



Friendship Heights

VILLAGE NEWS



Baltimore's favorites

page 3

JANUARY 2012

301-656-2797

VOLUME 26, NO. 8

Spend an Evening with Rep. Chris Van Hollen

You are invited to come to the Village Center on **Monday, Jan. 30, at 7 p.m. (please note time)**, for a conversation with our congressman, Chris Van Hollen.

Rep. Van Hollen represents Maryland's 8th Congressional District, home to over 600,000 Marylanders and comprised of portions of Montgomery and Prince George's Counties, including Friendship Heights. He was elected to Congress in 2002 and soon earned a reputation as an active, engaged, and effective member of Congress, rising to become one of the youngest members of the Democratic leadership in 2008. He was elected by his colleagues in 2010 to serve as the top Democrat on the House Budget Committee and was a member of the Joint Select Committee on Deficit Reduction.



Bring your questions and concerns. But first call 301-656-2797 to reserve a seat.

Paintings and photography at the Phillips

Join us on **Wednesday, Feb. 15**, when we visit the Phillips Collection for a guided tour of the new exhibit "Snapshot: Painters and Photography, Bonnard to Vuillard" as well as the gallery's extraordinary permanent collection including the famous Rothko Room.

"Snapshot" includes many previously unpublished photographs taken by a group of post-impressionist artists including Pierre Bonnard, Felix Vallotton, and Edouard Vuillard with the hand-held Kodak during the 1890s. Known primarily as painters and printmakers, these artists experimented with photography and produced surprising results.

Created in 1960, the chapel-like Rothko Room holds four paintings by artist Mark Rothko. Rothko was one of the most famous of the Color Field artists and his chapel draws visitors from all over the world (to learn more about Mark Rothko, plan to attend the lecture at the Village Center on Jan. 25. See page 4). And no tour would be complete without a viewing of the best known and most popular work of art at The Phillips: Renoir's *Luncheon of the Boating Party*,



Continued on page 4

See Red: 'Best Play of 2010' at Arena

Join us for a wonderful evening of theater when we attend a performance of Tony Award-winning *Red* at Arena Stage on **Saturday, March 3**.

Red, last year's winner of six Tony Awards including Best Play, is a drama about painter Mark Rothko and the timeless tug of war between art and commerce. It is produced in association with Chicago's Goodman Theatre and directed by Tony Award winner Robert Falls. Rothko is played by Edward Gero, a four-time recipient of the Helen Hayes Award and member of the Shakespeare Theatre Company.

Set at the height of the artist's career, the play depicts Rothko's struggles with a series of grand-scale paintings for an elite New York restaurant. When his new assistant challenges his artistic integrity, Rothko must confront his own demons. *Red* also won the Drama Desk Award for Outstanding Play and the 2010 Drama League Award for Distinguished Production of a Play.

We will leave the Village Center at 7 p.m. and should return around 11 p.m. The cost of the trip is \$80, which includes Center Orchestra seats at a special group discount (30 percent), transportation, and driver gratuity. Residents may sign up immediately; nonresidents may sign up Jan. 14. The deadline to sign up is Feb. 2. There are 24 tickets available.

Continued on page 2

CHILDREN'S PROGRAMS

Landon Symphonette presents 'The Coffee Cantata'

The Landon Symphonette Chamber Ensemble kicks off the new year with a classical program featuring the popular "Coffee Cantata" on **Saturday, Jan. 7, from noon to 1:30 p.m.** Richard Weilenmann will conduct the ensemble with two selections by J.S. Bach.

The Coffee Cantata No. 211 features soprano Amanda Brown, tenor Biran Wallin, and bass-baritone Andrew Adelsberger. Ms. Brown is a second year graduate student in the Maryland Opera Studio; Mr. Wallin is a senior in the school of music at the University of Maryland; and Mr. Adelsberger holds a Master's degree of music from the Maryland Opera Studio.

Overture (Suite No. 2) BMV 1067 will feature flutist Julianna Nickel. Ms. Nickel attended the New England Conservatory where she received her bachelor's and master's degrees of music. She is a two-time winner of the New England Conservatory Wind Ensemble Competition and performed frequently with the Vermont Symphony and the Boston Philharmonic. She is an adjunct professor of flute at George Mason University, and has played with the National Symphony Orchestra, The Washington Opera, and for the National Cathedral.

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

Red, continued from page 1

To learn more about Mark Rothko, plan to attend the lecture at the Village Center on Jan. 25 at 2 p.m. and/or join us for a trip to the Phillips on Feb. 15 to see the Rothko Room.



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 February issue is January 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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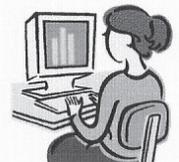
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ON the GO...

Lunch in Baltimore's Little Italy and a visit to the Aquarium

Join us as we travel to Charm City for an authentic Italian lunch in Little Italy and then view spectacular sea life at the National Aquarium on **Tuesday, Jan. 31.**

Our first stop is Chiapparelli's, a family-owned restaurant that has served pasta, pesto and other Italian favorites for more than 60 years. The menu includes Chiapparelli's famous house salad, homemade bread, homemade lasagna, penne con vodka, and choice of meatballs or sausage and peppers, dessert, coffee, tea or iced tea.

The Baltimore Sun writes, "Chiapparelli's offers a cozy atmosphere with a staff that makes you

feel right at home in Little Italy. The brick walls capture and contain the Italian aromas, taking over the senses."

Following lunch we'll take the short ride to Baltimore's Inner Harbor to visit the National Aquarium. The Aquarium is home to about 16,500 specimens and more than 660 species of animals, ranging from jellyfish to the Giant Pacific Octopus. In addition to sea life, you'll find an enormous assortment of amphibians, birds, fish, invertebrates, mammals and reptiles. Walk into a room surrounded by sharks, view beautiful coral reefs, or visit a rainforest on the roof. The National Aquarium

also features a special exhibit on Australia where you may wander past tanks filled with pythons and death adders. Overhead, parrots and kookaburras play.

Before we depart from the National Aquarium, we will visit the Marine Mammal Pavilion for the new dolphin show, "Our Ocean Planet." The cost of the trip, which includes transportation, lunch in Little Italy, admission to the National Aquarium, ticket to the dolphin show, and all taxes and gratuities, is \$86.

We'll depart from the Village Center at 10:30 a.m. and should return by 4:30 p.m.

Sign up immediately at the Center. There are 25 spaces available.



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Tea and Talk: Mark Rothko

In preparation for our trip in March to Arena Stage to see *Red*, the Tony-winning play about Mark Rothko, and a visit to the Phillips Collection next month to see his paintings, art historian Joan Hart will lecture on the artist at the Village Center on **Wednesday, Jan. 25, at 2 p.m.**

Few artists have explored the beauty and expressive power of color like Mark Rothko. This program, *Rothko: the Master of Color*, will provide a comprehensive overview of Rothko's artistic career, with an emphasis on the Rothko Chapel at the Phillips Collection.

Joan Hart is executive director of Museum One, Inc., an arts outreach service, and teaches at various community sites in the area. After the program please stay for tea; call 301-656-2797 to reserve a seat.

Phillips Collection, continued from page 1

purchased by Duncan Phillips in 1923. Following our tour, we'll enjoy lunch in the café (on your own). This casual restaurant offers salads, soups and sandwiches.

We will leave the Village Center at 10:30 a.m. and return around 2:30 p.m. The cost of the trip is \$38, which includes guided tour, transportation and gratuity. Residents may sign up immediately; nonresidents may sign up Jan. 14. The deadline to sign up is Feb. 2. There are 24 spaces available.

White House correspondent to speak at the Center

Kenneth T. Walsh, the chief White House correspondent for U.S. News & World Report, will discuss his new book, *Family of Freedom: Presidents and African Americans in the White House* at the Village Center on **Thursday, Jan. 26, at 7:30 p.m.**

Mr. Walsh has covered the presidencies of Ronald Reagan, George H. W. Bush, Bill Clinton, George W. Bush, and Barack Obama. His new book discusses the racial attitudes and policies of American presidents and shows how African Americans helped to shape those attitudes and policies over the years. His analysis starts with the early presidents who had slaves and ends with the rise, election, and administration of the first African American president.

In addition to writing for U.S. News & World Report, Mr. Walsh appears frequently on television and radio news shows, is a former president of the White House Correspondents' Association, is an adjunct professor of communication at American University, and is the author of five books. In 2005 he spoke at the Village Center about his book, *From Mount Vernon to Crawford*.

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

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Former Assistant Surgeon General on hot health topics

Douglas Kamerow, family doctor, journal editor, NPR commentator, and Chief Scientist at RTI International, will discuss his book, *Dissecting American Health Care*, at the Village Center on **Thursday, Feb. 9, at 7:30 p.m.**

This collection of essays taken from Dr. Kamerow's health policy columns in the global medical journal BMJ and his nationally broadcast radio commentaries, covers today's most critical health issues: alternative medicine, health care reform, screening mammograms, taxes to decrease soda consumption, gun control, and many more.

Dr. Kamerow spent 20 years in the Commissioned Corps of the US Public Health Service, where he created and led successful national programs that have made major contributions to health and health care. He retired from the Public Health Service in 2001 with the rank of Assistant Surgeon General. Currently, Dr. Kamerow is a chief scientist at RTI International, an editor of BMJ, a commentator on NPR, and a professor at Georgetown University.

Copies of the book will be available for purchase. Sign up by calling 301-656-2797.

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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, Jan. 5, 7 p.m. — Movie —

The Help — In 1960s Jackson, Miss., aspiring writer Eugenia Phelan crosses taboo racial lines by conversing with Aibileen Clark about her life as a housekeeper, and their ensuing friendship upsets the fragile dynamic between the haves and the have-nots. When other long-silent black servants begin opening up to Eugenia, the disapproving Southern town soon gets swept up in the turbulence of changing times. Stars Emma Stone, Viola Davis, Allison Janney and Cicely Tyson. Rated PG-13. Running Time: 146 minutes.



Thursday, Jan. 12, 7 p.m. — Café Muse

Thursday, Jan. 19 — No Movie

Thursday, Jan. 26, 7:30 p.m. — Book Signing with Ken Walsh, see page 4 for details.

Call for interest: duplicate bridge

Bridge players interested in duplicate bridge should call Village resident Nancy White at 301-652-4119. The group would meet Mondays from 1 to 4 p.m. at the Village Center in the same room with the Village Bridge Club. The Center would like to thank the family of Margaret Gaus for the donation of two duplicate bridge boards.

Dr. Michael Gittleson
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Medicine/Foot Surgery Early Morning Hours

The Village Book Club will meet this month on **Tuesday, Jan. 17, at 11 a.m.** The book selection is *Middlesex* by Jeffrey Eugenides.



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ART and CULTURE

Printmakers on exhibit in Friendship Gallery

This month's artists on exhibit are all printmakers. Laura Chassy has been printmaking since 1968 and is presently represented in Newman Gallery in Washington and Antreasian Gallery in Baltimore. Ms. Chassy's prints are mostly etchings of people and places she's known.

Marcia Davis, Mimi Hegler, Nancy Leak, Genevieve Roberts, and Shirley Tabler have worked together to produce Intaglio prints – original etchings, aquatints and monotypes. An interesting aspect of the group is their common interest in miniature art. They have won top



"Home Grown," aquatint by Mimi Hegler

awards for their tiny prints in the foremost miniature exhibits in the world. All are in permanent collections worldwide including the Pushkin Museum Moscow, Russia; London,

England; Germany; Australia; Japan; The Corcoran Gallery and The Women's Museum of Art in Washington DC; The Baltimore Museum of Art; George Washington University; Denver Museum of Art; the Miniature Society of Florida and the government in Montgomery County, Maryland.

The show runs from Jan. 3 to 28. All are invited to meet the artists at a reception on **Sunday, Jan. 8, from 11:30 a.m. to 1:30 p.m.** 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 certain activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



"Butler Farm" aquatint by Mimi Hegler

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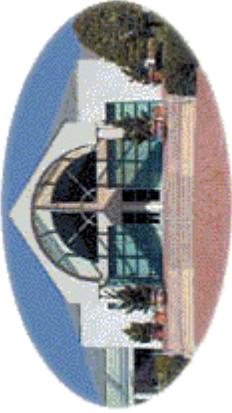


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Friendship Heights Village Center



Calendar of Events 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Open House 2 to 3:30 p.m. Shuttle Bus runs from 1:30 to 4 p.m.	2 Center Open 9 a.m. to 2 p.m. 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books Shuttle Bus runs on weekend schedule	3 8:15 a.m.: Walking Club 12 - 4 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 2 - 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates 7:30 p.m.: Great Courses: Stowe	4 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 1 p.m.: Portraiture in Pencil and Pastel	5 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: The Help	6 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	7 8:15 a.m.: Walking Club 12 p.m.: Landon Symphonette
8 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. - 1:30 p.m.: Art Reception	9 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 8 p.m.: Friendship Heights Council Meeting	10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 - 4 p.m.: Blood Pressure Screening 1 p.m.: Balance And Coordination 3 - 4 p.m.: Tea 2 - 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	11 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Suburban Lecture: Spinal Stenosis 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Seraphim	12 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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse	13 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	14 8:15 a.m.: Walking Club
15 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers	16 Martin Luther King, Jr. Day Center Open 9 a.m. to 2 p.m. 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya	17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 - 4 p.m.: Blood Pressure Screening 1 p.m.: Balance And Coordination 3 - 4 p.m.: Tea 2 - 4 p.m.: Suburban Nurse	18 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 5 p.m.: Beginning Bridge class 7:30 p.m.: Tales in the Village featuring	19 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.: Hot Tips For Today's Job Market 6:45 p.m.: Scrabble	20 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	21 8:15 a.m.: Walking Club 6:15 p.m.: Depart for Capitol Steps

22
 9 a.m.: Yoga
 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

Shuttle Bus runs on weekend schedule
23
 9:15 a.m.: Fit 4-Ever
 10 a.m.: Great Books
10 a.m. – 2 p.m.: MVA Bus
 10:30 a.m.: Resistance Training For Seniors
 12:30 p.m.: Bridge Club
 1 p.m.: Strength Training with Tonya
 2:30 p.m.: Acrylic or Oil Painting
 7 p.m.: Yoga

Specialist
 7 p.m.: Mat Pilates
 7:30 p.m.: Great Courses: Emily Dickinson
24
 8:15 a.m.: Walking Club
 9:30 a.m.: Tai Ji
 12 – 4 p.m.: Blood Pressure Screening
 1 p.m.: Balance And Coordination
 3 – 4 p.m.: Tea
 2 – 4 p.m.: Suburban Nurse Specialist
 5 p.m.: Bridge class
 7 p.m.: Mat Pilates

Donna Ingham
25
 9:15 a.m.: Fit 4-Ever
 10:15 a.m.: Yiddish
 11 a.m.: Chair Exercise
 1 p.m.: Portraiture in Pencil and Pastel
 1 p.m.: Health Insurance Counseling
2 p.m.: Tea and Talk: Joan Hart on Mark Rothko
 5 p.m.: Beginning Bridge class
7:30 p.m.: Concert: Editia Vinnitskaya

6:45 p.m.: Acrylic or Oil Painting
26
 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
 6:15 p.m.: Scrabble
 6:45 p.m.: Acrylic or Oil Painting
7:30 p.m.: Book Signing with Kenneth Walsh

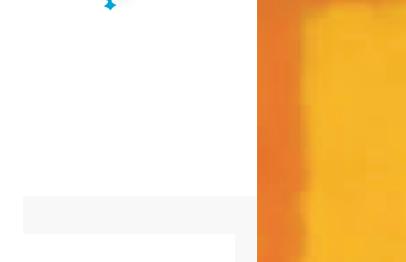
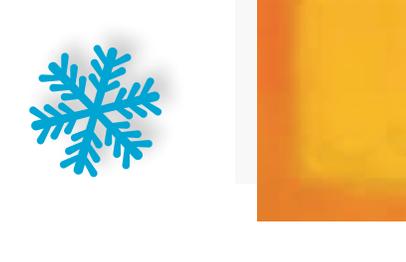
27
 9:15 a.m.: Drop-in Tai Chi
 10:30 a.m.: Coffee and Current Events
 10:30 a.m.: Strength Training with Cheryl

28
 8:15 a.m.: Walking Club

29
 9 a.m.: Yoga
 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

30
 9:15 a.m.: Fit 4-Ever
 10 a.m.: Great Books
 10:30 a.m.: Resistance Training For Seniors
 12:30 p.m.: Bridge Club
 1 p.m.: Strength Training with Tonya
 2:30 p.m.: Acrylic or Oil Painting
 7 p.m.: Yoga
7 p.m.: An Evening with Rep. Chris Van Hollen

31
 8:15 a.m.: Walking Club
 9:30 a.m.: Tai Ji
10:30 a.m.: Depart for Baltimore
 12 – 4 p.m.: Blood Pressure Screening
 1 p.m.: Balance
 3 – 4 p.m.: Tea
 2 – 4 p.m.: Suburban Nurse
 5 p.m.: Bridge class
 7 p.m.: Mat Pilates
 7:30 p.m.: Great Courses: Dickinson



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.

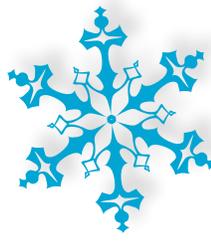
Village Center Hours

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.

Mark Rothko featured in upcoming events

- Tea and Talk: Jan. 25
- Trip to Phillips Collection: Feb. 15
- Red at Arena Stage: March 3.



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

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Jan 4. 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 Feb. 8.

BRIDGE

BEGINNING BRIDGE

This 7-week series taught by Frank Shull begins Jan. 18. Meets Wednesdays from 5 to 7 p.m. For people who have never played bridge or want to pick up their game from years ago. Students will learn terminology, how to evaluate and bid hands, how to make finesse work, counting points and more. Call Frank with questions at 301-520-9968. He is a life master at bridge and has over 1,000 master points. A minimum of 8 students is required; maximum is 12. The cost is \$105 for residents; \$110 for nonresidents. Session ends Feb. 29.

MODERN NO TRUMP BIDDING

This 6-week series taught by Frank Shull begins Jan. 24. Meets Tuesdays from 5 to 7 p.m. Students will learn the following bridge challenges: introduction to the Stayman Convention; how to use the Stayman Convention opening 1 No Trump

with 15 to 17 points; introduction to the Jacoby Transfer Convention; and, how to use the Jacoby Transfer Convention. A minimum of 8 students is required; maximum is 20. The cost is \$90 for residents; \$95 for nonresidents. Session ends Feb. 28.

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 10-week class begins Jan. 10. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$110 for residents; \$115 for nonresidents. Session ends March 13. Questions? Email instructor Tonya Walton at staraka4u@gmail.com. Maximum of 15 students.

CHAIR EXERCISE

This 8-week class begins Jan 11. 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 \$85 for residents; \$90 for nonresidents. Session ends Feb. 29.

MAT PILATES

The 6-week session begins Jan. 3. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from 'the inside out' bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up

for this course; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Minimum number is 10. Questions? Email Gingerrusteach@yahoo.com. Session ends Feb. 7.

SKY VALLEY TAI JI (THURSDAY)

This 12-week class begins Jan. 12. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$90 for residents; \$100 for nonresidents. Questions? Email instructor Thomas Johnson at taijitaj7@gmail.com. Session ends March 29.

SKY VALLEY TAI JI (TUESDAY)

This 12-week class begins Jan. 10. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$90 for residents; \$100 for nonresidents. Session ends March 27.

STRENGTH TRAINING WITH CHERYL

This 6-week class begins Jan. 13. 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 for residents; \$70 for nonresidents. Session ends Feb. 17.

STRENGTH TRAINING WITH TONYA

This 8-week class begins Jan. 9. 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 \$85 for residents; \$90 for nonresidents. Session ends March 5 (class will not meet Feb. 20).

YOGA (DAY)

This 9-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Jan. 22. 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 clothes, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$110 for residents; \$115 for nonresidents. Session ends March 25 (class will not meet Feb. 19).

YOGA (EVENING)

This 9-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Jan. 23. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$110 for residents; \$115 for nonresidents. Session ends March 26 (class will not meet Feb. 20).

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 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 most Wednesday evenings. 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 chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter. New members are welcome at any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 (**note new time**) to 4 p.m. All are welcome; cards will be supplied. Contact Nancy White at 301-652-4119 for more information.

VILLAGE PLAY TIME

Children of all ages are welcome to play 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.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a 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.

CONCERTS

Concerts will be held from 7:30 to 8:30 p.m. on the second, third and fourth Wednesdays of the month. The second and fourth Wednesdays will feature musical performances while the third Wednesday will feature storytelling. Performances are held in Huntley Hall of the Village Center.

Wednesday, Jan. 4 — No Concert

Wednesday, Jan. 11 — Seraphim — Julie and Darrell Parsons studied at Northwestern University where Julie was a senior voice/piano major, and Darrell was a graduate assistant in the voice department working on a master's in voice. Their wide and varied individual careers prepared them to present an unusually varied repertoire of Broadway, classical, jazz and folk music.

Wednesday, Jan. 18 — Tales in the Village featuring Donna Ingham — Humorist and folklorist Donna Ingham takes the ancient art of storytelling and gives it a Texas twist to entertain audiences of all ages. Hear tall tales, folklore, historical and personal stories told as only a Texan could—or would.

Wednesday, Jan. 25 — Edita Vinnitskaya — Pianist Edita Vinnitskaya was born in Armenia and graduated the Komitas National Conservatory with highest honors (DMA) in 1988. Ms. Vinnitskaya was awarded honors for the first performance of the Beethoven piano trios in Transcaucasia area in 1982-1984. She is a recipient of Armenian National and Transcaucasia piano prizes in 1975, 1980, 1985. In 1986 she won the first prize for the interpretation of the Mozart *Concerto #25 in C major*. She also won the prize of the "Best accompanist" in Armenia, 1993; In October 1997 she was the winner of Jack Memorial competition for performing the *Chopin Concerto #2 in f minor*. In February 1998 she was a finalist of Russell C. Wonderlic recital competition (Baltimore), several first prizes winner at the San Francisco international piano competition in September 1998, and won first prize at The North Carolina Greensboro piano competition, 1999. Her program will include works by Bach, Mozart, Chopin, Beethoven, Liszt and Villa-Lobos.

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Some tips for preventing falls

Did you know that as one grows older, the risk of falling increases and is greater for women than for men? Did you know that it is believed that those who fall will fall again within 6 months? At least one-third of falls in people over 65 involve environmental hazards in the home, and if you are experiencing an age-related vision disorder, your risk of falling increases dramatically.

Cataracts, glaucoma and other aging eye diseases alter depth perception, visual acuity, peripheral vision and susceptibility to glare. These limitations hinder the ability to safely negotiate the environment, whether you are in your own home or at a shopping mall.

Some prevention tips: regular checkups by your ophthalmologist; use color and contrast to define balance-aiding objects in the home like grab bars and handrails; add contrasting color strips to first and last steps to identify change of level; and clean eye glasses often to improve visibility.

The Prevention of Blindness Society of Metropolitan Washington and the Vision Support Lunch & Learn Group at Friendship Heights Village Center **will not** meet in January. However, for more tips on avoiding falls in all living spaces, call the Center at 301-656-2797 to request a "Tip sheet." The next meeting of the Vision Support group will be **Thursday, February 16, at 12:30 pm.**

Find Relief from Spinal Stenosis

Spinal stenosis is a debilitating condition that involves the narrowing of the spinal canal. Dr. A. Jay Khanna, spine surgeon and associate professor of orthopedic surgery and biomedical engineering with Johns Hopkins Medicine, will describe innovative treatments for spinal stenosis at this month's Suburban Health Lecture at the Village Center on **Wednesday, Jan. 11, at 1 p.m.**

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 **Thursday, Jan. 12, at 7 p.m. (please note day)**, presents Clifford Bernier and Anne Pierson Wiese.

Clifford Bernier is the author of *The Silent Art*, winner of the 2010 Gival Press Poetry Award, and two chapbooks, *Earth Suite* and *Dark Berries*. His poetry appears in the *Potomac Review*, *The Baltimore Review*, *Innisfree*, and other journals and is featured on the CDs *Poetry in Black and White*, *Live at IOTA Club and Cafe*, and *Live at Bistro Europa*.

Anne Pierson Wiese's book *Floating City* was selected by Kay Ryan for the 2006 Walt Whitman Award. She is the recipient of numerous honors and awards including the Discovery/*The Nation* Prize, First Place Prize

in the Writers@Work Fellowship Competition, and a poetry fellowship from the NY Foundation for the Arts. Her work widely appears in *Ploughshares*, *The Virginia Quarterly Review*, and *American Life in Poetry*.

Café Muse opens at 7 p.m. in the Village Center 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.

Hot tips for today's job market

Whether you are newly unemployed or are looking for your first job, you must know the dos and don't's of resume writing, the keys to mastering interviews and the secrets to successful networking. Expand your job search at this workshop presented in partnership with the Jewish Social Service Agency (JSSA) Employment and Career Services at the Village Center on **Thursday, Jan. 19, from 1 to 2 p.m.** Please sign up by calling 301-656-2797.



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Village Council Corner

Centennial Committee to meet



The Village Council has established an ad hoc committee to develop plans for the observance of the community's 100th birthday in 2014. The Centennial Committee's first meeting has been scheduled for **Wednesday, January 11, at 5:30 p.m.**, at the Village Center. The

Committee will be considering ways to merge historic themes with such popular annual events as the New Year's Day reception, Community Day celebration, Independence Day festivities, and the Taste of Friendship Heights. This meeting will be open to the public.

Council action at the December 12 meeting:

- Approved Village records retention and disposal policy required by State of Maryland.



The house of Mr. and Mrs. Richard Ough and family, circa 1905, on what is now the corner of South Park Avenue and the Hills Plaza. The community water tank (rear, left) was where the Willoughby condominium now stands. This and other historic photos are on display in the Village Center. We are seeking additional photos for the Centennial edition of our history booklet.

Village Civic Association dissolves

Recently the Friendship Heights Village Civic Association announced it will dissolve. We then heard from several residents who mistakenly thought this might affect the programs and services at the Village Center. The Civic Association was an independent organization that was not affiliated with the Village government.



Friendship Heights

VILLAGE NEWS

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



Check out our website:

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January 2012 events calendar