



Friendship Heights



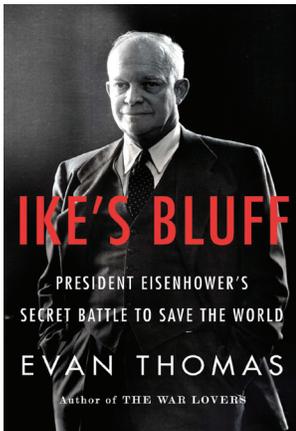
Special Lunch
page 5

VILLAGE NEWS

NOVEMBER 2012

301-656-2797

VOLUME 27, NO. 6



Evan Thomas to speak at the Center

Writer Evan Thomas will discuss his book, *Ike's Bluff: President Eisenhower's Secret Battle to Save the World*, at the Village Center on **Monday, Nov. 19 at 7:30 p.m.**

After Dwight Eisenhower left office, he was widely seen as having been a bland, uninspiring president especially when compared to his vigorous young successor. Since then historians have ranked him as one of the top ten U.S. presidents.

Mr. Thomas's book focuses on Eisenhower's years in the White House —1953 to 1961—and his

determination to keep America out of another world war. Ike's "bluff" was his ability to convince our enemies that he was willing to use nuclear weapons.

Evan Thomas is the author of several bestselling works of history and biography, including *The War Lovers* and *Sea of Thunder*. He was a writer and editor at *Time* and *Newsweek* for more than 30 years, and he is frequently a commentator on television and radio. He teaches at Princeton University. This will be Mr. Thomas's third book signing at the Center.

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



Middleburg and Oatlands for the holidays

Stroll past lovely shops, step into a quaint restaurant, and enjoy tea and a tour at a historic home decked out for the holidays as we visit Middleburg and Oatlands on **Thursday, Dec. 13**. While known for its sprawling world-class horse farms, the charming town of Middleburg is also home to beautiful country lanes, quaint churches and unique boutiques. You'll have time to stroll along the streets, browse in the shops or linger in one of the town's restaurants. Then we're off to the Oatlands for tea and a holiday tour.

George Carter, a great-grandson of legendary planter Robert "King" Carter of the Northern Neck, built this mansion in the Federal style in 1804 but later converted it to the Greek Revival manse we see today. His formal terraced garden and its 1810 propagation greenhouse —it's considered America's second oldest—are as interesting as the mansion itself. The plantation's remain-

Continued on page 3

How Fabulous!

Painted boxes, baskets and birdhouses are just a few of the fabulous finds featured at this year's Holiday Affair at the Village Center **Friday, Nov. 2 from 7 to 9 p.m. and Saturday, Nov. 3 from 10 a.m. to 2 p.m.**

As this annual event enters its sixth year, visitors will find one-of-a-kind items ranging from Ukranian pottery and fused glass to fiber arts and more. We'll have jewelry-makers on hand with selections that will appeal to grandmas to grandchildren, and everyone in between. We'll have hand-made children's clothing and hairbows too. The Abundant Backyard will sell gift baskets of locally made items and food. Highlights include Banner Bee honey and beewax candles, eco note cards of native plants and butterflies, and certificates for two to tour and taste Maryland's award-winning Black Ankle vineyards.

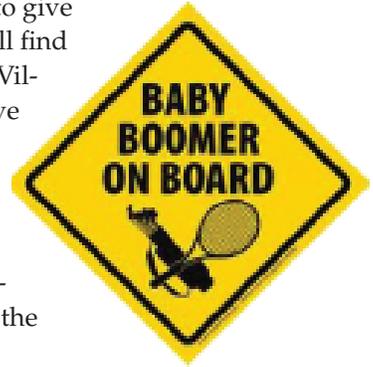
Admission is free. This only happens once a year. Don't miss it!



Post critic discusses women in music, page 4

The Boom Box

The number one fear of Baby Boomers (45 percent of them according to NMI, the international strategic consulting and market research firm) is loss of mental capacity. One way to give your brain a work-out is to stop by the Village Center's Reading Room where you'll find brand new books, old favorites, books on tape, the current book being read by the Village Book Club, a whole bookcase full of fiction and nonfiction by authors who have spoken at the Center, DVDs, CDs, newspapers, magazines and, yes, crossword puzzles for your mental exercise. Library volunteers Tobi Esler and Ken Niles work hard every week to keep the room in tip-top shape and set up interesting displays set around themes like topics in the news, Pulitzer-Prize winners, books by authors recently deceased, authors at the National Book Fair, and, recommendations from our readers. Come by in your free time and take a look! And don't miss the book signing with Evan Thomas on Nov. 19th.



Don't miss the boomer babes!

Come to the Village Center on **Thursday, Dec. 6**, for a fun-filled evening with Katherine Bernard & Barbara Kline, hosts of "The 2BoomerBabes Radio Hour." They will discuss their popular radio show, highlighting some of their favorite guests and most unusual interviews.

The two women explore important topics on their show like empty nesting, retirement, caring for aging parents, health and wellness, career reinvention and dating. They hope to reach the vast audience of nearly 78 million boomers who are experiencing similar lifestyle transitions.

"The 2BoomerBabes Radio Hour" is carried by syndication on the Radio America Network, the AARP Internet Services, and on NPR affiliates WSCL 89.5FM and WSDL 90.7FM.

Please join us at 7 p.m. for socializing and light fare; the program will begin at 7:30 p.m. Call 301-656-2797 to reserve a space.

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Friendship Heights VILLAGE NEWS

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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 December issue is November 5th. 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...

Middleburg and Oatlands, continued from page 1

ing 330 acres also contain unique tree species. Now a National Trust property, Oatlands provides a perfect backdrop to get into the holiday spirit.

Upon arrival we'll enjoy an extensive traditional tea featuring assorted delicate tea sandwiches, scones with preserves and cream, cookies, and the special Oatlands Afternoon Tea Blend. Following tea, we'll be treated to a tour of the beautiful property. You'll also have time to visit the Oatlands gift shop for any of those last-minute treasures.

We'll depart from the Village Center at 9 a.m. and should return by 5 p.m.



The cost of the trip, which includes round-trip transportation, tea and tour at Oatlands, and all taxes and gratuities, is \$76.

Residents may sign up immediately at the Village Center. Nonresidents may sign up beginning Nov. 9. After Dec. 1, the price increases to \$85.

There are 24 spaces available.

Meet Percy

The winner of the fish-naming contest and also the winner of five tickets to the Taste of Friendship Heights is Village resident

Shirley Carr. Come by the Center reading room and meet Percy, our new and newly named Red Devil.



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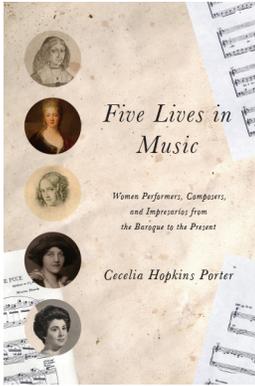
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Music critic to discuss women musicians at the Center



Cecelia Hopkins Porter, longtime music critic for *The Washington Post*, will discuss her book, *Five Lives in Music: Women Performers, Composers, and Impresarios from the Baroque to the Present*, at the Village Center on **Thursday, Nov. 15, at 7:30 p.m.**

Dr. Porter's book covers the lives and art of five influential but largely unknown female musicians and composers from

different centuries, societies and places: Duchess Sophie-Elisabeth of Braunschweig-Lueneberg, Elisabeth-Claude Jacquet de La Guerre, Josephine Lang, Baroness Maria Bach, and Ann Schein. Using unpublished letters and press reviews, interviews, and music archives in the United States and Europe, Dr. Porter finds common threads in the five portraits.

Cecelia Hopkins Porter has been a classical music critic for the *Washington Post* for 22 years and has written for numerous other publications. She has served on the music faculties of George Washington University

and the University of Maryland. She is the author of *The Rhine as Musical Metaphor* and is an active pianist, flutist, and organist.

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

The mind and body benefits of making art

On **Friday, Nov. 30, at 1 p.m.**, Dawn Seek, Vice President of Operations at Family Nursing Care, will present a program at the Village Center on the extremely positive effects arts education programs can have on the general and mental health of older adults. Learn about some of the benefits different creative expressions can have. Even if you don't think you have a talent, or it's been years since you expressed yourself through singing, acting, painting or playing an instrument, come and find out why there's no better time than now to get creative!

Ms. Seek recently received The Exemplary Committee Service Award from the Maryland National Capital Home-care Association for "excellence and outstanding contributions to achieving the goals and objectives of (MNCHA)."

Please call the Center at 301-656-2797 to let us know if you plan to attend. Refreshments will be served and door prizes will be given.

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Safe driving program at the Center

The AARP Driver Safety Program will be offered **Friday, Nov. 9, from 10 a.m. to 3 p.m.**, at the Village Center. Barbara Newland will be the instructor. The one-day course costs \$12 for AARP members (please bring your membership card when you register) and \$14 for nonmembers. Checks should be made out to AARP.

In honor of Veterans Day, all veterans will be eligible to receive the classroom course at no cost. Spouses, dependents, and widows are also eligible to take advantage (you don't need to provide any type of identification, but you will be asked to complete a form in class). All students must bring to class with them their driver's license and a ballpoint pen. Please register at the Village Center.

A holiday lunch and show

Celebrate the holidays on **Wednesday, Dec. 12**, with friends and neighbors at the Village Center while you enjoy a festive lunch followed by a special holiday show performed by Maureen Ribble of the National Theatre Community Vaudeville.

Maureen is a singer and actress with years of theater experience in the Washington area. She is back by popular demand for her fourth performance at the Center. It will begin at 1 p.m.

To make the afternoon really special, come to lunch at **12 p.m.** Chef Nikki Haddad will prepare a delicious meal of herb roasted chicken, Greek style orzo, and fruit salad. Dessert will be cheesecake. The cost is \$12. **Please reserve your lunch by Dec. 5.** There are 40 spaces available; a minimum of 30 is required.



Thank you
for making the
Taste of
Friendship Heights
the best one yet!



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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, Nov. 1, 7 p.m. — Movie — *Dark Shadows* — In the adaptation of the late 1960s soap opera, Johnny Depp stars as a vampire who emerges from his tomb and into a world drastically different from the one he once inhabited. Also stars Michelle Pfeiffer, Eva Green, Helena Bonham Carter, Jonny Lee Miller and Chloe Moretz. Rated-PG-13. Running Time: 113 minutes.



Thursday, Nov. 8, 7 p.m. — *Café Muse*

Thursday, Nov. 15, 7:30 p.m. — *Booksigning with Cecilia Hopkins Porter* — see page 4 for details.

Thursday, Nov. 22 — No Movie — Center Closed — Happy Thanksgiving

Thursday, Nov. 29, 7 p.m. — Movie — *The Magic of Belle Isle* — After alcoholism depletes his enthusiasm for writing, celebrated author Monte Wildhorn finds his creative passion renewed when he moves to quaint Belle Isle and gets to know his next door neighbors — a single mother and her three daughters. Stars Morgan Freeman, Kenan Thompson, Virginia Madsen and Emma Fuhrmann. Rated PG. Running Time: 109 minutes.



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I understand that you work, care for family, and lead a busy life like I do. I live in the neighborhood, therefore, appointments can be arranged when and where it is most convenient for you.

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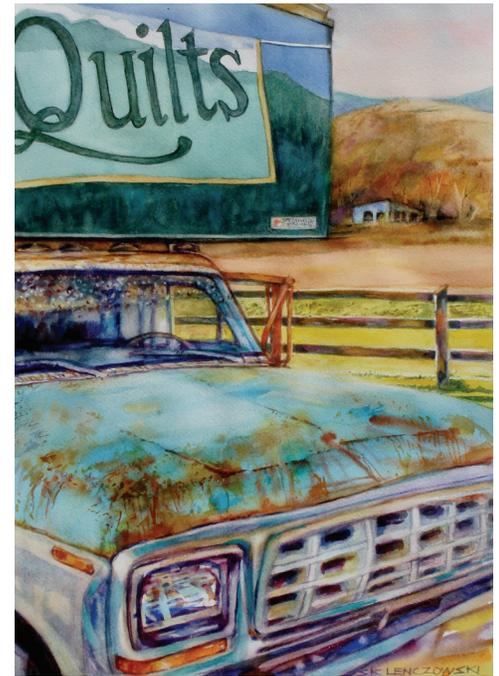
Watercolor Society to exhibit at Friendship Gallery in November

The Baltimore Watercolor Society will exhibit this month in Friendship Gallery.

The BWS is the third oldest art organization in the United States devoted entirely to watercolor painting. It was formed in 1885 by a group of women artists in response to discrimination by the exclusively male members of Baltimore's Charcoal Club, who felt it was inappropriate for women to participate in "life" drawing classes that featured nude models. Today it is a community of artists with nearly 600 members throughout the Mid-Atlantic region. The Society advocates a broad-minded approach to watercolor painting to include working in all water-based

media, including acrylic. For more information, visit the Society website at www.baltimorewatercolorsociety.org.

The exhibit runs from November 1 to December 1. All are invited to a reception to meet the artists on **Sunday, Nov. 4, 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 activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



"Sperryville Quilts Truck" by Susan Lenczowski

Nationally acclaimed Naive artist appears at our artisan fair

She has appeared in art shows across the country and around the world, from Switzerland to Savannah. **On Friday, Nov. 2 and Saturday, Nov. 3,** Fells Point painter Kristin Helberg brings her art to Friendship Heights when she participates in the 6th annual Holiday Affair, an artisan fair at the Village Center.

Kristin is known for her Naïve style and has earned accolades throughout the United States. President Clinton chose her painting, *Bill and Elvis*, to become part of the permanent collection at his Presidential Library in Little Rock in 2003.

Two years earlier, she was chosen to participate in the Fish Out of Water project in Baltimore. Her *Conefish* received the highest bid of \$22,500 during the art auction evening at the Walters. In 2004, Andre Codrescu, poet and NPR commentator, commissioned her to create his portrait, entitled, *The Devil and Andre Codrescu*.

Giorgio Ubaldi, the choir director of the Milan Jazz Choir in Milan, Italy selected her painting, *Gospel Music Makes me Fly*, for the CD cover of their 2005 recording of American Gospel Music. In January of 2011, she was commissioned to create a 3 x 5 painting, *Our Family Tree*, for the lobby of Mary's Center, a new medical facility in Washington, D.C.

In May of 2011, The National Portrait Gallery of the Smithsonian Institution chose her portrait, *Grandma Moses*, to become part of their permanent collection.

But her talents are far from limited to the canvas. Combining her painting skills and her knowledge of vinegar-graining, she creates decorative furniture and accessories.

Vinegar-graining was an Early American technique for disguising the humble native wood furniture made from pine or poplar, so that it would appear more exotic. "Some of my

graining work is done on old boxes and chests," she says. The painted vignettes are done with artist acrylics. Her Early American vinegar-grained furniture has been featured in *Country Living* magazine and sold at ABC Home in New York City.

Her smaller grained boxes are currently sold at the gift shops of the National Archives Museum, Washington, D.C., and the Abbey Aldrich Folk Art Museum in Williamsburg, Virginia. Look for her unique boxes at the artisan fair at the Village Center.





N O V E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Don't forget to vote

Polls will be open at the Village Center on Tuesday, Nov. 6, from 7 a.m. to 8 p.m.

<p>4</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Poetry and Art 11:30 a.m. – 1:30 p.m.: Art Reception</p>	<p>5</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>6</p> <p>8:15 a.m.: Walking Club</p> <p>Election Day All classes canceled Polls Open 7 a.m. to 8 p.m. at the Village Center Shuttle Bus on regular schedule</p>	<p>7</p> <p>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 1:15 p.m.: Depart for Glenstone Museum 4:30 p.m.: Intermediate Bridge 6 p.m.: Yoga for Runners 7:30 p.m.: Concert:Bradford and Maribeth Gowen</p>	<p>8</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.: Chair Yoga 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse</p>	<p>9</p> <p>9:15 a.m.: Drop-in Tai Chi 10 a.m. to 3 p.m.: AARP Driver Safety Program 10:30 a.m.: Coffee and Current Events 1 p.m.: Multi Media Arts</p>	<p>10</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>
<p>11</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>12</p> <p>Veterans Day Center Open 9 a.m. to 2 p.m. Shuttle Bus runs on weekend schedule</p> <p>10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya</p>	<p>13</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 7 p.m.: Mat Pilates 7:30 P.M.: Friendship Heights Council Meeting</p>	<p>14</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Suburban Lecture: "Caring for the Caregiver" 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 4:30 p.m.: Intermediate Bridge 6 p.m.: Yoga for Runners 7:30 p.m.: Concert:Jeff Smith</p>	<p>15</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.: Chair Yoga 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing with Cecelia Hopkins Porter</p>	<p>16</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Multi Media Arts</p>	<p>17</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10 a.m. to 12:30 p.m.: Eye-Brain Connection 10:30 a.m.: Basic Photography</p>
<p>18</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Poetry and Art</p>	<p>19</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 7:30 p.m.: Book Signing with Evan Thomas</p>	<p>20</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 7 p.m.: Mat Pilates</p>	<p>21</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise No Concert</p>	<p>22</p> <p>Happy Thanksgiving! Center Closed No Shuttle Bus</p> 	<p>23</p> <p>Center Open 9 a.m. to 2 p.m.</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>24</p> <p>8:15 a.m.: Walking Club</p>
<p>25</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>26</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 10 a.m. – 2 p.m.: MVA Bus 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting</p>	<p>27</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 p.m.: Mat Pilates</p>	<p>28</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 4:30 p.m.: Intermediate Bridge 6 p.m.: Yoga for Runners 7:30 p.m.: Concert:Ashbrook and Oorts</p>	<p>29</p> <p>8:15 a.m.: Walking Club 9 a.m.: Depart for Richmond 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chair Yoga 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie:The Magic of Belle Isle</p>	<p>30</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.: The Benefits of Making Art</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.

Call for Volunteers

The Friendship Heights Village Center is looking for residents who are interested in volunteering to help out at the Village Center. Volunteers are needed on an on-call basis to answer phones and help with administrative duties at the front desk. Please contact Village Manager Julian Mansfield at 301-656-2797 or email jmansfield@friendshipheightsmd.gov.





CLASSES and CLUBS

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

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

ART

ACRYLIC OR OIL PAINTING

(Day)

A 10-week course for all skill levels, taught by Doris Haskel, begins Nov. 26. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$80 for nonresidents. Minimum number of students is 10; maximum is 14. Session ends Feb. 25 (class will not meet Dec. 24, 31, Jan. 21 and Feb. 18).

BASIC PHOTOGRAPHY

This 8-week course in black and white and color photography, taught by Llewellyn Berry, begins Nov. 10. 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. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. The last class is Jan. 5 (class will not meet Nov. 24). See examples of Lew's students' work at <https://www.facebook.com/media/set/>

COMPOSITION POETRY AND ART

This 4-week series taught by Adele Steiner Brown, college professor, a *Poet-in-the Schools*, veteran artist-in-residence at Georgetown University Hospital, instructor at The Writers' Center, host of the Café Muse Literary Series, and author of two collections

of poetry, begins Nov. 4. Meets Sundays from 11:30 a.m. to 1 p.m.

The class will use art in all its forms to inspire poetry. Students will read poetry that was inspired by paintings, photographs, sculpture, and music by poets such as John Keats, Notozake Shange, Seamus Heaney, and Justine Rowden, and then use various art forms (including works at the Village Center) to inspire their own writing. The cost is \$80. Class will meet Nov. 4, 18, Dec. 2 and 9. Minimum class size is 5 students; maximum is 12.

EXERCISE AND FITNESS

MAT PILATES

The 6-week session begins Nov. 13. 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 Dec. 18.

STRENGTH TRAINING WITH TONYA

This 7-week class begins Nov. 5. 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 \$75 for residents; \$80 for nonresidents. Session ends Dec. 17.

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. Every third Wednesday features storytelling. Check the calendar and concert page for each week's performance. No registration is required. All are welcome.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

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

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 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.

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 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

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

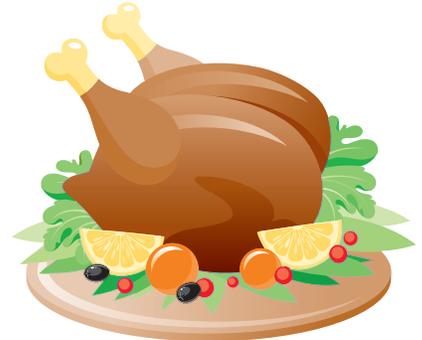
A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month at 12:30 p.m. for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

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 7:30 – 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, Nov. 7 — Bradford and Maribeth Gowen — Their four-hands/one piano performances have garnered rave reviews. The Washington Post hailed their “ease with subtleties and complexities of the music” and for their joy in music making that engulfed the audience.”

Wednesday, Nov. 14 — Jeff Smith — Singer/Songwriter/ Guitarist Jeff Smith has been creating music since his teens. His keen interest in music was sparked by the late '60s British Invasion groups, the subsequent blues resurgence and the links to country and folk music influences.

Wednesday, Nov. 21 — No Concert

Wednesday, Nov. 28 — Ashbrook and Oorts — With performances featuring the hammered dulcimer, wooden flute, cittern, and musette accordion, Karen Ashbrook

and Paul Oorts play a variety of European folk music and entertain audiences with tales of travel and historic music trivia. Their repertoire includes music from France and Belgium, along with Celtic and Jewish music. Their programs can be described as music from the cultural crossroads of Europe.

For Sale

Beautiful Art Deco Diamond Engagement Ring Center Diamond is H color, S11 clarity, surrounded by 22 small diamonds in an Art Deco platinum setting. Appraised at \$10,600. Will sell for \$10,300. The ring belonged to Sirapi Khoyan, a long-time resident of Friendship Heights. Call 240-507-3450.

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TO YOUR HEALTH

Taking care of the caregiver

Caring for a loved one brings many challenges; remaining healthy in the process is important. Marsha Stein, L.C.S.W.-C, will share tips and tools to cope with the stresses of being a caregiver and avoid burnout at this month's Suburban Lecture at the Village Center on **Wednesday, Nov. 14, 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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For over twenty years, Dr. Eric Morrison has provided a full spectrum of family, general, and cosmetic dental services.

Get latest information at the 2012 eye research forum

A panel of experts will speak at a forum on eye/brain connection at the Village Center on **Saturday, Nov. 17, from 10 a.m. to 12:30 p.m.**



The seven physicians will discuss the latest thinking on the connection between eye/brain research and migraines, strokes, visual hallucinations, trauma and many eye diseases like diabetic retinopathy, glaucoma, and age-related macular degeneration.

The panel includes scientific research ophthalmologists from the National Eye Institute at NIH: Dr. Emily Chew, Deputy Director, Office of the Clinical Director; Dr. Edmund Fitzgibbons, Neuro-ophthalmologist; Dr. Wai Wong, Retina Researcher; and Dr. Suleiman Alibhai, Vision Rehabilitation Consultant. Joining them are highly regarded community retina specialists Dr. Richard Garfinkel and Dr. Robert Murphy, of the Retina Group of Washington, and Dr. Robert Stephens, of Retina Consultants.

Free parking is provided on the back deck of the Courtyard by Marriott. This event is sponsored in partnership with the Prevention of Blindness Society of Metropolitan Washington, Sibley Senior Association, Courtyard by Marriott and the Village of Friendship Heights.






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Cafe Muse presents...

This month's Café Muse, on **Thursday, Nov. 8, at 7 p.m.**, presents poets James Arthur and Greg McBride. Grace Cavalieri will lead a tribute to Reed Whittemore.

James Arthur's poems have appeared in *The New Yorker*, *The New Republic*, *Poetry*, *Ploughshares*, and *The American Poetry Review*. He has received the Amy Lowell Traveling Poetry Scholarship, a Discovery/The Nation Prize, a Stegner Fellowship, and a residency at the Amy Clampitt House. During 2012-2013, he will be a Hodder Fellow at the Lewis Center for the Arts in Princeton. His first book, *Charms Against Lightning*, will be published this fall.

Greg McBride's collection, *Porthole*, won the 2012 Liam Rector First Book Prize for Poetry. A chapbook, *Back of the Envelope*, was published in 2009. His poems, essays, and reviews appear in *Boulevard*, *Harvard Review Online*, *Poet Lore*, and *Southern Poetry Review*. His awards include the 2008 Boulevard Emerging Poet prize and an individual artist grant in poetry from the Maryland State Arts Council. He edits *The Innisfree Poetry Journal*.

Reed Whittemore founded and edited several literary magazines, including *Furioso* and *The Carleton Miscellany*. In the mid-70s, he was literary editor of *The New Republic*. He published ten collections of poetry and his book *The Mother's Breast & The Father's House* (1974) was a finalist for the National Book Award. Reed twice served as Poetry Consul-

The Village Book Club will meet this month on **Tuesday, Nov. 20, at 11 a.m.** The book selection is *NW*, a novel by Zadie Smith.

tant to the Library of Congress (now U.S. Poet Laureate) and from 1985-1988 as Poet Laureate of Maryland.

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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'Tis the season to share: food and toy collection

Once again the Village Center will collect food items for Manna Food Center in Gaithersburg. Manna is the main food bank in Montgomery County, and nearly every county nonprofit organization relies on Manna to provide essential food to their clients. Manna feeds about 3,300 families each month at fourteen locations throughout the county. One of every four Montgomery County residents is at risk of hunger and nearly 30% of all MCPS students qualify for a free or reduced price meal.

Please bring donations to the Village Center during November and December; they will be delivered to Manna before the holidays. The food most needed include cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk.

In addition, the following items are needed for Smart Sacks, Manna's innovative program to fight childhood hunger. Each Friday, elementary school students in need receive a backpack with nutritious and kid-friendly foods for the weekend: small fruit cans or cups, juice boxes that are 100%



juice, microwavable bowls of pasta or soup, individual cereal boxes, oatmeal packets, cereal bars, and small boxes of raisins. Last year Village residents donated 600 pounds of canned and boxed food!

Important: please check expiration dates before bringing donations and do not bring anything in a glass jar. Fresh fruit and vegetables cannot be accepted.

New toys will also be collected and delivered to needy children in the area.



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A Unique Senior Living Experience

Join Brighton Gardens of Friendship Heights and IONA Senior Services for our upcoming **Informative Health Series:**

Lunch and Learn on **Wednesday, October 10th from 12-1:30 PM** for "As our Family Members Grow Older: How to Handle Changing Roles and Relationships"

Interactive Discussion on **Wednesday, November 14th from 6:30- 8:00 PM** for "Supporting a Family Member with Memory Loss, Depression, or Anxiety". Light refreshments will be served.

Interactive Discussion on **Wednesday, December 5th from 6:30-8:00 PM** for "Helping a Family Member Who Doesn't Want Your Help". Light refreshments will be served.

Our impressive amenities include:

- Spacious Assisted Living apartments with kitchenette, full bath and generous closet space
- A specialized memory impairment neighborhood
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- Medication management services available to all residents
- On-site physical therapy, podiatry, dental and geriatric counseling services
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Village Council Corner

A Beautiful Day for a Taste

The Taste of Friendship Heights on Sept. 29 was another big success, with a large crowd enjoying a terrific day sampling food from area restaurants, including The Capital Grille, Courtyard by Marriott, Frosting Cupcakery, Indique Heights, Lia's, Maggiano's, P.F. Chang's, Potomac Pizza, Rosa Mexicano, Sunrise Brighton Gardens, and Whole Foods. Special thanks also to our corporate sponsors, including Sam Solovey of Long & Foster (primary sponsor), American University, Capital One Bank, Chevy Chase Florist, Eagle Bank, Language Stars, Nancy Mellon Realty, TTR Sotheby's, and Wisconsin Place. A portion of the proceeds was donated to the Community Council for the Homeless at Friendship Place (CCHFP). Be sure to join us next year!



Our younger residents enjoyed the face painting.



Maggiano's was one of the featured restaurants.



The Center also hosted National Prescription Drug Take-Back Day on September 29. Numerous residents dropped off expired or unwanted prescription medication for safe disposal by the Police and the Drug Enforcement Administration.

All photos by Joel Williams

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

- Approved proposal from ValleyCrest for tree work in the amount of \$9,897;
- Held executive session to discuss personnel issues.

*The next Council meeting will be **Tuesday, November 13, at 7:30 p.m.** (note new start time).*



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

November 2012 events calendar