



Friendship Heights



VILLAGE NEWS

AUGUST 2013

301-656-2797

VOLUME 28, NO.3

See page 16



An authentic look at the Amish

Spend a day among the Amish and get a glimpse into this unique way of life when we travel to rural Pennsylvania for a day among the Amish in Lancaster County on **Monday, Sept. 9.**

Through a tour featuring sites not open to the public, we'll see the Amish culture in a unique and unforgettable way. Our guide has spent years cultivating relationships with the Amish. As a result, we are able to visit and ask questions of these very private people.

We'll tour a working Old Order Amish farm where we'll see and learn how the plain people still plow their fields with Belgian workhorses and live without electricity. We'll also have the chance to visit with a harness maker and a quiltmaker and learn about their crafts. This tour also gives us the unique opportunity to enjoy an authentic Pennsylvania Dutch luncheon in an Amish home. After our tours, we'll stop by an Amish market where we can shop for a variety of Pennsylvania Dutch delicacies.

We'll depart from the Village Center at 8:00 a.m. and should return by

Continued on page 5

Living Artfully at Hillwood

From the glamour of Palm Beach to the rustic whimsy of the Adirondacks to the distinguished social scene of Washington, D.C., Marjorie Merriweather Post brought to her multiple residences a flawless style of living and entertaining that was made possible only through the gracious management of loyal staff. Join us as we view "Artfully Living: At home with Marjorie Merriweather Post," a new exhibit at Hillwood on **Thursday, Sept. 26.**

For the first time, the personal stories of family, staff, and former guests

Continued on page 4

See Oscar winner Estelle Parsons

Join us on **Saturday, Oct. 5,** when we travel to Arena Stage to see an evening performance of *The Velocity of Autumn* in an exclusive pre-Broadway engagement. Ms. Parsons plays 79-year-old Alexandra who is at an impasse with her family over how she should spend her autumn years. Directed by Artistic Director Molly Smith, this funny and sweet play reveals both the fragility and ferocity of life.

Estelle Parsons, nominated four times for a Tony and winner of an Academy Award in 1967 for *Bonnie and Clyde*, will make her Arena Stage debut. She most recently appeared on Broadway and on tour as Violet in *August: Osage County*.

We will leave the Village Center at 6:45 p.m. and return before 11 p.m. The cost of the trip, which includes a ticket at a 30 percent group discount, transportation and driver gratuity, is \$84. After Sept. 4, the price will increase to \$89. There are 24 spaces available.



Find us on
Facebook

For instant Village news go to
[facebook.com/VillageofFriendshipHeights](https://www.facebook.com/VillageofFriendshipHeights)

Private Rental Space at the Village Center

Looking for space to hold your next business meeting or social event? The Village Center has limited classroom space available during open hours Monday-Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and on weekends 9 a.m. to 2 p.m. The main hall is only available after hours on Friday between 5 p.m. and 1 a.m.; Saturday or Sunday between 2 p.m. and 12:30 a.m. We schedule rentals in the main hall 12 months in advance with a minimum of two months notice. For more information or to schedule an event, call Betty Ardizzone, Facilities Manager, 301-656-2797 or email: bardizzone@friendshipheightsmd.gov. You can also check out our website at www.friendshipheightsmd.gov.



Queen Mary 2 Meeting

The Friendship Heights Village Center is hosting an informational meeting for all of those scheduled to embark on our fantastic transatlantic cruise aboard the Queen Mary 2 in October. Mark your calendars for **Thursday, Oct. 10 at 6:30 p.m.** at the Village Center. We will be meeting with representatives from Grand American Tours prior to the meeting and are happy to get answers to your questions. Please submit any questions you may have regarding the trip to Anne O'Neil or Jennie Fogarty at the Village Center. Questions should be made in writing and submitted by Monday, Sept. 30. If you like, you may also send questions via email to info@friendshipheightsmd.gov. Please add Queen Mary questions to the subject line.



STEIN SPERLING

BENNETT · DE JONG · DRISCOLL PC

DAVID B. TORCHINSKY

ATTORNEY AT LAW

ESTATES · TRUSTS · TAX LAW

National President, American Association of Attorney-CPAs

Fellow, American College of Attorney-CPAs

301-838-3219 direct

dtorchinsky@steinsperling.com



BUSINESS LAW
CIVIL LITIGATION
CRIMINAL LAW

EMPLOYMENT LAW
ESTATES · TRUSTS
FAMILY LAW
INJURY LAW

MUNICIPAL LAW
REAL ESTATE LAW
TAX LAW

25 W. Middle Lane, Rockville, MD 20850 · 301-340-2020 · www.steinsperling.com



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 September issue is August 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.

FOUNDER

Martin Kuhn

EDITORIAL STAFF

Melanie Rose White
Volunteer Editor

Jennie Fogarty
Staff Writer

Anne Hughes O'Neil
Staff Writer, Advertising

Susan C. Zarriello
Page Design/Layout

FRIENDSHIP HEIGHTS VILLAGE COUNCIL

Melanie Rose White
Mayor

Maurice Trebach
Chairman

Robert M. Schwarzbart
Vice Chairman

Elizabeth Demetra Harris
Secretary

Alvan M. Morris
Treasurer

Leonard J. Grant
Historian

John Mertens
Parliamentarian

VILLAGE MANAGER

Julian P. Mansfield

ON the GO...

Rehoboth is calling

Don't miss the chance to escape the sweltering heat of the city and enjoy a day of sun, surf and shopping. There are a few spaces left for our trip to Rehoboth Beach on **Thursday, Aug. 8**. Stroll on the boardwalk, savor a seafood lunch or just take in the sea air. You may choose to spend the day exploring the outlet stores along Route 1 or at the beach or both. At the Tanger Midway outlet center, you'll find Coach Factory, Jones New York, L.L. Bean Factory Store, Liz Claiborne, Nine West, Polo Ralph Lauren, Ann Taylor, Rockport and more. We'll depart from the Village Center at 8 a.m., arriving in Rehoboth in time for you to enjoy lunch on your own. There are numerous restaurants along the boardwalk and Rehoboth Avenue. We'll return to the Village Center around 8 p.m.

The cost of the trip is \$55. Children over 5 years old are welcome but must be accompanied by an adult. The cost per child is \$30.



Nancy Mellon *Realty*

WEBSITE: www.nancymellonrealty.com

WHERE? EVERYWHERE.

Sales & Purchases & Rental Management
Condominium, Home and Townhouse

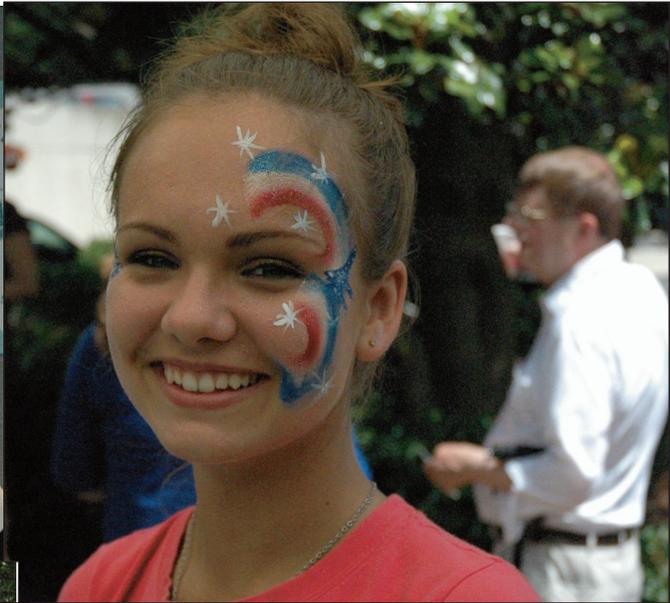
BETHESDA CHEVY CHASE ROCKVILLE POTOMAC KENSINGTON
SILVER SPRING GAITHERSBURG MARYLAND WASHINGTON, DC

301-951-0668
4500 N Park Ave., Suite 804N



BUY / SELL / RENT

Your Neighborhood Real Estate Specialists



July 4th in the Village

Clockwise from top left, Mayor Melanie Rose White presents a community service award to Helen Vamvas; a Village resident gets into the July 4th spirit; Lee Farber receives a community service award; residents of all ages enjoy the trackless train.

Hillwood, continued from page 1

will echo throughout transformed spaces at Hillwood to bring to life the formal dinners, charity events, garden parties, and weekend retreats that made an invitation from Marjorie Post the most sought after in her time.

Immerse yourself in the opulent Mar-A-Lago of Palm Beach's gilded age, the mid-century modern design of Hillwood, Camp Topridge in the Adirondacks and the surprising details of the Sea Cloud—once the world's

largest private sailing yacht—to see the real inner workings of Post's grand homes and perfectly coordinated way of life. Experience the seasonal rotations of a year in the life of Marjorie Post during the late 1950s and 1960s, when she moved from residence to residence—winter in Palm Beach, spring at Hillwood, summer in the Adirondacks, and a return to Hillwood in the fall—with perfectly managed

Continued on page 5



Cadeaux & Nina

Hair and Nail Spa

Monday thru Thursday

**SPECIAL FACIALS \$70 (1hr)
Massage \$75 (1hr)**

Manicure and Pedicure	\$40	Pedicure	\$30	Permanent	\$90+up
Manicure (women)	\$15	Spa Pedicure	\$35	Relaxer	\$90+up
Manicure (men)	\$30	Haircut	\$55	Highlights	\$100+up
Gel Manicure	\$32	Haircolor	\$55		
Fill-in	\$25				

(301) 656-0066

5423 Friendship Blvd. Chevy Chase, MD 20815
email: cadeauxdc@aol.com

Hillwood, continued from page 4

planning and precision.

We'll depart from the Village Center at 10 a.m. and arrive in time to explore the beautiful gardens and grounds of the opulent downtown estate. The grounds feature 25 acres of landscaped gardens, including the home's exquisite rose garden, which is in bloom from from early spring to late fall. Throughout the estate, you'll find special exhibits highlighting Ms. Post's life at her grand homes in Washington, Florida and New York. For lunch choose a roasted turkey with provolone and cranberry sandwich, a black forest ham with gruyere sandwich or the quiche of the day. After lunch we'll be treated to a tour of Ms. Post's exquisite mansion, which boasts the most comprehensive collection of Russian imperial art outside of Russia and a distinguished 18th-century French decorative arts collection.



We should return to the Village Center by 3 p.m.

The cost of the trip, which includes round-trip transportation, guided tour, lunch and all gratuities is \$65.

Residents may sign up immediately at the Village Center. Nonresidents may sign up beginning Aug 5.

There are 34 spaces available.

Amish, continued from page 1

7 p.m. The cost of the trip, which includes round-trip transportation, lunch, tours, guide services and all taxes and gratuities is \$108. The price of the trip increases to \$120 after Aug. 15. Residents and one guest may sign up immediately; nonresidents may sign up beginning Aug. 5. There are 34 spaces available.

This trip requires a moderate amount of walking on some uneven surfaces. Out of respect for the Amish, no photography is permitted.

CORRECTION

The last sentence of the article on page 13 of the July News was inadvertently dropped. It should read "The Vision Support Lunch and Learn will resume on **Thursday, Sept. 19.**"

Chevy Chase
Florist

We specialize in:
Ecuadorian roses,
Dutch flowers,
and locally-grown flowers.

Chevy Chase Florist
5415 Friendship Boulevard
Chevy Chase, MD 20815
301-986-0986
www.chevychaseflorist.com

GetWell Rehabilitation, LLC
orthopedic | neurological | aquatic

Physical Therapy Office
Friendship Heights Village at the Elizabeth Arcade

- Private one hour physical therapy sessions, one-on-one, no technicians
- Manual therapy, therapeutic exercises, balance and gait retraining, visceral mobilization
- Ultrasound, electrical stimulation, and combo
- Aquatic therapy (at our Tenleytown location)
- Orthopedic injuries, joint replacements
- Neurological disorders (MS, MD, ALS, stroke, dystonia), fibromyalgia, chronic fatigue syndrome
- Massage therapy / personal and post-rehab training

We are a **MEDICARE PREFERRED PROVIDER** and accept co-insurance from PPO and POS health insurance plans. Call office for details.

Locations

Tenleytown 4000 Wisconsin Ave., NW #P2 Washington, DC 20016 <i>(inside Tenley Sport & Health Club, garage parking available)</i>	Friendship Heights 4601 N Park Ave., #10C Chevy Chase, MD 20815 <i>(at the Elizabeth Arcade, free garage parking!)</i>
--	--

phone 301-654-9355 | fh@getwell-rehab.com
www.getwell-rehab.com find us on facebook

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, August 1, 7 p.m. — Movie — *The Call* —

When veteran 911 operator Jordan Turner receives a call from a girl who has just been abducted, she soon realizes that she must confront a killer from her past in order to save the girl's life. Stars Halle Berry, Evie Thompson, and Abigail Breslin. Rated R. Running Time 96 minutes.

Thursday, August 8, 7 p.m. — Movie — *Gentlemen's Agreement* —

A reporter pretends to be Jewish in order to cover a story on anti-Semitism, and personally discovers the true depths of bigotry and hatred in post World War 11 America. Stars Gregory Peck, Dorothy McGuire, John Garfield and Celeste Holm. Rated G. Running Time 118 minutes.

Thursday, August 15, 7 p.m. — Movie — *Emma* — A reworking of Jane Austen's classic novel, set in nineteenth century England, about the rather unsuccessful attempts at matchmaking carried out by a beautiful young woman on her unsuspecting friends. Stars Gwyneth Paltrow, Jeremy Northam and Toni Collette. Rated PG. Running Time :121 minutes.

Thursday, August 22, 7 p.m. — Movie — *Amour* —

Georges and Anne are cultivated, retired teachers in their eighties whose bond of love is severely tested after Anne suffers an attack. Stars Emmanuelle Riva, Jean-Louis Trintignant and Isabelle Hubbert. Rated PG-13. Running Time 127 minutes.

Thursday, August 29, 7 p.m. — Movie — *Scatter My Ashes at Bergdorfs* —

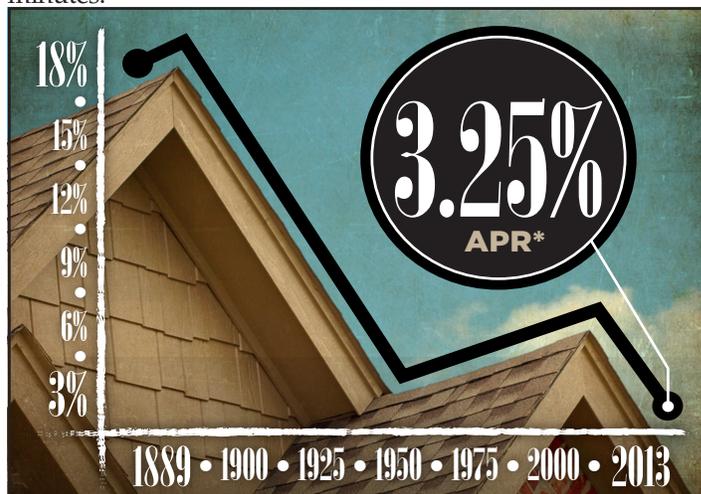
the most mythic of all American emporiums and the scene of many an ultimate fashion fantasy. Now audiences get a rarified chance to peek behind the backroom doors and into the reality of the fascinating inner workings and fabulous untold stories from Bergdorf Goodman's iconic history in Matthew Miele's documentary *Scatter My Ashes at Bergdorfs*. Rated PG-13. Running Time: 93 minutes.

INTERNAL MEDICINE
COMPREHENSIVE CONCIERGE
HEALTH CARE



"MAKING A DIFFERENCE IN PEOPLES LIVES"

NANCY E. FALK, M.D.
5454 WISCONSIN AVENUE #1420
CHEVY CHASE, MARYLAND 20815
OFFICE: 202 659 4257
FAX: 202 296 9619
NEFMD@AOL.COM



OUR BEST HOME EQUITY RATE IN 123 YEARS!

The same great service at no additional cost.
We'll pay up to \$3,000.00 in fees.**

APPLY TODAY



316 Pennsylvania Ave, SE • 202.546.8000
5228 44th Street, NW • 202.966.2688
www.nationalcapitalbank.com

*The variable rate on our Home Equity Line of Credit is equal to the Prime Rate published in The Wall Street Journal minus .50%. The APR varies monthly; maximum APR is 18.00%; minimum APR is 3.25%. As of 11-05-12, the APR for NCB's Home Equity Line of Credit was 3.25%.
**If the line is closed within three years, the customer will be responsible for up to \$3,000.00 in fees. Fees generally total between \$553.00 and \$5,709.00 and do not include required property insurance. This offer is subject to change at any time. Credit is subject to approval.



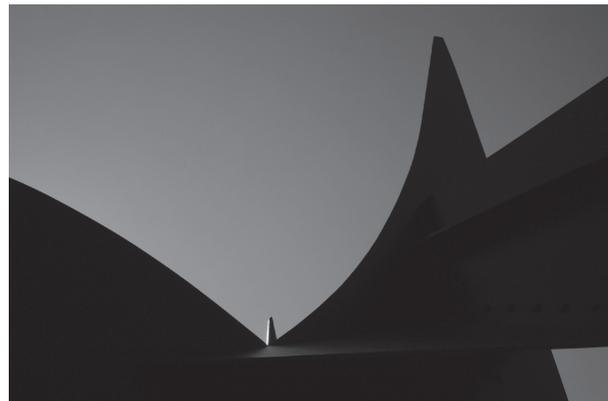
ART and CULTURE

On exhibit this month

More than twenty local artists, including Village Center art instructors Lew Berry and Millie Shott, will exhibit in the Friendship Gallery during the month of August.

Millie Shott has worked in watercolor, acrylics, and collage for more than four decades. Her artwork is included in the collection of the Georgetown University Hospital, the Marriott Collection, the Public Art Trust Collection of Montgomery County, the National Geographic Society and Fairfax Hospital, as well as in many personal collections. She is the Village art curator and teaches a watercolor class at the Center. Llewellyn Berry taught photojournalism, radio production and broadcast journalism, English, and media related courses in the DC Public Schools for 32 years. In retirement he continues his work as a photographic artist and teaches a class in basic photography at the Center.

Other artists include Joe Ardizzone, a scientist with NASA, who has found an avocation as a photographic artist; Bruce Fagin, an illustrator and graphic designer who will be exhibiting his photography; Jenne Glover, whose mixed media collages are composed of paper, paint, fabric, laser print images, and repurposed/recycled photos of earlier art works; Eden Hansen, an accomplished photographer and published writer; Bill Harris, a printmaker and sculptor; Victor Holt, a staff photographer and photo editor for The Washington Informer, whose most recent show was "A Portrait of America" presented by the Joy Wai Gallery of New York; Sonnie Mason, a photographer of the old school who still works in large format, 4x5 and is committed to producing film photographs in the darkroom; Camille Mosley-Pasley, who owns and operates a photography studio, serves as chair of Market 5 Gallery, and is an art consultant and independent curator; Fernando Sandoval, who has been photo-documenting various neighborhoods of Washington, DC for decades and has his own local studio Oak Street Studios; Shirley Thompson, who has been painting and exhibiting in the Takoma Park DC area for many years; and, Joyce Wellman whose prints, drawings and paintings have received critical review in art publications nationally and internationally. Additional artists are Percy Martin, a longtime printmaker and instructor, who has in recent years ventured beyond traditional etching into digital printing; W. James Taylor whose works depict East African scenes and leaders of the civil rights movement; Jarvis Grant, who is exploring the possibilities of "mobile photography;" Richard Fitzhugh, who began his career as an architect and became more interested in architectural renderings and fine art; and, Gloria Kirk, a mixed media artist who has found voice in a multiplicity of creative expressions all representing a fundamental



Photograph by Lew Berry, Friendship Heights Village Center instructor

respect and love of her cultural heritage.

Also in the group are first time photography exhibitors who are showing great artistic merit in Lew Berry's photography classes at the Village Center. They include Hank Douglas, a graphic designer who worked with Bruce Fagin at the seminal arts/advertising company, Reflections Unlimited; Anthony Di Lullo, a retired economist, who has produced several black and white studies of Glen Echo Park and Rehoboth Beach; Maureen Spagnolo, who has produced stunning color work of the Cathedral as well as studies of Rodeo cowboys; Jack Welch, currently working for the Voice of America; and, Sally Winthrop, who has made extraordinary photographs in Viet Nam and documented LeDroit Park, Bloomingdale and North Massachusetts Ave. neighborhoods in Washington.

The show runs until Aug. 24. All are invited to a reception to meet the artists on **Sunday, Aug. 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 certain activities in that room. Please check with the front desk receptionist when you arrive. Please note that all sales of art are final.



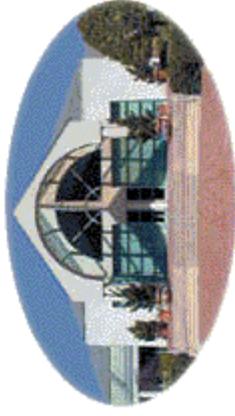
Jay Kuzminsky, *Chauffeur*

240-401-6787 Jay@OnTimeLimousineLLC.com

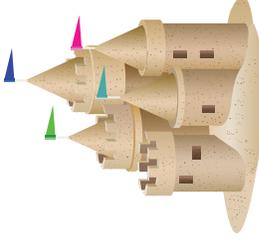
5610 Connecticut Ave., #15316, Chevy Chase, MD 20825

www.OnTimeLimousineLLC.com

Friendship Heights Village Center



Calendar 2013 of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>4</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>5</p> <p>10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse</p> 	<p>6</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist</p> 	<p>7</p> <p>1 p.m.: Portraiture in Pencil and Pastel 7 p.m.: Concert: IONA</p> 	<p>1</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 11 a.m.: Still Life Painting make-up class 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 Call</p>	<p>2</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>3</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 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>12</p> <p>10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting</p>	<p>13</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 2 p.m.: Speech Therapy and Support Group 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist</p>	<p>14</p> <p>1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: "Health Screenings for Seniors" 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: Rich Whitehead</p>	<p>8</p> <p>8 a.m.: Depart for Rehoboth 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 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: Gentlemen's Agreement</p>	<p>9</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</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>4</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>11</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>12</p> <p>10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting</p>	<p>13</p> <p>1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: "Health Screenings for Seniors" 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: Rich Whitehead</p>	<p>15</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 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: Emma</p>	<p>16</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>17</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>

18

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

19

10 a.m.: Great Books
10 a.m. – 2 p.m.: MVA Bus
12:30 p.m.: Bridge Club

20

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

21

1 p.m.: Portraiture in Pencil and Pastel
7 p.m.: Concert: Hui O Ka Pua 'Ilima

22

8:15 a.m.: Walking Club
9:30 a.m.: Tai Ji
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: Amour

23

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events

24

8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs
10:30 a.m.: Basic Photography

25

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

26

10 a.m.: Great Books
12:30 p.m.: Bridge Club

27

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

28

1 p.m.: Portraiture in Pencil and Pastel
1 p.m.: Health Insurance Counseling
7 p.m.: Concert: Machaya Klezmer

29

8:15 a.m.: Walking Club
11 a.m. – 4 p.m.: Village Playtime
6:15 p.m.: Scrabble
7 p.m.: Movie: Scatter My Ashes at Bergdorff's

30

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events

31

8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs

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.

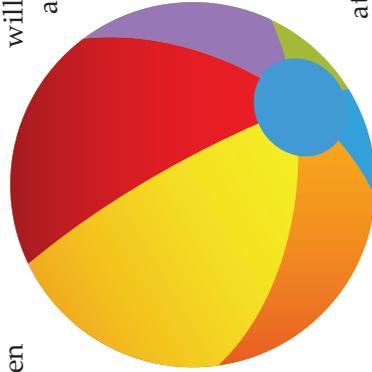
Village Center Hours

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.

July art show winners

The 2013 “Three Cheers for the Red, White and Blue” art show at Friendship Gallery exhibited 27 area artists and their Fourth of July interpretations. The winners, chosen by juror Millie Shott, were Frank R. Palumbo for his watercolor “Summer Flags,” Joseph Ardizzone for his digital photograph “My Lucky Stars,” Mary Schroder for her acrylic “Fireworks! But First Dessert” and Elizabeth Riordon for “Parade Party” in colored pencil. Congratulations to all!



Cuisine art next month

In September, the Village will sponsor an open juried exhibit as part of the annual Taste of Friendship Heights. The show will be open to all artists in the area. Paintings, photographs or sculptures related to food or food-preparation are suggestions. Millie Shott, instructor and art curator at the Village Center, will jury the entries and select the winners. Applications are at the Village Center or can be downloaded at our website.

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 Haskell, begins Sept. 9. 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 Nov. 25 (class will not meet Oct. 14 and Nov. 11).

ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskell, begins Sept. 12. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Session ends Nov. 14. Minimum number of students is 10; maximum is 14.

BASIC PHOTOGRAPHY (Saturday)

This 8-week course in black and white and color photography, taught by Llewellyn Berry, begins Sept 7. 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. Session ends Nov. 2 (class will not meet Sept. 14).

BASIC PHOTOGRAPHY (Thursday)

This 6-week course in black and white and color photography, taught by Llewellyn Berry, begins Sept. 12.

Meets Thursdays from 10 a.m. to 12 p.m. The cost is \$75. See details above. Session ends Oct. 17.

BASIC PHOTOGRAPHY FOR CHILDREN (Ten And Older)

This 8-week course in black and white and color photography, taught by Llewellyn Berry, begins Sept. 7. Meets Saturdays from 9 to 10 a.m. The cost is \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and, learn about composition and subject selection. Students must have a digital camera and a flash drive. Session ends Nov. 2 (class will not meet Sept. 14).

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Sept. 11. 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 \$75 for residents; \$80 for nonresidents. Maximum number is 8. Last class is Oct. 16.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Sept. 12. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets

Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only). The cost is \$155 for residents; \$165 for nonresidents. Last class is Nov. 14. Maximum number of students is 12.

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 6-week class begins Sept. 3. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$65 for residents; \$70 for nonresidents. Session ends Oct. 8. Questions? Email instructor Tonya Walton at staraka4u@gmail.com. **You may try this class at the first session. If you decide to join, please register at the end of the hour.**

CHAIR EXERCISE

This 7-week class begins Sept. 4. 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 \$75 for residents; \$80 for nonresidents. Session ends Oct. 16. **You may try this class at the first session. If you decide to join, please register at the end of the hour.**

EVENING YOGA WITH KATHRYN

This 8-week class begins Sept. 11 and meets Wednesdays from 6-7 p.m. The class will focus on strengthening and stretching body and mind with attention given to balancing ease and effort. Please bring a yoga mat and a towel or blanket. Be prepared to work hard and relax easy. Questions? Call Kathryn 240-743-4294. The cost is \$80 for residents; \$85 for non residents. Session ends Oct. 30. **You may try this class at the first session. If you decide to join, please register at the end of the hour.**

MAT PILATES

The 6-week session begins Sept. 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. Questions? Email Gingerrusteach@yahoo.com. Session ends Oct. 8.

SKY VALLEY TAI JI (Thursday)

This 6-week class, taught by Thomas Johnson, begins Sept. 12. Meets Thursdays, 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Oct. 17. ***You may try this class at the first session. If you decide to join, please register at the end of the hour.***

SKY VALLEY TAI JI (Tuesday)

This 6-week class begins Sept. 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 Oct. 15. ***You may try this class at the first session. If you decide to join, please register at the end of the hour.***

STRENGTH TRAINING WITH CHERYL

This 6-week class begins Sept. 6. 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 Oct. 11.

STRENGTH TRAINING WITH TONYA

This 6-week class begins Sept. 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 \$65 for residents; \$70 for nonresidents. Session ends Oct. 14. ***You may try this class at the first session. If you decide to join, please register at the end of the hour.***

YOGA (Day)

This 12-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 8. 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 \$158 for residents; \$164 for nonresidents. Session ends Dec. 15 (class will not meet Oct. 13 and Nov. 10). ***You may try this class at the first session. If you decide to join, please register at the end of the hour.***

YOGA (Evening)

This 12-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 9. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$158 for residents; \$164 for nonresidents. Session ends Dec. 16 (class will not meet Oct. 14 and Nov. 11). ***You may try this class at the first session. If you decide to join, please register at the end of the hour.***

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.

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. All are welcome.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 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

Continued on page 15

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.

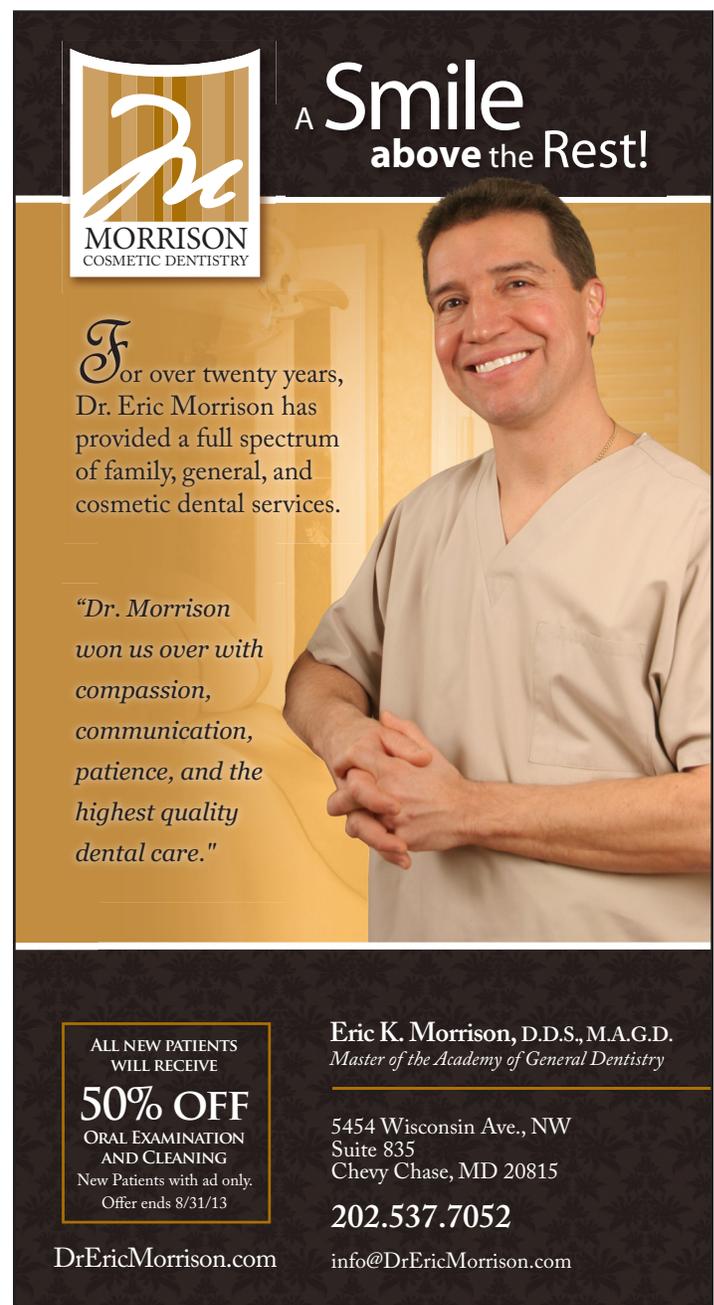
Wednesday, August 7 — IONA — IONA's music is a unique acoustic weave of the traditional music of Scotland, Ireland, Wales, Cornwall and the Isle of Man. Conceived in 1986, IONA was the musical offspring of lead singer, bouzouki, guitar, and bodhran player Barbara Ryan and wind section, Bernard Argent. It has grown to include fiddler Jim Queen, bass guitar player Chuck Lawhorn and dancer Kathleen Larrick. They are all seasoned performers who involve their audiences with history and cultural backgrounds of the music, humor and energy.

Wednesday, August 14 — Rick Whitehead — Rick Whitehead is the recipient of the Washington Area Musician's Association 2007 award as "Best Jazz Instrumentalist." He was the featured guitar soloist for the USAF Band's Airmen of Note for 22 years and toured throughout the United States, Far East, and South America with the group. Originally from Miami, Whitehead started playing the guitar at age 11. By the time he was 18, he was performing on Shows on the Beach and worked with Connie Francis, Sandler and Young, Jayne Morgan, Glen Campbell and others.

Wednesday, August 21 — Hui O Ka Pua 'Ilima — Carol Leolani Takafuji leads this Hawaiian dance group in an evening of authentic dance and music straight from the Hawaiian Islands, New Zealand and Tahiti. The name means "the group of the Ilima," the official flower of the island of Oahu. In addition to dance and music, the evening will feature a little history of hula on the Hawaiian islands.

Wednesday, August 28 — Machaya Klezmer — One of the premier klezmer bands in the country, Machaya Klezmer features Susan Jones, Barbara Hess and Jay McCrensky. The word Klezmer comes from two Hebrew words, clay and zimmer, meaning vessel of music or song. The idea is that the instrument ie. the violin, clarinet, takes on human characteristics like laughing and crying. With a joyous exuberance or a soulful wailing. Klezmer music was a product of Eastern European Yiddish Culture, which the Jewish immigrants brought with them to the United States in the 1880's.

Klezmer musicians (also called Klezmerim) were an informal group of musicians. Many were itinerants who went from village to village in Eastern Europe. They played traditional music, folk songs, folk dances and solemn hymns before prayers.



A Smile above the Rest!

MORRISON
COSMETIC DENTISTRY

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

"Dr. Morrison won us over with compassion, communication, patience, and the highest quality dental care."

Eric K. Morrison, D.D.S., M.A.G.D.
Master of the Academy of General Dentistry

5454 Wisconsin Ave., NW
Suite 835
Chevy Chase, MD 20815

202.537.7052

ALL NEW PATIENTS WILL RECEIVE
50% OFF
ORAL EXAMINATION AND CLEANING
New Patients with ad only.
Offer ends 8/31/13

DrEricMorrison.com info@DrEricMorrison.com

TO YOUR HEALTH

Risks and benefits of routine health screenings for seniors

Do you have questions about routine health screenings for older adults? Do the risks outweigh the benefits? Join family physician Dr. Ayesha Jafri at this month's Suburban Lecture at the Village Center on **Wednesday, Aug. 14, at 1 p.m.**, to learn more about the recommendations for routine health screenings.

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

Give those eyeglasses a new life

Are your old eyeglasses obsolete? Why not donate them to Lions Club. Each month, the Leisure World Lions Club will pick up eyeglasses and frames from the Village Center. The glasses are then cleaned, disinfected and distributed to the underprivileged, particularly in developing countries.



301-270-VEIN (8346)

PAINFUL, BULGING or UNSIGHTLY Varicose Veins?

Latest Laser Technology
SINGLE USE gold tip fiber,
Less painful, minimal bruising.

Dr. Samir Neimat, MD

Washingtonian "TOP DOCTOR" 16 Years

THE VEIN CLINIC OF WASHINGTON
www.veinclinicofwashington.com

The Barlow Building
5454 Wisconsin Ave, Suite 1420
Chevy Chase, Maryland 20815



CHEVY CHASE ENT & AUDIOLOGY

You can hear better today!

Providing evaluations by ENT physicians and audiologists for:

- HEARING LOSS AND EAR DISORDERS
- WAX REMOVAL
- CUSTOMIZED HEARING AID FITTINGS AND SERVICES
- TINNITUS MANAGEMENT

WE LISTEN, TO MAKE SURE WE FIND THE BEST SOLUTION FOR YOU

Ask your physician or internist about our practice.



5530 Wisconsin Avenue • Suite 1500 • Chevy Chase, Maryland 20815

Office: 301-656-8630 • www.chevychase-ent.com

Maria Capobianco, Au.D. Thomas Winkler, M.D. Leslie Hao, M.D. Candace Thorp, Au.D.

Cafe Muse presents...

This month's Café Muse, on **Monday, Aug. 5, at 7 p.m.**, features poetry by B.K. Fischer and Serena J. Fox.

B.K. Fischer is a poetry editor at Boston Review. She is the author of the novel-inverse *Mutiny Gallery*, winner of the 2011 T. S. Eliot Prize, *St. Rage's Vault*, winner of the 2012 Washington Prize, and *Museum Mediations*, a critical study of poetry and art. She teaches at the Hudson Valley Writers' Center in Sleepy Hollow, N.Y., where she lives.

Serena J. Fox, an intensive care physician, consultant in bedside medical ethics and human rights advocate, began her career in the ER of Bellevue Hospital, and continued in DC trauma units. She believes poetry has an essential role in the teaching of medicine and caregiving. Her book of poems, *Night Shift*, is the basis for a series of poetry and medicine seminars that she facilitates for the NYU Medical School's Master Scholars Program and the University of Iowa Medical School's "Examined Life" Conference.

The August program is funded by the Estate of Reetika Vazirani in honor of her birthday on August 9. The Word Works gratefully acknowledges this financial support.

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 35 years. For more information visit www.wordworksdcm.com.

The Village Book Club will not meet this month. Get a head start on the September selection, *Tender is the Night* by F. Scott Fitzgerald.



SPECIALIZING IN TOURS TO:
India, Turkey, Morocco,
Mexico, and Cuba

USA INTERNATIONAL TRAVEL

LAKSHMI "LAKI" HALPER, *Travel Consultant*

PHONE: 301-718-8700

HOME: 301-656-7441

FAX: 301-718-2851

800-876-0003

laki.halper@gmail.com

7758 Wisconsin Avenue • Suite 401 • Bethesda, MD 20814

OUR SOMERSET HOUSE LISTINGS!



SH I:

#1204 1,141 SF ~ \$2,950 / Month

1BR, 1.5BA Unit

SHII:

#505 1,450 SF ~ \$4,250 / Month

2BR, 2.5BA Unit

Call us for more info or a private showing!

Linda Rosenkranz, Jamie Coley & Leigh Reed
Associate Brokers

LONG & FOSTER REAL ESTATE, INC.

TOP 100 OUT OF 1.1 MILLION AGENTS IN THE US (WALL ST. JOURNAL)

2010, 2011 & 2012

LONG & FOSTER'S #1 TEAM IN 2012 (Montgomery Co.)

#1 IN SOMERSET CONDOS SOLD

301-215-4141 (office) / 240-497-1700 (main)

coleyreed@gmail.com / www.somersetluxuryliving.com



Classes and Clubs, continued from page 11

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

Games, toys and play equipment will be set out in the auditorium for children at the Village Center most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver 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. The group does not meet in July and August.

Dr. Michael Gittleson
Podiatrist
The Barlow Building
5454 Wisconsin Ave. Suite 1250
Chevy Chase, MD 20815
301-986-4900
Medicine/Foot Surgery Early Morning Hours

Personal Computer Coach
In-home computer training for women
Cheryl Morris
Phone: (240) 994-2921
E-mail: personalcomputercoach@att.net
www.personalcomputercoach.com
*Convenient*Flexible*Personalized*
Gift Certificates Available



SENIORS ARE PROUD TO
Call Us Home

At Brighton Gardens of Friendship Heights, you can always expect:

- Exceptional, relationship-based care
- Dedicated Designated Care Managers for each resident
- Beautifully appointed living spaces and delicious home-cooked meals
- Vibrant social activities designed to engage mind, body and spirit
- Safe, secure and comfortable neighborhoods for seniors experiencing memory loss
- Peace of mind in knowing that we can meet your changing needs



Call today to schedule a complimentary lunch and tour:
301-656-1900

Brighton Gardens of Friendship Heights

5555 Friendship Boulevard
Chevy Chase, MD 20815
301-656-1900

BGFriendshipHeights.com



Village Council Corner

Taste of Friendship Heights: Saturday, September 28



Mark your calendar for this wonderful Village event, now in its seventh year. You will have the opportunity to taste food from terrific local restaurants right here at the Village Center.

- Participants include Courtyard by Marriott, Frosting, Indique Heights, Lia's, Maggiano's, Mi Cocina, P.F. Chang's, Potomac Pizza, Rosa Mexicano, Sunrise Brighton Gardens, and Whole Foods.
- Live music, face painting, moon bounce, American University basketball players and cheerleaders, and raffle drawings.
- A portion of the proceeds will be donated to the Community Council for the Homeless at Friendship Place (CCHFP). Watch for more information in the September *Village News*. Also visit www.tasteoffriendshipheights.com.

Council members honored on July 4



Councilmember Alvan Morris (center) received the Elizabeth Scull Outstanding Community Service Award and a proclamation from Maryland Senator Brian Frosh and Delegate Susan Lee.



Councilmember Maurice Trebach was honored by Mayor White and the Council for his service as Chairman over the last ten years. He first joined the Council in 2001.

Photos by Joel Williams

Council actions at the July 16 meeting: Approved renewal of membership in Maryland Municipal League; approved request to install fiber optic line; approved requests for tree removal; renewed snow removal contract. The Village Council will not meet in August. **The next Council meeting will be Monday, September 9.**



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

August 2013 events calendar