



Friendship Heights



VILLAGE NEWS



Brian Stokes Mitchell

see page 3

MARCH 2008

301-656-2797

VOLUME 22, NO. 10



A Tidewater Treat — Visit Jamestown, Williamsburg and a James River Plantation

Walk in the footsteps of our nation's forefathers when we make a two-day trek in May to Historic Jamestown, Williamsburg and Tidewater Virginia **Thursday, May 1 and Friday, May 2.** We'll leave the Village Center at 9:30 a.m. on Thursday and take a leisurely drive to Tidewater Virginia. Our first stop will be lunch in the Charles City Tavern. Located in a charming farmhouse

surrounded by historic plantations, Charles City Tavern features home-style Southern cooking.

Following lunch we'll take a guided tour of Berkeley Plantation along the James River. This historic home is the site of the first official Thanksgiving in 1619 and the birthplace of William Henry Harrison, a war hero in the Battle of Tippecanoe, and the ninth

Continued On Page 4

A trip to Lincoln's Cottage

Join us on **Wednesday, April 16,** for a visit to the newly opened President Lincoln's Cottage at the Soldiers' Home for an intimate, never-before-seen view of Abraham Lincoln's presidency and family life.

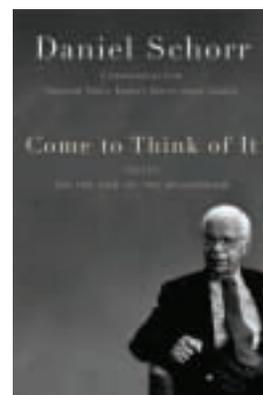
Designated a National Monument by President Clinton in 2000, President Lincoln's Cottage served as Lincoln's family residence for a quarter of his presidency and is the



Continued on page 18

Daniel Schorr: a legend in journalism

Veteran reporter Daniel Schorr, the last of Edward R. Murrow's legendary CBS team and currently senior news analyst for NPR, will discuss his book, *Come*



to Think of It: Notes on the Turn of the Millennium, at the Village Center on **Thursday, March 20, at 7:30 p.m.**

Mr. Schorr's career of more than six decades has earned him many awards for journalistic excellence, including three Emmys, a Peabody Award, and the DuPont-Columbia University Golden Baton, the most prestigious award in broadcasting. He has received decorations from European heads of state and been honored by civil liberties groups and professional organizations for his defense of the First Amendment.

Come to Think of It is a selection of Mr. Schorr's observations on politics and American life during the last two decades. Copies of the book, provided by Politics and Prose Bookstore, will be available for purchase. Please sign up in advance by calling the Village Center at 301-656-2797.

CHILDREN'S PROGRAMS

Children's Art Camp is coming to the Village

Treat your child to an extra-special camp this summer. For three days only—**Monday, July 7 through Wednesday, July 9**—the Friendship Heights Village Center will host some of the top



art teachers in the area. Children ages 6 to 10 will learn print making, Chinese brush, collage, and sculpture. In addition to art instruction, children will also learn songs and dances from noted local performer James Taylor. The camp takes place from 9:30 to 12:30 daily at the Village Center. The cost is \$125. Sign up by April 1 and pay only \$120. This course is a modified version of the Art Camp at Strathmore and features some of the same teachers. Sign up immediately at the Village Center to ensure a space — this camp will fill up quickly. There are only 30 spaces available. Children must have completed kindergarten to qualify.

Saturday morning story

Local actress and singer Barbara Papendorp returns to the Village Center for another Saturday Storytime on **April 12, from 10:30 to 11:30 a.m.** Children 8 and under will love to hear Barbara's interpretation of *The Bear Wakes Up*, complete with songs and crafts. This event is free, but please call the Village Center at 301-656-2797 if you plan to attend. Space is limited. Children must be accompanied by a parent or guardian.



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 April issue is March 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

Brian Stokes Mitchell: a leading man for his times

Join us for a wonderful evening at the Music Center at Strathmore on **Friday, April 4** when Brian Stokes Mitchell, the powerful baritone who has been one of the central male stars of the theater for two decades, performs in concert.

Dubbed "the last leading man" by the New York Times, Brian Stokes Mitchell received a Tony Award for his role in *Kiss Me Kate*, and Tony nominations for *Man of La Mancha*, *Ragtime*, and *King Hedley II*. Washingtonians will remember Mr. Mitchell in the title role in *Sweeney Todd* at the Kennedy Center in 2002.

The cost of the trip until March 13 is \$71, which includes a discounted seat in the Promenade (a short walk from the drop-off and no elevators!), transportation, and driver gratuity. After March 13, the cost goes up to \$76. Residents and one guest may sign up immediately; nonresidents may sign up March 10. There are 24 tickets available.

The NSO and a tour

Join us on **Thursday, March 27** for an open rehearsal of the National Symphony Orchestra and a short "highlights" tour of the Kennedy Center.

Mark Elder, music director of The Hallé Orchestra in Manchester, England, will conduct a program that features Canadian pianist Louis Lortie and includes Stravinsky's *Dances concertantes*, for Chamber Orchestra; Prokofiev's Piano Concerto No. 1 in D-flat major, Op. 10; Poulenc's *Aubade, concerto chorégraphique* (for piano and 18 instruments); and, Shostakovich's Symphony No. 6 in B minor, Op. 54.

Following the performance, we will go upstairs to the KC Café for lunch (on your own) and at 1 p.m. a docent will meet us for a half hour tour that includes areas not open to the public such as the Presidential Box and private lounges.

The cost of the trip, which includes transportation and driver gratuity, is \$25. We will depart from the Village Center at 9 a.m. and return by 3 p.m. Residents and one guest may sign up immediately; nonresidents may sign up March 10. There are 39 spaces available.

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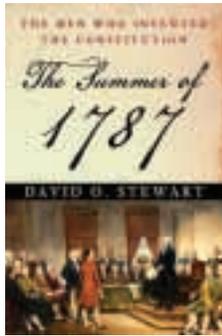


A long hot summer

David Stewart, a constitutional lawyer and former law clerk for Supreme Court Justice Lewis Powell, will discuss his book, *The Summer of 1787: The Men Who Invented the Constitution*, at the Village Center on **Thursday, March 13, at 7:30 p.m.**

Mr. Stewart's book is written as a narrative that tells the story of the struggle to create the world's first constitutional democracy during four sweltering, tumultuous months in Philadelphia. Based on letters and records of the Convention, the author uses the delegates' own words to explore the conflicts and hard bargaining that invented our government. Historian Michael Beschloss describes *The Summer of 1787* as a "succinct and fascinating book... that is a welcome blast of fresh air."

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



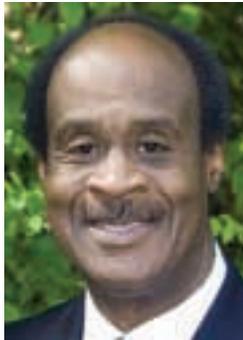
County Executive to speak at the Center

Montgomery County Executive Ike Leggett will speak at the Village Center on **Monday, March 31, at 7:30 p.m.** in a "town hall meeting."

Isiah Leggett was elected to a four-year term in 2006, the first African American to be elected to this public office. He served four terms on the County Council from 1986 to 2002 and was the Council's President three times. He was a law professor at the Howard University Law School from 1975 to 2006 and was its Assistant Dean from 1979 to 1986.

Mr. Leggett served as a Captain in the United States Army and his tour of duty in the Vietnam War earned him the Bronze Star Medal, the Vietnam Service, and Vietnam Campaign Medals. He was selected as a White House Fellow in 1977 and in 1979 was appointed to serve as a member of the Montgomery County Human Relations Commission. He has been an active board member of a number of professional, civic and community organizations and has received more than three dozen honors and awards for his leadership and community service.

Sign up for this interesting evening by calling 301-656-2797. Bring your questions and concerns!



A Tidewater Treat from Page 1

president of the United States.

Then we'll check into our home for the evening, the Williamsburg Lodge. Operated by Colonial Williamsburg, the Williamsburg Lodge is convenient to the Colonial area. Furnishings throughout the hotel are inspired by a fine collection of American folk art, which is housed in the nearby Abby Aldrich Rockefeller Folk Art Museum.

That evening we'll enjoy dinner at the nationally acclaimed Trellis restaurant, just minutes from Williamsburg Lodge, in Merchant's Square. The Trellis is known for world-class American cuisine that changes with the seasons. Later that evening we'll visit the Capitol in Colonial Williamsburg for an evening of music, dancing and entertainment.

The next day, following breakfast, we'll visit Jamestown Settlement. Built by the Commonwealth of Virginia in 1957, the Settlement itself shows what the settler's three ships, their colony, and a typical Powhatan Indian village looked like, and costumed interpreters demonstrate how they lived back then. In addition to taking a guided tour of the galleries at the Settlement, you also have time to explore on your own. We'll enjoy a box lunch at Jamestown Settlement before we take a short ride to Historic Jamestown, the site of the original settlement, for a tour by a National Park Service ranger. Here you can walk in the steps of Captain John Smith and Pocahontas as we explore America's beginnings.

If you like, you may spend the morning visiting Colonial Williamsburg instead of Jamestown Settlement for an additional \$15; lunch would be on your own. Those who choose this option will take the bus to join the group at Historic Jamestown in the afternoon.

We'll return home after our visit to Historic Jamestown, and should arrive in Friendship Heights by 6:30 p.m.

The cost of the trip, which includes transportation, one night's deluxe accommodations, one breakfast, two lunches, one dinner, admission and tours, and all taxes and gratuities is \$425, per person based on double occupancy. The single supplement is \$145.

Residents and one guest may sign up beginning immediately. Non-residents may sign up beginning March 7. Sign up by March 10 and pay only \$399 per person, double occupancy.

Clinton advisor rescheduled

Mark Penn, worldwide CEO of Burson-Marsteller, pollster to President Clinton, and advisor to Senator Hillary Rodham Clinton, will discuss his book *Microtrends: The Small Forces Behind Tomorrow's Big Changes*, at the Village Center on **Thursday, April 3, at 7:30 p.m.** Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for purchase. This event was originally scheduled for Feb. 21.

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PLAYING on the BIG SCREEN

All movies now 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, March 6, 7:00 p.m. —

La Vie En Rose — From the slums of Paris to the limelight of New York, Edith Piaf's life was a battle to sing and survive, live and love. Raised in poverty, Edith's magical voice and her passionate romances and friendships with the greatest names of the period — Yves Montand, Jean Cocteau, Charles Aznavour, Marlene Dietrich, and others — made her a star all around the world. For her performance, Marion Cotillard earned an Academy Award and a Golden Globe for best actress in a leading role. Also stars Gerard Depardieu. Rated PG-13. Running Time: 136 minutes.



Thursday, March 27, 7:00 p.m., —

Elizabeth: The Golden Age — Almost a decade after Cate Blanchett drew the attention of audiences and critics alike with Elizabeth, the Oscar-winning actress returns to the role of the Virgin Queen. Though the protestant ruler has been on the throne for decades in 1585, Elizabeth I's reign is still under attack from both inside her country and from the continent. Also stars Abbie Cornish, Clive Owen and Geoffrey Rush. Rated PG-13. Running Time: 114 minutes.



Thursday, March 13, 7:30 p.m. — Book Signing with David Stewart — see page 4 for details.

Thursday, March 20, 7:30 p.m., — Book Signing with Daniel Schorr — see page 1 for details.

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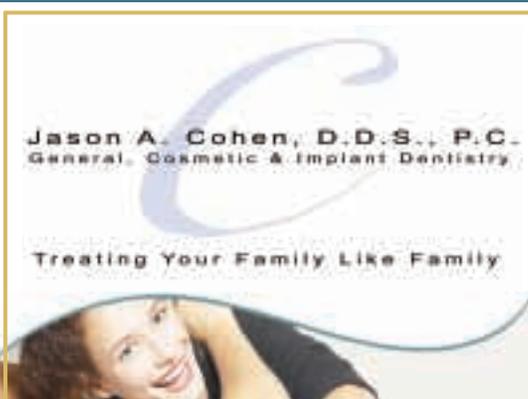
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FRIENDSHIP GALLERY

Senior Artists Alliance on exhibit in Friendship Gallery

Senior Artists Alliance, a non-profit organization dedicated to promoting artists sixty years old and older, will exhibit in the Friendship Gallery during the month of March.

The Alliance was founded to give senior artists opportunities to exhibit their work professionally, provide a forum for artists to exchange information and experiences, develop opportunities for marketing, and provide educational meetings and special interest groups.

The show runs from March 3 to March 29. All are invited to meet the artists at a reception on **Sunday, March 9, 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.



Brigantine Island Road,
photograph by Neil Willens



Lakeside Reflections,
photograph by Neil Willens



CLASSES and CLUBS

**PREREGISTRATION IS REQUIRED FOR ALL CLASSES.
PARTICIPANTS MUST PAY FOR THE FULL SERIES. NO REFUNDS AFTER CLASS BEGINS.**

ART

DRAWING AND PAINTING

A 10-week course for all skill levels, taught by Doris Haskel, begins March 17. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Residents may sign up immediately; nonresidents may sign up March 3. Session ends May 19. Maximum number of students is 18.

CHINESE BRUSH PAINTING

A 10-week class taught by Helene Sze McCarthy begins March 6. Meets Thursdays from 1 to 3 p.m. Cost is \$100. Session ends May 8. A minimum of 6 students (registered before the first class) is required; the maximum is 10.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by award-winning artist and photographer Marianne Winter, begins April 2. 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 \$65. (Maximum number of students is 8). Session ends May 7.

STILL LIFE PAINTING

A 10-week course with noted artist Joan Samworth begins April 17. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Advance at your own pace with

individual critiques and instruction. 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 \$145 for residents; \$150 for nonresidents. Last class is June 19.

BRIDGE

ADVANCED BRIDGE

A 5-week course for people who take their bridge seriously and wish to improve their bidding (including modern conventions) and cardplay (including reading their opponents' cards). Begins April 18. Meets Fridays from 3 to 4:45 p.m. Cost is \$100. Session ends May 16. Instructor Steve Hoglund has taught bridge for 25 years at the Sulgrave Club, Chevy Chase Club, Metropolitan Club, Annunciation School, and, The Irene. Mr. Hoglund is happy to talk with anyone considering the class. Call the Center for his number or email him at Hoglundst@aol.com. Residents may sign up immediately; nonresidents may sign up March 8.

REFRESHER BRIDGE

A 5-week course for people who consider themselves "rusty" because they haven't played bridge for a while. Begins April 18. Meets Fridays from 1 to 2:45 p.m. Cost is \$100. Session ends May 16. Instructor is Steve Hoglund (see above). Residents may sign up immediately; nonresidents may sign up March 8.

EXERCISE AND FITNESS

CHAIR YOGA

This 4-week series begins March 5. Meets Wednesdays from 3 to 4:15 p.m. Do not eat for one hour before class, wear comfortable clothing but no heavy jewelry or perfume. The cost is \$40. Ends March 26.

MAT PILATES

A 6-week session begins March 11. Meets Tuesdays from 7 to 8 p.m. The cost is \$80 for residents and \$90 for nonresidents. Movements to improve balance, strength and flexibility. Not recommended for pregnant women or those with serious spinal conditions. Required equipment: Pilates/Yoga mat, large bath towel. Questions? E-mail – Gingerrusteach@yahoo.com. Session ends April 15.

STRENGTH TRAINING WITH TONYA (MONDAY)

This 6-week session begins April 7. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, will focus on increasing your mobility, flexibility, balance, and overall strength. The cost is \$62. Session ends May 12.

STRENGTH TRAINING WITH TONYA (WEDNESDAY)

This 6-week session begins April 9. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, will focus on increasing your mobility, flexibility, balance, and overall strength. The cost is \$62. Session ends May 14.

TAI CHI (THURSDAY)

This 6-week session begins March 20. Meets Thursdays from 9:30 to 10:30 a.m. Cost is \$40. Ends April 24. Feel free to email instructor Thomas Johnson at Taijitaj@comcast.net if you have any questions about this class.

TAI CHI (TUESDAY)

This 6-week session begins March 25. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40. Session ends April 29. Feel free to email instructor Thomas Johnson at Taijitaj@comcast.net if you have any questions about this class.

YOGA (WEEKEND)

This 6-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins March 30. 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 clothing, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$60 for residents and \$75 for non-residents. Class will not meet April 13 and 20. Students who must miss a class may make it up in the Monday class with the instructor's permission. Session ends May 18.

YOGA (EVENING)

This 7-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins March 31. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$70 for residents and \$85 for non-residents. Class will not meet April 21. Students who must miss a class may make it up in the Sunday class. Session ends May 19.

YOGA (WEEKDAY)

This 8-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins April 1. Meets Tuesdays from 11 a.m. to 12:20 p.m. See description above. The cost is \$80 for residents and \$95 for non-residents. Session ends May 20.

LANGUAGE

BEGINNING SPANISH (CONTINUED)

This 8-week course begins March 31. This class is for students who took the winter class or who have some knowledge of Spanish and permission from the instructor. Elena Marra-Lopez has taught teenagers and adults at Sidwell Friends School, Washington International School, Montgomery College, and the USDA Graduate School. The class meets Mondays, from 6:30 to 8:30 p.m. The cost is \$200. Session ends May 19.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse is on hand to offer free blood pressure screenings Tuesdays from 1 to 2:45 p.m. only. The nurse is also available for consultations Tuesdays from 3 to 5 p.m.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

CONCERTS

Free live music is presented every Wednesday throughout the year at 7:30 p.m. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

FHUN

The Friendship Heights Urban Network (FHUN) is a group dedicated to bringing together young professionals, young parents, and college students. The group is currently organizing events such as monthly Happy Hours, barbecues, and special evenings at local restaurants. For more information, check FHUN's website at www.fhun.net. This group is not affiliated with the Friendship Heights Village Council.

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. Meets on the second and fourth Wednesdays of each month. Call 301-590-2819 for an appointment; walk-ins are welcome.

SCRABBLE

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

TEA TIME

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. There is no cost.

VILLAGE PLAY TIME

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend or family member over age 13.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis, 301-718-6340, or Marjorie Yahraes, 240-497-0050 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 details.



M A R C H

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Create your own beautiful container garden

Mary Phillips Quinn of The Abundant Backyard returns to the Village Center to offer a two-hour workshop on creating a stunning springtime container garden on **Friday, April 18, from 10:30 a.m. to 12:30 p.m.** Mary incorporates a lifetime of gardening experience and a passion for using organic materials into her presentations. Participants will receive hands-on instruction, a container, soil, and plants. The cost is \$40 per person. Sign up at the Village Center by March 21 and pay \$36. The deadline is April 11. Space is limited.



1

8:15 a.m.: Walking Club

2

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

3

9:15 a.m.: Fit-4-Ever
10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors
11:30 a.m.: Flexible Stretch And Strength
1 p.m.: Strength Training with Tonya
1 p.m.: Bridge Group
2:30 p.m.: Drawing and Painting
6:30 p.m.: Beginning Spanish
7 p.m.: Yoga
7 p.m.: Café Muse

4

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
1 – 2:45 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
3 – 5 p.m.: Suburban Nurse Specialist

5

9:15 a.m.: Fit-4-Ever
10:15 a.m.: Yiddish
11 a.m.: Strength Training with Tonya
1 p.m.: Portraiture in Pencil and Pastel
3 p.m.: Chair Yoga
7:30 p.m.: Concert: Culkin School of Irish Dance

6

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
11 a.m.: Still Life Painting
11 a.m. – 4 p.m.: Village Playtime
1 p.m.: Chinese Brush Painting
6 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7 p.m.: Movie: La Vie En Rose

7

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.: Bridge Group

8

8:15 a.m.: Walking Club

9

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

10

9:15 a.m.: Fit-4-Ever
10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors
11:30 a.m.: Flexible Stretch And Strength
1 p.m.: Strength Training with Tonya
1 p.m.: Bridge Group
6:30 p.m.: Beginning Spanish
7 p.m.: Yoga
8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING

11

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
1 p.m.: Depart for National Cathedral
1 – 2:45 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
3 – 5 p.m.: Suburban Nurse Specialist
7 p.m.: Mat Pilates

12

9:15 a.m.: Fit-4-Ever
10:15 a.m.: Yiddish
11 a.m.: Strength Training with Tonya
1 p.m.: Health Insurance Counseling
1 p.m.: Portraiture in Pencil and Pastel
3 p.m.: Chair Yoga
1 p.m.: Suburban Lecture: Arthritis, Vascular Disease and Chronic Infections
7:30 p.m.: Concert: Jack Stanton

13

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
11 a.m.: Still Life Painting
11 a.m. – 4 p.m.: Village Playtime
1 p.m.: Chinese Brush Painting
6 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7:30 p.m.: David Stewart: The Summer of 1787

14

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.: Bridge Group
2 p.m.: Candace Ridington: A Visit with Clara Schumann

15

8:15 a.m.: Walking Club

16

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

17

9:15 a.m.: Fit-4-Ever
10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors
11:30 a.m.: Flexible Stretch And Strength
1 p.m.: Strength Training with Tonya
1 p.m.: Bridge Group
2:30 p.m.: Drawing and Painting
6:30 p.m.: Beginning Spanish
7 p.m.: Yoga
7:15 p.m.: Depart for Strathmore



18

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
12:30 p.m.: Vision Support Group
1 – 2:45 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
3 – 5 p.m.: Suburban Nurse Specialist
7 p.m.: Mat Pilates

19

9:15 a.m.: Fit-4-Ever
10:15 a.m.: Yiddish
11 a.m.: Strength Training with Tonya
1 p.m.: Portraiture in Pencil and Pastel
3 p.m.: Chair Yoga
7:30 p.m.: Concert: Richard Miller

20

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
11 a.m.: Still Life Painting
11 a.m. – 4 p.m.: Village Playtime
1 p.m.: Chinese Brush Painting
6 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7:30 p.m.: Daniel Schorr: Come to Think of It

21

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.: Bridge Group

22

8:15 a.m.: Walking Club

23

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

24

10 a.m. – 2 p.m.: MVA Bus
10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors
11:30 a.m.: Flexible Stretch And Strength
1 p.m.: Bridge Group
1 p.m.: Strength Training with Tonya
2:30 p.m.: Drawing and Painting
6:30 p.m.: Beginning Spanish

25

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
1 – 2:45 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
3 – 5 p.m.: Suburban Nurse Specialist
7 p.m.: Mat Pilates

26

10:15 a.m.: Yiddish
11 a.m.: Strength Training with Tonya
1 p.m.: "What Do You Mean I Can't Eat That?"
1 p.m.: Health Insurance Counseling
1 p.m.: Portraiture in Pencil and Pastel
3 p.m.: Chair Yoga
7:30 p.m.: Concert: Jim Vandelly

27

8:15 a.m.: Walking Club
9 a.m.: Depart for Kennedy Center
9:30 a.m.: Tai Chi
11 a.m.: Still Life Painting
11 a.m. – 4 p.m.: Village Playtime
1 p.m.: Chinese Brush Painting
6 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7 p.m.: Movie: Elizabeth-The Golden Years

28

9:15 a.m.: Drop-in Tai Chi
10 a.m. – 3 p.m.: AARP Safe Driving
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl
1 p.m.: Bridge Group

29

8:15 a.m.: Walking Club

30

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

31

9:15 a.m.: Fit-4-Ever
10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors
11:30 a.m.: Flexible Stretch And Strength
1 p.m.: Strength Training with Tonya
1 p.m.: Bridge Group
2:30 p.m.: Drawing and Painting
6:30 p.m.: Beginning Spanish
7:30 p.m.: Ike Leggett



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.

CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m. in Huntley Hall.

Before entering the auditorium, please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering.

Wednesday, March 5 — *The Culkin School of Irish Dance* — The Culkin School is busy throughout the year bringing traditional Irish dance to the Washington/Baltimore area. The school has performed at the White House, the Kennedy Center for the Performing Arts, the National Theatre (with the Trinity Irish Dance Company), the Irish Embassy Residence, and at Wolf Trap National Park. The Culkin School dancers have also performed with many internationally renowned Irish musicians, including the Chieftains, Cherish the Ladies, Eileen Ivers, Lunasa and Natalie MacMaster. The dancers have participated at many local festivals, including the Potomac Celtic Festival, the Maryland Renaissance Festival and the Washington Irish Festival



Wednesday, March 12 — *Jack Stanton* — Jack Stanton brings his high-energy performance to the Village

Center for a special St. Patrick's Day concert featuring the guitar, banjo and vocals.

Wednesday, March 19 — *Richard Miller* — Brazilian born Miller's repertoire ranges from classical guitar works to the Brazilian equivalent of American ragtime, a subject on which he is an expert. He has toured South and Central America as well as the U.S. in both classical recitals and with Latin jazz bands.

Wednesday, March 26 — *Jim Vandelly* — Playing the accordion and the bayan, Jim Vandelly has performed in the Mid-Atlantic area since 1968, with appearances at the Smithsonian, the Russian and British embassies, and also at Inaugural Balls. He has played with the Washington Balalaika Society Orchestra and the Beltway Balalaika Ensemble. While most people are familiar with the piano accordion, the bayan is a little different. Jim will talk about the instruments and the music he plays.



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TO YOUR HEALTH

Arthritis, Vascular Disease and Chronic Infections: How is it all related?

Dr. Robert Mozayeni will discuss new theories on how germs may play a role in arthritis and vascular disease at this month's Suburban Health Lecture at the Village Center on **Wednesday, March 12, at 1 p.m.** Recent developments in these areas will be discussed and an integrated view of the overlap of infection, inflammation, and rheumatic diseases will be presented.

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



Coping with Age-Related Macular Degeneration (AMD)

AMD is a disease that blurs "straight ahead vision," adversely affecting a person's ability to drive, read and recognize faces. It is projected that by the year 2020, AMD will reach epidemic proportions. At our next meeting on **Tuesday, March 18**, join the Friendship Heights Vision Support Group for a discussion with Elinor Waters, Ed.D. on enhancing skills for living with AMD.

Bring a bag lunch; dessert and a beverage are provided. This program is a follow-up to the March 2 AMD town meeting at Sibley Memorial Hospital (but you're welcome even if you did not attend the Sibley meeting). The Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Please call 301-656-2797 to register.

Shingles shots to be offered at the Center

Shingles (herpes zoster) is an outbreak of rash or blisters on the skin that is caused by the same virus that causes chickenpox, the varicella-zoster virus. People with shingles may experience numbness, tingling, itching, or pain before the classic rash appears. There are more than one million new cases a year of shingles and up to 200,000 of them develop a severe nerve pain that can last for months or even years. The Centers for Disease Control and Prevention recommends the shingles vaccine, which cuts in half the risk of shingles — and those who still get it have a much milder case.

The Village Center will offer shingles shots on Friday, April 18, beginning at 1:30 p.m. to anyone fifty years of age or older. The cost is \$220 (reduced from the usual \$250) payable by cash or check made out to Ziad Akl, MD. You will receive a receipt to submit to your insurance company (check first to make sure that they cover shingles shots). Medicare does not cover the vaccine. The vaccine will be administered by Dr. Akl, who specializes in the prevention and treatment of infectious disease and also runs the Washington Travel Clinic in Friendship Heights. Call 301-656-2797 to make an appointment.

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Cafe Muse presents...

This month's Café Muse, on **Monday, March 3, at 7 p.m.**, presents a reading by poets Mary Ann Larkin and Bruce MacKinnon.

Mary Ann Larkin is the author of five chapbooks of poetry, the most recent being *Gods & Flesh*. Her poetry has appeared in numerous magazines and anthologies, including *America in Poetry* and *Ireland in Poetry*.

Bruce Mackinnon's collection of poems, *Mystery Schools*, won The Washington Writers' Publishing House Prize in Poetry for 2007. He has also been awarded the Richard Soref Scholarship in Poetry for the 2005 Bread Loaf Writers' Conference, an Individual Artist Award in Poetry from the Maryland State Arts Council, The Academy of American Poets Prize, and the Richard Hugo Prize from Poetry Northwest. His poems have appeared in many literary magazines and journals, including *Salmagundi*, *Boulevard*, and *The Sewanee Review*. He has been a finalist for the Academy of American Poets Walt Whitman Award, The National Poetry Series Competition, and the Agnes Lynch Starrett Award.

Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30. 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. The evening is free, but please call the Village Center at 301-656-2797 to let us know you are coming.



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Irish Dinner & Celebration

at Brighton Gardens at Friendship Heights

Tuesday, March 11th • 5:00pm-8:00pm

Join in the festivities as Brighton Gardens at Friendship Heights hosts an Irish Dinner & Celebration – featuring the Culin School of Irish Dancers! These renowned dancers have been invited to the White House on several occasions. Enjoy the traditional Irish cuisine of Corned beef and cabbage and classic Irish Stew along with Irish soda bread, Irish beer and a special Irish Kahlua dessert.

While you're here, meet our team, tour our community and find out what we do to make our community a place seniors are proud to call home. Since 1981, Sunrise Senior Living has been committed to providing seniors, families and caregivers with innovative senior living and care options.

RSVP to 301-656-1900 by March 5th



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Have tea with Clara Schumann

Candace Ridington will return to the Village Center on **Friday, March 14, at 2 p.m.**, to perform an original one-woman show entitled, "The Very Air I Breathe: A Visit with Clara Schumann." Meet the 19th century pianist, wife of composer Robert Schumann, mother of seven, and beloved friend of Brahms. She was known as "the high priestess of music" and was one of the most distinguished pianists of the Romantic era, as well as a composer.

Candace Ridington's past appearances at the Center have included a monologue on Livy Twain and a portrayal of Emily Dickinson, both pieces written by Ms. Ridington.

Join us for this entertaining as well as educational performance and afterwards, please stay for tea. Call the Center at 301-656-2797 to reserve a seat.



Chronic Illness and Behavior Change

Chronic illnesses, which are defined by the CDC as conditions that are prolonged and rarely cured completely, touch many of us. How we deal with the consequences of chronic illness means the difference between a life of fear and fighting or a life of acceptance and change.

"What Do You Mean I Can't Eat That?" is the title of a lecture at the Village Center on **Wednesday, March 26, at 1 p.m.** given by Sealani Weiner. The focus of the talk is learning to respect one's illness and dealing with some of the challenges that chronic illness presents.

Ms. Sealani is a social worker, who provides counseling and support to individuals going through any sort of transition. She recently opened a geriatric care management practice and offers guidance to individuals and families caught in the challenges of the aging or disability processes.

Please call 301-656-2797 to reserve a seat.



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'Send One Suit' campaign returns in March

Start your spring cleaning a little early and help a local woman achieve success. Once again, the Friendship Heights Village Center will be taking part in the nationwide effort, "Dress For Success – Send One Suit" campaign. From March 3 through March 7, Village residents are asked to bring a gently used woman's spring or summer suite to the Village Center between the hours of 9 a.m. and 8 p.m. We will accept coordinated, contemporary skirt and pant suits, blazers and jackets. Also accepted are contemporary blouses that coordinate with suits. Larger-size suits, sizes 16 and above, are particularly needed. All donated items should be clean, and appropriate for interviews. Dress for Success cannot use suits and dresses that are not interview-appropriate, sportswear or casual clothes, jewelry, belts, undergarments or men's clothing.



Lincoln's Other White House

Elizabeth Smith Brownstein will discuss President Lincoln's Cottage, recently restored and opened to the public, at the Center on **Wednesday, April 2, 1:30 p.m.**

Lincoln spent summers during his presidency at a cottage on the grounds of the Soldiers' Home three miles north of the White House. While living here, Lincoln plotted Union wartime strategies, developed his policy of emancipation and determined to include the 13th Amendment abolishing slavery in the Republican platform of 1864. Life at the Soldiers' Home offered Lincoln both a respite from some of the pressures of war, and direct contact with soldiers.

After painstaking restoration by the National Trust for Historic Preservation, the cottage opened last month to the public. Richard Moe, Trust President, invited Ms. Brownstein to write about what many consider the most important Lincoln site in the country. Using new material from diaries, eyewitness accounts, and letters she wrote *Lincoln's Other White House: The Missing Link in the Study of His Presidency*. Ms. Brownstein is a television researcher, producer, and author. Copies of her book will be available for purchase.

The lecture is open to all, but will be of special interest to those joining us on our April 16 trip to the cottage. Please call 301-656-2797 to register.

Homage to Beverly Sills

Enjoy an afternoon program about the contributions of Beverly Sills to the opera world during a singing career of more than four decades. Lecturer Irv Nurik will discuss this great artist and show clips from her performances on **Thursday, April 10, at 1 p.m.**



Beverly Sills, "America's Queen of Opera" was the face of opera for millions through her public performances, recordings and broadcasts. After retiring from singing in 1980, she became the general manager of the New York City Opera. In 1994, she became the Chairman of Lincoln Center and then, in 2002, of the Metropolitan Opera. Known as "Bubbles" to her fans, Ms. Sills was also a popular TV performer and a top fundraiser for the arts and other causes.

Irv Nurik has attended and loved opera since he was a young child and now enjoys giving lectures on the subject. He is a retired math teacher and writer of teaching manuals. Please sign up for this program by calling 301-656-2797.

Lincoln's Cottage Continued from page 1

most significant historic site directly associated with him aside from the White House. The cottage is located on the grounds of the Armed Forces Retirement Home in Washington and has been restored by the National Trust for Historic Preservation.

President and Mrs. Lincoln loved the cottage and made it their home for three summers. The president commuted daily to his White House office from the relative calm of the Soldier's Home. In addition to President Lincoln's Cottage, the Robert H. Smith Visitor Education Center adjacent to the Cottage, features related exhibits and media presentations.

We will leave the Village Center at 1 p.m. and return before 4:30 p.m.

Cost for the trip, which includes admission, transportation and driver gratuity, is \$35. Residents may sign up immediately; nonresidents may sign up March 10.

There are 29 spaces available. To learn more about Lincoln's Cottage before we go, be sure to attend the lecture on Wednesday, April 2, at 1:30 p.m.

Driver safety program offered this month

The AARP Driver Safety Program helps drivers refine skills and develop techniques. Upon successfully completing the course, graduates may be eligible to receive a state-mandated discount on their auto insurance premiums.



The course will be offered **Friday, March 28 and Friday, April 4, from 10 a.m. to 3 p.m.** at the Village Center (students must attend both classes). The cost is \$10 and checks should be made out to AARP. Students must bring to class with them their driver's license and a ballpoint pen. Register at the Village Center.

Donate those old eyeglasses

Give those old eyeglasses a new home! The Leisure World Lions Club will pick up used eyeglasses and frames from the Center each month. The glasses are then cleaned, disinfected, and distributed to the underprivileged, particularly those in developing countries.

Make sure your passport is up to date!

We're headed to Canada in October and you'll need a passport. This is the time to check your passport and start the renewal process by mail (it's easy!) if it's going to expire soon.

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Village Council Corner

Council Awards Landscaping Contract



At its monthly public session on February 19, the Council awarded the landscape maintenance contract to Thomas Clime Landscapes, in recognition of the terrific job Mr. Clime did for us last year. The Council will also be considering possible enhancements for Willoughby and Page Parks this year.

Flower beds in Humphrey Park were much improved in 2007. We look forward to equally beautiful displays in our parks in 2008, including New Guinea impatiens (shown at left).



Pedestrian Walkway Update

After a number of unanticipated delays, the covered walkway on the east side of Friendship Boulevard by Wisconsin Place is now open. There is now full pedestrian access between Willard and Western Avenues.

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YOUR FILING STATUS—See Instruction 1 to determine if you are required to file.
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Montgomery Friendship

Other Council actions at the February 19 meeting:

- Held initial public hearing on FY09 budget;
- Heard presentation from New England Development about Wisconsin Place project.



Friendship Heights VILLAGE NEWS

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March 2008 events calendar