated Bylaws (which you will find on the MWIA website) as well as voting on the Board Nominees as presented in this Newsletter. (Remember to join the MWIA so you can vote.)

Our Officers, Board Members, and Committee Chairs will present a synopsis of MWIA's accomplishments this year.

Light refreshments will be provided. We plan to make this meeting informative and meaningful.

See you there.

IRA KOLMAN

.....
**OFFICIAL SLATE OF CANDIDATES
 FOR 2011 MWIA BOARD**

Board of Directors

- Mel Ringel
- Susan Pierce
- Naomi Goldstick Rosner

Area Director

Stuart Caplan

Area Captains

- Brooke Redgrave - Area One
 - Jere Morrell - Area Two
 - Jason and Kate Kortte - Area Three
 - Mary Beth Dyer - Area Four
 - Anne Chamberlain - Area Five
 - Eileen Steinberger - Area Six
 - Robin Klein - Area Seven
-

BOARD OF DIRECTORS

Directors

Ira Kolman <i>President</i>	mwiapresident@gmail.com
Jim Carroll <i>Vice President</i>	fiskcarroll@hotmail.com
Aaron Meisner <i>Vice President</i>	aaron@meisner.com
Jennifer Mange <i>Secretary</i>	jamange@comcast.net
Eric Seaberg <i>Treasurer</i>	410-466-1548

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Jan Franz	momfranz@aol.com

Area Director

Stuart Caplan	stuiacaplan@hotmail.com
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Area Captains

- 1) Brooke Redgrave brookredgrave@hotmail.com
- 2) Jere Morrel jeremorrel@hotmail.com
- 3) Jason & Kate Kortte jasonkortte@comcast.net
- 4) Jennifer Jones jennick@gmail.com
- 5) Anne Chamberlain chamberlain.am@gmail.com
- 6) Eileen Steinberger 410-440-2598
- 7) Robin Klein irklein@comcast.net

MWES teacher is Baltimore 2011 Teacher of The Year

BY DAVID CONN

A Mount Washington Elementary School teacher whose fifth-graders engage in lunchtime book club discussions and embody historic figures in social studies lessons has been named Baltimore City's 2011 Teacher of the Year.

Margaret May, who has taught language arts and social studies at MWES for five years, was surprised with the honor Monday with a visit and a bouquet of roses from city schools CEO Andres Alonso.

May was chosen from 14 nominees who went through the annual process of written submissions, interviews and class observations. She will represent Baltimore in vying for the title of Maryland Teacher of the Year in the fall.

"It means a lot because Mount Washington as a whole has great teachers," May said. "It's a nice recognition for hard work, and to know that when you work hard at something, you can achieve your goals. My goal is to have [my students] leave my classroom with a love of learning that will continue."

Sue Torr, MWES principal, said she nominated May, who has been teaching 10 years, because she epitomizes the school's growing profile of excellence.



City Councilwoman Rikki Spector presents Teacher of the Year to Margaret May. Picture from left to right: Councilwoman Mary Pat Clark, Ira Kolman, Councilwoman Rikki Spector, David Conn, Margaret May, Sue Torr, principal of MWES.

MWES Expansion to Begin in August

BY DAVID CONN

The long-awaited expansion of the Mount Washington Elementary School to a K-8 program will officially begin in August, with the addition of sixth grade classes. Seventh and eighth grades will be added in each of the next two years.

With the historic signing last fall of a lease between the Roman Catholic Archdiocese of Baltimore and the Baltimore City School System, the new program will locate grades pre-K through 2nd in the former Shrine of the Sacred Heart School at Smith and Greeley avenues. Grades three and up will be in the existing MWES building. The change will also bring a new name: The Mount Washington School.

The school has chosen the highly respected International Baccalaureate (IB) curriculum for the middle grades students, a world-renowned, rigorous academic program that emphasizes intellectual challenge and helps students

develop critical and reflective skills. This program will be offered to all students in the middle grades.

To mark the start of the new program, all community members are invited to attend a **Grand Opening Celebration, on Friday August 26th, from 6:00 to 8:00 p.m., at the Outdoor Classroom**, at Sulgrave and Lochlea roads. There will be music, food, prizes and a chance to tour both buildings, which will undergo extensive renovations as part of the expansion project.

A diverse menu of clubs and activities is being planned for the middle grades, with some available for elementary grades as well. These include soccer and basketball for girls and boys; swimming; robotics; newspaper; chorus; art; ceramics and others.

Many physical improvements will be made to both school buildings: the "Upper School," which is the current Mount Washington Elementary School building, where improvements are

planned for the main office and counseling offices, library, teacher workroom, computer lab and an expanded science room; and the "Lower School," which is the former Shrine of the Sacred Heart School building. The work will be scheduled so as not to disrupt classroom learning.

The project's Steering Committee is leading an \$800,000 fundraising campaign to supplement the tremendous financial support of the Baltimore School System. The campaign is raising funds to cover some of the costs of the IB program, including staff development and educational materials, as well as new science labs, art and media centers, state-of-the-art technology in the classrooms and the addition of outdoor play areas. You can read about the project, ways to be involved, and how to make a tax-deductible donation, at <http://mwk8.com>.

Christopher Tufts, A Memory

BY EILEEN MADDEN D'ANDREA

Most Mount Washingtonians know Chris from his role as Master of Ceremonies at the Spirit of Mount Washington Fourth of July Parade which originated each year at his family's home at 5601 Wexford Road. As a participant and spectator, I was always struck by Chris's enthusiasm for the event. He relished the day and never seemed to mind that 800 people and pets dressed in red, white and blue were swarming across his lawn. He always gave an opening speech about our nation, the freedom we all enjoy as Americans and reminded us all how incredibly lucky we are to live in the United States, and most especially, in our lovely little corner of Baltimore.

Chris was a visible, active member of our community. He weighed in on the

bike trail debate, and about keeping the UB fields free from development. When the future of the NorthWest Ice Rink was in question, he made his determined opposition to the closing of this community resource. He was deeply disappointed by its closing as both his sons are avid skaters.

When I think of Chris, he is sitting at the pool, reading the NY Times and watching his children, Frances, Chris, Jack and Rosie. I don't think I ever saw him dressed casually, as he seemed to always be sporting his uniform of a crisp white shirt and khaki pants. I think of all the hours he spent homeschooling his kids, in whom he had so much pride, and how he took the greatest pleasure in being a dad to each one of them. I think of how many friends he had in the neighborhood and how he seemed to know

everyone. I think of how he and his wonderful wife, Caroline viewed the world with such enthusiasm and saw life as a glass that was half full rather than half empty.

Chris was diagnosed with lung cancer last September and died at home with his family on Friday, February 4. He was 65. He was an active parishioner at the Shrine of the Sacred Heart Church and greatly enjoyed the beauty of its liturgy and music. At the standing room only funeral held at the church Caroline Tufts touched on her husband's deep faith, and said, "he has gone on to a better place."

Through his family, his friends and his work, Chris left the world a better place than he found it. He was our friend and our neighbor. He will be sorely missed.

12th Annual Spirit of Mount Washington Fourth of July Parade!

It's time for the twelfth annual Spirit of Mt. Washington Fourth of July Parade, sponsored by the MWIA. The event will begin and end at Springwell Senior Living located at 2211 W. Rogers Avenue (note: this is a change from years past).

- 9:30 am Events start at with games for kids.
- 10:00 am Parade start with music and speeches

The parade will march north on Wexford, west on South Road, south on Cross Country and end back at Springwell for food and festivities which include music, lemons with peppermint sticks, watermelon, cupcakes, laughter, more games, moon bounce, flag waving and socializing with neighbors. It's an election year....so all your elected officials will be there too!!

Special Recognition (and maybe even a prize) for the Most Patriotic Costume, Best Dressed Dog, Fanciest Car Float, Best Decorated Bike or Best General Patriotic Spirit!!

After the festivities, Mt. Washington residents are invited by it's members to enjoy a community swim at Mt.Washington Swim Club from noon-4:00pm.

Volunteers are still needed!! Watermelon Slicers, Cupcake Makers, Setter-Uppers and Cleaner-Uppers Please contact Ellen O'Brien at eob999@comcast.net and lend a hand.

It's a Parade!! It's a Party!! It's Patriotic!! Don't Miss It!!



The Mount Washington 4th Parade starts and ends at Springwell this year.
photo: Ellen Ruchkin

How Can We Help? A Bake Sale!

BY BRYCE BUTLER

Last year, after the earthquake in Haiti, Jemina came home from second grade with a question for her parents Ellen and Eliseo: "What can we do to help?" It became a discussion topic for the family. Jemina, inspired, came home with a solution inspired by a school fundraiser: "Let's have a bake sale." And that was the beginning for Ellen. "It's one thing to have an idea, but she had no idea what would it take to do such a thing." For it turns out, Ellen, formerly a cardiac surgeon in Spain, had plans for something more than cookies and baked goods: an elaborate lunch with soup, salad, main dish and dessert.

It took a month of planning and buying. Everyone in the family pitched in, except Arturo, Jemina's younger brother. Three of Ellen's neighbors helped out. Ellen made fliers which she distributed to a hundred homes in her neighborhood. There was no charge for the lunch, just what people felt like giving. The lunch raised \$800, which was donated to Doctors Without Borders for their medical relief work in Haiti.

This year Ellen planned a bigger undertaking in every way. 800 fliers were



Neighbors gather for lunch to raise money for medical relief in Haiti.

distributed. For a time the Blasco-Colmenares family life was so focused on this event, Eliseo, an epidemiologist at Johns Hopkins, wondered if they couldn't just donate money. But Ellen had a vision which was not solely about raising funds but also about community and involvement. "Every year our neighbors on Everton have a block party and other gatherings. It's very active here." In proof several more neighbors leant refrigerator space as well as helping with preparation and setup. This year's lunch featured a very special dessert,

bubble-gum ice cream. "It was a huge hit with the kids." A neighbor, whose hobby is making bird-houses, donated three of them, which were raffled, raising another \$100, which made the total donation double that of last year, \$1600.

Ellen plans to do it again next year. Listening to her daughter has brought her and her family into a closer sense of community and not just locally. As Ellen says, "We find our lives now tied with those in Haiti."

Mount Washington Swim Club

BY MAC NACHLAS

Summer is here and at the Mount Washington Swim Club the grass is green, the water is clean and the Lifeguards are ready. This year we will have more activities such as book swaps, reading clubs, exercise, games and a big farewell party for our recently retired manager Sam Nuttall. The pool is a great place to relax, cool off, enjoy a

picnic dinner and spend time with family and neighbors.

If you haven't visited the Club, ask a neighbor to bring you as a guest and see what all the excitement is about. Our beautiful pool in the woods still has a few openings and is currently accepting applications for membership from Mt. Washington residents.

For those who choose not to join,

please join us for :

Community Swim on July 4th (noon 'till 4pm), and each Tuesday between July 5 and August 8 from 6pm till 8pm.

The water is fine... so come on in...

The Mount Washington Swim Club
2300 Enslow Avenue
(410) 367-0110



June 14
MWIA Annual Meeting
7:30-9:00 pm
Johns Hopkins Conference Center
(you must be a member to vote)

June 17-19 - June 24-26 - July 1-4
Pimlico Fair
Rides, games, food, fun for information:
www.pimlicofair.com

June 18
MWIA New Members Welcome Breakfast
9:00-11:00 am
Rob and Sally Staugaitis Home
2500 Whitney Ave
RSVP by June 1 - 443-452-7791 or
robandsally@comcast.net

July 4
MWIA 4th of July Parade
9:30 am
Springwell Senior Center
2211 W. Rogers Avenue
Please see page 3 for more details.

August 26
Mount Washington School
Grand Opening Celebration
6:00 - 8:00 pm
Outdoor Classroom
Sulgrave and Lochlea roads

Sunday Gardeners
Volunteer gardeners meet on Sundays from
9-10 am to maintain the public gardens
around the neighborhood. Contact Alex at
alexnones@gmail.com

CALL FOR VOLUNTEERS
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
4th of July Parade
Watermelon Slicers, Cupcake Makers,
Setter-Uppers and Cleaner-Uppers.
Please contact Ellen O'Brien at
eob999@comcast.net and lend a hand

MT. Washington Swim Club
Community Swim Dates
July 4th
12:00 pm-4:00 pm
July 5
6:00 pm-8:00 pm
July 12
6:00 pm-8:00 pm
July 19
6:00 pm-8:00 pm
July 26
6:00 pm-8:00 pm
August 2
6:00 pm-8:00 pm

YOUR ELECTED OFFICIALS

- Mayor Stephanie Rawlings-Blake**
(410) 396-3835
mayor@baltimorecity.gov

- Councilwoman Rochelle "Rikki" Spector**
410-396-4819
rikki.spector@baltimorecity.gov

- Senator Lisa Gladden**
(410) 841-3697
lisa.gladden@senate.state.md.us

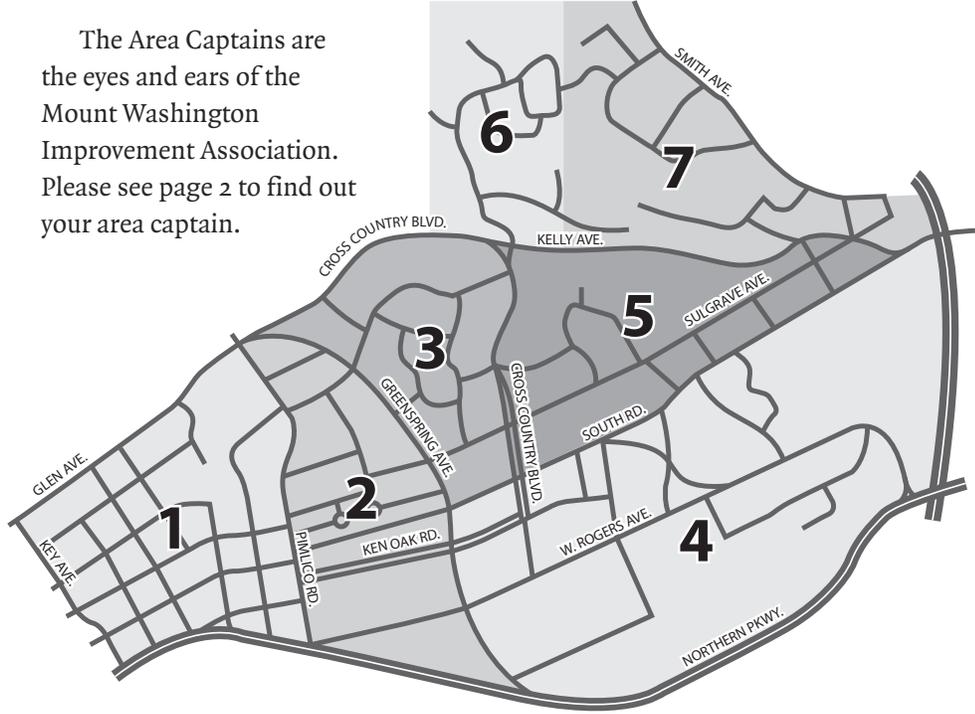
- Delegate Jill Carter**
(410) 841-3283
jill.carter@house.state.md.us

- Delegate Nathaniel Oaks**
(410) 841-3283
nathaniel.oaks@house.state.md.us

- Delegate Sandy Rosenberg**
(410) 841-3297
samuel.rosenberg@house.state.md.us

Map of Mount Washington

The Area Captains are the eyes and ears of the Mount Washington Improvement Association. Please see page 2 to find out your area captain.





Got something for the MWIA Newsletter?

The newsletter is published by the Mt. Washington Improvement Association (MWIA) and is mailed to the homes of residents. The newsletter informs the residents about people, activities, and services in Mt. Washington and the actions of the Board of Directors. Please send your news articles or event information for the May newsletter, deadline May 10 to: capitano.bryce@verizon.net

877 Members Strong:
Mt. Washington Community Listserv Website

<http://groups.google.com/group/mount-washington>

Join the MWIA Today! Online at MWIA.org or by mail

The Mt. Washington Improvement Association (MWIA) is now easier to join. MWIA memberships will now be based on the calendar year instead of the July to June fiscal year. No more confusion! No more wondering "Did I pay my dues?" And no reason not to become a member!

Name _____

Address _____

Phone _____ Email address _____

- \$100 – Sponsoring member**
(a leadership donation, and designated on the MWIA website)
- \$40 – Renewing member**
- \$19 – First-time member**
- Enclosed please find my dues payment, plus an additional donation of:
\$25 \$50 \$100 Other _____
- I am interested in volunteering with the MWIA
- I am interested in joining the Mount Washington listserv

Make check out to the Mt. Washington Improvement Association P.O. Box 10404, Balt., MD 21209

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www.thefallsmtashington.com
Look for us on Facebook and Twitter

Hours

Monday - Thursday: 6:30am to 10:00pm
Friday: 6:30am to 12:00am
Saturday: 7:30am to 12:00am
Sunday: 7:30am to 10:00am

Mt Washington's Neighborhood
Coffee Shop, Cafe, and Restaurant.

Crêpe Du Jour

Authentic French Bistro

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Baltimore, MD 21209

Hours of Operation

Monday: 11:00 AM - 9:00 PM
Tuesday - Thursday: 11:00 AM - 10:00 PM
Friday: 11:00 AM - 11:00 PM
Saturday: 10:00 AM - 11:00 PM
Sunday: 10:00 AM - 9:00 PM

Serving Lunch

Monday-Friday: 11:00 AM - 4:00 PM

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Saturday And Sunday: 10:00 AM - 4:00 PM

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Sundays
4pm-9pm

We are a BYOB establishment so feel
free to bring whatever you like.

**Live belly dancing every
Saturday from 7:30 till 9:00pm.**

SEE PAGE 2 FOR DETAILS.

2011 MWIA Annual Meeting
Tuesday, June 14 • 7:30 – 9:00 P.M.

Dated Materials - Please Deliver Promptly

Presorted
Standard
U.S. Postage
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Permit No. 5621



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