



Friendship Heights



VILLAGE NEWS

SEPTEMBER 2009

301-656-2797

VOLUME 24, NO. 4



Children's Hospital
Bloodmobile
see page 4

Taste of Friendship Heights: Sept. 12

Prepare your tastebuds for a party when the Friendship Heights Village Council and the Friendship Heights Urban Network present the Third Annual Taste of Friendship Heights on **Saturday, September 12, from noon to 5 p.m.** This rain-or-shine event features great food from local restaurants including Alfio's, Bambulé, Chipotle, Giffords, Indique Heights, Lia's,

Maggiano's, Potomac Pizza, Starbucks, and Sunrise Brighton Gardens. There will be live music, face painting and a moon bounce for the children. Players from the American University Basketball team will also be on hand with their awesome athletic moves.



Eagle Bank, M&T Bank, and Wisconsin Place. As in the past, attendees will purchase tickets that they can redeem for servings of food. Each ticket will cost \$1, and the typical serving will be 3-4 tickets. For more information, visit www.tasteoffriendshipheights.com.

A portion of the proceeds will be donated to the Community Council for the Homeless at Friendship Place (www.cchfp.org). Stop by for great food!

The Bamberger Series Presents: Justice Scalia at the Village Center

Supreme Court Justice Antonin Scalia will discuss his book, *Making Your Case: The Art of Persuading Judges*, at the Village Center on **Monday, Sept. 14, at 7 p.m.**

Justice Scalia was appointed Judge of the United States Court of Appeals for the District of Columbia Circuit in 1982. President Reagan nominated him as an Associate Justice of the Supreme Court, and he took his seat September 26, 1986. *Making Your Case*, co-authored by legal writing expert Bryan Garner, covers the essentials of sound legal reasoning and judicial persuasion. Lawyers and non-lawyers alike will learn a great deal about speaking and writing persuasively.

Please join us for this very special Bamberger event. Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.



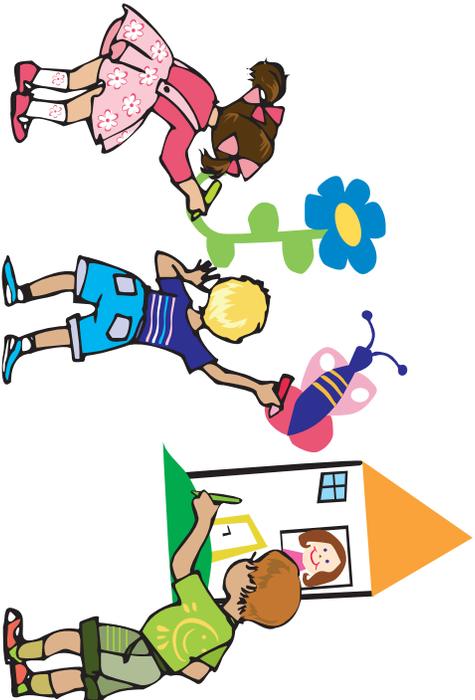
See Cate Blanchett at the Kennedy Center!

Join us for a thrilling night at the theater on **Tuesday, Nov. 3** when we attend the Sydney Theatre Company's production of *A Streetcar Named Desire*, directed by acclaimed actress Liv Ullmann and starring Academy Award-winning Cate Blanchett as Blanche DuBois.

Ms. Blanchett and her husband, Andrew Upton, are Artistic Directors of the Sydney Theatre Company, and this production of Tennessee Williams's Pulitzer Prize-winning drama is the U.S. premiere.

We will leave the Village Center at 6:30 p.m. and return before 11 p.m. The cost, which includes an Orchestra seat in the intimate Eisenhower Theater, transportation, and driver gratuity, is \$93. After Sept. 21, the price goes up to \$99. Residents and one guest may sign up immediately; nonresidents may sign up Sept. 14. Please note: the bus cannot accommodate wheelchairs. There are 27 spaces available.

CHILDREN'S PROGRAMS



Kids Art Class

Our Summer Children's Art Camp was such a success, with campers completing projects ranging from painting to pottery, bookmaking to origami, glasswork to Chinese brush, that we've decided to offer additional classes this fall. The classes will be part of a series on consecutive Thursday afternoons. Each series of classes will feature instructors specializing in a particular medium. The program is designed for school age students, ages 6 to 11. Each class will last 90 minutes, from 4 to 5:30 p.m.

The first series, which will begin **Thursday, Oct. 8 and continue each Thursday through Oct. 29**, will focus on painting and be taught by our curator Millie Shott. As with the camp, enrollment is limited to ensure students get individualized attention.

The cost of this course is \$100, and includes instruction and materials.

Registration for this course will begin immediately at the Village Center. If you have any questions, please call 301-656-2797



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 October issue is September 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...

Last call for Billy Crystal show

A few tickets remain for *700 Sundays*, Billy Crystal's funny and touching Tony-winning show, at the National Theatre on **Tuesday, Sept. 15.**

700 Sundays, the one-man show that played to sold-out houses for six months on Broadway and won a 2005 Tony award, is Mr. Crystal's story of growing up on Long Island in a large extended family and his love for baseball, jazz and comedy.

We will leave the Village Center at 7 p.m. and return before 11:30 p.m. The cost, which includes transportation, a seat in the Front Mezzanine and driver's tip, is \$134. Please note: the bus cannot accommodate wheelchairs.



See Madison's Montpelier and savor lunch at Palladio

Journey to James Madison's beautiful home Montpelier on **Wednesday, Oct. 21**, and enjoy a luncheon at one of the valley's most impressive vineyards.

Nestled in the foothills of the Blue Ridge Mountains in Orange, Va., Montpelier was the lifelong home of James Madison. The home has recently undergone an extensive architectural restoration to return it to the home that James and Dolley knew and loved. The Montpelier estate features the Madison mansion, historic buildings, exhibits, archaeological sites, gardens, forests, hands-on activities, a new Visitor Center, and a freedman's cabin and farm.

We'll depart from the Village Center at 10:15 a.m. and travel to beautiful Orange, Va., for an exquisite three-course lunch at Palladio at the Barboursville Vineyards. Executive Chef Melissa Close brings the finest authentic Northern Italian cuisine to central Virginia. With commanding views

Continued on page 4

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Children's Hospital hosts bloodmobile in the Village

A mobile unit collecting blood to be donated to patients at Children's Hospital will be at the Friendship Heights Village Center on **Saturday, Sept. 19, from 10 a.m. to 3 p.m.** The drive is sponsored by the Children's National Blood Center, which is part of Children's Hospital in Washington, D.C.



Children's
National Medical Center

Donors must schedule an appointment in advance through Children's National Blood Center. For more information and to sign up to donate blood, please call 202-476-6524 or go to www.cnmcblooddonor.com.

Post columnist to speak on local issues

As a new columnist for the Washington Post Metro section, Robert McCartney writes twice a week about all sorts of issues in the Washington region. Mr. McCartney will discuss the latest local topics as well as what's going on these days at the Post and other newspapers at the Village Center on **Thursday, Sept. 24, at 7:30 p.m.**

Mr. McCartney was an editor at the Post from 1992 until June of this year, heading the Metro staff for the last four years. His column appears each Sunday and Thursday. He can be heard on WAMU each Friday morning.

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

Montpelier, continued from page 3

of Barboursville Vineyards, Palladio Restaurant is a regional gem that attracts visitors from across the state. In addition to outstanding cuisine, which earned the restaurant a James Beard Award, Palladio is also famous for its wine pairings. A non-alcoholic beverage is included with lunch. If you choose to have wine, please be prepared to pay for your wine selection with cash at the conclusion of the meal. Following lunch, we'll visit Montpelier for an orientation film in the Visitor's Center, then take a guided tour of the mansion.

We should return to Friendship Heights by 7:30 p.m. The cost of the trip is \$124 and includes round-trip transportation, three-course luncheon at Palladio, guided tour of Montpelier, and all taxes and gratuities.

Residents may sign up immediately; non-residents may sign up beginning Sept. 14. There are 28 spaces available.

Please note that this trip requires a great deal of walking.

The distance from the Visitor's Center, where the bus drops us off, and the mansion is about 300 yards. The mansion tour includes rooms reached by going up a flight of stairs and down another flight of stairs.



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Tea and Talk: Stories From a Former White House Chief Usher

Gary Walters, the former chief usher at the White House who kept the secrets of seven first families, will speak at the Village Center on **Wednesday, Oct. 7, at 1:30 p.m.**

Mr. Walters, who managed the 132-room mansion with a staff of 95 and a \$10 million budget, will share his memories as well as some history of the famous home. He retired two years ago after 37 years of White House service.

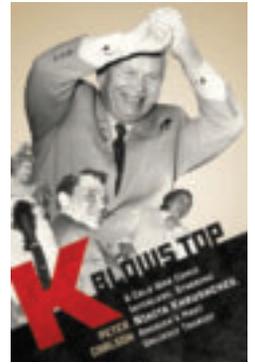
After the presentation, please stay for tea. Sign up by calling 301-656-2797.

A wild road trip with Nikita

Peter Carlson, former feature writer and columnist for The Washington Post, will discuss his new book, *K Blows Top: A Cold War Comic Interlude Starring Nikita Khrushchev, America's Most Unlikely Tourist*, at the Village Center on **Thursday, Sept. 17, at 7:30 p.m.**

Mr. Carlson's book tells the bizarre and hilarious story of Nikita Khrushchev's 1959 two-week journey across America. The communist leader hammed it up like a vaudeville trouper, threw a tantrum when US security wouldn't allow him to visit Disneyland, sparked a riot in a San Francisco supermarket, wowed the coeds in a home economics class in Iowa, and ogled Shirley MacLaine as she filmed a dance scene in *Can-Can*. He befriended and offended Nelson Rockefeller, Richard Nixon, Eleanor Roosevelt, Elizabeth Taylor, and Marilyn Monroe – all the while reminding America that he possessed the power to blow it up.

Please join us for a highly entertaining evening. Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.



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Unlock the mysteries of jazz with a three-part series designed for all ages. "Jazzin' Through the Years" covers the history of this uniquely American art form, from the 1920s to the present. The course, taught by Joe and Lou Natale of Project Natale begins Wednesday, Oct. 21 and continues each Wednesday through Nov. 4, from 3:30 to 4:30 p.m. During the class, Joe and Lou will demonstrate with concerts and audience participation. Students will have the opportunity to sing, clap a rhythm and play a percussion instrument along with the band. It is an excellent opportunity to learn about our jazz heritage. The class is designed for audiences of all ages, from elementary students to senior citizens.

Joe and Lou Natale formed Project Natale upon arriving in the Washington area in 1998. They have gained world-wide respect as jazz players infusing the old and new into their music and creating a sound all their own.

The cost of the three-part course is \$25. Sign up immediately at the Village Center. Space is limited.

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Driver Safety Program at the Center

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

The one-day course will be offered **Friday, Oct. 16, from 10 a.m. to 3 p.m.** at the Village Center. The cost is \$12 for AARP members (please bring your membership card when you register) and \$14 for nonmembers. Checks should be made out to AARP. A minimum of 12 students is required or the class will be cancelled. Students must bring to class with them their driver's license and a ballpoint pen. Barbara Newland will be the instructor. Please register at the Village Center.

Don't forget these lectures coming up at the Village Center

The Separatist Conflict in Sri Lanka

Asoka Bandarage, a professor in the Public Policy Institute at Georgetown University, will discuss the Sri Lanka government's 26-year war with ethnic Tamil separatists on **Thursday, September 10, at 7:30 p.m.**

Tea and Talk: The Litvak Legacy

Dr. Mark Ozer, historian and retired professor, will discuss the history of Litvak (Lithuanian) Jews on **Wednesday, Sept. 16, at 1:30 p.m.**

Former Trade Rep to speak at Center

Susan Schwab, United States Trade Representative from June 2006 to January 2009, will speak at the Village Center on **Sunday, Oct. 4, from 5 to 6:30 p.m.** "A Conversation with Susan Schwab" is co-sponsored by the Norman and Florence Brody Public Policy Forum of the University of Maryland and the Friendship Heights Village Council.

As USTR, Ambassador Schwab was a member of the President's Cabinet and served as the President's principal trade advisor, negotiator, and spokesperson on trade issues. She is a member of the Council on Foreign Relations and a Fellow of the National Academy of Public Administration (NAPA).

Please be aware that this event will be taped for UMTV. Sign up for the forum by calling 301-656-2797.

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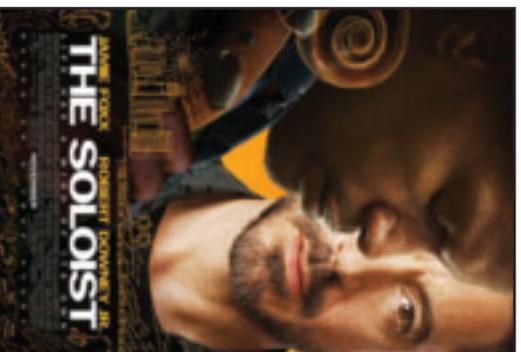
A Note from the Program Directors

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, Sept. 3, 7 p.m. — *The Soloist* — Academy Award-nominated Atonement director Joe Wright teams with screenwriter Susannah Grant to tell the true-life story of Nathaniel Ayers, a former cello prodigy whose bouts with schizophrenia landed him on the streets after two years of schooling at Juilliard.

Steve Lopez is a disenchanted journalist stuck in a dead-end job. His marriage to a fellow journalist having recently come to an end, Steve is wandering through Los Angeles' Skid Row when he notices a bedraggled figure playing a two-stringed violin. The figure in question is Ayers, a man whose promising career in music was cut short due to a debilitating bout with mental illness. The



more Lopez learns about Ayers, the greater his respect grows for the troubled soul. How could a man with such remarkable talent wind up living on the streets, and not be performing on-stage with a symphony orchestra? Later, as Lopez embarks on a quixotic quest to help Ayers pull his life together and launch a career in music, he gradually comes to realize that it is not Ayers whose life is being transformed, but his own. Stars Jamie Foxx and Robert Downey Jr. Rated PG-13. Running Time: 109 minutes.

Thursday, Sept. 10, 7:30 p.m. — *Book Signing with Asoka Bandarage* — see page 7 for details.

Thursday, Sept. 17, 7:30 p.m. — *Book Signing with Peter Carlson* — see page 5 for details.

Thursday, Sept. 24, 7:30 p.m. — *Lecture with Robert McCartney* — see page 4 for details.





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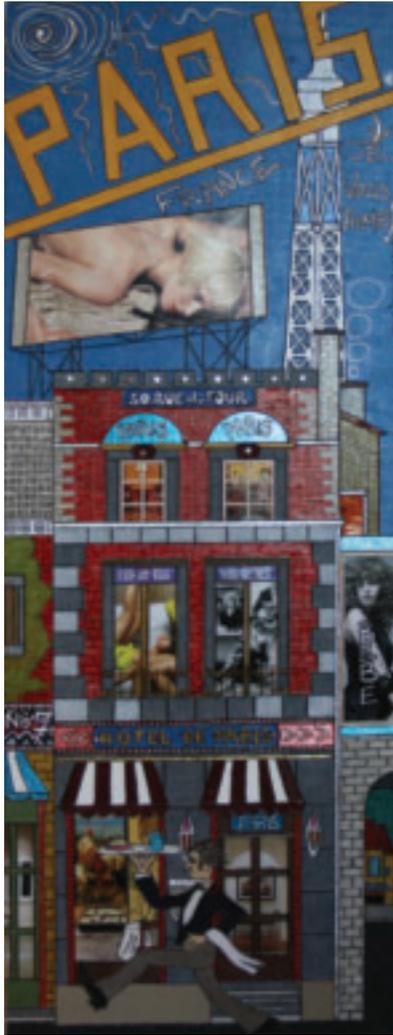


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ART and CULTURE



Collage artist to exhibit in September

Artist Wainright Dawson will exhibit his mixed media collages in the Friendship Gallery from Sept. 1 to Oct. 4. Mr. Dawson was raised by his grandmother, who was a seamstress, so his love for fabric started at a young age. His art fuses fabric, newspaper, glass beads, wood, metal, and other materials on wood.

All are invited to meet the artist at a reception on **Sunday, Sept. 13, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of certain activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

Collage art by Wainright Dawson.



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David S. - The Willoughby

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Marge B. - The Irene

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Friendship Heights Village Center



Calendar of Events 2009

S E P T E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

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

2

1 p.m.: Portraiture in Pencil and Pastel
7:30 p.m.: Concert: Barbara Martin and Mac Walter

3

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
11 a.m. – 4 p.m.: Village Playtime
6 p.m.: Scrabble
7 p.m.: Movie: The Soloist

4

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

5

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

6

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

7

Labor Day Center Open 9 a.m. to 2 p.m.

10 a.m.: Great Books

Shuttle bus runs on weekend schedule.

8

8:15 a.m.: Walking Club
9 a.m.: Depart for Chestertown
9:30 a.m.: Tai Chi
10:30 a.m.: Stretch with Tonya
1 p.m.: Fall Prevention
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
8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING

9

9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise with Tonya
2 p.m.: Health Insurance Counseling
1 p.m.: Portraiture in Pencil and Pastel
1 p.m.: Suburban Lecture: Heart Disease
3 p.m.: Chair Yoga
7:30 p.m.: Concert: Spice of Life

10

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
11 a.m. – 4 p.m.: Village Playtime
6 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7:30 p.m.: Asoka Bandarage: Civil Conflict in Sri Lanka

11

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
1 p.m.: Painting is for Everyone

12

8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs
12 – 5 p.m.: Taste of Friendship Heights

13

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

14

9:15 a.m.: Fit 4-Ever
10 a.m.: Great Books
1 p.m.: Strength Training with Tonya
2:30 p.m.: Drawing and Painting
7 p.m.: Yoga
7 p.m.: Justice Scalia: Making Your Case: The Art of Persuading Judges

15

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
10:30 a.m.: Stretch with Tonya
12:30 p.m.: Vision Support Group
1 p.m.: Fall Prevention
1 – 2:45 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
3 – 5 p.m.: Suburban Nurse Specialist
6:30 p.m.: Spanish 2
7 p.m.: Depart for National Theatre
7 p.m.: Mat Pilates

16

9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise with Tonya
1:30 p.m.: Tea and Talk: The Litvak Legacy
3 p.m.: Chair Yoga
6:30 p.m.: Beginning Spanish
7:30 p.m.: Concert: Hui O Ka Pua 'Ilima

17

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
6 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7:30 p.m.: Book Signing with Peter Carlson: K Blows Top

18

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.: Painting is for Everyone

19

8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs
10 a.m. – 3 p.m.: Blood Drive

20

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

21

9:15 a.m.: Fit 4-Ever
10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors
1 p.m.: Strength Training with Tonya
2:30 p.m.: Drawing and Painting
7 p.m.: Café Muse
7 p.m.: Yoga

22

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
10:30 a.m.: Stretch with Tonya
1 p.m.: Fall Prevention
1 – 2:45 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
3 – 5 p.m.: Suburban Nurse Specialist
6:30 p.m.: Spanish 2
7 p.m.: Mat Pilates

23

9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise with Tonya
2 p.m.: Health Insurance Counseling
3 p.m.: Chair Yoga
6:30 p.m.: Beginning Spanish
7:30 p.m.: Concert: David McLaughlin

24

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
6 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7:30 p.m.: Robert McCartney

25

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.: Painting is for Everyone

26

8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs
12 p.m.: Landon Symphonette Chamber Ensemble

27

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

28

9:15 a.m.: Fit 4-Ever
10 a.m. – 2 p.m.: MVA Bus
10 a.m.: Great Books
1 p.m.: Strength Training with Tonya
2:30 p.m.: Drawing and Painting

29

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
10:30 a.m.: Stretch with Tonya
1 p.m.: Fall Prevention
1 – 2:45 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
3 – 5 p.m.: Suburban Nurse Specialist
6:30 p.m.: Spanish 2
7 p.m.: Mat Pilates

30

7:30 a.m.: Depart for Chicago
9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise with Tonya
1 p.m.: Portraiture in Pencil and Pastel
3 p.m.: Chair Yoga
6:30 p.m.: Beginning Spanish
7:30 p.m.: Concert: W. James Taylor



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.



Taste of Friendship Heights: See you on September 12!

Our Taste of Friendship Heights event draws a huge crowd to enjoy food from area restaurants. This year's event will feature even more participating restaurants, as well as live music and fun activities for kids. See page 1 for more details.

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)

Please note new name. A 10-week course for all skill levels, taught by Doris Haskell, begins Sept. 14. 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 Aug. 10. Session ends Nov. 23 (no class on Oct 12). Maximum number of students is 18.

ACRYLIC OR OIL PAINTING (EVENING)

A 10-week course for all skill levels, taught by Doris Haskell, begins Sept. 10. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$50 for residents; \$70 for nonresidents. Residents may sign up immediately; nonresidents may sign up Aug. 10. Class ends Nov. 19 (no class on Oct. 29). Maximum number is 16.

CHILDREN'S ART CLASS

A four-week course for children ages 6-10 taught by Millie Shott, begins Thursday, Oct. 8. Meets Thursdays from 4 to 5:30 p.m. Cost is \$100, which includes instruction and materials. Class ends Oct. 29. Maximum number is 10. See page two for more details.

PAINTING IS FOR EVERYONE

A 6-week course for all skill levels, taught by Millie Shott, begins Sept. 11. Meets Fridays from 1 to 3 p.m. The cost is \$70. Maximum number is 10. Last class is Oct. 23 (class will not meet on Oct. 2).

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Sept. 30. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$70. Maximum number is 8. Last class is Nov. 4.

STILL LIFE PAINTING

A 10-week course with Joan Samworth begins Sept. 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 Dec. 3 (class will not meet on Oct. 29).

EXERCISE AND FITNESS

CHAIR EXERCISE WITH TONYA

This 6-week class begins Sept. 9. 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 \$62. Session ends Oct. 14.

CHAIR YOGA AND MORE

This 8-week series taught by Louisa Klein begins Sept. 9. Meets Wednesdays from 3 to 4:15 p.m. Benefits body, mind and spirit using synchronized breathing and movement. Instills calm, steady, physical and emotional well being. Includes weight bearing and centering poses, isometrics, toning and strengthening. Learn skills to improve all body systems that you can incorporate into your daily life. The cost is \$80. Class ends Oct. 28.

FALL PREVENTION

This 6-week class begins Sept. 8. Meets Tuesdays, from 1 to 1:45 p.m. The class, taught by Tonya Walton, will focus on simple exercises you can do to improve overall balance. The cost is \$62. Session ends Oct. 13.

MAT PILATES

This 6-week session begins Sept. 8. Meets Tuesdays from 7 to 8 p.m. The cost is \$80 for residents and \$90 for nonresidents. Taught by Ginger Russell, this class focuses on movements to improve balance, strength and flexibility. Pilates balls are used to assist in some exercises. This class is not recommended for pregnant women or those with serious spinal conditions. Required equipment: Pilates/Yoga mat, large bath towel. Questions? E-mail – Ginger-rusteach@yahoo.com. Session ends Oct. 13.

STRENGTH TRAINING

WITH CHERYL

This 6-week session begins Sept. 18. 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. Session ends Oct. 23.

STRENGTH TRAINING

WITH TONYA

This 6-week session begins Sept. 14. 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 \$62. Session ends Oct. 19.

STRETCH CLASS WITH TONYA

This 6-week course begins Sept. 8. Meets Tuesdays, at 10:30 a.m. This 30-minute class will provide stretches for the entire body and will improve overall circulation, flexibility, strengthen and tone muscles, and improve posture and balance. The cost is \$30. Last class is Oct. 13. Maximum number is 10.

TAI CHI (THURSDAY)

This 6-week session begins Sept. 10. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$40. Feel free to email instructor Thomas Johnson at tajitai7@gmail.com if you have any questions about this class. Session ends Oct. 15.

TAI CHI (TUESDAY)

This 6-week session begins Sept. 8. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40. Session ends Oct. 13.

YOGA (DAY)

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 13. 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 \$120. Class will not meet Sept. 27, Oct. 11 or 11/29. Students who must miss a class may make it up in the Monday class with the instructor's permission. Session ends Dec. 6.

YOGA (EVENING)

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 14. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$120. Class will not meet Sept. 28, Oct. 12 or Nov. 30. Students who must miss a class may make it up in the Sunday class. Session ends Dec. 7.

LANGUAGE

BEGINNING SPANISH

This 8-week course for brand new students begins Sept. 16. Instructor Elena Marra-Lopez has taught teenagers and adults at Sidwell Friends School, Washington International School, Montgomery College, and the USDA Graduate School. Class meets Wednesdays, from 6 to 8 p.m. The cost is \$210. Session ends Nov. 4. Please call the instructor at 301-652-0828 for information about purchasing the textbook before the first class.

SPANISH 2 (CONTINUED)

This 8-week course begins Sept. 15. For former students or with permission from the instructor, Elena Marra-Lopez (you may call her at 301-652-0828). Class meets Tuesdays, from 6 to 8 p.m. The cost is \$220. Session ends Nov. 3.

MUSIC

JAZZ EDUCATION

This three-week course begins Oct. 21. Meets Wednesdays from 3:30 to 4:30 p.m. Taught by Joe and Lou

Natale, the course is designed to introduce jazz and the history of jazz to audiences of all ages. The class covers the history of jazz from the 1920s to the present. Students will have the opportunity to sing, clap and play a percussion instrument along with the band.

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 organizes events such as monthly Happy Hours, barbeques, 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,

Continued On Page 17

CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m., in Huntley Hall in the Village Center. As a courtesy to our performers, please turn off any cell phones or electronic devices. Please do not take reading materials into the auditorium. If you arrive late, please wait for a break in the performance before entering the concert hall.

Wednesday, Sept. 2 — *Barbara Martin and Mac Walter* — Barbara Martin and Mac Walter's music is a rich stew of earthy blues peppered with sassy, swinging jazz. Their performances are rooted in a healthy respect for the traditions of American music from Josh White to Bessie Smith to Billie Holiday. Martin's sultry, soulful voice combined with the bending, sliding strings of guitar wizard Mac Walter captivate audiences. They have performed at numerous festivals and concerts in the United States.

Wednesday, Sept. 9 — *Spice of Life* — Pianist Mark Hanak leads this vocal trio in a nostalgic look back at American music. Its repertoire includes tunes from Hollywood to Broadway and the American Songbook.

Wednesday, Sept. 16 — *Hui O Ka Pua 'Ilima* — Carol Leolani Takafuji brings this Hawaiian dance group to Friendship Heights for an evening of authentic dance and music straight from the Hawaiian Islands, New Zealand and Tahiti. The name means "the group of Ilima"—the official flower of the island of Oahu. In addition to dance and music, the evening will feature a history of hula on Hawaii.

Wednesday, Sept. 23 — *David McLaughlin and Friends* — David McLaughlin is one of the best-known names in bluegrass. An extraordinary musician, he was founding member of the Johnson Mountain Boys and was twice nominated for a Grammy Award. David has performed at the Grand Ole Opry, the White House, and Carnegie Hall. He has also appeared on TNN and at festivals and fairs too numerous to mention.

Wednesday, Sept. 30 — *W. James Taylor* — Join local artist, guitarist and vocalist W. James Taylor for an evening of music to sing along with. Children will recognize James for his performances during our Summer Art Camp, but his smooth musical style appeals to audiences of all ages. Bring the whole family to this concert ranging from familiar sing-along songs to Motown and more.

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TO YOUR HEALTH

Passing the test on heart disease

Learn how to prevent heart disease and modify risk factors that can lead to chronic health problems at this month's Suburban Health Lecture at the Village Center on **Wednesday, Sept. 9, at 1 p.m.**

Dr. Helen Barold will answer your questions about practical prevention routines and discuss state-of-the-art treatment options.

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

Vision Support Lunch and Learn: 21st C. reading technology

Discover major advances in portable print access for those who are vision impaired or have reading difficulties at the Village Center on **Tuesday, Sept. 15, at 12:30 pm.**

Experience a multifunction cell phone that allows users to read mail, receipts, handouts and many other documents. Use a portable video magnifier with power up to 10 times. Learn to download your favorite books and MP3s on our "Victor STREAM" and leave home with your library in the palm of your hand.

Join Moira Williams, president of Envision Technology, Inc., a provider of assistive and interventional technologies for individuals, schools and government agencies to help with reading, writing, organization and communication.

Bring a bag lunch; dessert and beverages will be provided. The Vision 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.



Donate used eyeglasses

Are your old eyeglasses obsolete? Why not donate them to the 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.

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Cafe Muse presents...

This month's Café Muse, on **Monday, September 21, at 7 p.m.**, presents a reading by poets Deborah Ager and Deborah Bogen.

Deborah Ager is the author of *Midnight Voices* and co-editor of *32 Poems*. She has received fellowships from the MacDowell Colony, the Virginia Center for the Creative Arts, and the Sewanee Writers' Conference. Her work appears in numerous publications, including *New England Review*, *Georgia Review*, *Quarterly West*, and the *North American Review*.

Deborah Bogen is the author of two full length collections, *Let Me Open You a Swan*, winner of the 2009 Antvenom Prize from Elixir Press, and *Landscape with Silos*, winner of the XJ Kennedy Prize, and a chapbook, *Living by the Children's Cemetery*, winner of the Byline Press competition. Her work appears widely in *Gettysburg Review*, *Ploughshares*, *Iowa Review*, *Shenandoah* and other publications.

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. For more information visit www.wordworksd.com.



Landon in September

The Landon Symphonette Chamber Ensemble returns to the Friendship Heights Village Center for a fall noontime concert on **Saturday, Sept. 26, from noon to 1:30 p.m.**

During this concert, soloist Randall Riffle will perform *Clarinet Concerto* by Baermann. Soloist Virginia Lum presents *Concerto Grosso for Strings and Piano* by Bloch. *Ancient Dances Suite No. 3* by Respighi will also be featured.

Randall Riffle began his formal music instruction in 1980 as a scholarship student at Ohio State University where he received Bachelor and Master of Music degrees in clarinet performance. While attending OSU, he began teaching music in local schools and was appointed principal clarinet of the Central Ohio Symphony. Randall relocated to the Washington, D.C., area when he won a position with "The President's Own" United States Marine Band. He has appeared as a soloist and chamber musician with the Marine Band on several occasions.

Virginia Lum made her remarkable debut with the Honolulu Symphony Orchestra at the age of eight, and has captivated audiences throughout the United States, Europe, Asia and the Caribbean Islands. Ms. Lum received her Bachelor and Master degrees from the Juilliard School as a protégé of Adel Marcus, where she was awarded the Rosenbaum Award for Outstanding Pianist Artistry. A "Mother of the Year, Performing Artist Award" winner, she is an established chamber player, choral director, organist, violinist, opera and vocal coach and teacher. Ms. Lum, who received a law degree from Georgetown University, is presently an attorney with the U.S. Department of Justice.

The performance is free. Space is limited.

A great place for a party or business meeting

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.

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Classes and Clubs continued from page 13

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 COUNSELLING

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 2 to 4 p.m. Call 301-590-2819 for an appointment; walk-ins are welcome.

SCRABBLE

This 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.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan

tan Washington and the Village of Friendship Heights. Meets the third Tuesday of the month at 12:30 p.m. for a brown bag lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358. For more information see page 15.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.



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Friendship Heights Celebrates the 4th of July



(Top to bottom) Mayor Melanie White presented a Community Service Award to Jean McNelis, a Certificate of Appreciation to Delegate Susan Lee, and a Community Service Award to Janet Morrison (accepted by her daughter Stacey Grayer).



Village resident Rose Morgan (pictured here with Congressman Chris Van Hollen) received recognition as a Village Centenarian.



Face painting and balloon sculptures by Bows the Clown are always popular activities for the kids.



(Top to bottom) Mayor Melanie White presented a Community Service Award to Barbara Salter and the Elizabeth Scull Outstanding Community Service Award to Senator Brian Frosh.



A large crowd came to the Center to enjoy the annual food and festivities, featuring hot dogs, snow cones, lemonade, popcorn, cupcakes, and visits from local, statewide, and national elected officials.



Our slide/moonbounce was a treat for young visitors.

All Photos by Joel Williams



Sunrise seniors have one thing in common. They're all different.

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SAVE THE DATES:

Saturday, September 12th; TASTE OF FRIENDSHIP HEIGHTS
(at Village Center) a portion of the proceeds benefit the Alzheimer's Association and the Community Council for the Homeless at Friendship Place

Saturday, October 17th; Join our walking team here at Brighton Gardens at Friendship Heights for the NATIONAL CAPITAL AREA MEMORY WALK to end Alzheimer's Disease

Upcoming events include our OCTOBERFEST celebration and free informative presentation on FACES of ARTHRITIS by the Arthritis Foundation Metro Washington Chapter

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Village Council Corner

Save the Friendship Heights Post Office!

The United States Postal Service is considering closing the Friendship Heights post office, located in the Chevy Chase Building at 5530 Wisconsin Avenue. This would be an enormous loss for our community. In addition to Village residents (many of whom are unable to get to other locations), the post office serves our surrounding communities, Village professionals, businesses, and the many visitors who pass through each day.

We need to let our elected representatives and senior post office management know how important this facility is to us. The Council has placed petitions protesting the closing in each of the residential buildings and given copies to the management of the commercial buildings to be circulated. Petitions are also available at the Village Center and at the post office itself. Already, thousands of signatures have been obtained. Please show your support of the "Save our Post Office!" campaign by making sure you have signed a petition.

Before any closing is finalized, the USPS will hold public hearings. We will publicize the dates as we learn them. Please plan to attend!



There was no Village Council meeting in August. The next Village Council meeting will be Tuesday, Sept. 8.



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

September 2009 events calendar