



Friendship Heights

VILLAGE NEWS

JULY 2011

301-656-2797

VOLUME 26, NO. 2



Orioles vs. Red Sox

page 3



Friendship celebrates the 4th

Enjoy an old-fashioned Independence Day celebration at the Friendship Heights Village Center on **Monday, July 4, from 2 to 4 p.m.** This community celebration offers something for everyone, from patriotic music to face painting to a moonbounce. Courtyard by Marriott will prepare delicious hot dogs and all the trimmings. We'll also have popcorn, snow cones, and cupcakes. Join us for old-fashioned fun and a lot of community spirit. During our program, we'll honor Village residents Ron Irion and Sydell Sandy for their service to the community.

We will also honor Montgomery County Police Officer Denise Gill as the 2011 recipient of the Elizabeth Scull Outstanding Community Service Award. The Village Council presents the award to an individual or individuals demonstrating the qualities of integrity and dedication that Elizabeth Scull exemplified during her lifetime of service as a Montgomery County Councilmember. The event is free. Please join us to celebrate!



A relaxing day in Rehoboth

Enjoy sun, surf and shopping as we travel to the Delaware shore on **Thursday, Aug. 25.** Stroll on the boardwalk, enjoy a seafood lunch or just take in the sea air. You may choose to spend the day exploring the outlet stores along Route 1 or at the beach or both. At the Tanger Midway outlet center, you'll find Coach Factory, Jones New York, L.L. Bean Factory Store, Liz Claiborne, Nine West, Polo Ralph Lauren, Ann Taylor, Rockport and more. We'll depart from the Village Center at 8 a.m., arriving in Rehoboth in time for you to enjoy lunch on your own. There are numerous cafes and restaurants along the boardwalk and Rehoboth Avenue. We'll return to the Village Center around 7:30 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. There are 45 spaces available.

A Sunday at Charles Town Races

The home of some of the area's best thoroughbred racing and slots, now offers blackjack, poker, roulette, and other table games. On **Sunday, Aug. 7,** you'll get the chance to check out Hollywood Casino as well as the horseracing at Charles Town. We'll leave from the Village Center at 10:30 a.m. and arrive by noon in time for brunch on the Skyline Terrace. Brunch includes omelets made to order, bacon, sausage, home fries, French toast, rotisserie chicken, steamship round, baked ham, mashed potatoes and gravy, fruit, pastries, bagels and more.

You'll also find all progressive slots, and the best of video poker, blackjack, and keno. Choose from hundreds of the latest three-coin machines, dollar games galore, and a brand-new array of fabulous Five-Dollar Slots. We should return to Friendship Heights by 6:30 p.m.

The cost of the trip is \$64, which includes transportation, admission to the park, buffet brunch and all taxes and gratuities. Residents may sign up immediately at the Village Center. Nonresidents may sign up beginning July 8. For additional information, call the Village Center at 301-656-2797.

CHILDREN'S PROGRAMS

Water Slide in Willoughby Park

Children 10 and under are invited to beat the summer heat with a day of water play on a giant slip and slide at Willoughby Park on **Thursday, July 21, from 10 a.m. to 2 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 Willoughby Park. *The rain date will be Friday, July 22, from 10 a.m. to 2 p.m.*

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.

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Email dentist@hosakadental.com for questions or comments.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: 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 August issue is July 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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ON the GO...



See the Orioles battle the Red Sox

Join us for an afternoon at the ballpark when we head over to Baltimore's Camden Yards to see the Orioles play the Boston Red Sox on **Wednesday, July 20.**

We will leave the Village Center at 11 a.m. and return around 5 p.m. The cost, which includes a discounted ticket on the Terrace Level, behind first base and under cover, transportation and driver gratuity, is \$59.

An evening at Wolf Trap

Join us on **Thursday, July 28**, when we drive out to Wolf Trap to enjoy The National Symphony Orchestra, conducted by Emil de Cou and featuring The 5 Browns.

The Browns are five siblings who have been a classical music sensation, appearing on *The Oprah Winfrey Show*, *60 Minutes*, and their own PBS TV special.

The program will include Mozart's *Concerto for Three Pianos and Orchestra in F Major*, Gershwin's *Rhapsody in Blue*, arranged for five pianos and orchestra, Poulenc's *Concerto for Two Pianos and Orchestra*, and Saint-Saëns's *Danse Macabre*, arranged for five pianos and orchestra.

We will leave the Village Center at 7 p.m. and return around 11 p.m. The cost, which includes a seat in the front Orchestra (at a 10 percent discount), transportation and gratuity, is \$77. After July 5, the price will be \$85.



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toric towns and horse farms, relax at a mountain retreat and take in musical performances.

From **Tuesday, Oct. 18 through Oct. 24**, we'll explore southwestern Virginia, Tennessee and Kentucky during a six-night, seven-day autumn excursion with stops in Lexington, Va., Abingdon, Oak Ridge, Tenn., Nashville, Lexington, Ky., and Hot Springs, Va.

Our first stop will be the historic town of Lexington, Va., to visit the Lee Chapel and Museum, built at the request of General Lee in 1867. The museum is devoted to the history of the university and its two namesakes and includes the impressive Washington-Custis-Lee collection of American portraits.

You'll have time to explore this quaint hamlet and enjoy lunch on your own. Our next stop is the beautiful Martha Washington Hotel and the Barter Theatre in Abingdon, Va. After checking in we'll enjoy dinner at the historic hotel then take in a performance of the musical "Cabaret" at the Barter Theatre. The Barter got its name for permitting patrons to pay with unconventional items such as poultry and produce during The Great Depression. The theater's alumni include Patricia Neal and Ernest Borgnine.

On Wednesday after breakfast, we'll travel through mountains of Southwestern Virginia and Eastern Tennessee, viewing the beautiful fall foliage en route to Oak Ridge, Tennessee. In Oak Ridge, we'll visit the American Museum of Science and Energy, designed to teach both children and adults about energy, especially nuclear power, and to document the role Oak Ridge played in the Manhattan Project. Afterward, we'll have a leisurely lunch along the banks of the Melton River at the Flatwater Grill.

Next, we'll arrive in Nashville at Opryland Hotel, our home for the next three nights. The hotel boasts great restaurants, superior shopping, and luxurious accommodations. There's even a scenic river cruise aboard a Mississippi-style Delta River Flatboat that winds leisurely through a lush indoor garden. Dinner is on your own.

On Thursday, we'll discover why Nashville is known as "Music City" as well as the "Athens of the South."

During our visit to downtown Nashville, we'll tour the famous Ryman Auditorium, known as "the mother

The benefits of breast reconstruction after surgery

Dr. Jules Feledy, a board certified plastic and reconstructive surgeon in Friendship Heights, will speak at the Village Center on **Friday, July 8, at 1 p.m.**

The emotional effects of an altered appearance after a mastectomy can be as psychologically damaging as the initial cancer diagnosis. Breast reconstruction can often help ensure a complete recovery of body and mind. Dr. Feledy has been included in the Top Doctors list in Washingtonian Magazine for the last four years.

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



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Nashville, continued on page 5

Tea and Talk: How JFK saved the world

Ambassador William Bodde, Jr. will discuss the Cuban missile crisis, a U.S. intelligence failure that almost led to World War III, at the Village Center on **Friday, July 15, at 2 p.m.**

Only recently have we learned that American officials, including President Kennedy, were unaware of the size and readiness of Soviet Forces in Cuba as they debated what course of action to take in response to Soviet deployment of nuclear missiles in 1962.

It is likely that a U.S. invasion or air strikes against the missile sites would have triggered a nuclear exchange between the US and the Soviet Union. Even the secret deal that was worked out didn't come to light until some years after the event. Pres. Kennedy's coolness and courage in resisting enormous pressure from his advisers and Khrushchev's willingness to back down and remove the missiles saved the world from nuclear disaster.

Ambassador Bodde was a U.S. Foreign Service Officer from 1962 to 1994. He served as an Ambassador under Presidents Carter, George H. W. Bush, and Clinton, and as Deputy Assistant Secretary of State for European and Canadian Affairs under Pres. Reagan. His assignments abroad were in Europe, Asia and the Pacific Islands.

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



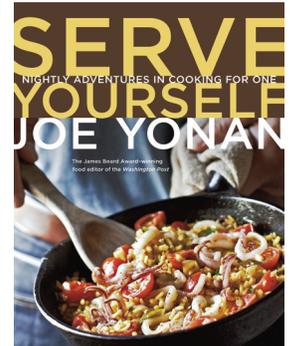
Award-winning food editor on cooking for one

Joe Yonan, the food and travel editor at The Washington Post, will discuss his new cookbook, *Serve Yourself: Nightly Adventures in Cooking for One*, at the Village Center on **Thursday, July 21, at 7:30 p.m.**

Mr. Yonan is the former travel editor at the Boston Globe and moved to the Post in 2006. He is editor of the Food and Travel sections of The Washington Post, where he also writes the award-winning "Cooking for One" column. His work earned for the Post the 2009 and 2010 James Beard Foundation's award for best food section.

His cookbook is aimed at the food-loving single and includes more than one hundred inventive, easy-to-make, and globally inspired recipes celebrating solo eating.

Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.



Nashville, continued from page 4

church of Country Music." Then you may choose between further exploring the history of country music at the Country Music Hall of Fame, or take in the first-class art collection at the Frist Center for Visual Arts. Each of the museums have cafes where you can enjoy lunch at your own pace on your own.



The Frist, an Art Deco building and formerly a post office, was restored and now contains more than 24,000 feet of exhibit space. In addition to a permanent collection, the Frist will be hosting 109 important works from the superb collection of the Brooklyn Museum that illustrate Egyptian beliefs regarding the defeat of death and promise of the eternal afterlife.

The Country Music Hall of Fame pays tribute to country music's finest, among them Hank Williams, Patsy Cline and Johnny Cash. There are numerous audio and video recordings of famed performances, as well as costumes, instruments, and Elvis' solid gold 1960 Cadillac.

Later in the afternoon, we'll visit Andrew Jackson's home, The Hermitage. Here, the life and time of our seventh president are reflected at this house, museum and education center. Andrew Jackson, also known as "Old Hickory," built the mansion on 600 acres for his wife, Rachel, for whose honor he fought and won a duel. Back

Nashville, continued on page 14

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PLAYING on the BIG SCREEN

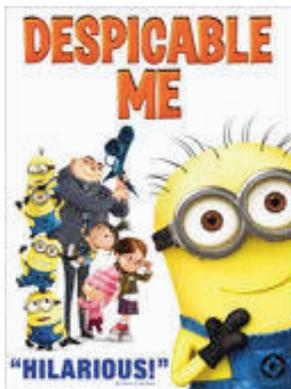
All movies begin at 7 p.m.

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, July 7, 7 p.m. — Movie — *Despicable Me* — Gru — along with his hilarious crew of mischievous minions — plots to pull off the craziest crime of the century: steal the moon! But when Gru enlists the help of three little girls, they see something in him nobody else has ever seen: the perfect dad. Features the voices of Steve Carell, Jason Segel, Julie Andrews and Miranda Cosgrove. Rated PG. Running Time: 95 minutes.



MVA Bus Schedule for second half of 2011:

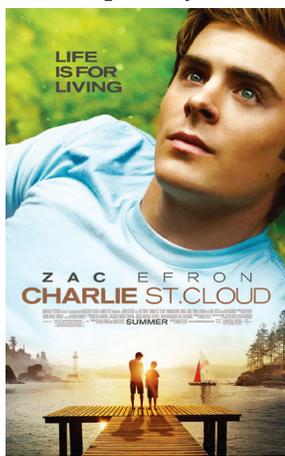
- Monday, July 18
- Monday, August 22
- Monday, September 26
- Monday, October 24
- Monday, November 21
- Monday, December 19

Village Center—10 a.m. to 2 p.m.

Thursday, July 14 — No Movie.

Thursday, July 21, 7 p.m. — Book signing with Joe Yonan—see page 5 for details.

Thursday, July 28, 7 p.m. — Movie — *Charlie St. Cloud* — Based on an acclaimed novel, “Charlie St. Cloud” is a romantic drama starring Zac Efron as a young man who survives an accident that lets him see the world in a unique way. In this emotionally charged story, he begins a romantic journey in which he embraces the dark realities of the past while discovering the transformative power of love. Accomplished sailor Charlie St. Cloud has a college scholarship that will lead him far from his sleepy Pacific Northwest hometown. But his bright future is cut short when a tragedy strikes and takes his dreams with it. After his high-school classmate Tess returns home unexpectedly, Charlie grows torn between honoring a



promise he made four years earlier and moving forward with newfound love. Also stars Amanda Crew, Charlie Tahan, and Kim Basinger. Rated PG-13. Running Time: 99 minutes.

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ART and CULTURE

Three cheers for area artists

You are invited to visit Friendship Gallery this month and see "Three Cheers for the Red, White, and Blue - A Celebration of the Fourth of July." This multi-media juried exhibit, sponsored by the Village of Friendship Heights and open to all area artists, will run through the month of July. Its patriotic themes are inspired by parades, family gatherings, picnics, fireworks, and heroes. The exhibit is held in conjunction with the annual celebration at the Village Center. Awards will be given to the winners at a reception on **Sunday, July 10, from 11:30 a.m. to 1:30 p.m.** All are invited to attend.

This year's juror is noted artist Millie Shott, art curator at Friendship Heights Village Center. Ms. Shott has worked in watercolor, acrylics, and collage for more than four decades. Her artwork is included in the collection of the Georgetown University Hospital, the Marriott Collection, the Public Art Trust Collection of Montgomery County, at the National Geographic Society and Fairfax Hospital, as well as in the personal collections of many area art collectors. She currently

Untitled watercolor painting by Millie Shott



teaches classes in her studio, through the Smithsonian Resident Associate Program, and at the Village Center.

The exhibit runs from July 3 to 30.

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. A special piece in the exhibit is a collage created by the community during last year's July 4th show. Look for a similar project this month. The "canvas" and supplies will be available at all times in the hallway at the Center. Find your creative side with this fun community art project!

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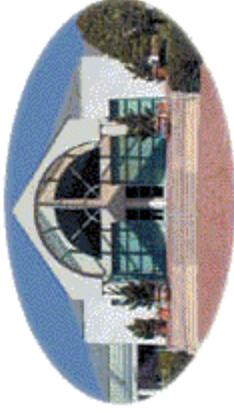
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Friendship Heights Village Center



Calendar of Events 2011

J U L Y

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

The Friendship Heights Village Council's next meeting will be **Monday, July 25, at 8 p.m.** The agenda will be posted prior to the meeting. The Village Council will not meet in August.

<p>3</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>4</p> <p>Center open 9 to 2 to 4 p.m.: Fourth of July Celebration</p> <p>Shuttle bus runs on weekend schedule</p> 	<p>5</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12:30 – 4:30 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates 7:30 p.m.: Great Courses: Herman Melville</p>	<p>6</p> <p>9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 2 p.m.: Choral Ensemble 7 p.m.: Concert: IONA</p>	<p>7</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Despicable Me</p>	<p>8</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.: Water Color Painting 1 p.m.: Breast Cancer Surgery and Reconstruction</p>	<p>9</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>10</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</p>	<p>11</p> <p>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 1 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting</p>	<p>12</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12:30 – 4:30 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist</p>	<p>13</p> <p>9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise with Tonya 1 p.m.: Suburban Lecture: Your Bones' Best Defense 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance</p>	<p>14</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 5:30 p.m.: Art, Music and Wine</p>	<p>15</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.: Water Color Painting 2 p.m.: Tea and Talk: Cuban Missile Crisis</p>	<p>16</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>

<p>17 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>18 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10 a.m. – 2 p.m.: MVA Bus Training For Seniors 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7 p.m.: Café Muse</p>	<p>7 p.m.: Yoga 5 p.m.: One-day Bridge 7 p.m.: Pilates</p>	<p>19 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12:30 – 4:30 p.m.: Blood Pressure Screening 1 p.m.: Balance Class 3 – 4 p.m.: Tea 4 to 7 p.m.: Vision Screenings 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7:30 p.m.: Great Courses 7:30 p.m.: Zumba Demo</p>	<p>Counseling 2 p.m.: Choral Ensemble 7 p.m.: Concert: Calico Jack</p>	<p>20 9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise with Tonya 11 a.m.: Depart for Baltimore 7 p.m.: Concert: Mariachis de Los Compadres</p>	<p>6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting</p>	<p>21 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m. – 2 p.m.: Splash Party/Willoughby Park Playtime 1 p.m.: Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing with Joe Yonan: Serve Yourself</p>	<p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Water Color Painting</p>	<p>22 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Water Color Painting</p>	<p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>	<p>23 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>	<p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>	<p>24 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>25 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 1 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>26 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12:30 – 4:30 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist</p>	<p>28 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Charlie St. Cloud 7 p.m.: Depart for Wolf Trap</p>	<p>29 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Water Color Painting</p>	<p>28 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Charlie St. Cloud 7 p.m.: Depart for Wolf Trap</p>	<p>28 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Charlie St. Cloud 7 p.m.: Depart for Wolf Trap</p>	<p>28 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Charlie St. Cloud 7 p.m.: Depart for Wolf Trap</p>	<p>31 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>30 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>	<p>30 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
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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.

A Reminder About our Refund Policy for Trips

If you must cancel your reservation for a Village trip, please be aware of the following:

1. The cost of any day trip that includes a ticket (theater, concert, sporting event, ballet, opera, etc.) is not refundable at any point after registration unless the space can be filled from the waiting list.
2. Any day trip that does not involve a ticket is refundable if cancelled at least seven days ahead.
3. Overnight trips are treated differently. Details are included in the newsletter trip description.



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

ART, MUSIC, AND WINE

This one-time class, taught by award-winning pastel artist and musician James Taylor, will be held Thursday, July 14, from 5:30 to 8:30 p.m. Students will create a pastel landscape painting and take home a work of art ready to be framed. Maryland wine and light refreshments will be served. All supplies, including a smock, will be supplied. Cost is \$70. A minimum of 8 students is required; the maximum is 10. Participants must be 21 or older.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins July 27. 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 for residents; \$75 for nonresidents. Maximum number is 8. Last class is August 31.

BRIDGE

ONE -DAY BRIDGE

This three-hour class taught by Frank Shull, a life master at bridge, will be held Tuesday, July 12, from 5 to 8 p.m. There are no structured hands or lessons—just fun bridge with answers to your specific questions as you play. Call Frank for more information at 301-520-9968. A minimum of four students is required; there is no maximum number. The cost is \$15.

EXERCISE AND FITNESS

SKY VALLEY TAI JI (THURSDAY)

This 6-week class begins July 28. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$40 for residents; \$45 for nonresidents. Questions? Email instructor Thomas Johnson at taijitaj7@gmail.com. Session ends September 1.

SKY VALLEY TAI JI (TUESDAY)

This 6-week class begins August 2. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40 for residents; \$45 for nonresidents. Session ends Sept. 6.

ZUMBA!

This 5-week class, taught by Elena Menshutkina, begins August 2. Meets Tuesdays from 7:30 to 8:30 p.m. The dynamic fitness program based on Latin music and dance steps is a fun and challenging cardio workout for all fitness levels. No previous experience in dance is needed. Wear comfortable clothes and shoes (no running shoes; cross-trainers okay). The cost is \$75. Minimum number is 10. Last class is August 30. See page 13 about July 19 demo.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12:30 to 4:30 p.m. The nurse is also available for consultations Tuesdays from 2:30 to 4:30 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 evening. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

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.

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.

GREAT COURSES

Taped lectures followed by discussion. Meets alternate Tuesday evenings at 7:30 p.m. The DVD series is produced by The Teaching Company, renown for selecting gifted teachers, lecturers and historians to address their topics. Check the calendar for dates and subject matter.

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 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

TEA

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.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books

The Village Book Club will meet this month on **Tuesday, July 19, at 11 a.m.** The book selection is *Love in the Time of Cholera* by Gabriel Garcia Marquez.

chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter.

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.



OUR CURRENT LISTINGS!



SH I:
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2BR+Den, 2.5BA, 2442 SF ~ \$1,595,000
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CONCERTS

Performances will be held each Wednesday from 7 to 8 p.m. in Hubert Humphrey Park. In the event of inclement weather, concerts will move indoors to Huntley Hall of the Village Center.

Wednesday, July 6 — IONA—The East Coast's premier pan-Celtic group, IONA, transports its audience to Scotland, Ireland, Wales, Cornwall, Mann, Brittany, Asturias and Galicia, and explores the Celtic cultures of the New World. Lead singer, guitar, bouzouki and bodhrán player, Barbara Ryan, and Bernard Argent on wooden flute, whistles, vocals and percussion, are joined by Chuck Lawhorn on bass guitar, whistles and vocals, new members Jim Queen, fiddle, banjo and vocals and dancer/vocalist Kathleen Larrick. Formed by Ryan and Argent in 1986, this award winning band has been at the forefront of the pan-Celtic renaissance in the US. In 1989 Ryan and Argent also established the Winter Concert Series, and founded the prestigious Potomac Celtic Festival in Leesburg in 1994.

Wednesday, July 13 — Calico Jack—From pirates to Point Lookout, the music of Calico Jack celebrates the maritime history, characters, and traditions of the Chesapeake Bay. Comprised of veteran performers Janie Meneely and Paul DiBlasi, Calico Jack rambles from the raucous ruminations of ne'er-do-well sea captains to more thoughtful ballads about the people who make a living "working" the water. "We don't do a lot of sea chanteys," Meneely says, although she admits to having more than a few up her sleeve. "There's so much traditional music out there about the maritime trades and life afloat, but not nearly enough about the Chesapeake region. We tend to concentrate on songs about the Chesapeake watermen or the oyster wars or contemporary boating."

Wednesday, July 20 — Mariachis de Los Compadres—Violinist Susan Jones leads this lively group in Mexico's best-loved music. Dressed in colorful authentic Mariachis costumes, the band plays traditional instruments: the bihuele, guitarron, trumpets, guitar, violin and harp. Performance credits include the White House, President Ronald Reagan's Inaugural Ball, Smithsonian Institution venues, and various government special events.

Wednesday, July 27 — Jeff Smith and The Band of Steves —Jeff Smith and His Band of Steves have been a performing unit since 1984. Jeff has been a solo performer and founding member of the Sleepers. The Sleepers' first single, "An American Boyfriend" was a summer hit in

Australia. Jeff and His Band of Steves are a rock 'n roll band with strong roots influences in country, blues, pop and folk. Members include Jeff Smith (vocals, guitar, piano, drums); Steve Cooper (vocals, bass); Steve Brigida (vocals, drums); Peter Bonta (electric guitar, keyboards); Pete Fields (bass).

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TO YOUR HEALTH

Free sight-saving screenings

Even for people who regularly see an ophthalmologist, glaucoma and visual acuity screenings provide useful information. Over 2 million Americans have been diagnosed with glaucoma and it is estimated that an additional 2 million are unaware that they have this potentially blinding disease because they have no symptoms. People with a family history of glaucoma, people with other health conditions such as diabetes, African Americans over age 40, and everyone over age 60 are at risk.

Hal Morrison will again offer glaucoma screenings (visual field, not air "puff" tests) along with visual acuity screenings (to assess distance and reading vision) on **Tuesday, July 19, from 4 to 7 p.m.**, at the Village Center. Hal is a Village resident and is the Director of the Adult Vision Screening Program for the Prevention of Blindness Society of Metropolitan Washington.

Please call the Center at 301-656-2797 to make an appointment. Wear or bring your eyeglasses or contacts; the screenings will take less than ten minutes. There are 30 spaces available.

This vision screening is free of cost and is provided as part of the partnership between the Village of Friendship Heights and the Prevention of Blindness Society of Metropolitan Washington.

Your bones' best defense

Osteoporosis is a disease of the bones that can cause fractures of the hip and spine. Learn the facts about this crippling disease, which affects more than 28 million Americans at this month's Suburban Health Lecture at the Village Center on **Wednesday, July 13, at 1 p.m.**

Dr. Madalene Greene, a rheumatologist, will share preventive measures that can be taken to avoid the onset of osteoporosis and will review the latest supplement treatment of Vitamin D deficiency.

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

Zumba – ditch the treadmill and join the party!

Zumba has been called "exercise in disguise." It is a Latin-inspired dance-fitness program that is more party than workout! Zumba is fun, easy, and for all fitness levels.

Give it a try at a free Zumba demo at the Village Center on **Tuesday, July 19, from 7:30 to 8:30 p.m.** Elena Menshutkina has been a certified Zumba instructor and AFAA-certified Group Exercise Instructor since 2005. Her Zumba classes have been featured on NBC4 News' "Get Healthy 4 Life" program.

Zumba routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. It targets areas such as glutes, legs, arms, abdominals, and the most important muscle in the body, the heart! It is a mixture of body sculpting movements and easy to follow dance steps.

A short summer series of Zumba classes will be offered in August. See page 10 for details. Everyone is guaranteed to have fun and a great workout!

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Cafe Muse presents...

This month's Café Muse, on **Monday, July 18, at 7 p.m.**, presents poets Luis Alberto Ambroggio and Carlos Ayala.

Luis Alberto Ambroggio is the author of eleven collections of poetry published in Argentina, Costa Rica, Spain, and the United States. He was appointed a member of the North American Academy of the Spanish Language, and in 2004 he won the Spanish TV Award for poems on solitude. His poetry and essays appear in *Scholastic*, *International Poetry Review*, *Voices: Breaking Down Barriers* and other publications.

Carlos Ayala is the co-editor of the anthology *Al pie de la Casa Blanca: Poetas hispanos de Washington, DC* published by the North American Academy of the Spanish Language in 2010. He is a recipient of Washington, DC's, Commission on the Arts Larry Neal Poetry Award, a

member of Late Night Hours, and a founding member of ParaEsoLaPalabra, a collective of writers, artists and activists whose goal is to promote the arts, music and literature in the Spanish speaking communities of the DC metropolitan area. His poetry appears widely in *Beltway*, *Divided City*, *Arte Poetico* and other journals.

Café Muse opens at 7 p.m. with classical guitar by Michael Davis; readings begin at 7:20. 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.

Nashville, continued from page 5

at the hotel, you can choose from among the many wonderful restaurants for dinner on your own. The evening is free, so you may choose to enjoy entertainment at the hotel or venture into downtown Nashville for a number of live musical performances along Broadway.



Friday finds us enjoying a sightseeing tour of the city, where we'll see the Bicentennial Park, famous Music Row and the Parthenon. Then we'll drive to Cheekwood Botanical Gardens and Museum of Art. There we will tour the fully-restored Neo-Georgian mansion which houses American and European collections as well as a number of Fabrege pieces. We'll savor a delicious lunch then view some of its spectacular gardens.

Next, we'll explore Belle Meade Plantation. Known as the "Queen of Tennessee Plantations," this stunning Greek Revival mansion is furnished in the antebellum style and is the centerpiece of an estate that was one of the nation's finest Thoroughbred breeding farms. You'll also have time for a little shopping in the quaint Nashville neighborhood of Hillsboro.

Nashville, continued on page 15

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Nashville, continued from page 14

That evening we'll see a live performance at "the Opry," located just minutes from the Opryland Hotel.



On Saturday morning we say goodbye to Nashville and travel to Shaker Village of Pleasant Hill, Kentucky, where we will have lunch and explore this the largest restored Shaker community in America. Later, just outside of Lexington in the heart of horse country, we'll visit a farm for retired thoroughbreds and then enjoy dinner at Holly Hill, a charming restaurant listed on the National Register of Historic Homes. Following dinner, we'll settle into the Griffin Gate Marriott in Lexington.

Following a sumptuous breakfast on Sunday morning, we'll visit Lexington's gorgeous Keeneland Race Track. One of America's most beautiful courses, it has been featured in many equestrian films including *Seabiscuit* and *Secretariat*.

The final stop on our Southern excursion will be the Homestead, a National Register Property in the Allegheny Mountains of Virginia.

We'll arrive in time to relax over a glass of wine at our wine and cheese reception before enjoying a leisurely dinner in the main dining room. Settle into your luxurious room at this award-winning resort.

On Monday morning linger over a luscious breakfast and just relax. We'll depart from the Homestead after enjoying afternoon tea. We should return to Friendship Heights by 9 p.m.

The cost of the trip, which includes round-trip transportation, six nights' deluxe accommodations, six breakfasts, three lunches, three dinners, a wine and cheese reception, afternoon tea, tickets to *Cabaret* and the Grand Ole Opry, guide services, admissions to museums and historic homes, and all taxes and gratuities is \$1699 per person based on double occupancy. The prices increase to \$1750, per person, double occupancy, after July 15. The single supplement is \$630. A deposit of \$500 is due immediately. The second payment of \$500 is due August 1. The balance is due September 1. No refunds will be issued after July 15. Sign up immediately at the Village Center. This trip is filling quickly!



A Unique Senior Living Experience

The moment you walk through our door, you'll feel at home. From our warm, inviting fireplace to our cozy, family-like atmosphere, Brighton Gardens at Friendship Heights is a step above the typical senior residence. For the past 14 years, our caring and experienced staff has been helping seniors live life to the fullest.

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Village Council Corner

New Design for Flower Baskets

Our hanging flower baskets (shown below) feature a new design this year with different plantings for sun and shade locations. They were designed by Jenn Rodriguez, landscape architect with Ruppert Landscapes, our landscape maintenance contractor.

Watch as the baskets continue to develop throughout the growing season.



The Village grounds are once again in bloom with a beautiful assortment of annuals and flowering plants. Photos by Alvan Morris



There was no new business at the June Council meeting.

NOTE: The next Village Council meeting will be Monday, July 25. There will be no Council meeting in August.



Friendship Heights

VILLAGE NEWS

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

Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

July 2011 events calendar