



Friendship Heights

VILLAGE NEWS



Speech Therapy Support Group

page 4

JUNE 2012

301-656-2797

VOLUME 27, NO. 1

Sunday brunch at the races



Enjoy some of the area's best thoroughbred racing when we travel to Charles Town, West Va., on **Sunday, July 8**. Hollywood Casinos at Charles Town offers horse racing, slots and table games, less than two hours from Washington. We'll depart from the Village Center at 10:30 a.m. and arrive in time for brunch on the Skyline Terrace.

Brunch includes omelets made to order, sausage, bacon, home fries, French toast, rotisserie chicken, steamship round, baked ham, mashed potatoes and gravy, fruit, pastries, bagels and more. After a sumptuous brunch buffet, you can bet on the ponies or try your luck at the numerous gaming machines or table games.

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

The cost of the trip is \$69, which includes transportation, admission, buffet brunch and all taxes and gratuities. Residents may sign up immediately at the Village Center. Nonresidents may sign up beginning June 15. For additional information, call the Village Center at 301-656-2797. There are 33 spaces available.

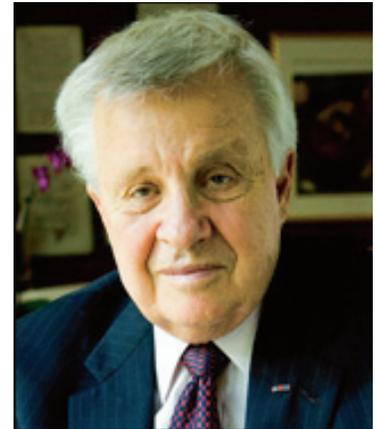
Congressional Field Hearing on health act to be held at Center



Rep. Chris Van Hollen will convene a Congressional Field Hearing on implementation of the Mental Health Parity and Addiction Equity Act (MHPAEA) at the Village Center on **Tuesday, June 26, at 7:30 p.m.** The public is invited to attend.

MHPAEA provides tens of millions of Americans with non-discriminatory access to mental health and addiction treatment. Under this act the treatment limitations and financial requirements on mental health and

Continued on page 4



Understanding the mind of the terrorist

Dr. Jerrold Post, a profiler of dictators and despots, will speak at the Village Center on **Thursday, July 12, at 7:30 p.m.**

Dr. Post, Professor of Psychiatry, Political Psychology and International Affairs, and Director of the Political Psychology Program at George Washington University, has devoted his entire career to the field of political psychology. He came to G.W. after 21 years with the Central Intelligence Agency where he founded and directed the Center for the Analysis of Personality and Political Behavior, which provided assessments of foreign leadership and decision making for the President and other senior officials to prepare for Summit meetings and other high level negotiations and for use in crisis situations. He played the lead role in developing the "Camp

Continued on page 2

David profiles" of Menachem Begin and Anwar Sadat for President Carter and initiated the U.S. government program in understanding the psychology of terrorism.

After the invasion of Kuwait, Dr. Post provided his analysis of Saddam Hussein's personality and political behavior in testimony at the hearings on the Gulf crisis before the House Armed Services Committee and the House Foreign Affairs Committee. He has testified as an expert witness in several terrorist trials and since 9/11 has testified before the House National Security subcommittee hearings on bio-terrorism, before the Senate Armed Services Committee on terrorist motivation, and before the UN International Atomic Energy Agency on the psychology of nuclear terrorism.

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

What's My Secret... a healthy smile!



June Special

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New Patients only. Offer ends 6/30/12

Eric K. Morrison, D.D.S., M.A.G.D.
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301.637.0719

For over twenty years, Dr. Eric Morrison has provided a full spectrum of family, general, and cosmetic dental services.

Just 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 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 seven days or more ahead.
3. Overnight trips are treated differently. Details are included in the newsletter trip description.



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 July issue is June 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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Martin Kuhn

EDITORIAL STAFF

Melanie Rose White
Volunteer Editor

Anne Hughes O'Neil
Staff Writer, Advertising

Jennie Fogarty
Staff Writer

Susan C. Zarriello
Page Design/Layout

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ON the GO...

Enjoy a concert by Maureen Ribble

Maureen Ribble, of the National Theatre Community Vaudeville, will perform Broadway tunes and patriotic songs on **Wednesday, June 6, at 1 p.m.** at the Village Center. There may be a few spaces left for the luncheon at **12 p.m.** The menu will be a cranberry chicken salad sandwich, pasta salad, fresh fruit, and cheesecake. The cost is \$11 for lunch. The concert is free.



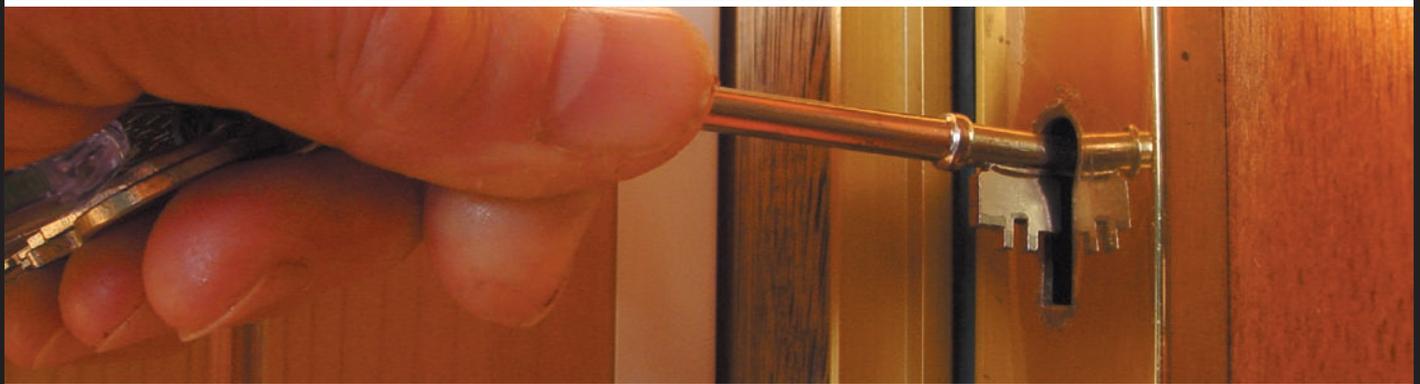
Last chance for *Memphis*

The Associated Press said that *Memphis* is "what a Broadway musical should be...sensuous, soulful, tuneful and theatrical." What more can we say? Sign up today to see this Tony Award-winning show at the Kennedy Center on **Thursday, June 28**. The story of a radio DJ in the 1950s whose love of music transcends racial lines is a show for the whole family.

We'll depart from the Center at 6:30 p.m. and return before 11 p.m. The cost of the trip, which includes transportation, a discounted seat in the first tier, and driver gratuity, is \$109. Children ten and older are welcome if they are accompanied by an adult.

NANCY MELLON REALTY

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4500 N. Park Avenue
Suite 804N

301-951-0668

Congressional Field Hearing continued from page 1

addiction coverage are the same as those for coverage of physical illnesses. Former Rep. Patrick Kennedy, the lead sponsor of the legislation, is expected to attend with other members of Congress. Consumers, providers, and state and local experts in the mental health community will testify. This field hearing is part of a series of hearings that are being held around the country this year leading up to the 50th anniversary of the enactment of the John F. Kennedy Community Mental Health Services Act.

Please sign up to attend this interesting event by calling 301-656-2797.

Speech therapy group to start this month

A new support group begins at the Village Center on **Tuesday, June 12, at 2 p.m.** Susan Wranik, MS, CCC-SLP, Certified Speech- Language Pathologist, will lead a monthly session for adults who have impaired speech due to a health-related disorder or a stroke. If you need help processing information and expressing yourself better, please come and give it a try. The group, which is free and sponsored by Suburban Hospital, will meet for one hour.

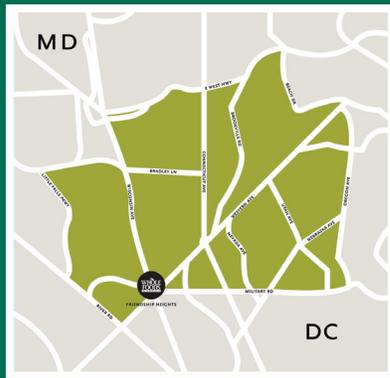


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We are offering a \$10 gift card and free delivery to anyone who test drives our new delivery service between 5/29-6/12. If you live in the area on the adjacent map and are interested, please ask Customer Service for details.

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*Cannot be combined with other offers. Expires June 30th, 2012

A&A
HEARING
GROUP

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Community Day 2012



The Friendship Heights Village Council honored several Village residents during the 26th annual Community Day celebration on April 13. At top left, Mayor Melanie Rose White honors centenarian Claire Halperin. Top right and bottom left Mayor White recognizes the outstanding volunteer service of Ken Niles and Tobi Esler, respectively. Photos by Joel Williams.



At bottom right, Zack Smith of the Dixie Power Trio leads a group of revelers around the room. In addition to fabulous music and community camaraderie, guests enjoyed savory barbeque and delicious cupcakes. Photo by Luigi V. de Turro.



HOME IQ

If you haven't heard the term "smart home," you will soon. It's a hot topic among home designers!

A smart home is one that includes the technology to allow for devices and systems to be controlled automatically. The switches, dimmers and thermostats on your home's various systems are hooked up to one central communications network.



If you're interested in having a smart home, look into it before remodeling. Visit www.smarthomeusa.com for more information.



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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

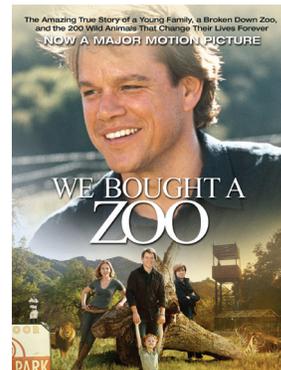
As a courtesy to our speakers, authors and performers...

- 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.

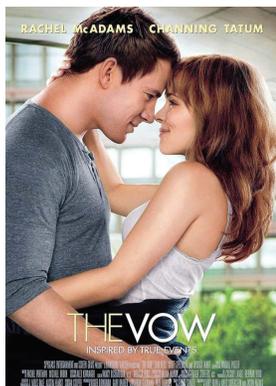
Thursday, June 7, 7 p.m. — Movie — *Sherlock Holmes 2: A Game of Shadows* — Sherlock Holmes has always been the smartest man in the room...until now. There is a new criminal mastermind at large—Professor Moriarty—and not only is he Holmes' intellectual equal, but his capacity for evil, coupled with a complete lack of conscience, may actually give him an advantage over the renowned detective. When the Crown Prince of Austria is found dead, the evidence, as construed by Inspector Lestrade, points to suicide. But Sherlock Holmes deduces that the prince has been the victim of murder—a murder that is only one piece of a larger and much more portentous puzzle, designed by Professor Moriarty. The cunning Moriarty is always one step ahead of Holmes as he spins a web of death and destruction—all part of a greater plan that, if he succeeds, will change the course of history. Stars Robert Downey Jr. and Jared Harris. Rated PG-13. Running Time: 129 minutes



Thursday, June 21, 7 p.m. — Movie — *We Bought a Zoo* — Based on a true story, Benjamin Mee is a Los Angeles newspaper columnist and adventure writer who, as a single father, faces the challenges of raising his two young kids. Hoping that a fresh start and a new life will restore their family spirit, Mee quits his job and buys an old rural house on 18 acres outside the city that comes with a unique bonus feature: a zoo named the Rosemoor Animal Park, where dozens of animals reside under the care of head zookeeper Kelly Foster and her dedicated team. With no experience, limited time and a shoestring budget, Mee sets out with the support of his family and the local community to reopen the zoo. Now, Benjamin is no longer reporting an adventure story; he's living his own and it is right in his own backyard. Stars Matt Damon and Scarlett Johansson. Rated PG-13. Running Time: 124 minutes



Thursday, June 14, 7 p.m. — Movie — *The Vow* — Real-life story of a newlywed New Mexico couple, Kim and Krickitt Carpenter, who were struck by tragedy shortly after their marriage. A car crash puts the wife in a coma, where she is cared for by her devoted husband. When she comes to, without any memory of her husband or their marriage, the husband must woo her and ultimately win her heart once again. Stars Rachel McAdams and Channing Tatum. Rated PG-13. Running Time: 89 minutes



Thursday, June 28, 7 p.m. — Movie — *Red Tails* — It's 1944 and to help win the war, the Pentagon brass has no choice but to consider the untested African-American pilots of the experimental Tuskegee training program. Just as the young Tuskegee men are about to be shut down and shipped back home, they are given the ultimate chance to show their courage. These intrepid young airmen take to the skies to fight for their country—and the fate of the free world. Rated PG-13. Running Time: 125 minutes



ART and CULTURE

Montgomery Art Association to exhibit in Friendship Gallery

The Montgomery Art Association, an organization of nearly 200 artists with a wide range of styles and experience, will exhibit in the Friendship Gallery during the month of June.

The juror for the show is Michael Sellmeyer, Professor of Art at Montgomery College. Mr. Sellmeyer has taught a variety of college studio courses for eighteen years including all levels of drawing, design, color theory, printmaking, painting, and computer art.

The show runs from June 4 to 30. All are invited to a reception to meet the artists on **Sunday, June 10, from 11:30 a.m. to 1:30 p.m.** Awards will be presented at 12:30 pm. 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. Please check with the front desk receptionist when you arrive. Please note that all sales of art are final.



"Cherry Tree by Barrie Ripin and "Sunflowers" by Cathy Hirsh



Calling all artists

Applications are available on the "art table" in the Village Center lobby for the "Three Cheers for the Red, White and Blue!" art show in July. This popular multimedia exhibit is held each year in conjunction with the annual Fourth of July celebration and is open to all. Suggested themes include family gatherings, parades, fireworks, picnics, heroes, and, speeches. Prizes will be awarded to the top winners.

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Friendship Heights Village Center



Calendar of Events 2012

J U N E

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

The Village Book Club will meet this month on **Tuesday, June 19, at 11 a.m.** The book selection is *The Overcoat* by Nikolai Gogol.

<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">1</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 2 p.m.: Tea and Talk: Black Soldiers in the Civil War</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">2</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">3</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">4</p> <p>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.: Café Muse 7 p.m.: Yoga</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">5</p> <p>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 7:30 p.m.: Great Courses: "Henry James and the Novel of Perception"</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">6</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Special Lunch 1 p.m.: Special Concert 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Photography class 7 p.m.: Concert: Dixie Power Trio</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Sherlock Holmes</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">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</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">9</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">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 style="text-align: center; background-color: #e67e22; color: white; margin: 0;">11</p> <p>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</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">12</p> <p>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 2 p.m.: Speech Therapy and Support Group 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">13</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Suburban Lecture: Hip and Knee Arthritis 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Photography class 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: Jinny Marsh's Hot Kugel Klezmer Band</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: The Vow</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">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 5:30 p.m.: Depart for Nationals Stadium</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">16</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>		
<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">17</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">18</p> <p>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</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">19</p> <p>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 Specialist 5 p.m.: Bridge class 7:30 p.m.: Great Courses: <i>The Turn of the Screw</i> 8 P.M.: Friendship Heights Council Meeting</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">20</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 1 p.m.: Portraiture in Pencil and Pastel 7 p.m.: Concert: The Orioles</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">21</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 12:30 p.m.: Vision Support 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: We Bought a Zoo</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">22</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</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">23</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>		
<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">24</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">25</p> <p>9:30 a.m. to 1 p.m.: Children's Art Camp 7 p.m.: Yoga</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">26</p> <p>8:15 a.m.: Walking Club 9:30 a.m. to 1 p.m.: Children's Art Camp 12 – 4 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 5 p.m.: Bridge class 7:30 p.m.: Mental Health Parity Hearing</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">27</p> <p>9:30 a.m. to 1 p.m.: Children's Art Camp 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: Ericka Ovette Trio</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">28</p> <p>8:15 a.m.: Walking Club 9:30 a.m. to 1 p.m.: Children's Art Camp 6:15 p.m.: Scrabble 6:30 p.m.: Depart for Kennedy Center 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Red Tails</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">29</p> <p>9:30 a.m. to 1 p.m.: Children's Art Camp</p>	<p style="text-align: center; background-color: #e67e22; color: white; margin: 0;">30</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>		

Shuttle bus hours

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

Village Center Hours

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

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

Save the Date
Oct. 10 – Oct 12, 2012
Bucks County and the Barnes Foundation



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 AND PHOTOGRAPHY

ACRYLIC OR OIL PAINTING

(Day)

A 10-week course for all skill levels, taught by Doris Haskel, begins June 4. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$70 for nonresidents. Minimum number of students is 10; maximum is 14. Session ends Aug. 13 (class will not meet June 25).

ACRYLIC OR OIL PAINTING

(Evening)

A 10-week course for all skill levels, taught by Doris Haskel, begins July 12. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$70 for nonresidents. Session ends Sept. 13. Minimum number of students is 10; maximum is 14.

BASIC PHOTOGRAPHY (Cont.)

This 8-week course in black and white and color photography, taught by Llewellyn Berry, begins June 23rd. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light, and, learn about composition and subject selection. The final product of the class is the preparation of a beginning portfolio of photographs. Students must bring a camera to class; digital cameras are preferred. If you don't own one, you may use what you have and process the film on your own. The last class is August 11.

BRIDGE

OVERCALLING AND DOUBLING

This 2-week series taught by Frank Shull will take place on Tuesday, June 19 and Tuesday, June 26, from 5 to 7 p.m. Students will review two types of hand play. One will be the overcall, which means bidding after the opponent has bid. Students will learn what is required and what the partner needs to bid in response. Secondly, students will review the takeout double after the opponent has bid. Players will learn what a double means and how a partner responds. A minimum of 8 students is required; maximum is 20. The cost is \$30 for residents; \$35 for nonresidents. This class is for experienced players.

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 5-week class begins June 12. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$55 for residents; \$60 for nonresidents. Session ends July 17 (class will not meet June 26). Questions? Email instructor Tonya Walton at staraka4u@gmail.com. Maximum of 15 students.

SKYVALLEY TAI JI (Thursday)

This 6-week class begins July 12. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Aug. 16.

SKYVALLEY TAI JI (Tuesday)

This 6-week class begins July 10. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Aug. 14.

STRENGTH TRAINING WITH CHERYL

This 6-week class begins June 8. 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 July 20 (class will not meet June 29).

STRENGTH TRAINING WITH TONYA

This 6-week class begins June 4. 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 \$65 for residents; \$70 for nonresidents. Session ends July 16 (class will not meet June 25).

YOGA (Day)

This 7-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins June 24. 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 \$85 for residents; \$90 for nonresidents. Session ends Aug. 5.

YOGA (Evening)

This 7-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins June 25. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$85 for residents; \$90 for nonresidents. Session ends Aug. 6.

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 on Wednesday evenings. Check the calendar and concert page for information.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$2 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively pre-

sentations 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 leading the meetings. Dates and

book titles are announced in the newsletter. New members welcome.

VILLAGE BRIDGE CLUB

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

VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium for most Thursdays from 11 a.m. to 4 p.m. 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.

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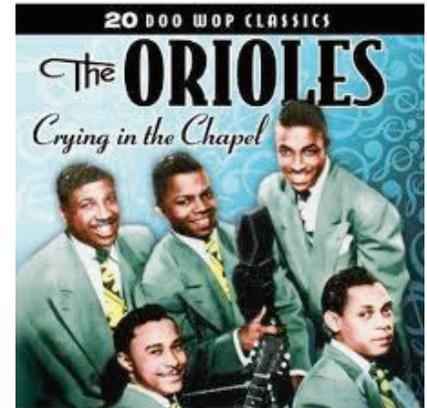
CONCERTS

Concerts will be held from 7:00 – 8:00 p.m. in Hubert Humphrey Park in front of the Village Center. In the event of rain or excessive heat, the performance will be moved indoors to Huntley Hall in the Village Center. Concertgoers may want to bring insect repellent – the mosquitoes seem to enjoy the performances too.

Wednesday, June 6 — *The Dixie Power Trio* — The Friendship Heights Village Center kicks off its summer concert series with the The Dixie Power Trio. The group, which presented a rousing performance during our most recent Community Day celebration, combines musical styles originating in New Orleans, Louisiana—the ultimate melting pot, or “gumbo pot” of the United States—including Zydeco, blues, Dixieland, jazz, Cajun and rock. Lyrics are in various New Orleans dialects including Acadian, French and English. The band performs on an eclectic set of instruments including guitar, accordion, cornet, tuba, bass guitar, drums, washboard, harmonica, and vocals. Led by Zack Smith, the “trio” also includes Andy Kochenour, Chuck Underwood, and Byron McWilliams.

Wednesday, June 13 — *Jinny Marsh’s Hot Kugel Band* — The Jinny Marsh’s Hot Kugel Klezmer Band performs klezmer music, a traditional form of Eastern European Jewish dance music with roots that pre-date the Middle Ages. Based in Washington, D.C., Jinny Marsh’s Hot Kugel Klezmer Band regularly performs for community events and has been featured at the Kennedy Center, the Smithsonian, and the Library of Congress. The group has performed at the National Folk Festival in East Lansing, Michigan and at the Lowell Folk Festival in Massachusetts as well as local folk festivals. The versatile group plays klezmer, Israeli, Yiddish, Greek, jazz, Broadway, pop, classical, swing, light rock and American standards. It features violin, piano, trombone, bass, drums, and vocals that allows audiences to dance to joyous klezmer dances and poignant Yiddish melodies reminiscent of Jewish life in the shtetls and the cities of Europe. To be sure Jinny Marsh’s Hot Kugel Klezmer Band heats up with its own unique sound - “Amphetamine Jazz.” Take some Hot Kugel home with you, by purchasing their CDs, “Grandma’s Recipes – A Klezmer Celebration” and “Klezmerika Eklektika.” The band features Jim Queen on Violin, Seymour Greene on Trombone, Sy Zucker on Bass, Andrew Zatman on Piano, Kenneth Krohn on Drums with Jinny Marsh on Vocals. Jinny is also the cantor at Temple Beth Torah in Chantilly, Va.

Wednesday, June 20 — *The Orioles*— The Legendary Orioles were formed in Baltimore in 1948 by the late Sonny Til. Since then Diz Russell, who joined the group in 1955, has been the leader who fosters their R and B Tradition.



The Orioles were inducted into The Rock and Roll Hall of Fame in 1995 as one of the major influences of early Rock and Roll. Their songs have become Classics over the years and include such favorites as “Crying in the Chapel”, “What Are You Doing New Year’s Eve” and “Tell Me So.” The current line-up features a variety of veterans from the early days as well as newer members drawn from the Baltimore/DC area. The Orioles are still singing and wowing audiences with their unmistakable voices and harmony that made them the most famous Doo-wop group ever to grace a stage.

Wednesday, June 27 — *Ericka Ovette Trio* — Vocalist Ericka Ovette began her professional singing career with Body & Soul, a popular local band in Zimbabwe. Returning to the United States, Ericka sharpened her jazz performance skill working with musicians in the Washington, D.C., area such as Herb Smith and the big band leader Terrell Jones. As a band leader in her own right, she has appeared at many East Coast venues including D.C.’s Blues Alley, Meadville, Pennsylvania’s Gardner Theatre and numerous First Night events. Ericka was also a guest artist at the 2001 Chautauqua Jazz Festival in upstate New York. She has been the featured vocalist with several Washington area ensembles. Her Friendship Heights program will feature selections from the Great American Songbook, including “I Feel Pretty,” “Cry Me a River,” “I’ll Be Seeing You,” “Miss Otis Regrets,” and “Accentuate the Positive.” She’ll be accompanied by Tommy Cecil on the bass and Kenneth Hall on the piano.

TO YOUR HEALTH

Coping with Hip and Knee Arthritis

Individuals with arthritis in their knees or hips may face the prospect of having future surgery. Dr. William Sadlack, orthopedic surgeon, will review the impact that osteoarthritis can have on one's joints, non-surgical treatment options, and when surgery is necessary at this month's Suburban Lecture at the Village Center on **Wednesday, June 13, 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.

Vision Support Group: Better light for better sight

Most older adults require three to four times the amount of light than they did previously to perform many daily activities. Seeing clearly enough to read, write, sew, or perform home repairs usually requires a very bright and focused light. Increased lighting is also essential in judging distances accurately. The height of a step or curb or the depth of a bathtub all require close attention to safety cues such as color, contrast, and lighting. Learn how to "light up your life" for comfort and safety at the Vision Support Lunch and Learn group on **Thursday, June 21, at 12:30 p.m.** at the Village Center.

The program will begin with an award-winning DVD presentation, followed by an open discussion. A lunchtime snack will be served. The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Remember you don't have to have poor sight to participate. Please call 301-656-2797 to reserve a spot.

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Cafe Muse presents...

This month's Café Muse, on **Monday, June 4, at 7 p.m.**, presents poets Patricia Bejarano Fisher and Yvette Neisser Moreno in an evening of bilingual poetry.

Patricia Bejarano Fisher has worked as a Spanish instructor, translator and language-learning materials developer in both government and academia. She has taught college-level English in her native Colombia and Spanish at the University of Maryland. Her translations of Gladys Ibarregui's poetry will be included in the forthcoming English edition of the anthology *Al pie de la Casa Blanca: Poetas hispanos en Washington, DC (At the Base of the White House: Hispanic Poets in Washington, DC)*.

Yvette Neisser Moreno is a poet and translator whose work has appeared in numerous magazines and anthologies. Her translations of Argentinean Luis Alberto Ambroggio's poetry in *Difficult Beauty* were nominated for the National Translation Award and for a Pushcart Prize. She teaches at The George Washington University and The Writer's Center.

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.



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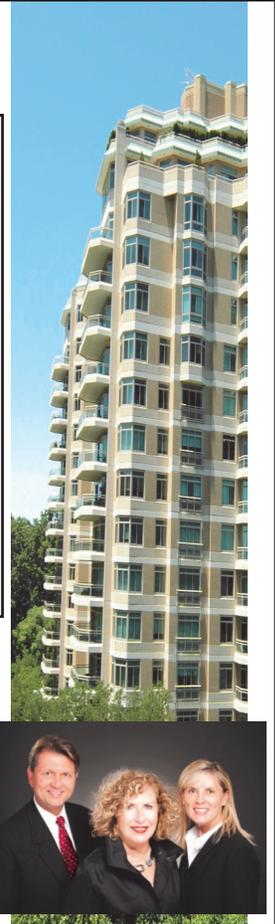
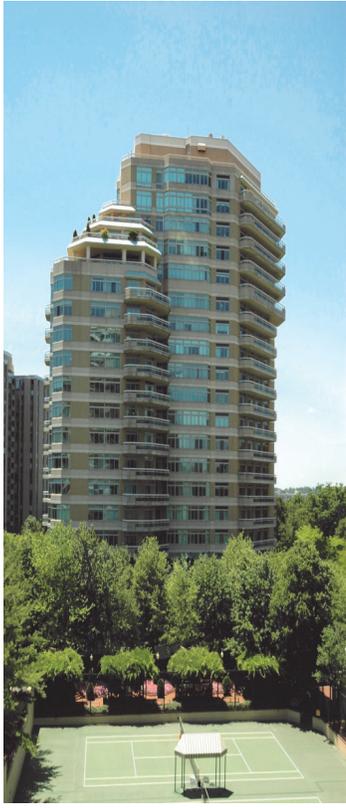


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Village Council Corner

WSSC to work on Friendship Blvd.

WSSC has begun a project in the area to replace aging water pipes. They are currently working on Willard Avenue, but are planning to replace a large section of pipe under Friendship Boulevard between Willard and North Park Avenues. Village residents will recall the water main break in December 2010 that caused a sinkhole in Friendship Boulevard near Willoughby Park (see photo below). At the time, WSSC repaired the broken section then repaved the entire block. Now they need to replace the larger section of pipe. The work will involve excavating Friendship again, including two



brick crosswalks. WSSC is now in the design phase and will probably not begin this work until next year.

WSSC representatives will be at our next Council meeting on **Tuesday, June 19**, to provide a briefing and answer questions.

Hanging flower baskets are back!



The Council took the following actions at the May 16 public meeting:

- Nominated John Mertens to serve on the Friendship Heights Transportation Management District Advisory Committee;
- Approved community service awards and Elizabeth Scull award to be presented on July 4.

Note schedule change: The next Council meeting will be Tuesday, June 19, at 8 p.m.



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

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June 2012 events calendar