



Friendship Heights

VILLAGE NEWS

OCTOBER 2024 VOLUME 41, NO. 10 www.friendshipheightsmd.gov 301-656-2797



Halloween dance party for children, see page 5.

Fall Festival is a family-friendly event!

Fall is the perfect time to gather with neighbors to celebrate all things autumn: falling leaves, crisp apples, and plump pumpkins. Village residents are invited to gather for our annual Fall Festival on **Saturday, Oct. 26, from 1 to 2:30 p.m.**, in Hubert Humphrey Park in front of the Village Center. In the event of inclement weather, we'll move indoors to the Village Center.



This year's Fall Festival features tasty empanadas, a sweet seasonal treat and the sounds of the Blue Train

Bluegrass band. Refreshments will be served from 1 to 2:30 p.m. We'll also have a variety of fun activities for children, including our popular Hay Play area, weather

permitting!

The community is invited to bring a canned good to kick off our annual autumn food drive to benefit Manna Food Bank in Gaithersburg. Look for the cardboard cutout harvest truck.

Please join us for this seasonal community celebration on Oct. 26.



Our artisan fair marks its 20th year

For 20 years, our artisan fair, now known as the Pop-Up Artisan Shop, has offered great shopping in a fun and festive atmosphere. This year promises to be the best yet. We'll have a wide variety of goods, including candles, fused glass and glassware, wood-turned pieces, pottery, ornaments, jewelry, silk and woven scarves, children's books, honey, notecards, and much more. The party begins with a reception, featuring light snacks, music and great shopping opportunities, on **Friday, Nov. 1, from 5:30 to 8 p.m.**, and **continues on Saturday, Nov. 2, from 9 a.m. to 3 p.m.**, with more shopping, art activities, a face painter, and food concessions.

All items are made by the artists who are in attendance and who will be happy to discuss their creative process. They'll offer a variety items at great prices, all capturing the spirit and expertise of the artists.

For more details go to our website www.friendshipheightsmd.gov. or call the Village Center at 301-656-2797.

Protecting POTUS

Cheryl Tyler pens book on her life as the nation's first Black female Secret Service agent to protect the President

Join us on **Monday, Oct. 21, at 7 p.m., at the Village Center**, when Village resident and Council Member Cheryl Tyler will discuss and sign her book "Trailblazer" during an informal interview with former WJLA reporter Kathleen Matthews.

In her captivating memoir, Tyler uncovers the untold story of the challenges she faced as a woman of color in the predominantly male, all-white Presidential Protective Division of the United States Secret Service.

With emotional depth and gripping detail, Tyler's memoir delves into the heart-wrenching struggles she endured during an 18-year class

action lawsuit against the USSS. Alongside other Black agents, she fought relentlessly to eradicate racial slurs, workplace discrimination, and unfair employment practices within the agency. As plaintiffs, they emerged victorious, securing a historic \$24 million compensation for themselves and other agents who had faced discrimination.

Copies of "Trailblazer" will be available for purchase.

See page 2 for sign-up instructions.



Covid and flu shot clinic in October, see page 11.

Don't miss out on one of the hottest tickets in town

"A Beautiful Noise" comes to Washington's National Theatre in December. We have orchestra tickets to the 2 p.m. matinee of this hot autobiographical musical by legend Neil Diamond on **Saturday, Dec. 7.**

This high-energy musical details how Diamond, who started out as a poor boy growing up in Brooklyn, becomes a cultural phenomenon.

We'll enjoy a warm, buffet brunch at the Village Center before departing. Please arrive by 11:30 a.m. to partake, or by 12:15 p.m. to sign in. We'll leave from the Village Center at 12:30 p.m. and should return by 5:15 p.m. The show runs two hours and 15 minutes, and includes one intermission. The show is appropriate for ages 8 and up.

The cost of the trip is \$245 for residents and \$269 for nonresidents, and includes an orchestra seat, round-trip transportation, all taxes and gratuities, and brunch. One ticket per person. Please note that tickets are non-transferrable and non-refundable. Residents may sign up beginning immediately at the Village Center; nonresidents beginning Oct. 16.

How to sign up for activities at the Village Center

- 1) Go to our website at www.friendshipheightsmd.gov.
- 2) Click Sign Up for Programs.
- 3) Click Sign In/Up.

*New users must follow instructions for creating a new account. Go to top right-hand section that reads "To create an account." Once account is created, do the following:

- 4) Scroll down to desired activity and click Enroll.
- 5) For activities with a fee, click view fee details. Choose payment option and pay.

*Having trouble signing up online? Please call the Village Center at 301-656-2797, and the front desk staff will be happy to assist you.

*In some cases, such as trips, in-person registration is required. If so, it will be noted in the newsletter story.



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 November issue is October 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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Village Council Update

Page Park pre-construction inspection

In early September the Village Manager and GreenSweep met with a Montgomery County Department of Permitting Services (DPS) inspector to conduct the required pre-construction inspection of Page Park. The following items were noted as requiring follow-up:

ADA Compliance Form: The inspector indicated the ADA form should not have been signed by GreenSweep and needs to be signed by a “licensed professional,” which he confirmed can be the structural engineer. Even though DPS reviewers approved the form as signed by GreenSweep, the inspector can overrule this approval. GreenSweep will notify the engineer to have him sign the form and will resubmit.

Revision required to drawings: The inspector indicated the drawings for the main pathway need to include the slope measurements, which were not on the drawings GreenSweep submitted (but were approved by DPS reviewers without indicating the measurements needed to be included). GreenSweep will have the structural engineer provide the measurements and include them on the drawings he will have to resubmit.

Third-party inspections: The inspector indicated that the Village needs to have three third-party inspections, one for the pergola footings, one for the pergola and railing anchor bolts, and one for the slabs. The County will not refer or recommend a third-party inspection firm, so GreenSweep will find one to perform the inspections. Each inspection requires a specific form and must be done separately but can be done by the same firm. When these inspections have been completed, they have to be turned in to the DPS inspector for approval.

The inspector indicated the park must remain closed with fencing in place until the final inspection. GreenSweep can proceed to have the third-party inspections done but cannot install handrails until the slope measurements for the main pathway have been submitted on the drawings and approved by DPS.

Stormwater management plan: At the September 9 Village Council meeting, the Council approved a proposal from Clark Azar & Associates civil engineering firm to prepare a stormwater management plan for Page Park. This is required by the County to mitigate additional stormwater runoff due to the increased hardscape surfaces in the renovated park.

Red House tenant update

The Village Council’s Red House Working Group continues its negotiations with Pyle’s Provisions, the tenant selected to provide a deli/market at the house. The Village’s commercial real estate attorney finalized a draft lease, which has been sent to the tenant’s attorney for review.

The Village Manager received several proposals for renovations to be made to the Red House, including those related to ADA compliance. All proposals were presented to the Village Council at its September meeting but were deferred until the October 15 meeting, where it is expected that the Council will vote to select one of the proposals. Additional time was needed to verify references and additional details for the bidders.

Ballot drop box installed at Village Center

A ballot drop box has been placed in front of the Village Center and will remain through the general election on Tuesday, November 5, 2024. The Village Center is the polling place for all registered voters living in the Village. Polls will be open from 7 a.m. to 8 p.m. on November 5. Voters can request a mail-in ballot on the Maryland State Board of Elections website up until October 29, 2024. If you do not want to mail your completed ballot back, you can place it in the ballot box outside the Village Center’s main entrance. Early voting is available October 24, 2024, through October 31, 2024, from 7 a.m. to 8 p.m. There are 14 early voting sites in the County. You can vote at any of these locations. The closest site to the Village is the Lawton Center in the Town of Chevy Chase (4301 Willow Lane).



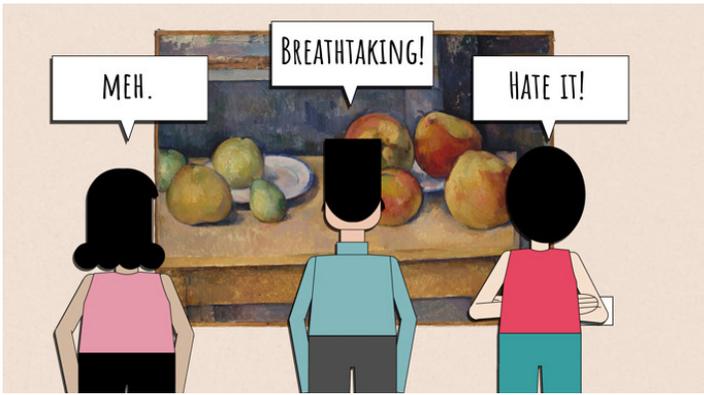
Public safety meeting held for residents

On September 30, the Council’s Public Safety Committee hosted a safety meeting for Village residents at the Village Center. Montgomery County Police Officer Demond Johnson and Jim Resnick with the County Fire & Rescue Service provided safety tips for high-rise residents and answered questions. Please visit our website or click <https://www.regionalwebtv.com/village-of-friendship-heights> to view the recorded meeting.

Other actions taken at the Sept. 9 Council meeting:

- Presentation by Joshua Hutton of PRM Consulting on the Village staff compensation study.
- Appointment of Bobby Pestronk as Chair of the Parks & Grounds Committee.
- Appointment of Tom Brody to the Ad Hoc Committee on Climate Change and Environment.
- Approval of GreenSweep invoice for \$4,000 for Page Park project work.

The next scheduled Village Council meeting will be held on Tuesday, October 15, 2024, at 7 p.m., and will be open to the public at the Village Center and livestreamed. Please visit our website for additional details.



What is art?

Richard Kahn tackles the age-old question

Virtually all of us have pictures, paintings or objects on the walls or floors where we live. We call some of it “art.” Richard Kahn, a biological scientist, who has done extensive research on the topic, offers his take on what makes something art during a thought-provoking lecture on **Monday, Oct. 28, at 7 p.m.**, at the Village Center.

So just what is art? What makes something, anything, a work of art? Can it really be anything for any reason? Does just thinking make it so? Are there any criteria for something to be called art? And what about “craft?” What’s the difference between art and craft? When is something one or the other? Or are they two words with the same definition?

As a career scientist, Kahn was noted for asking questions and questioning answers. He became interested in this topic when challenged by a neighbor to explain how, if it’s possible, a rock can be a work of art. That led to months of research on the topic of this lecture. Kahn is a local resident.

Registration is required; see page 2 for details.

Explore five places to see within an hour of the Village Center

Join the next gathering of the Village Caravan, our new travel conversation group, on **Thursday, Oct. 10, from 5 to 6 p.m.**, at the Village Center, to learn about popular destinations that are just a short drive away.



Enjoy a glass of wine or a non-alcoholic beverage while you watch a brief video highlighting these sites, then mingle with others and share tips on travel. This event is for those 21 and older.

Registration is required; see page 2 for details.

Please note that we cannot accommodate walk-ins.



The Village Book Club will meet on **Tuesday, Oct. 15, at 11:30 a.m.**, via Zoom. The book selection is “Stoner” by John Edward Williams. The November book will be “This Other Eden” by Paul Harding.

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Let's BOO-gie!

Children who live in the Village, ages 2 to 10, are invited to dress up in their favorite costumes and get ready to dance during our Halloween Dance Party on **Friday, Oct. 18, from 6:30 to 8 p.m.**, at the Village Center.

Gizelle Merced will lead the party with a playlist of Halloween-themed tunes guaranteed to get kids on the dance floor. We'll also have a variety of seasonal crafts.

Cupcakes will be served during the event.

Registration is required by Oct. 16. See page 2 for details. Children must be accompanied by an adult.



Explore the allure of fall in the Brandywine River Valley

Travel with us to the beautiful Brandywine River Valley on **Wednesday, Nov. 13**, to visit Andrew Wyeth's studio and the Brandywine River Museum.

Andrew Wyeth painted many of his most important works of art in his Chadds Ford studio. The Brandywine River Museum houses an extensive collection of works by N.C., Andrew and Jamie Wyeth in a 19th-century mill converted to art space overlooking the Brandywine River.

First enjoy a luncheon at Brandywine Prime, a charming restaurant in a restored 1703 cottage. Our menu includes a mixed green seasonal salad; entree choice of pumpkin butternut squash ravioli or free-range chicken breast; mini crème brûlée for dessert; and choice of coffee, soda or tea.

We'll depart from the Village Center at 8:30 a.m. and should return by 7 p.m.

The cost of the trip, which includes round-trip transportation, luncheon, tours of the Andrew Wyeth studio, and the Brandywine River Museum of Art, and all taxes and gratuities, is \$199 per person. Residents may sign up immediately and will be offered a discounted rate of \$175 if signing up by Oct. 10. Nonresidents pay \$199. No refunds after Oct. 10 unless we are able to fill your space. Sign up in person at the Village Center.



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CLASSES AND CLUBS



To register, please go to our website www.friendshipheightsmd.gov and sign up through ActiveNet. Class registration will close 48 hours before the start of the session. Late registration will be permitted at the discretion of the Village Center, must be done in person and is subject to a late fee of 15 percent. A class may be canceled if the minimum number of students is not met. Participants must pay for the full series. No refunds after the class begins. All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver. In the event a class is canceled, a make-up class will be held following the last class of the session.

ART AND LANGUAGE

ALL IN THE EYES

Marianne Winter teaches a 6-week portraiture class Thursdays, 1 to 3 p.m. 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. \$95 for residents; \$105 for nonresidents. Please call the Village Center for details about the next session.

ENGLISH CONVERSATION

(Free)

Mallory Starr leads a conversational English roundtable for adults on Tuesdays, 5 to 6 p.m. This class is free to Village residents. Nonresidents pay \$5. A minimum of 2; maximum of 12.

EXERCISE

BALANCE BASICS

A 6-week class, Wednesdays, 11 to 11:45 a.m. taught by Cheryl Clark, Oct. 30 to Dec. 11. This class teaches strategies for basic balance and aid in developing fall prevention techniques and improving your ability to perform daily activities safely. The class will help to build confidence while maintaining balance and strengthening key muscle groups. \$81 for residents; \$87 for nonresidents.

STRATEGIES FOR IMPROVING BALANCE

A 6-week class, Thursdays, 10 to 10:45 a.m., taught by Cheryl Clark, Oct. 31 to Dec. 12. This class teaches strategies for basic balance and aid in developing fall prevention techniques and improving

your ability to perform daily activities safely. The class will help to build confidence while maintaining balance and strengthening key muscle groups. \$81 for residents; \$87 for nonresidents.

GENTLE YOGA WITH ROBIN (SUNDAYS)

A 6-week Hatha Yoga class for beginning and continuing students, taught by Robin Dinerman, host of TV's "Cherryblossom Yoga." Sundays, Nov. 3 to Dec. 8, 9:10 to 10:30 a.m. This class is especially good for seniors, with particular attention to countering the effects of aging. \$99 for residents; \$109 for nonresidents.



CHAIR YOGA WITH LOUISA

Louisa Klein teaches a 6-week session, Thursdays, 10:30 a.m. to noon, Oct. 31 to Dec. 12. Students are seated in chairs or use chairs for support. Learn how to incorporate chair yoga practices into your life for enhanced mind/body awareness. This class teaches techniques to safely stretch, strengthen and balance your body and mind. Klein, a member of the International Yoga Teachers Association, has taught for more than 40 years. \$83 for residents; \$90 for nonresidents. Class will not meet on Nov. 28.

BEGINNER PILATES (FRIDAYS)

A 6-week class, Fridays, 12 to 1 p.m., Nov. 15 to Dec. 20, taught by Dawn Maynard. Beginner Pilates is for



anyone who needs strength and flexibility in the spine and joints, especially shoulders, hips, knees and ankles. Movement modifications will be provided for those who cannot put weight on knees or hands. Learn how posture affects the way we sit, stand and walk. No equipment needed except a towel and water. \$150 for residents; \$160 for nonresidents. Students may bring a mat and Pilates props.

PILATES FOR EVERYONE (TUESDAYS)

A 6-week class, Tuesdays, 6 to 7 p.m., Nov. 12 to Dec. 17, taught by Dawn Maynard. \$150 for residents; \$160 for nonresidents. Students may bring a towel, mat and any Pilates props.

PILATES FOR EVERYONE (SATURDAYS)

A 6-week class, Saturdays, 9 to 10 a.m., Nov. 16 to Dec. 21, taught by Dawn Maynard. The cost is \$150 for residents; \$160 for nonresidents. Students may bring a towel, mat and Pilates props.

STRENGTH AND CORE (EVENINGS)

A 5-week class, taught by Chad Ashley, Tuesdays, 5:30 to 6 p.m., Nov. 11 to Dec. 17. \$49 residents; \$59 for nonresidents. Class will not meet on Nov. 26.

QIGONG AND TAI CHI (MONDAYS)

A 6-week session, Mondays, 9:30 to 10:15 a.m., Oct. 21 to Nov. 25. Taught by Master Nick Gracenin. Study the essentials of traditional tai chi and qigong, and improve balance, circulation, strength and relaxation. Beginners welcome. \$90 for residents; \$95 for nonresidents.

QIGONG AND TAI CHI (EVENINGS)

A 6-week session, Tuesdays, 7:15 to 8 p.m., to Oct. 22 to Dec. 3. Taught by Master Nick Gracenin. Study the essentials of traditional tai chi and qigong, and improve balance, circulation, strength and relaxation. Beginners welcome. \$90 for residents; \$95 for nonresidents. Class will not meet Nov. 5.

TAI CHI FORMS AND TRADITIONAL ROUTINES (MONDAYS)

A 6-week session, Mondays, 10:15 to 10:45 a.m., Oct. 21 to Nov. 25. Taught by Master Nick Gracenin, this class presents taolu (formal patterns) of traditional taijiquan. Students can try the more complex combined 42 forms tai chi fan. \$70 for residents; \$80 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 301-656-2797 to register.

CHESS

An informal group plays chess on Wednesdays, 12:30 to 3 p.m.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays, 10:30 a.m. to 12 p.m.

DROP-IN BUILDING BETTER BONES

Taught by Gita Pancholy, Thursdays, 11 a.m. to noon. The cost is free for the Village residents; nonresidents pay \$5. Regular attendants may store small weights at the Village Center.

DROP-IN OPEN ART STUDIO

Artists and aspiring artists are invited to bring their art and art supplies and join other artists at our open arts studio on Fridays, 1 to 4 p.m. No storage space is available. The room is filled with light.

DROP-IN TAI CHI

Student-led sessions meet Fridays, 9:15 to 10:15 a.m. Includes stretching, tai chi warm-up exercises, tai chi (24 Yang-style), self-massage, and ends with qigong exercises. Free for Village residents; nonresidents pay \$5.

FRIDAY FIBER FRIENDS

Knitters, crocheters, and other fiber enthusiasts meet Fridays, 1 to 2:30 p.m. Call Joan Lewis at 301-452-4466 for details.

GREAT BOOKS GROUP

Meets Mondays at 10 a.m. Call Judith Abrahams at 301-215-6950 or Jean McNelis at 301-656-6695 for details.

MONDAY MAHJONG

Village residents are invited to play mahjong on Mondays, 12:30 to 2:30 p.m. Space is limited. Registration is required. See page 2 for details.

TEA

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

VILLAGE BOOK CLUB

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

WALKING CLUB

The club takes a two-mile walk in Chevy Chase Village, every day at 8:15 a.m.

Meets at Village Center entrance. Call Eriko Basa at 301-657-4759 or email eniko.basa@verizon.net.

WOMEN'S GROUP

Village of Friendship Heights women, ages 50 and older, are invited to share life experiences and transitions as they strive toward a happy, productive life as they age. Meets the first and third Thursdays of the month, from 3 to 4:30 p.m. Contact co-leaders Martha Solt at msolt@friendshipheightsmd.gov or Patricia Canessa at pcanessam@yahoo.com.



Ask Holly

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Late registration will be
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done in person and is subject
to a late fee of 15 percent of
the price of the class.



CONCERTS



Free concerts are held every Wednesday from 7 to 8 p.m., in Huntley Hall in the Village Center. As a courtesy to the performers and other audience members, please silence all electronic devices and put away reading materials prior to entering the auditorium. If you are arriving late or leaving early, please wait for a break in the performance.



Wednesday, Oct. 9 — Jose Sacin—The Village Center celebrates Spanish Heritage Month by showcasing the tremendous talent of Peruvian baritone Jose Sacin. His recent performances have included roles in Puccini’s “Tosca,” “The Barber of Seville,”

and “Cosi Fan Tutte,” and Verdi’s “La Traviata.” He also played the title role in Puccini’s “Gianni Schicchi” at the Mediterranean Opera Festival in Sicily and Opera Camerata of Washington, D.C. Sacin has performed and collaborated with many leading figures in the music world, including Gregory Buchalter of the Metropolitan Opera, Kamal Khan, Veronica Villaroel and Enrique Ricci. He has performed at a nationally televised event for Pope Benedict XVI alongside Placido Domingo at the Nationals Stadium and with Philip Gossett at Caramoore International Music Festival.

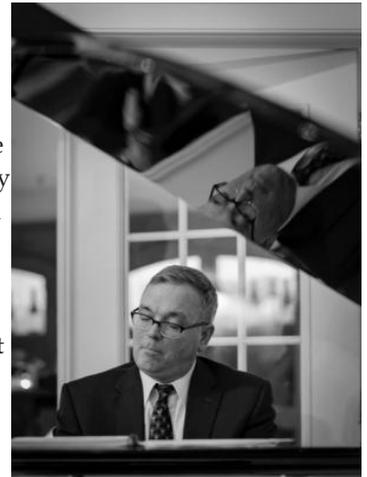
Wednesday, Oct. 16—World Jam Club—In celebration of Spanish Heritage Month, Susan Jones and her World Jam Club present an innovative twist on some of the most beloved and lively tunes of Central and South America. “The Washington Post” deemed Jones “one of the best violinists in Washington, and in the relatively small world of jazz violinists, she’s developing an international reputation.”



Wednesday, Oct. 23 — Chad Bowles— Classical pianist Chad Bowles has performed hundreds of solo recitals across the United States, Canada, and Europe. In recent seasons, he has graced the stages for the Stowe Performing Arts, the Newport Music Festival, the Rappahanock Concert

Association, and the Wolfeboro Friends of Music. As a recording artist, he has received critical praise for his work for JRI Recordings, including five Haydn sonata, and works by Richard Strauss and Franz Liszt. A New England native, Bowles holds a bachelor’s degree in Piano Performance from the University of New Hampshire and a master’s degree and graduate performance diploma from the Peabody Conservatory in Baltimore.

Wednesday, Oct. 30—Salute to Sinatra with Tony Nalker and Bob McDonald —Vocalist Bob McDonald and pianist Tony Nalker will celebrate the songs and the life of legendary crooner Frank Sinatra with an evening of the most memorable songs from the singer’s film and concert performances. McDonald is probably best known to the Washington, D.C., area as the National Anthem singer for the Washington Capitals hockey team.



McDonald has performed on most local stages, including The Kennedy Center, Signature Theatre, Folger Theatre and others, and at various venues across the country. Nalker performs widely in the local area, and currently serves as jazz pianist with the Smithsonian Jazz Masterworks Orchestra and the National Symphony Orchestra Pops. From 1989 to 2016 Nalker was the pianist of the premiere jazz ensemble of the U.S. Army, the Army Blues, and served as the group’s enlisted leader.

Low Vision Resources meets

The Prevention of Blindness Society Low Vision Resources group will meet on **Thursday, Oct. 17, from 11 a.m. to noon.**

Learn how your peers adjust to declines in vision and continue to do what they want. Learn about alternative approaches and many resources to help people with low vision and blindness.

Registration is required. See page 2 for details. Sorry, we are not able to accommodate walk-ins.

MOVIES



All movies begin at 7 p.m. Movies that run longer than 120 minutes will begin at 6:45 p.m. as indicated. Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language. Enjoy fresh popcorn during the movies.

Thursday, Oct. 3, 7 p.m.—*Thelma*—Inspired by director Josh Margolin’s family experience, this charming movie stars June Squibb, 94, as a wronged 93-year-old grandmother who tries to take back what’s hers after being conned. Despite her children’s lack of confidence, and without help from the police, she in effect becomes an unwitting hero. **Rated PG-13. Running Time: 98 minutes.**

Thursday, Oct. 10, 7 p.m.—*Dream Scenario*—This Golden Globe-nominated comedy/mystery stars Nicolas Cage. An ordinary professor, who has always hoped for fame, learns he is showing up in millions of people’s dreams. His appearances are benign, but eventually evolve into something altogether different. **Rated R. Running Time: 102 minutes.**

Thursday, Oct. 17, 6:30 to 8 p.m.—*Art Reception*

Thursday, Oct. 24, 7 p.m.—“*Art and Happiness,*” lecture by Dominique Lallement

Thursday, Oct. 31, 6:45 p.m.—*Knives Out*—A suave private detective, played by Daniel Craig, investigates the death of a famed author, played by Christopher Plummer, in this multiple award-winning droll mystery buoyed by a star-studded ensemble cast. **Rated PG-13. Running Time: 130 minutes.**

Village offers free CPR and defibrillator training

The Village Council is providing free CPR/defibrillator training for residents in an effort to give them the opportunity to learn how to provide immediate, potentially lifesaving care.



Sudden Cardiac Arrest is one of the leading causes of death in this country every year. Many of these deaths are preventable with the use of CPR and an automated external defibrillator (AED). We have arranged with the lifesaving training firm, Rescue One, to offer a three-hour certification class at the Village Center.

You can sign up for any of the following dates: **Monday, Oct. 7, 6 to 9 p.m.; Thursday, Oct. 17, 10 a.m. to 1 p.m.; Saturday, Oct. 19, 11 a.m. to 2 p.m.** All classes are free. Registration is required; see page 2 for details.



Got questions?

Ask Holly, our new virtual assistant!



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ART AND CULTURE

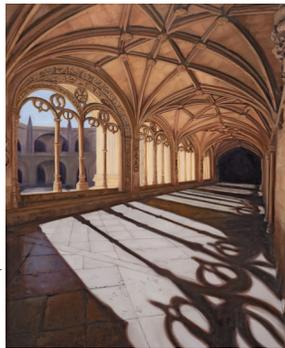
World Bank artists take inspiration from around the globe

The Friendship Gallery is hosting a special exhibition of works from the World Bank Alumni Art Club through Sunday, Nov. 3.

The Art Club members are retired World Bank Group staff and their partners. The exhibit is entitled "Inspirations from Around the World."

The works comprise a fascinating collection of paintings, drawings, and photographs presented by 33 artists who currently live in the District of Columbia, Maryland, and Virginia.

All of the artists are truly international, whether they are originally from the United States or abroad; most have worked in international development in many countries around the globe during decades of service. Collectively, their work displays significant artist expression which has



"Jeromino's Monastery, Lisbon" by Candy Perque-Herlihy

been informed by global experience and a deep understanding of the human condition. Many of the club members tackle topics such as climate change and social justice; others express the eternal mysteries of humankind and the beauty of the world around us.

Meet the artists at a reception on Thursday, Oct. 17, from 6:30

to 8 p.m. In a separate event, Dominique Lallement presents a program on art and happiness on Thursday, Oct. 24 at 7 p.m. See story at left for details.

The Village Center is open 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. Please check with the front desk staff upon arrival. All sales are final.



"Color Me Strong" by Sharmila Kapur

What's the connection between art and happiness?

Using overhead projections of artworks, Dominique Lallement offers a fascinating look at the connection between happiness and art on **Thursday, Oct. 24, at 7 p.m.**, at the Village Center.

In this presentation, "Art and Happiness: A Dialogue with Dominique Lallement," the founder and chair of the World Bank Alumni Art Club will engage in a dialogue with the audience and some of the artists exhibiting in the show, on the personal and collective meaning of art, what one feels or discovers when looking at art or creating artworks.

This dialogue aims to be an enriching experience for all art lovers, whether you are the viewer giving the final meaning to the artwork or the creator.

Registration is required. See page 2 for details.

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Collage workshop captures the spirit of the season

The holiday season is about to kick into full gear, with Diwali, Day of the Dead, Thanksgiving, Christmas, Hanukkah, Kwanzaa and a host of other celebrations just around the corner.



Collage artist Heather Paul invites you to celebrate by using the technique of collage to create cards, canvases or boxes reflecting one or more of the upcoming holidays during a workshop on **Saturday, Nov. 2, from 1:30 to 3:30 p.m.**, at the Village Center. Beginners, as well as seasoned artists, are welcome.

Collage is a great way to understand the formal elements of design through its fun and satisfying tools: paper, glue, scissors, paint, textured material, found objects and an infinite range of images. Art materials will be provided. The cost is \$50 for residents; \$65 for nonresidents. Residents who sign up by Oct. 15 pay \$40; nonresidents pay \$55.

Space is limited. Registration is required. See page 2 for details.

TO YOUR HEALTH

Are you eating enough protein for strong muscles?

What's the impact of eating enough protein for strength and muscle health? Suburban dietitian Denine Stracker will be discussing ways to reduce the risk of sarcopenia—the progressive loss of muscle mass, strength and function associated with aging—during this month's Suburban lecture on **Wednesday, Oct. 9, at 1 p.m.**, at the Village Center. Research suggests that eating enough protein and calories can potentially slow the loss of muscle mass, which is often associated with the loss of strength and independence. We will explore easy ways to increase protein-rich foods throughout the day as a way of promoting strength, muscle health and healthy aging.

This program is a partnership between the Friendship Heights Village Center and Suburban Hospital. Registration is required; see page 2 for details.

Covid and Flu Shots offered on Oct. 8 and Oct. 23

Giant Supermarket Pharmacy will administer high-dose and regular flu vaccines and Moderna and Pfizer Covid-19 shots to Village residents on **Tuesday, Oct. 8, from 10 a.m. to 5 p.m.**, and **Wednesday, Oct. 23, from 10 a.m. to 3 p.m.**, at the Village Center.

Residents who are currently signed up for the Oct. 8 clinic may now receive the Covid shot during their appointment.

Registration for the Oct. 23 clinic begins Oct. 3.

Please bring your Medicare or insurance card, waiver, and photo ID to your appointment.

If not covered by Medicare or insurance, the high-dose flu vaccine recommended for those 65 and older is Fluzone \$136; and Fluad \$132. The regular flu vaccines are FluZone \$63; Flucelvax \$78; and Fluarix \$60.

Appointments are required and may be made online. Please note that appointments are available for Village residents only.

Please go to our website, www.friendshipheightsmd.gov to sign up through the SignupGenius link.

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Our Recent Activity

COMING SOON IN UPPER \$500s



The Elizabeth - Apt in 07 Tier
Updated 2BR / 2BA Floor Plan
Beautifully Renovated Kitchen
Unobstructed View of Trees from Balcony
Side by side Parking Space
Solovey Group Represents Seller

For Sale at \$726,900



4620 North Park Ave - Apt 204W
2BR / 2BA sought after split bedroom floor plan
Prime South-Facing Exposure
Overlooking Pool
Tandem Parking Spaces for 2 Cars
Solovey Group Represents Seller

JUST SOLD AT \$1,990,000



The Carleton - Apt 108
2-3 Bedroom Layout - Open Plan
Stunning Combination Unit Renovation
Western Exposure with Massive Balcony
Over 2600 SF of interior space
Side by Side Parking Spaces
Solovey Group Represented Buyer

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Friendship Heights

VILLAGE NEWS

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October 2024 events calendar