



Friendship Heights



# VILLAGE NEWS



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see page 3

DECEMBER 2009

301-656-2797

VOLUME 24, NO. 7



Photo by Jordi Cordina

## Treasures from an emperor's tomb

Join us on **Thursday, Jan. 14**, when we visit the National Geographic Museum for an audio-guided tour of *Terra Cotta Warriors: Guardians of China's First Emperor*, the largest collection of significant artifacts from China ever to travel to the United States.

Nearly 2,000 years ago, thousands of life-size clay figures were buried in massive underground pits to protect and accompany China's first emperor, Qin Shihuangdi, into the afterlife. Their discovery — by peasants digging a well outside the city of Xi'an in 1974 — is one of the greatest archaeological finds of the 20th century.

Following the tour, we will walk across the street to the Mayflower Hotel for a lovely high tea that includes small sandwiches and pastries.

We will leave the Center at 1 p.m. and return around 5:30 p.m. Please be aware that **this trip requires a good deal of walking**. The cost, which includes a museum ticket and audio guide, tea, transportation and all gratuities, is \$69. Residents may sign up immediately; nonresidents may sign up Dec. 7. After Dec. 14, the price goes up to \$75. There are 24 spaces available.

## Welcome 2010 in style at the Village Center

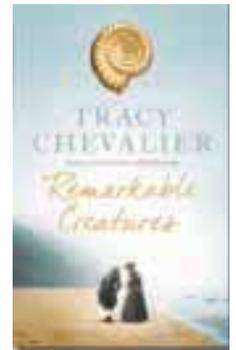


Welcome a brand-new decade with your neighbors, family and friends when the Village Council hosts its annual New Year's Day Open House on **Friday, Jan. 1, from 2 to 3:30 p.m.** at the Village Center. The celebration features music, fun and light fare from Ridgewell's Caterers.

This is a wonderful opportunity to mingle with your neighbors in a relaxed and cordial atmosphere. There is no charge for this event.

## Bestselling author Tracy Chevalier to speak at Center

One of the most successful and widely read historical fiction writers today, Tracy Chevalier caused a literary sensation with her debut novel, *Girl With the Pearl Earring*.



She will discuss her new book, *Remarkable Creatures*, at the Village Center on **Wednesday, Jan. 13, at 3 p.m.**

As in her five previous novels, the characters in *Remarkable Creatures* are actual historic figures. Mary Anning, a fossil hunter, unearthed the ichthyosaurus at age 12, a discovery that rocked the scientific world. She later discovered the plesiosaurus and pterodactyl. These discoveries became key pieces of evidence for extinction. Until her time it was widely believed that animals did not become extinct. To raise money to subsidize her work, she sold some of her finds and became the inspiration for the tongue-twister "she sells sea shells on the sea shore." The other heroine in the book is Elizabeth Philpot, a collector of fish fossils. The book is the story of the two women's remarkable friendship.

Continued on page 4

# CHILDREN'S PROGRAMS

## Celebrate Galileo

In celebration of Galileo's birthday in February, local author Jeanne Pettanati offers a fun and fascinating view of the father of Modern Science on **Saturday, Feb. 6, from 10:30 to noon** at the Village Center.

During this interactive presentation, children discover Galileo and some of his amazing discoveries. Children learn that he was the first person to use a spyglass to study the night. With historical and cultural information, Ms. Pettanati helps children to understand just how momentous Galileo's discoveries were.

Ms. Pettanati, the author of *Galileo's Journal: 1609-1610*, has participated in literary and astronomy festivals, science fairs, and workshops.

The program is best suited for children ages 7 to 12. There is no charge for the event, but please call 301-656-2797 if you plan to attend. Space is limited.

## A Hillwood Holiday Treat

A few spaces remain for our tour and afternoon tea at Marjorie Merriweather Post's beautiful Washington estate Hillwood on **Wednesday, Dec. 16**. The Georgian-style mansion will be dressed in beautiful garlands and floral arrangements.

The cost of the trip is \$52, which includes round-trip transportation, tour, tea and all taxes and gratuities. Sign up before Tuesday, Dec. 8, at the Village Center.



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References available



## 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 January issue is December 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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*Chevalier, continued from page 1*

Ms. Chevalier grew up in this area and graduated from B-CC High School and Oberlin College. She has lived in London for twenty years and will be in this country for just a few weeks on a book tour. The Village Center will be one of her first stops. Copies of the book, provided by Politics and Prose, will be available for purchase. Please sign up by calling 301-656-2797.



## Tea and Talk: December 7, 1941

Victor Delano's first assignment as a Navy Ensign just out of the Academy was to the gunnery department of the battleship *USS West Virginia*, based in Pearl Harbor. He was aboard the ship when it was attacked and sunk. Capt. Delano will describe that day in a slide-illustrated talk at the Village Center on **Tuesday, Dec. 15, at 1:30 p.m.**



After the presentation, please stay for tea. Sign up by calling 301-656-2797.

## Food and toy collection continues this month

Don't forget to bring donations of food and toys to the Village Center this holiday season. Food items will go to Manna Food Center and new toys will be delivered to needy children in the area.

The food most needed include unsweetened cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, the following items are needed for Smart Sacks, Manna's innovative program to fight childhood hunger: small fruit cans or cups, juice boxes that are 100% juice, microwaveable bowls of pasta or soup, individual cereal boxes, oatmeal packets, cereal bars, and small boxes of raisins. **Important: please check expiration dates on food containers and do not bring anything in a glass jar. Toys must be new and in original boxes. Donations must be brought to the Center before Dec. 15.**



*Paid Advertisement*



### Before you whiten your teeth,

you must have a check up with your dentist. The dentist should review your medical history, allergies to any of the ingredients in the whitening products and pathologies that could be causing the darkening of the teeth.

Cavities must be located and treated before whitening. Fillings and Crowns should be identified and recorded since these do not whiten. Tooth Discoloration and history of tooth sensitivity must be investigated in order to determine the type, length, additional treatments and outcome. This information and your expectations should be discussed at the dental visit to determine what kind of whitening system is best for you.

There are 4 categories in the tooth whitening market: professionally applied (dental-office), dentist-prescribed/dispensed (patient-home-use), consumer-purchased/over the counter (applied by patients) and other non-dental options (mall kiosks, spa settings, etc).

Even if you decide to go for an over the counter system or non-dental option, your dentist should help you decide which one to buy and monitor the process. Most of these products contain hydrogen peroxide and some carbamide peroxide in lower percentages. Safety issues have been raised regarding the effects of bleaching on the tooth structure, pulp tissues, gums, tissues of the mouth and systemic ingestion. The Food and Drug Administration (FDA) has not classified these products since in the early 90's the proposal of regulating the peroxide-based bleaching materials as drugs was challenged legally by the manufacturers.

A professional assessment and supervision will reduce the risk of patients selecting and using inferior products, inappropriate applications procedures and product abuse. If you want a white smile this winter without pain and suffering, consider calling your dentist before you purchase a whitening product at your local pharmacy or mall.



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## Celebrate with a little Landon chamber music

Now in its 19th season, The Landon Symphonette is a unique group of talented musicians from Landon School and other area schools and colleges playing together with seasoned professionals, in an unrivaled mentoring relationship. Join the Landon Symphonette Chamber Ensemble as the musicians present a lunchtime concert on **Saturday, Jan. 9, 2010, from noon to 1:30 p.m.** at the Village Center.

The weekend program will be *Adagio and Allegro* by Hummel featuring oboe soloist Eliana Schenk, and Mozart's *Symphony No. 29*.

About one-third of the Landon Symphonette is made up of professional performers, up to one-third Landon students and teachers, and about one-third students from all over the Washington, Baltimore and Northern Virginia area. Over the years, students from more than 50 area schools have participated in this outstanding program. All must have achieved a certain level of competence and expertise. In sponsoring this concert series, Landon offers the opportunity to talented young players, nominated by their teachers, to join in this special collaborative effort.

The event is free, but please call the Village Center at 301-656-2797 if you plan to attend. Seating is limited.

## Celebrate the holidays with lunch and a show

Get into the spirit of the season on **Friday, Dec. 18** and enjoy a delicious three-course lunch followed by a special holiday show performed by Maureen Ribble of the National Theatre Community Vaudeville.



Maureen is a singer and actress with years of theater experience in the Washington area. In July she was crowned Ms. Virginia Senior America 2009 and won fourth place at the national pageant! She won the title performing a selection from the Broadway musical "Sweet Charity" and promises to sing the winning song for us.

To make the afternoon really special, come to lunch at **12 p.m.** Lunch will be catered by our new neighbor, Courtyard by Marriott. The menu is tossed salad, chicken piccata, rice pilaf, steamed broccoli, an assortment of rolls, and pie for dessert. The cost is \$9. Please reserve your lunch by Dec. 11. There are 40 spaces available.

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# PLAYING on the BIG SCREEN

All movies 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, Dec. 3, 7 p.m. — Movie — *White Christmas*** — In this holiday classic, two talented song-and-dance men--reserve officers--team up after the war with a sister act to save the Vermont Inn run by their old army general. Stars Bing Crosby, Danny Kaye, Rosemary Clooney, Vera-Ellen and Dean Jagger. Rated G. Running time: 120 minutes.

**Thursday, Dec. 10, 7 p.m. — Movie — *Night at the Museum: Battle of the Smithsonian*** — The Smithsonian comes to life as security guard Larry Daley infiltrates the Museum of Natural History. Stars Ben Stiller, Robin Williams, and Dick Van Dyke. Rated PG. Running time: 105 minutes.

**Thursday, Dec. 17, 7 p.m. — Movie — *Julie and Julia*** — A frustrated temp secretary embarks on a year-long culinary quest to cook all 524 recipes in Julia Child's *Mastering the Art of French Cooking*. She chronicles her trials and tribulations in a blog that catches on with the food crowd. The film also covers the years Julia Child and her husband Paul spent in Paris during the 1940s and 1950s,

when he was a foreign diplomat who was eventually investigated by Sen. Joseph McCarthy. Stars Meryl Streep, Amy Adams, and Stanley Tucci. Rated PG-13. Running time: 123 minutes.

**Thursday, Dec. 24, No Movie — Center closes at 2 p.m.**

**Thursday, Dec. 31, No Movie — Center closes at 5 p.m.**

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# ART and CULTURE

## This month in the Gallery: 'A Way With Words'

The Washington Calligraphers Guild will exhibit in the Friendship Gallery in December. The Guild is an organization of nearly 500 letter lovers of all skill levels, from professional scribes to enthusiastic beginners and even some non-calligraphers who appreciate the lettering and book arts. Founded in 1976, the Guild is a nonprofit organization that promotes all aspects of the lettering arts and related crafts. It is recognized as one of the most active calligraphic groups in the world, as evidenced by its international membership roster. Visit the website: [www.calligraphersguild.org](http://www.calligraphersguild.org)

All are invited to a reception on **Sunday, Dec. 13, from 11:30 a.m. to 1:30 p.m.** to meet the artists and

see demonstrations of calligraphy.

The exhibit runs from Dec. 1 through Jan. 2. 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.



## Jason A. Cohen, D.D.S.

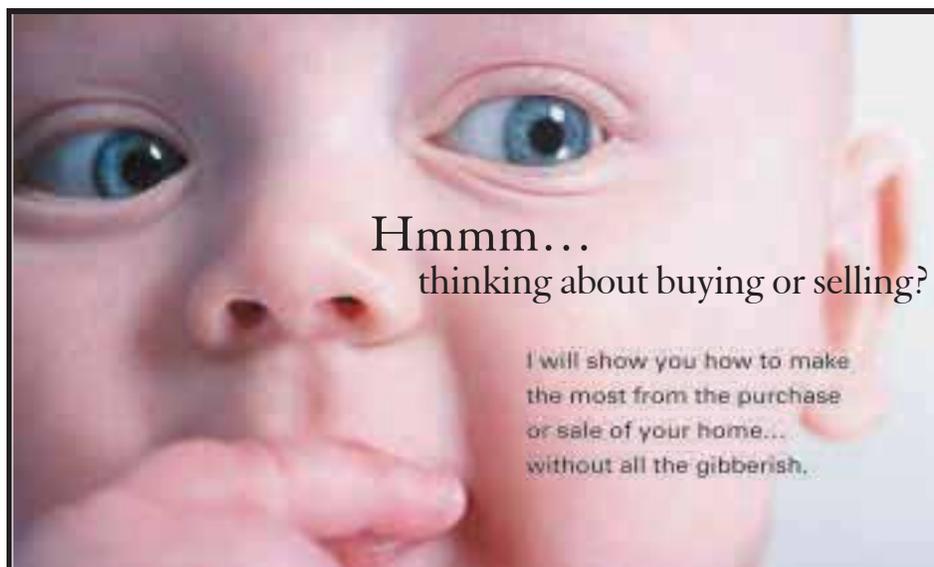
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## D E C E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

8:15 a.m.: Walking Club  
10:30 a.m.: Stretch with Tonya  
1 p.m.: Balance and Fall Prevention  
1 - 2:45 p.m.: Blood Pressure Screening  
3 - 4 p.m.: Tea  
3 - 5 p.m.: Suburban Nurse Specialist  
7 p.m.: Mat Pilates

2

9:15 a.m.: Fit 4-Ever  
10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise with Tonya  
1 p.m.: Portraiture in Pencil and Pastel  
3 p.m.: Chair Yoga  
**7:30 p.m.: Concert: Beltway Brass**

3

8:15 a.m.: Walking Club  
11 a.m.: Still Life Painting  
11 a.m. - 4 p.m.: Village Playtime  
6:15 p.m.: Scrabble  
6:45 p.m.: Acrylic or Oil Painting  
**7 p.m.: Movie: White Christmas**

4

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.: Painting is for Everyone

5

8:15 a.m.: Walking Club

6

9 a.m.: Yoga  
9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers

7

9:15 a.m.: Fit 4-Ever  
10 a.m.: Great Books  
10:30 a.m.: Resistance Training For Seniors  
1 p.m.: Strength Training with Tonya  
2:30 p.m.: Acrylic or Oil Painting  
7 p.m.: Yoga  
**7 p.m.: Café Muse**

8

**8 a.m.: Depart for New York**  
8:15 a.m.: Walking Club  
9:30 a.m.: Tai Chi  
10:30 a.m.: Stretch with Tonya  
1 p.m.: Balance and Fall Prevention  
1 - 2:45 p.m.: Blood Pressure Screening  
3 - 4 p.m.: Tea  
3 - 5 p.m.: Suburban Nurse Specialist

9

9:15 a.m.: Fit 4-Ever  
10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise with Tonya  
**1 p.m.: Suburban Lecture: The ABC's of Breast Cancer**  
1 p.m.: Portraiture in Pencil and Pastel  
2 p.m.: Health Insurance Counseling  
**7:30 p.m.: Concert: Nutcracker Highlights**

10

8:15 a.m.: Walking Club  
9:30 a.m.: Tai Chi  
11 a.m. - 4 p.m.: Village Playtime  
6:15 p.m.: Scrabble  
6:45 p.m.: Acrylic or Oil Painting  
**7 p.m.: Movie: Night at the Museum**

11

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.: Painting is for Everyone  
**HAPPY HANUKKAH!**

12

8:15 a.m.: Walking Club

13

9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers  
**11:30 a.m. - 1:30 p.m.: Art Reception**

14

9:15 a.m.: Fit 4-Ever  
10 a.m.: Great Books  
10:30 a.m.: Resistance Training For Seniors  
1 p.m.: Strength Training with Tonya  
2:30 p.m.: Acrylic or Oil Painting  
**8 P.M.: Friendship Heights Council Meeting**

15

8:15 a.m.: Walking Club  
9:30 a.m.: Tai Chi  
10:30 a.m.: Stretch with Tonya  
1 p.m.: Balance and Fall Prevention  
**1:30 p.m.: Tea and Talk: Pearl Harbor**  
1 - 2:45 p.m.: Blood Pressure Screening  
3 - 4 p.m.: Tea  
3 - 5 p.m.: Suburban Nurse Specialist

16

9:15 a.m.: Fit 4-Ever  
10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise with Tonya  
**12 p.m.: Depart for Hillwood**  
1 p.m.: Portraiture in Pencil and Pastel  
**7:30 p.m.: Concert: Friday Morning Music Club**

17

8:15 a.m.: Walking Club  
9:30 a.m.: Tai Chi  
11 a.m. - 4 p.m.: Village Playtime  
6:15 p.m.: Scrabble  
6:45 p.m.: Acrylic or Oil Painting  
**7 p.m.: Movie: Julie and Julia**

18

9:15 a.m.: Drop-in Tai Chi  
10:30 a.m.: Coffee and Current Events  
10:30 a.m.: Strength Training with Cheryl  
**12 p.m.: Special Lunch**  
**1 p.m.: Holiday Show**  
1 p.m.: Painting is for Everyone

19

8:15 a.m.: Walking Club

20

9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers

21

**10 a.m. - 2 p.m.: MVA Bus**  
10 a.m.: Great Books  
1 p.m.: Strength Training with Tonya  
2:30 p.m.: Acrylic or Oil Painting

22

8:15 a.m.: Walking Club  
9:30 a.m.: Tai Chi  
10:30 a.m.: Stretch with Tonya  
**12:30 p.m.: Vision Support Group**  
1 p.m.: Balance and Fall Prevention  
1 - 2:45 p.m.: Blood Pressure Screening  
3 - 4 p.m.: Tea  
3 - 5 p.m.: Suburban Nurse Specialist

23

10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise with Tonya  
2 p.m.: Health Insurance Counseling  
**7:30 p.m.: Concert: Peter Sirotnin and Ya-Ting Chang**

24

**Center open 9 a.m. to 2 p.m.**  
8:15 a.m.: Walking Club

25

**Merry Christmas! Center Closed**



26

8:15 a.m.: Walking Club

27

9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers

28

10 a.m.: Great Books

29

8:15 a.m.: Walking Club  
9:30 a.m.: Tai Chi  
1 - 2:45 p.m.: Blood Pressure Screening  
3 - 4 p.m.: Tea  
3 - 5 p.m.: Suburban Nurse Specialist

30

10:15 a.m.: Yiddish  
**7:30 p.m.: Concert: The Good Time Trio**

31

**Center open 9 a.m. to 5 p.m.**  
8:15 a.m.: Walking Club  
11 a.m. - 4 p.m.: Village Playtime

### 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.

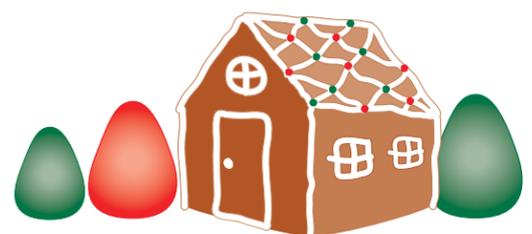
### Village Center Hours

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.

## Children's Pottery Class coming in January

Children, ages 6 to 10, can learn the basics of pottery during a four-week class on **Thursdays, beginning Thursday, Jan. 7**. The class, taught by Natalia Kormeluk of the Field School, takes place from 4 to 5:30 p.m and covers the basics of hand-molded pottery. The cost is \$100 for instruction, materials and firing. On average, students can expect to complete three to five pieces, during the course. Students should come prepared to work with clay the first week. Registration begins immediately at the Village Center. The deadline to sign up is Jan. 5. There is a minimum of five students required for this class. The maximum number of students is 10.



# 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 (EVENING)

A 10-week course for all skill levels, taught by Doris Haskel, begins Dec. 3. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$50 for residents; \$70 for nonresidents. Class ends Feb. 18 (no class on Dec. 24 and 31). Maximum number is 16.

### STILL LIFE PAINTING

A 10-week course with Joan Samworth begins Dec. 17. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of 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 March 4 (class will not meet on Dec. 24 and 31).

## EXERCISE AND FITNESS

### BALANCE AND FALL PREVENTION

This 6-week class begins Dec. 1. 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 Jan 12 (class will not meet Dec. 29). Questions? Email staraka4u@gmail.com.

### CHAIR EXERCISE WITH TONYA

This 6-week class begins Dec. 2.

Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$62. Session ends Jan. 13 (class will not meet Dec. 30).

### CHAIR YOGA AND MORE

This 6-week series taught by Louisa Klein begins Jan. 6. 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 \$60. Session ends Feb. 10.

### MAT PILATES

This 6-week session begins Jan. 5. 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. Required equipment: Pilates/Yoga mat, large bath towel. Questions? Email – Ginnerrusteach@yahoo.com. Session ends Feb. 9.

### STRENGTH TRAINING WITH TONYA

This 6-week session begins Dec. 7. 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 Jan. 18 (class will not meet Dec. 28).

### STRETCH CLASS WITH TONYA

This 6-week course begins Dec. 1. 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 Jan. 12 (class will not meet Dec. 29). Questions? Email staraka4u@gmail.com.

### TAI CHI (TUESDAY)

This 6-week session begins Dec. 8. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40. Session ends Jan. 12.

### TAI CHI (THURSDAY)

This 6-week session begins Jan. 7. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$40. Feel free to email instructor Thomas Johnson at taijitaj7@gmail.com if you have any questions about this class. Session ends Feb. 11.

## 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.

### 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. Usually meets on the second and fourth Wednesdays of each month from 2 to 4 p.m. Call 301-590-2819 for an appointment; walk-ins are welcome.

### SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 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. *On occasion programming in the auditorium may preempt this and equipment will be in a classroom.*

### VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets the third Tuesday of the month at 12:30 p.m. for a brown bag lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

### 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 more information.

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# CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8 :30 p.m., in Huntley Hall in the Center. As a courtesy to our performers please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering the auditorium.

**Wednesday, Dec. 2 — Beltway Brass** — Zack Smith, talented trumpet player for the Dixie Power Trio brings his brass band to Friendship Heights for a new sound just perfect for getting into the holiday spirit. In addition to Smith, the group features Chas. T. Peterson, Merry Beth Hall, Dan “Big Daddy” Haverstock and Andy Kochenour.

**Wednesday, Dec. 9 — National Ballet Company presents Nutcracker Highlights** — Delight in the beauty of ballet as the National Ballet Company performs selections from this holiday classic. Founded in 1948, the National Ballet Company is the oldest professional ballet company in Maryland. The company is located in Crofton, Md., and is under the direction of Pamela Moore.

**Wednesday, Dec. 16 — Friday Morning Music Club** — Multi-talented students perform a variety of classical selections during this ever-popular musical engagement.

**Wednesday, Dec. 23 — Peter Sirotin and Ya-Ting Chang** — Two members of the Mendelssohn Piano Trio return to the Village Center for an evening of chamber music. Ukrainian-born violinist Peter Sirotin is a graduate of the Moscow State Conservatory and the Peabody Conservatory of Music in Baltimore, and has performed with internationally renowned artists such as Natalia Gutman, Alexander Rudin and Alexei Lubimov. Pianist Ya-Ting Chang graduated from the Peabody Institute of the Johns Hopkins University and is currently an Artist-in-Residence at Messiah College in Pennsylvania. She has performed extensively throughout the United States, Germany, Hong Kong and Taiwan.



Jensen, who performs frequently with the Smithsonian Jazz Masterworks Orchestra, has recorded and has done studio work for commercial and film scores. Join us for a rousing send-off to 2009.

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# TO YOUR HEALTH

## The ABC's of Breast Cancer

This month's Suburban Health Lecture will be held at the Village Center on **Wednesday, Dec. 9, at 1 p.m.**

Learn about reducing your risk of getting breast cancer, along with new advances in screening and treatment. Join Judith Macon, RN, MA, for an interactive discussion and get the answers to your breast health questions!

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

### Friendship Gourmet Market

#### WINE TASTING

**\*Thursday\*, Dec. 10th  
5-8PM**



Tasting: Plungerhead Zinfandel, Bogle Petite Sirah Port, and the Late Harvest Dessert Wine from Carlos Basso

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## Vision Support Lunch and Learn: Celebrate – don't isolate

Are you worried about living with impaired eyesight? Hundreds of Village residents face this possibility. The Vision Support Group invites you to a complimentary holiday light lunch and discussion at the Village Center on **Tuesday, Dec. 22, at 12:30 pm.**

Join Washington Metropolitan Area Transit Authority's Brigid Doherty, a world class mobility instructor for persons with vision challenges, who can help you gain a better sense of safety and comfort in traveling independently in the New Year.

The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Please call 301-656-2797 to register.

Having friends or family visit for the holidays?



Enjoy a Special Holiday Rate of  
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## Cafe Muse presents...

This month's Café Muse, on **Monday, Dec. 7, at 7 p.m.**, presents a reading by poets Kara Candito and Kathi Morrison-Taylor.

Kara Candito is the author of *Taste of Cherry*, winner of the 2008 Prairie Schooner Book Prize. Her work appears in numerous publications including *AGNI*, *Blackbird*, *Prairie Schooner*, and *Gulf Coast*. Her honors include an Academy of American Poets Prize, and scholarships from the Bread Loaf Writers' Conference.

Kathi Morrison-Taylor is the author of *By the Nest*. Her poems appear in *Seattle Review*, *New York Quarterly*, *Southern Poetry Review*, and other publications and have been displayed through the Moving Words competition on Metro buses throughout Northern VA.

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.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years. For more information visit [www.wordworksdc.com](http://www.wordworksdc.com).



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# Holiday Open House Celebration

*at Brighton Gardens at Friendship Heights*

Happy holidays from our Sunrise family to yours! Join in the festivities as Brighton Gardens at Friendship Heights hosts a Holiday Open House Celebration. At this exciting event you can mingle with neighbors, residents and guests. Enjoy traditional holiday spirits and delicious specials prepared by our talented chef. Live entertainment provided by the Dale Jarrett Trio. Enter our free raffle to win a beautiful holiday gift basket!

While you're here, meet our team, tour our community and find out what we do to make our community a place seniors are proud to call home.

**Join us for a joyous celebration for the holiday season. RSVP for you and a friend today!**

## EVENT DETAILS

**Holiday Open House Celebration**  
at Brighton Gardens at Friendship Heights

**Thursday, December 17th**  
**6:30pm to 8:00pm**

**Space is limited. RSVP to**  
**301-656-1900 by December 10th**

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# Village Council Corner

## Holiday Tips from the County Police

Every year the holiday season brings an increase in traffic to Friendship Heights. Unfortunately, not everyone will be shopping. Pickpockets and purse snatchers often see crowds as great opportunities to take advantage of the unwary. Protect yourself!

- Carry purses close to your body with your hand on the closure. Across your chest and under a coat is best. Don't dangle your purse from your shoulder. That makes it easy for thieves to grab it and run.

- Keep wallets inside your coat or in a front pocket. A couple of stout rubber bands around it will make it more difficult for a thief to pull out.

- Watch out for loud arguments or commotions. If someone drops change or other personal items, chances are this is a staged distraction and your pocket may be picked if you stop to help.

- If you're bumped, watch out! A pickpocket may be responsible. Be extra careful on crowded elevators.

- Pickpockets often work in teams. One may appear to be helping you but chances are an accomplice is after your valuables while you're distracted.

- Walk purposefully and look confident. Assertive body language can help prevent an attack. Do not

slouch and always keep your head up.

- Try to walk with someone or stand at a bus stop with other people.

- Stay away from isolated or poorly lit areas. Avoid passing too close to places of concealment.

- If you have been victimized, call the police. Dial 911 for an emergency or call the non-emergency number at 301-279-8000.

## MVA Mobile Office Dates for 2010



The MVA has a brand new bus. It will be here on the following Mondays in 2010 (10 a.m. to 2 p.m.): January 25; February 22; March 29; April 26; May 24; June 21.

Council actions at the November 9 meeting:

- Heard informational presentation by sculptor Barton Rubenstein on possible fountain for Willoughby Park;
- Approved proclamation declaring November 23 Disability Day in the Village.



Friendship Heights

# VILLAGE NEWS

Friendship Heights Village Center  
4433 South Park Avenue  
Chevy Chase, Maryland 20815

### Check out our website:

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

**e-mail:** [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

**phone:** 301-656-2797

**December 2009 events calendar**