



Friendship Heights

VILLAGE NEWS

MARCH 2022 VOLUME 39, NO. 3 www.friendshipheightsmd.gov 301-656-2797



Tuesday Tea Returns
see page 9

Take a tour of the newly renovated Mormon Temple *Washington landmark opens for public tours for the first time in almost 50 years*

After a two-year renovation, the Church of Latter Day Saints in Kensington will open its doors to visitors for a rare glimpse of the interior of this castle-like building. The temple welcomed more than 750,000 visitors when it hosted its first open house for two months in 1974. Since then it has been closed to anyone except church members.

Tour the newly renovated temple, a prominent landmark along the Capital Beltway in Kensington, Md.

Choose from two different dates — **Tuesday, May 10 or Saturday, May 21.** On each date, we will depart from the Village Center at 9 a.m. and should return by 12 noon.

The open house takes place from late April to August, at

which time it will be open once again to church members only.

The cost is \$30 per person and includes round-trip transportation on a motorcoach, entrance and self-guided tour of the temple.

Sign up by April 16 and pay just \$25

Residents and one guest may sign up immediately. Nonresidents may sign up beginning April 2.



Harnessing the power of global grief

In this pivotal time of uncertainty, loss and turmoil, everyone all around the world is in a state of grief. The pandemic created more grief, and also exposed the grief that was already there.

Join us on Zoom on **Wednesday, March 30, at 7 p.m.,** when Julie Potter, a licensed clinical social worker and author, discusses the grief we are all facing and what we can do about it. Those without Zoom may also call in to hear this lecture.

Facing global grief is not a bandaid approach. It is the root of the problem. As Potter says, "We are living in a time of global grief. Let's recognize it and harness its power."

For Zoom access information or a call-in number, please email info@friendshipheightsmd.gov or call the Village Center at 301-656-2797.



Celebrate St. Patrick's Day with stories and a special tea

From leprechauns to banshees to blarney, the Irish are famous for their stories. We'll tap into that long history of Irish storytelling on **Thursday, March 17, at 1 p.m.,** when Jane Dorfman brings her talent for telling tales to the Village Center.

Afterward enjoy Irish tea and a special treat inspired by the Emerald Isle. See if you have the luck of the Irish! All attendees are eligible to win this themed gift basket.

Registration is required. Please stop by the Village Center or call 301-656-2797 to reserve a seat. Don't forget to wear your green!



Musical lecture, see page 4.



Canasta class at the Center

It's a game that challenges your brain, but is not as complex as bridge. A free two-week class, taught by Beryl Blecher, is great for beginners or players who just want to refresh their canasta skills.

The beginner canasta class will be offered at 1:15 p.m. on Wednesday, March 16 and March 23 at the Village Center. The beginning of the class will be instruction; with play following. Handouts will also be provided. A minimum of 4 is required. Registration for the class is required. Sign up no later than March 14.

An informal group plays canasta on Wednesdays, 2 to 4 p.m. at the Village Center. Call the Village Center at 301-656-2797 to register.

An exciting Tai Chi demo

Taijiquan (Tai Chi) Master Nick Gracenin and DC Tai Chi perform a fascinating martial arts program in celebration of the Chinese New Year on **Wednesday, March 2, at 7 p.m.** at the Village Center. Gracenin explores the depth of this tradition, with performances with solo and partner routines, sword and spear performances, and a rousing group exhibition of the Taiji Gongfu Fan.

Demonstrations of other arts, including the "8-diagrams Palms" and "Form and will boxing" will be included. An exhibition of Wudang sword fencing and the 9-section whip will prove to be especially exciting. Gracenin teaches two weekly classes at the Village Center.

The demonstration is free, but please call 301-656-2797 or stop by the Village Center to reserve a seat.



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 in 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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Volunteer Editor

Anne Hughes O'Neil
Staff Writer, Layout

Jeanne Pettenati
Staff Writer, Advertising

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Village Council Update

Village continues distribution of COVID test kits and masks

In partnership with Montgomery County, the Village has handed out over 6,000 masks and 3,000 rapid test kits. As this issue goes to press, we have held six distribution events at the Village Center, with another one scheduled for late February. The test kits and masks have been provided by the County free of charge as part of a broader effort to distribute to area residents. Test kits and masks are now available on demand at the Village Center front desk.



Village Council member Dr. Alfred Muller and Village Manager Julian Mansfield distribute test kits and masks to residents.

Council supports bill to reduce retirement tax

By a 4-3 vote at the February 14 meeting, the Village Council approved sending a letter of support to our state legislators for House Bill 0420, the Retirement Tax Elimination Act of 2022. The bill, introduced by Governor Hogan, would provide tax relief to Maryland retirees who are at least 65 years old.

Please remember Friendship Heights!

MARYLAND FORM 502	RESIDENT INCOME TAX RETURN		2021
OR FISCAL YEAR BEGINNING _____ 2021, ENDING _____			
Your Social Security Number	Spouse's Social Security Number		
Your First Name	MI	Does your name match the name on your social security card? If not, to ensure you get credit for your personal exemptions, contact SSA at 1-800-772-1213 or visit www.ssa.gov .	
Your Last Name			
Spouse's First Name	MI		
Spouse's Last Name			
Current Mailing Address Line 1 (Street No. and Street Name or PO Box)			
Current Mailing Address Line 2 (Apt No., Suite No., Floor No.) City or Town State ZIP Code + 4			
Foreign Country Name		Foreign Province/State/County	
Foreign Postal Code			
REQUIRED: Maryland Physical address of taxing area as of December 31, 2021 or last day of the taxable year for fiscal year taxpayers. See Instruction 6. Part-year residents see Instruction 26.			
1621		Friendship Heights	
4 Digit Political Subdivision Code (See Instruction 6)		Maryland Political Subdivision (See Instruction 6)	

When you file your Maryland income tax return, please remember to put Friendship Heights under "Maryland Political Subdivision" and 1621 for the "4-Digit Political Subdivision Code" to ensure the Village receives its share of the state income tax.

Council to propose charter amendment for expanded procurement authority

The Village charter requires advertising for bids for any expense over \$5,000, and there is no provision for spending above that amount in an emergency. Because of this limitation, the Council voted unanimously to request assistance from Maryland Delegate Marc Korman to work on charter amendment legislation to provide expanded emergency procurement authority. This legislation will be submitted next year, as it is too late to introduce a bill in this year's legislative session.

WiFi in Hubert Humphrey Park

The Village has set up WiFi in Hubert Humphrey Park, outside the Village Center. The network name is Village



WiFi – Guest and the password is village1

We hope you enjoy this added benefit as the weather warms up outside!

New pedestrian safety sign placed on The Hills Plaza

A new LED solar-powered pedestrian sign has been installed on The Hills Plaza in the southbound lane near the intersection with South Park Avenue. The sign was recommended by the Village Council Parks and Grounds Committee following an analysis of needed safety measures at this busy intersection. The Council has also approved a speed hump to be installed at the same location between the LED sign and the stop sign by the police statue.



Village website to be revised

The Council Communications Committee met in January to discuss revising the Village website. We have had technical difficulties with the current site, which requires switching to a new hosting service. The Council is also looking to make some design revisions. At the February 14 meeting, the Council retained the services of a website consultant to help guide us through the redesign process.

Other action taken at the February 14 Council meeting:

- Discussed Assistant Village Manager position and job description in advance of posting job opening.

The next Council meeting, open to the public, will be Monday, March 14, at 7:30 p.m., at the Village Center.



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Peter, Paul and Mary musical lecture in March

Folk musician and songwriter Jesse Palidofsky returns to the Village Center on **Wednesday, March 9, from 3 to 4:30 p.m.**, for a musical lecture highlighting the hits of Peter, Paul and Mary. This event, originally scheduled for Jan. 5, was postponed due to concerns over COVID-19.



The trio's self-titled debut album was released in May 1962 and went on to become one of the rare folk albums to reach #1 on the Billboard charts. They performed “If I Had a Hammer” at the March on Washington, recorded traditional and original material, and popularized songs by songwriters like Bob Dylan and John Denver.

The lecture is free; please call 301-656-2797, or stop by the Village Center, to reserve a seat.

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ART AND CULTURE

Celebrating women artists

The Friendship Gallery celebrates the International Women's Month with an exhibit of exciting and prolific women artists from our region.

Curated by Llewellyn Berry, the exhibit features women artists representing many nationalities and artistic media. Artists include Amy Sabrin, Ann Joseph, Barbara Meima, Carol Kleinman, Cathy Abramson, Debra Tyler, Dianne Wolman, Elke Matthaeus, Erline Vendredi, Fariba Tashayyod, Francesca Scott, Heather Paul, Jan Rowland, Janathel Shaw Jennifer Bears, Judith Benderson, Hanna Sobonya, Karin



The Mirror by Judith Benderson

Lohman, Kathy Daywalt, Lila Ronen, Millie Shott, Mirlande Jean-Gilles, Norva Madden, Rosa Vera, Sandy Adams, Sarah Bodner, Seterah Sieg, Shirley Thompson, Siena Ruark, Susan Fattig, Wendy Smith, and Yassi Kashani.



Odalisque by Wendy Smith

The show runs Monday, Feb. 28, through Saturday, March 20. Meet the artists during a reception on March 6, from 11:30 a.m. to 1 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 art sales are final.

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COMPARISON TO 2020



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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 and sample classes, are required to sign a liability waiver with Covid protocol when they register.

In the event a class is canceled, a make-up class will be held during the week following the last class of the session.

ART, LANGUAGES AND MORE

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., March 2 to April 6. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a 5-week Spanish conversation group on Thursdays, 4 to 5:30 p.m., March 10 to April 7. English will NOT be spoken during the sessions. \$10. Minimum of five participants; maximum of eight.

BEGINNING SPANISH 2 (Part 2)

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts an 4-week Spanish class, with an emphasis on conversation, grammar and vocabulary, on Mondays, 5:30 to 7 p.m., March 7 through March 28. This is the second part of the winter class that was preempted due to COVID-19 concerns. \$100. Minimum of five participants; maximum of eight.

EXERCISE

BALANCE AND COORDINATION

A 6-week class, Mondays, 12 to 12:50 p.m., March 7 to April 18, taught by Tonya Walton. Class will not meet

April 4. Designed to improve your balance and coordination. This class will improve the communication between your muscles and your brain. It will consist of routines to strengthen your core and improve your overall mobility. All exercises are performed while standing and sitting (no floor/mat work). \$75 for residents; \$85 for nonresidents. For details, contact Tonya at Tonya@Krucialfitness.com.

BALANCE BASICS

A 4-week class, Wednesdays, 11 to 11:45 a.m., taught by Cheryl Clark, will resume in March. This class teaches strategies for basic balance and will aid in developing fall prevention techniques to improve your ability to perform daily activities safely. Will help to build your confidence maintaining your balance while strengthening key muscle groups. The class is a prerequisite for the more complex Balance in Movement class. Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for more than 15 years. Please call the Village Center at 301-656-2797 for information on start date.

BALANCE IN MOVEMENT

A 4-week class, Thursdays, 11 to 11:45 a.m., will resume in March. This class will focus on neurodevelopment techniques, muscle strengthening and mobility using exercises to help maximize safety and independence, while helping to optimize walking

performance. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for more than 15 years. Please call the Village Center at 301-656-2797 for information on start date.

SEATED YOGA & MEDITATION

A 4-week session, Thursdays, 10:30 a.m. to noon, April 7 to April 28. Students are seated in chairs or use chairs for support. The class includes stretching, gentle breathing, and guided meditation proven beneficial to the immune system. The class is designed to improve posture, balance, strength and flexibility. Emphasis on breathing techniques. Instructor Louisa Klein has more than 40 years teaching experience. \$47 for residents; \$55 for nonresidents.

STRENGTH TRAINING

A 6-week session, Mondays, 11 to 11:50 a.m., March 7 to April 18, with Tonya Walton. Class will not meet April 4. Designed to help seniors maintain their strength, flexibility and independence, with both standing and seated exercises using body weight and resistance bands (no floor/mat work). This class will help ward off age-related muscle loss, keep your bones strong, and promote mobility. \$75 for residents; \$85 for nonresidents.

Please note : the Village Center follows the Federal Government for snow delays and closings.

For details, contact Tonya at Tonya@Krucialfitness.com.

DC TAI CHI (INTRODUCTION)

A 6-week session, Mondays, 9:30 to 10:30 a.m., Feb. 21 to March 28. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; \$75 for residents; \$80 for nonresidents.



DC TAI CHI (ONGOING)

A 6-week session, Wednesdays, 9:30 to 10:30 a.m., Feb. 23 to March 30. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi. Fundamental training is required; maximum number is 20. \$75 for residents; \$80 for nonresidents.

YOGA

A 6-week Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV's



"Cherryblossom Yoga," on Sundays, 9:10 to 10:30 a.m., Feb. 13 to April 3. Class will not meet March 27. The cost is \$90 for residents; \$95 for nonresidents.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. Nurse consultations, Tuesdays, 2 to 4 p.m.

CANASTA

An informal group plays canasta on Wednesdays, 2 to 4 p.m. Call the

Village Center at 301-656-2797 to register. A beginner canasta class will be offered March 16 and 23, from 1:15 to 2 p.m. See page 2 for details.

CHESS

An informal group plays chess on Wednesdays, 12 to 2:30 p.m., at the Village Center. Call Greg Drury at 202-674-8102 for details and Zoom access information.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays, 10:30 a.m. to noon, and currently meets via Zoom. Please check our website www.friendshipheightsmd.gov or call the Village Center for Zoom links.

DROP-IN TAI CHI

Student-led sessions, Fridays, 9:15 to 10:15 a.m., currently meeting via Zoom. Includes stretching, Tai Chi warm-up exercises, Tai Chi (24 Yang-style), self-massage, and ends with Qi Gong exercises.

EXPRESS YOURSELF

Susan Wranik leads an aphasia support group, sponsored by the NIH Suburban Hospital Stroke Program. Meets via Zoom on the second Tuesday of the month at 3 p.m. Call Susan Wranik at 301-520-2332 or email susan@speakskill.com.

FRIDAY FIBER FRIENDS

Knitters, crocheters, weavers, and other fiber enthusiasts meet on Fridays, from 1 to 2:30 p.m.,



via Zoom. Call Joan Lewis at 301-452-4466 for more information.

GREAT BOOKS GROUP

Meets Mondays at 10 a.m., via Zoom. Call Jean McNelis at 301-656-6695 or Judith Abrahams at 301-215-6950 for more information.

TEA

Village residents and guests are invited to enjoy refreshments and conversation, Tuesdays, 3 to 4 p.m.

VILLAGE BOOK CLUB

The book club meets one Tuesday a month via Zoom. Email Sheila Manes at manessheila@gmail.com.

WALKING CLUB

The club takes two-mile, hour-long walks on Tuesdays, Thursdays, and Saturdays, starting at 8:15 a.m. at the Village Center. Call Eniko Basa at 301-657-4759.

YIDDISH

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



Tuesday Tea returns

After a brief hiatus brought by concerns over the Omicron variant, our popular weekly afternoon tea will resume beginning **Tuesday, March 8, at 3 p.m.**

We'll offer individual beverages and pre-packaged snacks for attendees to enjoy while they get reacquainted with old friends and meet new ones.

Please call the Village Center at 301-656-2797 to reserve a seat. If you are celebrating a birthday in March, please let us know when you sign up. We'll have a special treat for all those born in March.

CONCERTS

Concerts in March will be held on the third and fourth Wednesdays of the month from 7 to 8 p.m. in Huntley Hall in the Village Center.

Wednesday, March 16—Irish music program with Jody Marshall and Ellen James—Enjoy an evening of magical music from the Emerald Isle with the haunting sounds of the hammered dulcimer and Celtic harp. Nominated as Best Folk Instrumentalist by the Washington Area Music Association, Marshall’s performance credits include the Corcoran Gallery of Art, Folger Shakespeare Library, Smithsonian Institution, Kennedy Center, and The White House. She was a founding member of the D.C.-based folk trio, Ironweed, and also performed extensively with the award-winning Celtic bands MoonFire and Connemara.

Wednesday, March 23—Friday Morning Music Club Young Artists —The Friday Morning Music Club was founded in 1886 by 15 women who found performance opportunities in Washington, D.C., lacking for women of their musical training and background. Today, FMCC honors that original purpose by providing a wide variety

of performance opportunities to all 500+ members, who range from enthusiasts to amateurs to professionals. This program will feature outstanding local student musicians



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MOVIES



All movies begin at 7 p.m. Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language.

Thursday, March 3, 7 p.m.—Movie—The Big Year— Steve Martin, Owen Wilson and Jack Black are serious birdwatchers out to win a contest in this comedy about competitive birdwatching. In the course of the year, these friendly rivals crisscross the United States in the hopes of spotting the highest number of bird species. One is facing a late life crisis, one, a midlife crisis, and the other, a no life crisis, in this humorous take on a very real pastime with passionate participants. Joining the cast of these three comedians are Anjelica Huston and Brian Dennehy. Rated PG. Running Time: 100 minutes.

Thursday, March 10, 7 p.m.—Movie—Hidden Figures— In honor of Women’s History Month, this film showcases the remarkable talents of the African-American female mathematicians working at NASA, responsible for helping to launch John Glenn into space. Taraji P. Henson, Janelle Monáe and Octavia Spencer star as Katherine Johnson, Dorothy Vaughn, and Mary Jackson, three of the women who endured both racial and gender discrimination to accomplish amazing goals and help the United States in the space race. Rated PG. Running Time: 126 minutes.

Thursday, March 17, 7 p.m. —Movie—Brooklyn— Based on Irish author Colm Toibin’s best-selling novel, this film traces the immigrant journey of a young woman named Ellis from Ireland to Brooklyn. Saoirse Ronin is the homesick immigrant who leaves her mother and sister for a new land, where she is promised a job and a better life. As she becomes more confident and begins falling in love in the United States, she is called back to Ireland for a heartbreaking family situation. Ultimately, she must follow where her heart leads, choosing between two countries and two men,



a difficult decision on many levels. Domhnall Gleeson also stars. Rated PG-13. Running Time: 111 minutes.

Thursday, March 24, 7 p.m. —Movie— Belfast—



This semi-autobiographical film, written and directed by Kenneth Branagh, features a working class Irish family and their young son during the Troubles, when tensions between Catholics and Protestants was at its worst and the threat of terror on the streets was ever present. Academy award winner Judy Dench stars in this movie, alongside Jamie Dornan, Caitriona Balfe and Ciaran Hinds. This is Branagh’s most personal film, filled with emotion, humor, and excitement. Rated PG-13. Running Time: 98 minutes.

Thursday, March 31, 7 p.m.— Movie—Green Lantern— The Green Lantern Corps, a powerful force that has existed for centuries, are protectors of peace and justice in the universe. When they are called upon to fight a new intergalactic enemy named Parallax, the fate of the earth lies in their first ever human recruit named Hal Jordan. Ryan Reynolds and Blake Lively star in this film showcasing the Green Lantern superhero on the big screen. Rated PG-13. Running Time: 114 minutes.

As a courtesy to our speakers, authors and performers, and during movies—

- Turn off cell phones.
- Arrive on time for all events. If you arrive late or must leave early, please wait for a break in the performance to enter or exit.
- Please do not bring computers or reading materials to the concerts, lectures or movies.

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A free class to help you quit

Suburban Hospital's Community Health and Wellness Department is conducting a seven-week smoking cessation program at the Village Center, **Wednesdays, April 20 through June 1, from 6 to 7:30 p.m. at the Village Center.**

"Freedom from Smoking" is considered America's gold standard in smoking cessation programs. Gain the skills and techniques needed to take control of your behavior and stop smoking for good.

To reserve a seat, call the Village Center at 301-656-2797 or stop by the Village Center to register.

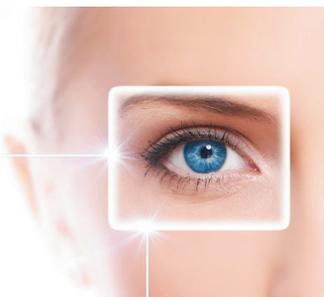
A minimum of eight participants is required.

POB offers low vision support meeting via Zoom

The Prevention of Blindness Society of Metropolitan Washington will host a series of meetings via Zoom that are designed to support for those with low-vision in the area.

Please mark your calendars for the following dates and watch the Village News for topics and Zoom access information. Email info@friendshipheightsmd.gov for the Zoom links. For more information, call the Village Center at 301-656-2797.

**Thursday, March 24
12 to 1:15 p.m. via Zoom**



10 Village News March 2022



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The Village Book Club will meet on **Tuesday, March 15, at 11:30 a.m., via Zoom**. The book selection is *We Begin at the End* by Chris Whitaker. The April book selection will be *Libertie* by Kaitlyn Greenridge.



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Sam Solovey

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Friendship Heights

VILLAGE NEWS

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March 2022 events calendar