



Friendship Heights



see calendar

# VILLAGE NEWS

AUGUST 2009

301-656-2797

VOLUME 24, NO. 3



## Take an afternoon sail from historic Chestertown

Spend an afternoon aboard a schooner and enjoy lunch, then your own tea party in one of the most beautiful and historic towns on Maryland's Eastern Shore. On **Tuesday, Sept. 8**, we'll travel to Chestertown for lunch at the Imperial Hotel, a sail aboard the Schooner Sultana, and tea at the White Swan Tavern.

Founded in 1706, Chestertown rose in stature when it was named one of the six Royal Ports of Entry in the English colony of Maryland. The shipping boom that followed this designation made the town at the navigable head of the Chester River wealthy. In the mid-eighteenth century, Chestertown trailed only Annapolis and was considered Maryland's second leading port.

In 1774 the Chestertown Tea Party was held in Chestertown's harbor in reaction to the taxes levied upon the colonists by England.

For our trip to the Eastern Shore, we'll depart from the Center at 9 a.m. and will arrive in Chestertown in time to explore the town and feast on a three-course lunch at the Imperial Hotel, right in the center of this charming waterfront town. Then we'll board the Schooner Sultana, a replica of a Boston-built merchant vessel that served as the smallest schooner ever in the British Royal Navy. Using the British Admiralty's meticulous documentation of the original Sultana, she has been recreated with outstanding detail and offers all who sail aboard her a terrific glimpse of 18th century seafaring life. Launched in 2001, and based in the historic port of Chestertown, Maryland, Sultana now sails as the "Schoolship of the Chesapeake," offering unique educational programs between April and November each year.

We'll finish our visit to Chestertown with tea at the White Swan Tavern. The White Swan Tavern has been a familiar landmark in Chestertown since

*Continued On Page 2*



## Billy Crystal at the National!

Join us for a trip to see *700 Sundays*, Billy Crystal's autobiographical journey, at the National Theatre on **Tuesday, Sept. 15**. Billy plays numerous characters in this original play that is both hilarious and touching.

As a Broadway smash during the 2004-2005 season, *700 Sundays* played to sold-out houses and won a Tony Award for special theatrical experience. In addition to the Tony, the successful actor, writer, producer, comedian, and film director was nominated for Golden Globes for *When Harry Met Sally*, *City Slickers* and *Mr. Saturday Night*. He was nominated for an

*Continued On Page 2*

## New art class this fall!

"Painting is for Everyone" is the name of a brand new art class taught by our own Millie Shott. Get your feet and your paintbrush wet in this course designed to introduce students to the art of painting without the intimidation of rules and methods. Exercises designed by the instructor will acquaint students with the water-color medium. They will learn the art of color mixing and paint application on a variety of paper surfaces and experiment with collage and paper textures, inks, and glues. This is a process-oriented class that focuses on exploration and skill development.

Millie Shott is a mixed-media painter and gallery director at the Friendship Gallery. She teaches in her home studio and through the Smithsonian Resident Associate Program. See details of the class on page 10.

## Summer fun on a water slide

Children 10 and under are invited to beat the summer heat with a day of water play at the Village Center on **Wednesday, Aug. 12, from 1 to 3 p.m.** Don your bathing suit and bring a towel, we'll provide the water fun. We'll have a water slide and ice-cold



lemonade set up in Hubert Humphrey Park. There is no charge for this event, but please call the Village Center at 301-656-2797 to register. Children must be accompanied by an adult. In the event of inclement weather, we'll watch *The Little Mermaid* and do crafts in the Center.

### *Chestertown continued from page 1*

pre-Revolutionary War days. The restoration of the White Swan Tavern began in 1978 with an archeological dig, which revealed that the site was used prior to 1733 as a tannery. It was then the home of Joseph Nicholson, who was influential in the founding of Chestertown's Washington College. In 1793, the property passed to John Bordley, who turned it into a tavern. The property was then used as a tavern by various owners and innkeepers, the most notable of whom was the Reverend William H. Wilmer, pastor of St. Paul's church, Alexandria. He

was also the rector of Bruton Parish Church in Williamsburg, and president of the College of William & Mary.

We should return to Friendship Heights by 7:30 p.m.

The cost of the trip, which includes round-trip transportation, driver's gratuity, lunch, sailing trip, and tea, is \$119.

Residents may sign up immediately; nonresidents may sign up starting Aug. 5. There are 23 spaces available.

Please note that this trip requires walking on some uneven surfaces, as well as boarding a sailboat.



## Friendship Heights VILLAGE NEWS

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

Email: [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

### ADVERTISING

The deadline for reserving space for the September issue is August 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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### *Billy Crystal continued from page 1*

Emmy Award for his direction of the HBO film "61\*" and won a Drama Desk Award for *700 Sundays*. We will leave the Village Center at 7 p.m. and expect to return before 11:30 p.m. The cost, which includes transportation, a seat in the Front Mezzanine and driver's tip, is \$134. Residents and one guest may sign up immediately; non-residents may sign up August 15. There are 24 tickets available. The play is not appropriate for children. Please note: the bus cannot accommodate wheelchairs.

# ON the GO...

## The ultimate shopping experience

Join us for a trip to Wegmans, ranked this year by Consumer Reports as the top large grocery chain in the United States, on **Wednesday, Aug. 19.**

This Fairfax megamarket, known for the freshest meats and vegetables from local farms, features a wine shop, a Kosher deli, a patisserie, and fabulous seafood selection. We'll arrive in time for a quick look around before lunch (on your own) in the Market Café. You'll find cold and hot entrees as well as a Wokery, Sub Shop, Pizza, and a Sushi Bar. After lunch there will be plenty of time for serious shopping.

We will leave the Village Center at 11 a.m. and return before 3 p.m. The cost for the trip, which includes transportation and driver gratuity, is \$25. Residents and one guest may sign up immediately at the Village Center; nonresidents may sign up Aug. 5. There are 40 spaces available. The Center will provide a cooler, but you are welcome to bring your own on the bus.

## Last chance for Chicago

Due to last-minute cancellations, we have a few spaces available for a fabulous trip to Chicago **Wednesday, Sept 30 through Monday, Oct. 5.**

The trip includes overnight stays at the Ritz-Carlton in Cleveland, The Drake in Chicago, and the Omni Bedford Springs Resort and Spa in Pennsylvania's Cumberland Valley. Highlights of our autumn excursion include the Frick Art and Historical Center in Pittsburgh, Notre Dame University, The Art Institute of Chicago, the Shedd Aquarium, and an architectural tour of Chicago by boat.

We'll also enjoy dinner at one of Barack Obama's favorite restaurants. Spiaggia, the only four-star Italian restaurant in Chicago, is tiered so that every table has a view of Lake Michigan.

The cost of the trip is \$1449 per person based on double occupancy. The single supplement is \$549 and due at sign-up. The deadline to sign up is Aug. 15.

We strongly encourage you to purchase trip insurance. Information can be obtained at the Center front desk.

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## Blood Drive for Children's Hospital

A mobile unit collecting blood to be donated to patients at Children's Hospital will be at the Friendship Heights Village Center on **Saturday, Sept. 19, from 10 a.m. to 3 p.m.**

The drive is sponsored by the Children's National Blood Center, which is part of Children's Hospital in Washington, D.C.

Donors must schedule an appointment in advance through Children's National Blood Center. For more information and to sign up to donate blood, please call Angela Lockley at 202-476-6524 or go to [www.cnmcblooddonor.com](http://www.cnmcblooddonor.com).



## Village yoga instructor on tv

If you want to get a preview of Robin Dinerman's yoga classes, you don't have to peer through the glass doors at the Village Center. You can watch her on television!

For cable TV subscribers, Montgomery Municipal Cable TV - Channel 16 - offers local programming in the evenings. Cherryblossom Yoga with Robin Dinerman is a half-hour Hatha Yoga class designed for at-home viewers who are beginning or continuing students.

Robin has been teaching locally for 22 years at FBI Headquarters, NPR, The Jewish Community Centers of D.C. and Rockville, and the Chevy Chase Athletic Club, as well as privately. She has been an instructor at the Friendship Heights Village Center for twelve years.

Robin says that teaching a half-hour yoga class to an unseen audience is "a fun challenge." Join her on cable Channel 16, Wednesday nights at 8:30 p.m. and Thursday nights at 7 p.m. Classes at the Friendship Heights Village Center will resume after Labor Day.



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## The Separatist Conflict in Sri Lanka

The lengthy civil war in Sri Lanka, which ended in May, took close to 60,000 lives and displaced a million people. Military spending consumed as much as a fourth of the national budget of this island nation, formerly known as Ceylon. Tourism, foreign investment and domestic industry all suffered during this conflict over the struggle to establish a separate state in its Northern and Eastern provinces. At the Village Center on **Thursday, Sept. 10, at 7:30 p.m.**, Asoka Bandarage, a professor in the Public Policy Institute at Georgetown University and a resident of Friendship Heights, will discuss the government's 26-year war with ethnic Tamil separatists as well as future peace building in Sri Lanka.

Prof. Bandarage specializes in comparative politics, South Asia and conflict analysis and resolution and is the author of *The Separatist Conflict in Sri Lanka Terrorism, Ethnicity, Political Economy*. Copies of her book will be for sale.

Please sign up for this event by calling 301-656-2797.

## Tea and Talk: The Litvak Legacy

From the 1880s to 1920s, a million Litvak (Lithuanian) Jews left Lita in the western edge of the Russian Empire to establish new homes all over the world. Dr. Mark Ozer will relate the fascinating story of their migration and the impact of their culture on the countries in which they settled at the Village Center on **Wednesday, Sept. 16, at 1:30 p.m.**

The Litvaks formed a distinct culture that differed in its variant of their language of Yiddish as well as the character of their religion. In his book, *The Litvak Legacy*, Dr. Ozer writes about the roots of this distinctive cultural heritage.

Copies of the book will be available for purchase. After the presentation, please stay for tea. Sign up for this free event by calling 301-656-2797.

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# PLAYING on the BIG SCREEN

All movies now begin at 7 p.m.

## **A Note from the Program Directors**

**As a courtesy to our speakers, authors and performers...**

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

**Thursday, Aug. 6, 7 p.m.—*Hotel for Dogs***— Orphans Andi and her younger brother, Bruce find a home for their loyal dog Friday in an abandoned hotel and transform it into a four-star retreat for canines. The challenge is trying to prevent their secret from being discovered. Rated PG. Running Time: 100 minutes.

**Thursday, Aug. 13, 7 p.m. —*Rachel Getting Married*** — Rachel Buchman is about to be married to the love of her life, but, Kym the black sheep of the family, threatens to ruin everything by dragging out old skeletons and dusting them off for display. Rated R. Running Time: 111 minutes.

**Thursday, Aug. 20, 7 p.m. — *Coraline***— A young girl walks through a secret door and discovers a parallel reality that is eerily similar to the life she already know. Soon she must summon her resourcefulness in order to find her way back home and save her real family. Rated PG. Running Time: 100 minutes.

**Thursday, Aug. 27, 7 p.m. — *Flash of Genius*** — Greg Kinnear stars in this man-against-the-system docudrama as inventor Robert Kearns, the visionary who developed the modern intermittent windshield wiper, was rejected by car companies, then spent several decades attempting to collect on his patent. Rated PG-13. Running Time: 119 minutes.

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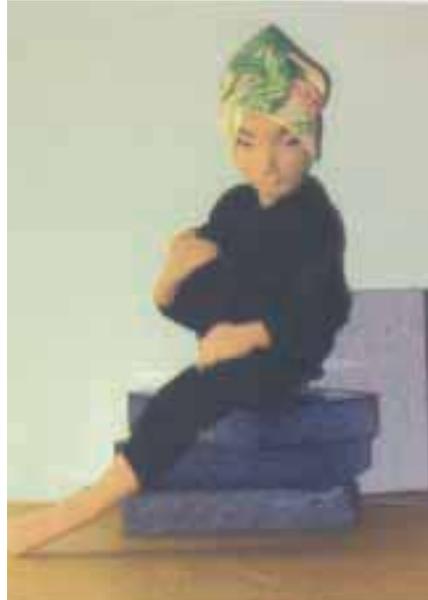
# ART and CULTURE

## 'Campy' art on exhibit in August

This month's exhibit in Friendship Gallery is entitled "Artists from the Summer — Big and Small." The group show will include teachers and participants in the Village summer art camp including Ingrid Barnes, Muriel Fine, Richard Kaufman, Eileen Martin, Jahee Oh, Millie Shott, James Taylor, Carol Zillacus, and, students from the camp. All are invited to meet the artists at a reception on **Sunday, Aug. 9, from 11:30 a.m. to 1:30 p.m.**

The exhibit runs from August 1 to 31. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

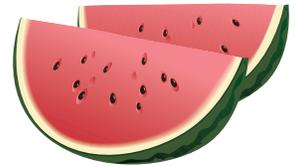
Don't forget to contribute to the community collage set up in the hall of the Village Center. The finished composition will hang in next year's July art show with all the artists listed.



Rehearsal Pause by Muriel Fine

## July 4<sup>th</sup> art show: patriotism and paint

The 2009 "Three Cheers for the Red, White and Blue" art show at Friendship Gallery exhibited thirty area artists and their Fourth of July interpretations. Cash prizes were awarded at the July 12 reception to the winners chosen by juror Millie Shott. First place was awarded to Irene Glaser for "Celebrate." Second place was awarded to Glenda Oakley for "Celebrate the 4th." Third place was awarded to Margaret Kranking for "Sailing Thomas Point Light." Honorable Mention awards were presented to Jim Haynes, Bob Peavy, Rawligh Sybrant, Clifford Wheeler, and Jim Wilson. Cash prizes were sponsored by Nancy Melton Realty and the Friendship Heights Village Council.



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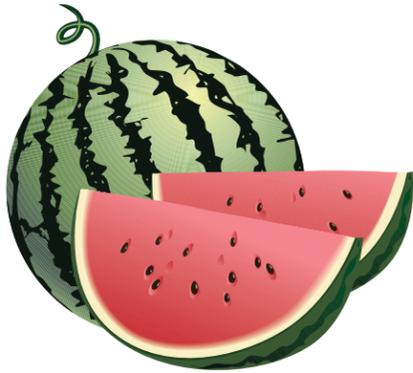
# Friendship Heights Village Center



# Calendar of Events 2009

## A U G U S T

SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY



<p><b>2</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>3</b></p> <p>10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting <b>7 p.m.: Café Muse</b></p>	<p><b>4</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist</p>	<p><b>5</b></p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel <b>7 p.m.: Concert: Ericka Ovette and Friends</b></p>	<p><b>6</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble <b>7 p.m.: Movie: Hotel for Dogs</b></p>	<p><b>7</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Bridge Group</p>	<p><b>1</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p><b>9</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b></p>	<p><b>10</b></p> <p><b>8 a.m.: Depart for Rehoboth</b> 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting</p>	<p><b>11</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist</p>	<p><b>12</b></p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise <b>1 p.m.: Water Slide for Children</b> 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel <b>1 p.m.: Suburban Lecture: Lungs</b> <b>7 p.m.: Concert: The Martin Family</b></p>	<p><b>13</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble <b>7 p.m.: Movie: Rachel Getting Married</b></p>	<p><b>14</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Bridge Group</p>	<p><b>15</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p><b>16</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>17</b></p> <p>10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group</p>	<p><b>18</b></p> <p>8:15 a.m.: Walking Club 1 p.m.: Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist</p>	<p><b>19</b></p> <p>10:15 a.m.: Yiddish <b>11 a.m.: Depart for Wegmans</b> 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel <b>7 p.m.: Concert: Dixie Power Trio</b></p>	<p><b>20</b></p> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble <b>7 p.m.: Movie: Coraline</b></p>	<p><b>21</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Bridge Group</p>	<p><b>22</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p><b>23</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>24</b></p> <p><b>10 a.m. – 2 p.m.: MVA Bus</b> 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group</p>	<p><b>25</b></p> <p>8:15 a.m.: Walking Club 1 p.m.: Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist</p>	<p><b>26</b></p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel <b>7 p.m.: Concert: Marc-Gottlieb and Harriett Wingreen</b></p>	<p><b>27</b></p> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble <b>7 p.m.: Movie: Flash of Genius</b></p>	<p><b>28</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Bridge Group</p>	<p><b>29</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p><b>30</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>31</b></p> <p>10 a.m.: Great Books 1 p.m.: Bridge Group</p>					

### Shuttle bus hours



Monday through Friday      6:40 a.m. to 9:40 p.m.  
Saturday and Sunday      8 a.m. to 7 p.m.

### Village Center Hours

Monday through Thursday      9 a.m. to 9 p.m.  
Friday      9 a.m. to 5 p.m.  
Saturday and Sunday      9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

## Celebrating Community and Cuisine in the Village

Mark your calendars for the Third Annual Taste of Friendship Heights on **Saturday, Sept. 12, from noon to 5 p.m.** at the Village Center. This rain-or-shine event features great food from local restaurants including Indique Heights, Lia's, Rock Creek, Potomac Pizza, Gifford's, Alfio's, Bambulé, Maggiano's and more. There will be live music, a moon bounce for the children, and face painting. Players from the American University Basketball team will also show off their skills. This event is sponsored by the Friendship Heights Village Council and the Friendship Heights Urban Network.



# CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION – A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES - NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

## ART

### ACRYLIC OR OIL PAINTING (DAYTIME)

A 10-week course for all skill levels, taught by Doris Haskell, begins Sept. 14. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Residents may sign up immediately; nonresidents may sign up Aug. 10. Session ends Nov. 23 (no class on Oct. 12). Maximum number of students is 18.

### ACRYLIC OR OIL PAINTING (EVENING)

A 10-week course for all skill levels, taught by Doris Haskell, begins Sept. 10. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$50 for residents; \$70 for nonresidents. Residents may sign up immediately; nonresidents may sign up Aug. 10. Class ends Nov. 19 (no class on Oct. 29). Maximum number is 16.

### PAINTING IS FOR EVERYONE

A 6-week course for all skill levels, taught by Millie Shott, begins Sept. 11. Meets Fridays from 1 to 3 p.m. The cost is \$70. Maximum number is 10. Last class is Oct. 23 (class will not meet on Oct. 2). Please see a description of the class on page 2.

### PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins August 5. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary.

The cost is \$70. Maximum number is 8. Last class is Sept. 9.

### STILL LIFE PAINTING

A 10-week course with Joan Samworth begins Sept. 17. Class emphasizes the elements of art: line, color, texture, shape and value and is designed for all levels of experience. Advance at your own pace with individual critiques and instruction. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a. m. to 2:30 p.m. (you may bring lunch – brown bag only). The cost is \$145 for residents; \$150 for nonresidents. Last class is Dec. 3 (class will not meet on Oct. 29).

## EXERCISE AND FITNESS

### CHAIR EXERCISE WITH TONYA

This 6-week class begins Sept. 9. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is for toning upper and lower body muscles, and improving strength and energy, through chair exercises. The cost is \$62. Session ends Oct. 14.

### CHAIRYOGA AND MORE

This 8-week series taught by Louisa Klein begins Sept. 9. Meets Wednesdays from 3 to 4:15 p.m. Benefits body, mind and spirit using synchronized breathing and movement. Instills calm, steady, physical and emotional well being. Includes weight bearing and centering poses, isometrics, toning and strengthening. Learn skills to improve all body systems that you can incorporate into your daily life. The cost is \$80. Class ends Oct. 28.

### FALL PREVENTION

This 6-week class begins Sept. 8. Meets Tuesdays, from 1 to 1:45 p.m. The class, taught by Tonya Walton, will focus on simple exercises you can do to improve overall balance. The cost is \$62. Session ends Oct. 13.

### MAT PILATES

This 6-week session begins Sept. 8. Meets Tuesdays from 7 to 8 p.m. The cost is \$80 for residents and \$90 for nonresidents. Movements to improve balance, strength and flexibility. Pilates balls are used to assist in some exercises. Not recommended for pregnant women or those with serious spinal conditions. The class is taught by Ginger Russell. Required equipment: Pilates/Yoga mat, large bath towel. Questions? E-mail – [Gingerrusteach@yahoo.com](mailto:Gingerrusteach@yahoo.com). Session ends Oct. 13.

### STRENGTH TRAINING WITH CHERYL

This 6-week session begins Sept. 18. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$65. Session ends Oct. 23.

### STRENGTH TRAINING WITH TONYA

This 6-week session begins Sept. 14. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$62. Session ends Oct. 19.

### STRETCH CLASS WITH TONYA

This 6-week course begins Sept. 8.

Meets Tuesdays, at 10:30 a.m. This 30-minute class will provide stretches for the entire body and will improve overall circulation, flexibility, strengthen and tone muscles, and improve posture and balance. The cost is \$30. Last class is Oct. 13. Maximum number is 10.

### **TAI CHI (THURSDAY)**

This 6-week session begins Sept. 10. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$40. Feel free to email instructor Thomas Johnson at [tajj-taj7@gmail.com](mailto:tajj-taj7@gmail.com) if you have any questions about this class. Session ends Oct. 15.

### **TAI CHI (TUESDAY)**

This 6-week session begins Sept. 8. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40. Session ends Oct. 13.

### **YOGA (DAY)**

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 13. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$120. Class will not meet Sept. 27, Oct. 11 or 11/29. Students who miss a class may make it up in Monday class with the instructor's permission. Session ends Dec. 6.

### **YOGA (EVENING)**

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 14. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$120. Class will not meet Sept. 28, Oct. 12 or Nov. 30. Students who must miss a class may make it up in the Sunday class. Session ends Dec. 7.

## **LANGUAGE**

### **BEGINNING SPANISH**

This 8-week course for brand new

students begins Sept. 16. Instructor Elena Marra-Lopez has taught teenagers and adults at Sidwell Friends School, Washington International School, Montgomery College, and the USDA Graduate School. Class meets Wednesdays, from 6 to 8 p.m. The cost is \$210. Session ends Nov. 4. Please call the instructor at 301-652-0828 for information about purchasing the textbook before the first class.

### **SPANISH 2 (CONTINUED)**

This 8-week course begins Sept. 15. For former students or with permission from the instructor, Elena Marra-Lopez (you may call her at 301-652-0828). Class meets Tuesdays, from 6 to 8 p.m. The cost is \$220. Session ends Nov. 3.

## **ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES**

### **BLOOD PRESSURE SCREENING/ SUBURBAN NURSE**

A Suburban Hospital nurse is on hand to offer free blood pressure screenings Tuesdays from 1 to 2:45 p.m. only. The nurse is also available for consultations Tuesdays from 3 to 5 p.m.

### **COFFEE AND CURRENT EVENTS**

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

### **CONCERTS**

Free live music is presented every Wednesday throughout the year at 7:30 p.m. Check the calendar and concert page for each week's performance information.

### **FHUN**

The Friendship Heights Urban Network (FHUN) is a group dedicated to bringing together young professionals, young parents, and college students. The group organizes events such as monthly Happy Hours, barbecues, and special evenings at local restaurants. For more information, check FHUN's website at [www.fhun.net](http://www.fhun.net). This group

is not affiliated with the Friendship Heights Village Council.

### **GREAT BOOKS DISCUSSION GROUP**

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

### **HEALTH INSURANCE COUNSELING**

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Call 301-590-2819 for an appointment; walk-ins are welcome.

### **SCRABBLE**

This group of Scrabble players meets at the Center Thursdays at 6 p.m. All are welcome.

### **TEA TIME**

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers. There is no cost.

### **VILLAGE PLAY TIME**

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend or family member over age 13.

### **WALKING CLUB**

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

### **YIDDISH**

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for details.

# CONCERTS

Concerts are performed Wednesdays, from 7 to 8 p.m., in Hubert Humphrey Park at the Village Center. As a courtesy to our performers, please turn off any cell phones or electronic devices. In the event of inclement weather, the concert will be moved into Huntley Hall in the Center. Our concerts are very popular and the mosquitoes seem to enjoy the music too. Concertgoers may want to bring insect repellent as a precaution.

## **Wednesday, Aug. 5 — *Ericka Ovette and Friends***

— Vocalist Ericka Ovette presents a program featuring tunes from the *Great American Songbook*. Ericka is a versatile performer whose style is often compared to jazz greats Sarah Vaughn and Ella Fitzgerald. She returns to the Village Center accompanied by Tommy Cecil on bass and Rick Whitehead on guitar.

## **Wednesday, Aug. 12 — *The Martin Family***

— This talented group performs a rich blend of Old-Time and Irish music. The informal “house band” for Mount Vernon for more than 10 years, the Martin Family has been described as “always lively and fun to watch.” Their unique mix of instruments — hammered dulcimer, mandolin, fiddle, banjo, guitar, button accordion, piano, recorder and tin — offers an exciting and unique blend of traditional music, and has earned them a reputation of a group that is fun loving and a joy to listen to.

## **Wednesday, Aug. 19 — *Dixie Power Trio***

— This four-man “trio” hails from Fredericksburg, Va., and offers an exciting combination of New Orleans jazz, Dixieland and zydeco. Led by Zack Smith, the band features Andy Kochenour, Wayne Wilkinson, and Byron McWilliams. After a number of well-received performances at venues such as the Kennedy Center, and with newfound popularity on the web, the DPT has begun establishing itself as the East Coast’s premier New Orleans music ensemble.

## **Wednesday, Aug. 26 — *Marc Gottlieb and Harriet Wingreen***

— Marc Gottlieb came to the U.S. from his native Leipzig, Germany, as a child and was enrolled in the Professional Children’s School in New York and Julliard School of Music. He made his solo recital debut at Town Hall when he was ten and went on to become one of the most successful and best known names in chamber music. Harriet Wingreen a native New Yorker, received her early musical training at the Third Street Music School Settlement and subsequently

studied on fellowships at The Juilliard Graduate School. In her freelance days, she was in great demand as pianist for various opera societies, modern dance groups, professional choruses, and radio and TV studio recordings. In addition to her position as a pianist and celesta player with the New York Philharmonic, she assists the conductors and soloists in the preparation of their performances with the Orchestra. She has toured with the Philharmonic in Europe, South America, and Asia, and performs frequently in the New York Philharmonic Ensembles chamber music concerts at Merkin Concert Hall.

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## Donate used eyeglasses

Are your old eyeglasses obsolete? Why not donate them to Lions Club. Each month, the Leisure World Lions Club will pick up eyeglasses and frames from the Village Center. The glasses are then cleaned, disinfected and distributed to the underprivileged, particularly in developing countries.

## Sun, sand and shopping

A few spaces remain for our trip to Rehoboth Beach on **Monday, Aug. 10.** We'll depart from the Village Center at 8 a.m., arriving in Rehoboth in time to enjoy lunch on your own. We should return by 7 p.m.

The cost of the trip is \$53. Sign-ups begin immediately. Children over 5 years old are welcome but must be accompanied by an adult.

## Taking a Deep Breath

Join Carl Voss, Respiratory Therapist and Director of Suburban Hospital's Respiratory Care Services, for a discussion on lung function at this month's Suburban Health Lecture at the Village Center on **Wednesday, August 12, at 1 p.m.**

Participants will also learn about lung diseases including signs, symptoms, and treatment options.

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.



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## Cafe Muse presents...

This month's Café Muse, on **Monday, August 3, at 7 p.m.**, presents a reading by poets Lavonne J. Adams and Yvette Neisser Moreno.

Lavonne J. Adams is the author of *Through the Glorieta Pass*, winner of the Pearl Poetry Prize, and two chapbooks, *In the Shadow of the Mountain* and *Everyday Still Life*. Her poems have appeared in the *Missouri Review*, *Poet Lore*, *The Southern Poetry Review* and other publications.

Yvette Neisser Moreno's poetry and translations appear in *Tar River Poetry*, the *International Poetry Review*, *Virginia Quarterly Review* and other publications. Her translation of Luis Alberto Ambroggio's *Difficult Beauty: Selected Poems* is upcoming from Cross-Cultural Communications. She works as a writer/editor, and has taught at the Writer's Center and in public schools in Maryland, Virginia and Washington DC.

Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

### VILLAGE CLASSIFIEDS

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### SAVE THE DATE:

**Wednesday, August 19; WINE and CHEESE event 4pm-6pm**  
Please rsvp by August 12th

**Saturday, September 12; TASTE OF FRIENDSHIP HEIGHTS**  
(at Village Center)

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# Village Council Corner

## Council Honors Al Morris for Landscaping



Our annual Fourth of July celebration at the Village Center featured a huge crowd, beautiful weather, and a special recognition for Village Council member Alvan Morris. Mayor White presented a plaque to Dr. Morris for his efforts to beautify the Village parks. The plaque (with granite base) is installed in the corner of the Japanese Maple bed by the Center front entrance (see photo above). Also honored were Maryland State Senator Brian Frosh, who received the Elizabeth Scull Outstand-

ing Community Service Award, and Maryland Delegate Susan Lee, who was given a Certificate of Appreciation. Three Village residents—Jean McNelis, Janet Morrison, Barbara Salter—were also recognized for their community service. Lastly, we honored another Village centenarian, Rose Morgan of Brighton Gardens.

## Bob Schwarzbart Re-elected as TMD Chair



Congratulations to Village Council member Bob Schwarzbart, who was re-elected as Chairman of the Friendship Heights Transportation Management District Advisory Committee for a second term. Bob and fellow Council member Len

Grant represent the Village on the TMD.

### Council actions at the July 13 meeting:

- Authorized Council Treasurer and Village staff to place investable funds in Treasuries, bank deposits and the MLGIP as deemed proper;
- Approved purchase of selected stained glass artwork for Village Center lobby, total cost \$2,721.60;
- Approved proposal for landscaping in Willoughby Park, total cost \$6,017.44;
- Approved renewal of membership in Maryland Municipal League, total cost \$7,939.02.



*Friendship Heights*

# VILLAGE NEWS

Friendship Heights Village Center  
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**August 2009 events calendar**