Take a historic journey at the newest Smithsonian

Join us on Thursday, April 6, when we visit the National Museum of African American History and Culture, which was built on the last available plot on the National Mall and opened to the public in September. The museum was established by an Act of Congress in 2003, following decades of efforts to promote and highlight the contributions of African Americans.

To date, the museum has collected more than 36,000 artifacts, and almost 100,000 individuals have become charter members. The NMAAHC is the only national museum devoted exclusively to the documentation of African American life, history, and culture. The bronze and glass-panel façade, known as the Corona, is a representation of traditional African architecture using modern materials. The museum tells its story chronologically beginning on the lowest level with the trans-Atlantic slave trade. Upper galleries reflect recent history, documenting the presidency of Barack Obama, celebrating the many achievements of African American artists and athletes, while also reflecting events such as Black Lives Matter protests.

Enjoy lunch (on your own) in the Sweet Home Café where you can choose dishes such as Brunswick stew, shrimp and grits and Hoppin’ John, from stations that represent different regions of the country: the South, the Creole Coast, the North, and the western range. Tours are self-guided. Please be aware that the visit will involve a lot of walking and standing—there are four levels above ground and three below! Be prepared to go through security and have your purse searched. Cameras are allowed; food and drinks are not. We will leave the Village Center at 10 a.m. and return by 4 p.m. The cost for transportation and driver gratuity is $25. Residents and one resident guest may sign up immediately; nonresidents may sign up Feb. 21. There are 43 spaces available.

Multi-talented PEAR presents music from Adele to the Great American Songbook

Join us for a special evening concert on Friday, Feb. 3, from 7 to 8 p.m. Husband-and-wife team Curtis Brengle and Julie Ragins are the members of PEAR, a powerful, eclectic duo that performs your favorite songs with a twist. American multi-instrumentalist and vocalist originally from Fairbanks, Alaska, and now based in Los Angeles, Ragins is probably best known for her work touring with The Moody Blues since 2006. Curtis Brengle has played and/or recorded with artists including Ray Charles, Sheena Easton, Rick Braun, Englebert Humperdinck and more. The show is a great mash-up, stylistically diverse and multi-generational. Enjoy music from Adele to the Doobie Brothers, Stevie Wonder to the Great American Songbook, and even a few originals. Light refreshments will be served. The concert is free, but please call the Village Center at 301-656-2797.

Ragins is probably best known for her work touring with The Moody Blues since 2006. Brengle has played and/or recorded with artists including Ray Charles, Sheena Easton and Rick Braun.
Author/journalist to discuss famous ancestor

A’Leia Bundles, a descendant of Madam C.J. Walker, the first black female millionaire in the United States, will speak at the Village Center on **Thursday, Feb. 9, at 7:30 p.m.**, about her famous great-great-grandmother whose accomplishments are on display at the Smithsonian’s African American Museum of History and Culture. She will also share tips about ways to research ancestors and bring your own family’s story to life.

Ms. Bundles will be joined by a docent of the NMAAHC and will bring a few items from her own collection. She invites attendees to bring an item of family memorabilia to share: a photograph, a diploma or a piece of clothing. Using skills she learned as a longtime journalist and as

**Continued on page 6, see Bundles**

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Village author to speak at the Center

Village resident Kyi May Kaung will discuss her memoir, “A Time to Write: Not Just About Burma,” at the Village Center on **Thursday, March 9, at 7:30 p.m.**

Dr. Kaung has been described by her colleagues in the Burmese Democracy Movement overseas as “a trained social scientist with the soul of a poet.” In her memoir, she writes about what has motivated her to write poetry, short stories, novellas, novels, nonfiction, political commentary, self-help and speculative and historical fiction.

Copies of her book will be for sale; cash or checks only, please. Sign up by calling 301-656-2797.
Village Council Update

Please remember Friendship Heights!
Our share of income tax paid by Village residents is still the most significant portion of Village income (funding nearly half the cost of our services). We need to be sure that all income tax revenue due to come into the Village actually gets here. This money, as you can see from the FY2018 Proposed Budget contained in the Council’s 2016 Annual Report, goes directly into services benefiting Village residents. Take special care to mark your tax return as shown at right.

Provide feedback to Metro on proposed elimination of express bus route
As reported last month, the Council sent a letter to WMATA opposing the proposed elimination of the Number 37 express bus that runs from Friendship Heights to the National Archives.

WMATA has a formal hearing process that runs through February 6 at 9 a.m. Up until that time comments and testimony may be submitted online at wmata.com/b budget or can be mailed to the Office of the Secretary, Washington Metropolitan Area Transit Authority, 600 Fifth Street NW, Washington, DC 20001. The website provides an option for you to complete a survey or just submit comments.

Presentation on Villages concept
At the January 9 Council meeting, Connie Row, President of the Friendship Heights Neighbors Network, and Pazit

When you file your Maryland income tax return, please remember to put Friendship Heights under “City, Town, or Taxing Area” to ensure the Village receives our share of the state income tax.

Aviv, Montgomery County coordinator of the volunteer networks known as “villages,” updated the Council on their efforts. The Council then agreed to send a letter of support for grant requests that the FHNN has submitted to the County.

Shredding truck returns April 19
A shredding truck will return to the Village on Wednesday, April 19, from 5 to 7 p.m. The truck will park on Friendship Boulevard by the Village Center entrance. Residents are invited to use this free service.

Council to host strategic planning session Feb. 6
At its January 9 meeting, the Council agreed to schedule a public worksession to discuss strategic planning. The meeting has been scheduled for Monday, February 6, at 5:30 p.m. at the Center. The worksession will be open to the public.

Other Council actions at the January 9 meeting:
• Approved three-year proposal from GreenSweep for exterior landscape maintenance; approved proposal from Interior Garden Designs for interior landscape maintenance;
• Approved request from 4620 North Park Avenue to remove tree from their property.

The next Council meeting will be Monday, February 13, at 7:30 p.m. in the Village Center.
Tea and Talk: The greatest financial scandal in history

Attorney Sheldon Hochberg will examine “L’affaire Madoff: What Happened, How He Did It, and the Lessons To Be Learned” in a lecture at the Village Center on Monday, Feb. 13, at 2 p.m.

Bernie Madoff pulled off the largest Ponzi scheme in history. In his presentation, retired attorney Sheldon Hochberg will provide an understanding of what Madoff did, how he did it, who helped him, and how he managed to keep the fraud hidden from investors and regulators for decades. Mr. Hochberg will also discuss what has been recovered for the tens of thousands of investors who lost money in the fraud.

After almost 50 years practicing administrative law, Mr. Hochberg retired in 2015 from the Washington law firm of Steptoe & Johnson. In 2009, he was involved in advising his firm on potential conflicts of interest in the handling of possible representations arising out of the Madoff collapse. As a result, Mr. Hochberg developed a deep interest in trying to understand what happened with Madoff and why. Please sign up by calling 301-656-2797.

The Village Book Club will meet on Tuesday, Feb. 21, at 11 a.m. The book selection is “The Storied Life of A.J. Fikry” by Gabrielle Zevin. Look for a copy in the Center Reading Room on the shelf marked “Village Book Club Selections.”

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Philadelphia Flower Show highlights Holland
Join us on Wednesday, March 15 when we visit the extraordinary Philadelphia Flower Show. The spectacular displays range from elaborate landscapes to individual and private club entries, all inspired by the gardens of the Netherlands. There’s a fabulous marketplace with more than 150 vendors, and also free culinary demonstrations and lectures.

Lunch is on your own; you may choose to dine at the show or cross the street to the Reading Terminal Market.
We’ll leave the Village Center at 7:30 a.m. and return by 7 p.m.
The cost of the trip, which includes transportation, admission to the show, and all taxes and gratuities, is $99.
Sign up immediately at the Village Center. Space is limited.

A trip to the Clarksburg outlets
Shop ‘til you drop at the brand new outlet center in Clarksburg, MD, on Thursday, Feb. 23. The center features 90 high-quality upscale retailers including Armani Exchange, Calvin Klein, Coach, kate spade new york, NIKE Factory Store, Polo Ralph Lauren Factory Store, Saks Fifth Avenue OFF 5TH, Tommy Hilfiger, Tory Burch, and Under Armour. You can choose among five eateries for lunch (on your own).
We will leave the Village Center at 9:45 a.m. and return by 3 p.m. Shoppers will be given a book of savings coupons and have more than three hours to shop. The cost for transportation and driver gratuity is $30. Please register by Feb. 13. And be sure to dress for the weather; the mall is not covered.

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All movies begin at 7 p.m.

**Thursday, Feb. 2, 7 p.m. — Movie — Snowden** — This politically charged, pulse-pounding thriller reveals the incredible untold personal story of Edward Snowden, the polarizing figure who exposed shocking illegal surveillance activities by the NSA and became one of the most wanted men in the world. He is considered a hero by some, and a traitor by others. Stars Joseph Gordon-Levitt and Shailene Woodley. Rated R. Running Time: 134 minutes.

**Thursday, Feb. 9, — No movie — A’Lelia Bundles, 7:30 p.m. — see pg. 2.**

**Thursday, Feb. 16, 7 p.m. — Movie — Southside with You** — Inspired by Barack and Michelle Obama’s first date, “Southside with You” recounts the eventful summer day in 1989 when a young law firm associate named Barack Obama (Parker Sawyers) tried to woo lawyer Michelle Robinson (Tika Sumpter) during a daylong date that took them from the Art Institute of Chicago to a screening of Spike Lee’s “Do the Right Thing” to the site of their first kiss outside of an ice cream parlor. Rated PG-13. Running Time: 84 minutes.

**Bundles, continued from page 2**

her family’s biographer, she will share tips about ways to research ancestors.

Ms. Bundles was a network television news executive and producer for thirty years at NBC News and then at ABC News, where she was Washington deputy bureau chief. She is the author of “On Her Own Ground: The Life and Times of Madam C.J. Walker” and is at work on her fourth book, “The Joy Goddess of Harlem: A’Lelia Walker and the Harlem Renaissance,” a biography of her great-grandmother. Please sign up by calling 301-656-2797.

**Thursday, Feb. 23, 7 p.m. — Movie — The Dressmaker** — A glamorous woman returns to her small town in rural Australia. With her sewing machine and haute couture style, she transforms the women and exacts sweet revenge on those who did her wrong. Stars Kate Winslet, Liam Hemsworth and Judy Davis. Rated R. Running Time: 119 minutes.
This month in the Friendship Gallery

“Legacy: The 2017 African American Exhibit at Friendship Gallery” will feature 20 artists of varying media including sculpture, printmaking, photography and textiles. This group includes established as well as emerging artists from the area. Printmaker Percy Martin, sculptors Bill Harris and John Beckley, painters Aziza Claudia Gibson-Hunter and Jane Lepscky are just some of the well-known artists who will be exhibiting their works. All are invited to meet the artists at a reception on Sunday, Feb. 12, from 11:30 a.m. to 1:30 p.m.

The exhibit runs from Feb. 6 to March 4. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m.

Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

Art camp set for June 26–30

Our annual children’s summer art camp, run by curator Millie Shott, will take place Monday, June 26 through Friday, June 30, from 9:30 a.m. to 1 p.m. daily at the Friendship Heights Village Center. Campers ages 6 through 12 complete a variety of fine arts projects during the week, including painting, origami, Chinese brush, pastels, pottery, photography and jewelry. Children must have completed kindergarten to qualify. The cost is $250 per child. A special price of $225 per child is available until March 1. Sign up at the Village Center. For information, call the Village Center at 301-656-2797.

Welcome to Refined Residential Living.

When home care is no longer a viable alternative, it is time to graduate to Refined Residential Living. The Cottage at Curry Manor provides the comfort and familiarity of home with attentive care and services needed to safely live life to the fullest, including daily, freshly prepared fine cuisine. This grand home is an elegant senior residence in Bethesda, MD that can accommodate up to eight residents. Capital City Nurses’ President and Founder, Susan Rodgers, RN, and her team of certified caregivers bring over 40 years of knowledge and expertise in senior care to The Cottage at Curry Manor. Visit us today!

The Cottage at Curry Manor has been approved by the State and County as an Assisted Living Facility.

301-365-2582  www.thecottagehomes.com
Learn the fine art of origami

Fashion beautiful boxes using the ancient art of origami when Jahee Oh offers a three-hour workshop on Saturday, Feb. 4, from 9:30 a.m. to 12:30 p.m.

The fee for the three-hour workshop is $20 per person, materials and tools are included. Sign up at the Village Center. The minimum number of students is 6; maximum is 10. For information, call 301-656-2797.

Thank you generous neighbors!

A big thank you to all the Village residents who donated 458 pounds of canned and boxed food to county families in need. The food was delivered to Manna Food Center in Gaithersburg just before Christmas. Manna provided food for 3,760 households each month and 2,500 “Smart Sacks” to elementary school children each week last year.

Friendship Heights Neighbors Network (FHNN) — February 2017 EVENTS

Feb. 1, 3–4:30 p.m.: Tea, cookies, and sunset — Meet up to make more Friendship Heights friends at the home of a Friendship Heights resident. RSVP to diannewolman@yahoo.com.

Feb. 8, Noon, Friendship Heights Village Center: Learn to play chess with your neighbors or improve your tactics — Beginners and seasoned players may bring a chess set or come without one. Class leaders: Lee Ohringer and Norm Schiff.

Feb. 13, 5–6 p.m., The Elizabeth Party Room: Travel back 40 years with James Jones, (The Elizabeth) for a slide show about his research on San Ignacio de Moxos, “The Spiritual Capital of the Jesuit Missions (1689)” in the depths of the Bolivian Amazon. Inclement weather? Consider using the FH Shuttle. For more information, connect with czjones28@gmail.com.

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.

Shuttle bus hours

Monday through Friday 6:40 a.m. to 9:40 a.m.
8 a.m. to 7 p.m.
ART

ABSTRACT PAINTING
A 10-week course taught by Joan Samworth. Fridays, 1 to 4 p.m., Feb. 3 – April 7. Bring your existing materials and paper or canvas to first class. For those who have previously taken this class; others may call Joan at 301-346-7238 to discuss. Maximum number is 10. The cost is $185 for residents; $200 for nonresidents.

BASIC PHOTOGRAPHY
An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays from 10:30 a.m. to 1:30 p.m., Feb. 25 – April 15 (Note the change in start and end dates), $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 have a digital camera and a flash drive. See examples of Lew’s students’ works at http://www.artmajeur.com/kindalewcollective.

BASIC PHOTOGRAPHY FOR CHILDREN
A 6-week course in black and white and color photography, taught by Llewellyn Berry, Saturdays from 9:30 to 10:30 a.m., Feb. 4 – March 18, $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.

ORIGAMI WORKSHOP FOR ADULTS
A one-time class on Saturday, Feb. 4, 9:30 a.m. to 12:30 p.m. $20, materials included. Taught by Jahee Oh, minimum of 6, maximum of 10. Sign up by Feb. 2.

BALANCE AND COORDINATION
A 6-week class, Tuesdays, 1 to 1:50 p.m., Feb. 7 – March 14. The class will focus on simple exercises that improve overall balance. $65 for residents; $70 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

BALANCE, MOVEMENT AND MEMORY
A 6-week class, Fridays, 10:30 to 11:30 a.m., Feb. 3 – March 10. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. $65 for residents; $70 for nonresidents.

CHAIR EXERCISE
A 6-week class, Wednesdays, from 11 to 11:50 a.m., Feb. 8 – March 15. 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. $65 for residents; $70 for nonresidents.

DANCE FOR HEALTH
A 6-week class, Thursdays, 9:30 to 10:30 a.m.; Feb. 23 – March 30, taught by Rima Faber. Low-impact aerobics, stretching and strengthening to music, fostering oxygenation of the brain, and promoting better balance. The class will incorporate some elements of ballet and healthy movement practices for alignment, range of movement, and moving with ease. Minimum of 10. $65 for residents; $70 for nonresidents.

DC TAI CHI
A 6-week class, Mondays, 9:15-10:15 a.m., Mar. 6 — Apr. 10. Taught by internationally recognized Master Nick Gracenin. Will introduce the essentials of traditional Tai Chi and Qigong and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. $65 for residents; $70 for nonresidents. Visit www.dctaichi.com for more information.

MAT PILATES
A 6-week session, Tuesdays from 7 to 8 p.m., March 21 – April 25. 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; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. $85 for residents and $90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

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 and sample classes, are required to sign a liability waiver when they register.
STRENGTH TRAINING
A 6-week class, Mondays, 1 to 1:50 p.m., Feb. 13 – March 27. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. $65 for residents; $70 for nonresidents. Class will not meet Feb. 20.

ONGOING GROUPS

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.

CHESS
An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

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

DROP-IN TAI CHI
Student-led sessions Fridays from 9:15 to 10:15 a.m. Cost is $3 per class.

GREAT BOOKS DISCUSSION
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 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING
County residents looking for help in understanding Medicare can call the local State Health Insurance Program (SHIP) at its new home and new number, 301-255-4250. The free service provides Medicare beneficiaries of any age unbiased information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

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 the 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. Dates and book titles are announced in the newsletter. New members are welcome anytime.

VILLAGE BRIDGE CLUB
The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome for bridge; cards will be supplied.

VILLAGE PLAY TIME
Games, toys and play equipment are set out in the auditorium at the Village Center most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver 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. See page 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 at 301-718-6340 for details.

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

Tai Chi returns to the Center!

Research has shown that Tai Chi (Taijiquan) can improve balance, circulation, bone density, relaxation, and coordination. The practice of Tai Chi is recommended by the Arthritis Foundation and AARP.

Master Nick Gracenin, one of the foremost teachers in the country, will teach a class beginning in March at the Village Center. His credentials are extensive, and he has a wealth of experience working with the senior population and in the medical community. “After 43 years of teaching martial arts, 37 of these including Taijiquan, I have been privileged time and again to witness personal transformation when my students overcome physical, psychological and emotional barriers to health and well-being. Those are the times I most love being a teacher,” Nick said. Because his repertoire is so deep, he tailors each class to its participants, creating an experience that is both personal and results-oriented. For more information visit www.dctaichi.com and look for a class description on previous page under DC Tai Chi.
CONCERTS

During the months of January, February and March, concerts are held on the second and fourth Wednesday of the month from 7:30 to 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Friday, Feb. 3 — Special Evening Concert with PEAR, see page 1.

Wednesday, Feb. 8 — MariBeth Gowen Trio — Pianist Maribeth Gowen has performed with the Baltimore Symphony, the National Philharmonic, in numerous venues in the U.S. and abroad, including Picollo Spoletto in Charleston, The Barns at Wolf Trap, the Baltimore Museum of Art and Topkapi Palace in Istanbul. She is joined by violist George Ohlson and clarinetist Cheryl Hill.

Wednesday, Feb. 22 — Eric Byrd Black History Month Program— Pianist/vocalist Eric Byrd has been playing professionally for over 20 years. Along with the principles of swing and bebop, rousing gospel-tinged chords and thrilling blues lines are fundamental elements of his performance style. Byrd has performed with Wynton Marsalis, Mike Stern, Keter Betts, Paul Carr, Charlie Byrd and Ernie Andrews, just to name a few.

Tea and concert: Hooray for Hollywood!

Join us the day after the Academy Awards for a concert with pianist Mark Hanak on Monday, Feb. 27, at 2 p.m., when he plays Oscar-winning songs from past films. We guarantee you’ll be singing along! Afterward, please stay for tea. RSVP 301-656-2797.

Brighton Gardens of Friendship Heights
5555 Friendship Boulevard
Chevy Chase, MD 20815
301-656-1900
BGFriendshipHeights.com
**TO YOUR HEALTH**

**Vision Support Group: Become scam savvy and protect yourself**

Did you know that scams have become so prevalent that they are now considered “the crime of the 21st century”? Join Sharon Payne, Vision Rehabilitation Teacher and Certified Low Vision Therapist (CLVT), at the Vision Support Lunch and Learn at the Village Center on **Thursday, Feb. 16, from 12:30 to 1:30 p.m.** and learn tips and techniques to protect yourself and your possessions. The Vision Support Group is a partnership of the Village of Friendship Heights and Prevention of Blindness Society of Metropolitan Washington (www.youreyes.com). You don’t have to have poor sight to participate, but you do need to register in order to reserve a complimentary light lunch by calling 301-656-2797.

**A better body at any age**

Exercise physiologist Jeanmarie Gallagher from Suburban Hospital’s Cardiac Rehabilitation Department will share strategies for older adults to become and stay active, regardless of their physical limitations, at this month’s Suburban lecture at the Village Center on **Wednesday, Feb. 8, at 1 p.m.**

The talk is free, but please call 301-656-2797 if you plan to attend.

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**Our Listings in the Friendship Heights Community**

**FOR SALE**

- 5610 Wisconsin Ave. #607
  - $2,599,000: 2 BR + Den, 2.5 BA, Updated, 2 Balconies; 2,856 SqFt
- 5610 Wisconsin Ave. #407
  - $2,525,000: 2 BR + Den, 2.5 BA, 2 Balconies; 2,856 SqFt
- 5600 Wisconsin Ave. #1402
  - $1,495,000: 2 BR + Den, 2.5 BA, Balcony; 1,952 SqFt
- 5600 Wisconsin Ave. #1401
  - $1,025,000: 2 BR, 2.5 BA, Balcony; 1,593 SqFt
- 4301 Military Rd. NW. #104
  - $975,000: 2 BR, 2 BA, Private Terrace; 1,320 SqFt

**FOR RENT**

- 5610 Wisconsin Ave. #1102
  - $6,500/mo: 2 BR, 2.5 BA, Renovated, Vista Views, Balcony; 2,503 SqFt
- 5600 Wisconsin Ave. #204
  - $2,950/mo: 1 BR, 1.5 BA, Balcony; 1,141 SqFt

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**Treating sleep disorders**

Helene A. Emsellem, MD, a nationally known sleep expert, will speak at the Village Center on **Wednesday, Feb. 15, at 2 p.m.,** on insomnia and aging. In 1995, Dr. Emsellem established The Center for Sleep & Wake Disorders of Chevy Chase which has grown into a full service, 11-bed sleep disorders center. She has appeared on various radio and television shows, has been quoted in and authored many articles, and has been the principal investigator in numerous national studies of investigational agents for the treatment of sleep disorders.

Please call 301-656-2797 to let us know if you plan to attend.

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New condo listings coming soon. Call today for details!

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February 2017 Village News 13
Café Muse presents...

This month’s Café Muse, on Monday, Feb. 27, will feature poet-translator Alana Marie Levinson-LaBrosse and poet Katherine E. Young.

Alana Marie Levinson-LaBrosse will be reading from “Handful of Salt,” the first full-length translation of Iraqi Kurdistan’s celebrated poet Kajal Ahmad into English. This book explores the curses and blessings of womanhood in a beloved yet broken homeland. Translator Alana Marie Levinson-LaBrosse worked closely with the author and two young Kurdish women she met at the American University of Iraq, Sulaimani, where she taught for four years as founder and chair of the English department. She is currently a Non-Residential Fellow at AUIS’ Institute for Regional and International Studies and a PhD candidate at the University of Exeter’s Centre for Kurdish Studies.

Katherine E. Young is the author of “Day of the Border Guards,” a 2014 Miller Williams Arkansas Poetry Prize finalist, and two chapbooks. Her poems have appeared in “Prairie Schooner,” “The Iowa Review,” “Subtropics,” and many other publications. Young is also the translator of “Two Poems” by Inna Kabysh. Her translations of Russian and Russophone authors have won prizes in international competitions and have been published widely in the U.S. and abroad; several have been made into short films.

Ms. Young is a 2017 National Endowment for the Arts translation fellow and currently serves as the inaugural poet laureate for Arlington, Va.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30. 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.wordworksdc.com.

Coming up on March 20: poets Annie Kim and Ross White
FOR SALE
THE CARLETON
Apt 704 - 2BR/2BA
Updated & Well Appointed
1,407 Sq Ft w/Balcony
Assigned Parking Space
Offered at $699,000

FOR SALE
THE ELIZABETH
Apt 308 - 2BR/2BA
Totally Renovated in 2016
1325 Sq Ft w/4 Walk-in Closets
Assigned Parking Space
Offered at $529,000

FOR RENT
THE WILLOUGHBY
Apt 1506S - 1BR/1BA
Renovated w/Open Kitchen
883 Sq Ft & Southern Exposure
Assigned Rental Parking Available
Offered at $1695 Per Month

FOR RENT
THE WILLOUGHBY
Apt 1218S - 1BR/1BA
Updated w/Amazing Natural Light
658 Sq Ft & Wall of Windows
Assigned Parking
Offered at $1600 Per Month

UNDER CONTRACT 17 DAYS ON MARKET
THE ELIZABETH
Apt 1608 - 3BR/3BA
Fully Renovated & Spacious
1,642 Sq Ft w/Great Light & Views
Tandem Parking Spaces
Offered at $789,000

SOLD 6 DAYS ON MARKET
THE WILLOUGHBY
Apt 1003S - 3BR/2BA
Rarely Available SE Exposure
1,643 Sq Ft w/Balcony
Assigned Parking Space
Sold over asking at $685,000

Information deemed reliable, but not guaranteed. If your property is listed with another broker, this is not intended as a solicitation of that listing.
Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

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www.facebook.com/VillageOfFriendshipHeights

Visit our website:
www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

phone: 301-656-2797

February 2017 events calendar