



Friendship Heights

# VILLAGE NEWS



Village Council  
Election Information  
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MARCH 2013

301-656-2797

VOLUME 27, NO. 10

## County Police Chief to speak at the Center

Montgomery County Police Chief Thomas Manger will discuss crime in the county, the latest news from the Police Department, and what's happening in the Friendship Heights area at the Village Center on **Monday, March 18, at 7:30 p.m.**

Chief Manger has been the Chief of Police in Montgomery County for nine years. He began his law enforcement career in 1977 with the Fairfax County (Va.) Police Department. He rose through the ranks to become Chief of Police in 1998. During his tenure in Fairfax County, Chief Manger received numerous awards including the Silver Medal of Valor. He was also awarded the Fairfax County Human Rights Commission Award for outstanding contributions, and the NAACP's Community Service Leadership Award. In 2012 Chief Manger was inducted into the Montgomery County Human Rights Hall of Fame.

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



## If it's spring, it's time for baseball!

Ignite your Natitude with a day at the ballpark on **Saturday, May 11.** Cheer



on the Washington Nationals, the 2012 National League East Division Champions, when they play the Chicago Cubs.

We will leave the Village Center at 2:45 p.m. The cost of the trip, which includes a covered seat in Section 135 (we're a level closer this year), transportation and driver gratuity, is \$62. Residents with one guest may sign up immediately; nonresidents may sign up March 8. There are 29 spaces available. Bring the whole family!

## Explore Fredericksburg during Virginia Garden Week

Celebrate the Virginia Garden Club's 80<sup>th</sup> anniversary as we travel to Fredericksburg on **Tuesday, April 23**, for a day of touring some of the historic city's most beautiful gardens.

"In Step with History" features historic homes that were opened 80 years ago. Several homes included in the Garden Tour have distinguished pasts involving the Civil War. We'll begin our tour with a visit to Fall Hill, a Georgian home built in 1790, privately owned and open to the public only during this year's Garden Week. Fall Hill was a strategic point used by Robert E. Lee to guard the river crossing and used as a Confederate camp. Beautiful gardens surround the house. Our next stop will be Snowden House, a Greek Revival mansion offering a breathtaking view of the Rappahanock River.



Next, we'll drive into historic downtown Fredericksburg for lunch at Pinkadilly Tea at Smythe's Cottage.

Our luncheon tea includes crab soup, chef's choice of quiche, assorted scones, Devonshire cream and lemon curd, assorted finger sandwiches, fresh fruit, miniature desserts.

*Continued on page 3*

# CHILDREN'S PROGRAMS

## An Artful Summer Week for Children

Put a little art in your child's summer with a week-long summer art camp at the Friendship Heights Village Center. The camp begins **Monday, June 24 and continues daily through Friday, June 28.** Children ages 6 to 12 will learn a variety of fine arts projects. The camp takes place from 9:30 a.m. to 1 p.m. daily at the Village Center. This camp is run by our curator Millie Shott. Sign up immediately at the Village Center to ensure a space; this camp fills up quickly. Children must have completed kindergarten to qualify. The cost is \$250.



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Friendship Heights  
**VILLAGE NEWS**

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

Email: [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

### ADVERTISING

The deadline for reserving space for the April issue is March 5th. 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 MANAGER

**Julian P. Mansfield**

# ON the GO...

## Fredericksburg, Va., continued from page 1

After lunch, we'll continue our garden tour, with visits to Brompton and Belmont. Brompton is considered one of America's oldest homes and served as a Union hospital. The site is home to the storied Brompton Oak, captured in 1864 by war photographer Matthew Brady while Union troops rested against it.

We'll conclude our tour of Fredericksburg's gardens with a visit to Belmont, the home of artist Gari Melchers and his wife, Corinne.

The Melchers restored the Georgian style landscape dating to the mid-19th century, repairing rose arbors that anchor a boxwood lined walk and retaining the symmetrical beds on the lawn. Melchers is best remembered for his depiction of Dutch peasant life, portraiture (he painted President Theodore Roosevelt at the White House in 1908), impressionist renderings of the European and American scene and mother and child subject. This is one of the best preserved artist's homes and studios in the country.

The gardens at Belmont were a restoration site of the Garden Club of Virginia in 1933.

We'll depart from the Village Center at 8:30 a.m. and should return by 5:30 p.m.

The cost of the trip, which includes round-trip transportation, garden tours and luncheon tea, is \$121.

Residents may sign up immediately at the Village Center. Nonresidents may sign up beginning March 14.

Sign-ups will continue until the trip is full or until Tuesday, April 9, after which a waiting list will be established.

There are 25 spaces available.

*Please note this is a walking tour. Wear appropriate shoes to allow for uneven surfaces and inclines. No interior photography by camera or cell phone is permitted.*



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# Village Council Election Guidelines

Election Date: Monday, May 13, 2013

## General Provisions

Election of the Friendship Heights Village Council shall be conducted under the guidance of the appropriate provisions of Article 33 of the Maryland Code, Section 66-4 of the Montgomery County Code, and these By-Laws.

## Notice of Election

Notice of the election specifying time, requirements, and the procedures for nomination and voting shall be posted on the Hubert H. Humphrey Friendship Park Bulletin Board at least sixty days prior to the election.

## Nomination

Nomination shall be by petition, signed by at least ten registered and qualified voters of the Village, and shall be filed at the office of the Council at least five weeks prior to the election (**by 5 p.m., Friday, April 5, 2013**). Such petition shall include the signature of the candidate indicating willingness to run.

Candidates shall be registered and qualified voters and reside in the Village at the time of the nomination and the election. Any candidate may withdraw his/her petition up to twenty-four hours before the start of the election.

## Qualifications for Voting

Any person residing in the Village on the date of the election whose name appears on a list of registered and qualified voters as of two weeks prior to the election, furnished by the Board of Elections of Montgomery County, shall be eligible to vote.

## Place of Voting

The polling place or places shall be conveniently located (the Village Center).

## Election Officials

Appointment by the Council of the judges and clerks shall be made prior to the election. Assistants may be made available and appointed in a similar fashion. No candidate for Council membership or member of his/her immediate family shall serve as an election official.

## Poll Watchers

Poll Watchers appointed by candidates shall be permitted to observe the voting and counting, but shall not interfere in any way with the voting or counting.

## Counting of Ballots

Counting shall be conducted by judges and clerks.

## Certifying and Reporting of Ballots

The incumbent Mayor shall notify the Montgomery County Council of the election returns, certified by the election judges. Such letter shall be sent by registered mail the day following the election. A copy of this letter shall be retained in the permanent files of the Village.

## Absentee Ballots

Any qualified voter shall be entitled to vote as an absentee voter. An application must be received by **Friday, May 3, 2013**. (If you are unable to meet this deadline, call the League of Women Voters representative listed on the absentee ballot application.) Applications for absentee ballots are available at the Village Center and online at [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) (click on "Village Council" link). Upon receipt of the application, the Council shall have mailed or

delivered to the voter entitled thereto an absentee ballot.

No candidate for Council membership shall serve as a duly authorized agent for the purpose of submitting a completed absentee ballot application. A qualified voter shall return an absentee ballot by mail, by delivery in person, or by requesting that an election judge or clerk be dispatched to obtain the absentee ballot on the day of the election. The ballot shall be returned to the Council office or other previously designated location. An absentee ballot received after the time for closing of the polls shall not be counted.

## Disclosure

All candidates for the Friendship Heights Village Council must indicate agreement with the following requirements: Each candidate for election to the Council must submit two written financial reports to the Village Office—a preliminary report on the Monday preceding election day (**May 6**) and a final report by 5 p.m. on the Friday after election day (**May 17**).

Each report must include the following: 1) a list of all contributors and the amount(s) of their contributions made to the candidate; 2) an itemized list of expenditures made by the candidate on his/her own behalf; 3) a list of all contributors and the amount(s) of their contributions made to another party on behalf of the candidate; and 4) an itemized list of expenditures made by another party on behalf of the candidate.

The data from these reports shall be compiled and posted on the Village bulletin board as soon after receipt as possible. Failure to comply shall disqualify the candidate from assuming office.

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\*Certain restrictions may apply. Must be first-time user.

## Safe driving program at the Center

The AARP Driver Safety Program will be offered **Friday, April 19, from 10 a.m. to 3 p.m.**, at the Village Center. Mike Walmsley will be the instructor. The one-day course costs \$12 for AARP members (please bring your membership card when you register) and \$14 for nonmembers. Checks should be made out to AARP.

All students must bring to class with them their driver's license and a ballpoint pen. Please register at the Village Center.



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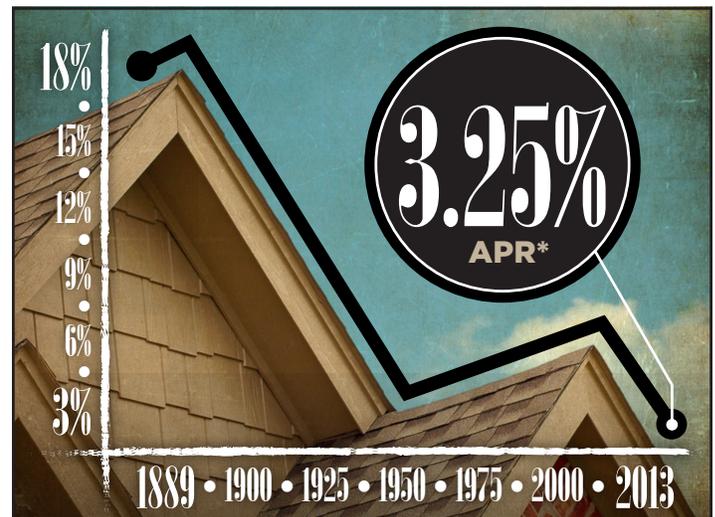


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# PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

## A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

- Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

**Thursday, March 7, 7 p.m. — Movie — *Flight*** — In this action-packed mystery thriller, Academy Award winner Denzel Washington stars as Whip Whitaker, a seasoned airline pilot, who miraculously crash lands his plane after a mid-air catastrophe, saving nearly every soul on board. After the crash, Whip is hailed as a hero, but as more is learned, more questions than answers arise as to who or what was really at fault and what really happened on that plane? Rated R. Running Time: 138 minutes.

**Thursday, March 14, 7 p.m. — Movie — *Skyfall*** — James Bond's latest mission has gone horribly awry, resulting in the exposure of several undercover agents, and an all-out attack on MI 6. Meanwhile, as Bond's boss M plans to relocate the agency, emerging Chairman of the Intelligence and Security Committee Mallory raises concerns about her competence while attempting to usurp her position, and agency researcher Q becomes a crucial ally. Now the only person who can restore M's reputation is 007. Operating in the dark with only field agent Eve to guide him, the world's top secret agent works to root out an enigmatic criminal mastermind named Silva as a major storm brews on the horizon. Stars Daniel Craig, Judi Dench, Ralph Fiennes, Naomie Harris, and Javier Bardem. Rated PG-13. Running Time: 143 minutes. .

**Thursday, March 21, 7 p.m. — Movie — *Anna Karenina*** — The third collaboration of Academy Award nominee Keira Knightley with acclaimed director Joe Wright, following the award-winning box office successes *Pride & Prejudice* and *Atonement*, is a bold, theatrical new vision of the epic story of love, adapted from Leo Tolstoy's timeless novel. The story powerfully explores the capacity for love that surges through the human heart. Also stars Jude Law, Aaron Johnson and Matthew MacFadyen. Rated R. Running Time: 130 minutes.

**Thursday, March 28, 7 p.m. — Movie — *Wreck-It Ralph*** — A video game villain wants to be a hero and sets out to fulfill his dream, but his quest brings havoc to the whole arcade where he lives. Features the voices of John C. Reilly, Sarah Silverman, Jack McBrayer, and Jane Lynch. Rated PG. Running Time: 120 minutes.

## Better Brain Health

Come and learn how to keep your brain sharp and your body strong in this one-hour workshop presented by Family & Nursing Care on **Friday, March 15, at 1 p.m.**

Learn energizing breathing techniques to help you approach each day with vitality as well as gentle stretches to keep your body healthy. Find out how to reduce stress, a proven factor in the progression of memory problems.

Please call the Center at 301-656-2797 to let us know if you plan to attend. Refreshments will be served and door prizes will be given.



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# ART and CULTURE

## Two artists on exhibit this month

Friendship Gallery is pleased to present the works of Felisa Federman and Dot Procter during the month of March.

Felisa Federman is a fiber artist who studied weaving, hand made paper and fiber construction at the National Fine Arts Academy in Buenos Aires, Argentina. Dot Procter learned from her mother and grandmother who were both artists. She has been exhibiting in the Washington area for over two decades.

The show runs from March 4 to April 8. All are invited to meet the artists at a reception on **Sunday, March 10, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



"Idols and the Prairie" by Felisa Federman

"Dream Catcher" by Dot Procter

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## M A R C H

SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY

### Need help with your taxes?

Free AARP tax assistance can be found at these locations. Please call (240) 777-2577- not the Village Center – to make an appointment (required):

<p>Bethesda Library 7400 Arlington Road, Bethesda Mondays 10:30 a.m. to 4 p.m.</p>	<p>Chevy Chase Library 8005 Connecticut Ave., Chevy Chase Thursdays 10:30 a.m. to 4 p.m.</p>
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<p><b>1</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p><b>2</b></p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography</p>
<p><b>3</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>4</b></p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 7 p.m.: Yoga <b>7 p.m.: Café Muse</b></p>
<p><b>5</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 4:30 p.m.: French Conversation 6 p.m.: Chess</p>	<p><b>6</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel</p>
<p><b>7</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie:Flight</b></p>	<p><b>8</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>
<p><b>9</b></p> <p>8:15 a.m.: Walking Club <b>6:45 p.m.: Depart for Arena Stage</b></p>	<p><b>10</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b></p>
<p><b>11</b></p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga <b>7:30 p.m.: Friendship Heights Council Meeting</b></p>	<p><b>12</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 4:30 p.m.: French Conversation 6 p.m.: Chess</p>
<p><b>13</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Suburban Lecture: "Don't Ignore Your Gut Feeling" 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 4:30 p.m.: Playing Defense <b>7:30 p.m.: Concert: Washington Revels</b></p>	<p><b>14</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie:Skyfall</b></p>
<p><b>15</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl <b>1 p.m.: Brain Health Workshop</b></p>	<p><b>16</b></p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography</p>
<p><b>17</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>18</b></p> <p>10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: County Police Chief Thomas Manger</b></p>
<p><b>19</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 4:30 p.m.: French Conversation 6 p.m.: Chess</p>	<p><b>20</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 4:30 p.m.: Playing Defense 6 p.m.: Yoga with Kathryn <b>7:30 p.m.: Tales in the Village- Ellouise Schoettler</b></p>
<p><b>21</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support Group 6:15 p.m.: Scrabble <b>7 p.m.: Movie:Anna Karenina</b></p>	<p><b>22</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>
<p><b>23</b></p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography</p>	<p><b>24</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>
<p><b>25</b></p> <p>9:15 a.m.: Fit 4-Ever <b>10 a.m. – 2 p.m.: MVA Bus</b> 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting</p>	<p><b>26</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist</p>
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<p><b>31</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers  <b>Happy Easter</b></p>	<p><b>31</b></p>

### Shuttle bus hours



Monday through Friday      6:40 a.m. to 9:40 p.m.  
Saturday and Sunday      8 a.m. to 7 p.m.

### Village Center Hours

Monday through Thursday      9 a.m. to 9 p.m.  
Friday      9 a.m. to 5 p.m.  
Saturday and Sunday      9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.



### Shredding Truck Returns to the Village Center

On **Wednesday, April 17, from 5 to 7 p.m.**, a truck from "Shred-it" will park on Friendship Boulevard next to the Village Center. Village residents (only!) are invited to take advantage of this important service.





# CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION – A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES - NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

## ART

### ACRYLIC OR OIL PAINTING (Day)

A 10-week course for all skill levels, taught by Doris Haskell, begins March 11. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$80 for nonresidents. Minimum number of students is 10; maximum is 14. Session ends May 13.

### ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskell, begins March 28. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Session ends May 30. Minimum number of students is 10; maximum is 14.

### BASIC PHOTOGRAPHY

This 8-week course in black and white and color photography, taught by Llewellyn Berry, begins March 16. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$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 bring a camera to class; digital cameras are preferred. Session ends May 4. See examples of Lew's students' work at <https://www.facebook.com/media/set>.

### BASIC PHOTOGRAPHY FOR CHILDREN 10 AND OLDER

This 8-week course in black and white and color photography, taught by Llewellyn Berry, begins April 6. Meets

Saturdays from 9 to 10 a.m. The cost is \$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. Class will not meet April 13 and May 25. The last class is June 8.

### PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins April 17. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$75 for residents; \$80 for nonresidents. Maximum number is 8. Last class is May 22.

### STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins March 28. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only). The cost is \$155 for residents; \$165 for nonresidents. Last class is May 30. Maximum number of students is 14.

## BRIDGE

### PLAYING DEFENSE

This 7-week series taught by Frank

Shull, a life master at bridge, begins March 13. Meets Wednesdays from 4:30 to 6:30 p.m. Students will learn techniques on how to beat opponents after they get the contract. The class will cover such topics as leading against suit contracts; playing second hand low and third hand high; attitude signals when partner leads; and, opening leads. The maximum number of students is 17. This class is for people who have played bridge for at least a few years and continue to play on a regular basis. Call Frank with questions at 301-520-9968. The cost is \$105 for residents, \$110 for nonresidents. Session ends April 24.

## EXERCISE AND FITNESS

### BALANCE AND COORDINATION

This 6-week class begins March 5. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$65 for residents; \$70 for nonresidents. Session ends April 9. Questions? Email instructor Tonya Walton at [staraka4u@gmail.com](mailto:staraka4u@gmail.com).

### CHAIR EXERCISE

This 7-week class begins March 6. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$75 for residents; \$80 for nonresidents. Session ends April 17.

### EVENING YOGA WITH KATHRYN

This 8-week class begins March 20 and meets Wednesdays from 6 -7 p.m. The class will focus on strengthening

and stretching body and mind with attention given to balancing ease and effort. Please bring a yoga mat and a towel or blanket. Be prepared to work hard and relax easy. Questions? Call Kathryn 240-743-4294. The cost is \$80 for residents; \$85 for non residents. Session ends May 8.

### **MAT PILATES**

The 6-week session begins April 9. Meets Tuesdays from 7 to 8 p.m. 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 for this course; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both *PhysicalMind Institute* and *Powerhouse Pilates*. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Questions? Email [Gingerrusteach@yahoo.com](mailto:Gingerrusteach@yahoo.com). Session ends May 14.

### **STRENGTH TRAINING WITH CHERYL**

This 6-week class begins March 1. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$65 for residents; \$70 for nonresidents. Session ends April 5.

### **STRENGTH TRAINING WITH TONYA**

This 6-week class begins March 11. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$65 for residents; \$70 for nonresidents. Session ends April 15.

### **YOGA (Day)**

This 9-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins April 7. Meets Sundays from 9 to 10:20 a.m. The session includes semi-

strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothes, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$118 for residents; \$124 for nonresidents. Session ends June 9 (class will not meet May 26).

### **YOGA (Evening)**

This 9-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins April 8. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$118 for residents; \$124 for nonresidents. Session ends June 10 (class will not meet May 27).

## **ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES**

### **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.

### **COFFEE AND CURRENT EVENTS**

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

### **DROP-IN TAI CHI**

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

### **GREAT BOOKS DISCUSSION GROUP**

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

### **HEALTH INSURANCE COUNSELING**

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and

fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

### **SCRABBLE**

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m.

### **VILLAGE BOOK CLUB**

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter. New members are welcome at any time.

### **VILLAGE BRIDGE CLUB**

The bridge club meets every Monday from 12:30 to 4 p.m. All are welcome for bridge or bridge plus (duplicate bridge); cards will be supplied. Contact Nancy White at 301-652-4119.

### **VILLAGE PLAY TIME**

Games, toys and play equipment are set out in the auditorium most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver, friend, or family member over age 13.

### **VISION SUPPORT LUNCH AND LEARN**

A partnership of the Prevention of Blindness Society of Metropolitan 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.

### **WALKING CLUB**

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

### **YIDDISH**

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

# CONCERTS

Concerts are performed Wednesdays, from 7:30 p.m. to 8:30 p.m., in Huntley Hall in the Village Center. As a courtesy to our performers please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering the auditorium.

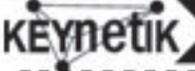
During the months of January, February and March only, concerts will be held from 7:30 to 8:30 p.m. on the second, third and fourth Wednesdays of the month. The second and fourth Wednesdays will feature musical performances while the third Wednesday will feature storytelling. Performances are held in Huntley Hall of the Village Center.

## Wednesday, March 6 — No Concert

**Wednesday, March 13 — Washington Revel Maritime Voices** — The Washington Revels Maritime Voices present a musical voyage through the maritime history of the Chesapeake region during the early 19th Century – war and peace at sea, and the life of the sailor and his loved ones. The Maritime Voices perform songs, instrumental music, dance and folk drama, showing the life aboard the sailing ships and in the ports. They have performed at the museums of the Smithsonian Institution, on the waterfronts of the Washington and Baltimore areas, at the Navy Memorial and the C&O Canal, and at many other folklore and community events.

**Wednesday, March 20 — Tales in the Village with Ellouise Schoettler**— *Tales in the Village* Producer and local storyteller and artist Ellouise Schoettler presents “Consider the Women.” Every third Wednesday the Friendship Heights Village Center features a different type of performance art.

**Wednesday, March 27 — Friday Morning Music Club** —The Friday Morning Music Club’s Young Artists program offers concerts by some of the area’s most promising young musicians.

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# TO YOUR HEALTH

## Don't ignore your gut feeling

Gastroenterologist Dr. Michael Schwartz will discuss ways to maintain good colon health through diet and exercise and preventable screenings at this month's Suburban Lecture at the Village Center on **Wednesday, March 13, at 1 p.m.** Dr. Schwartz will also explain disorders of the digestive tract including diverticulitis, irritable bowel syndrome, and, colorectal cancer. There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.

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## Vision Support Group: The Washington Ear

Every day Metropolitan Washington Ear volunteers rise early to read the Washington Post, The New York Times and numerous other publications into a computer so that people with low vision or physical challenges can phone in 24 hours a day to hear news, editorial pages, TV listings and special sections—all for free. Additionally, the Ear is a pioneer in offering audio description for television.

Come to the Vision Support Lunch and Learn group at the Village Center on **Thursday, March 21, at 12:30 p.m.**, to meet Sharon Salus, volunteer reader and Village resident and learn more about this wonderful organization that has been providing important services in our area for more than 30 years.

The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. You don't have to have poor sight to participate. Register to reserve a light lunch by calling 301-656-2797.

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## Cafe Muse presents...

This month's Café Muse, on **Monday, March 4, at 7 p.m.**, features poetry from Jehanne Dubrow & fiction from Molly Patterson.

Jehanne Dubrow is author of four poetry collections, including, most recently, *Red Army Red* and *Stateside*. Her work has appeared in *Southern Review*, *Crazyhorse*, *Prairie Schooner*, and *Ploughshares*. She is the Director of the Rose O'Neill Literary House and an assistant professor in creative writing at Washington College in Chestertown, Md.

Molly Patterson's work has appeared or is forthcoming in *The Atlantic Monthly*, *The Iowa Review*, and *Salamander*, among others. Her work has been honored in *Best American Short Stories* and nominated for a Pushcart Prize. She is currently the Writer-in-Residence at St. Albans in Washington, D.C., where she is at work on a novel and a story collection.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 35 years. For more information visit [www.wordworksdc.com](http://www.wordworksdc.com).

The Village Book Club will meet this month on **Tuesday, March 19, at 11 a.m.** The book selection is *Cleopatra: A Life* by Stacy Schiff.

Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."

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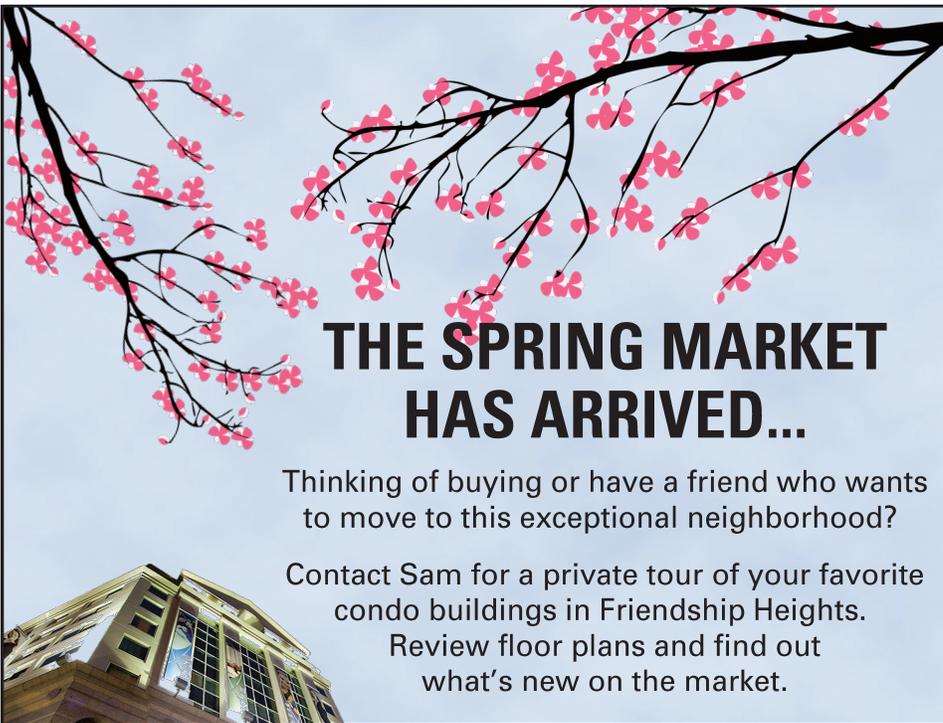
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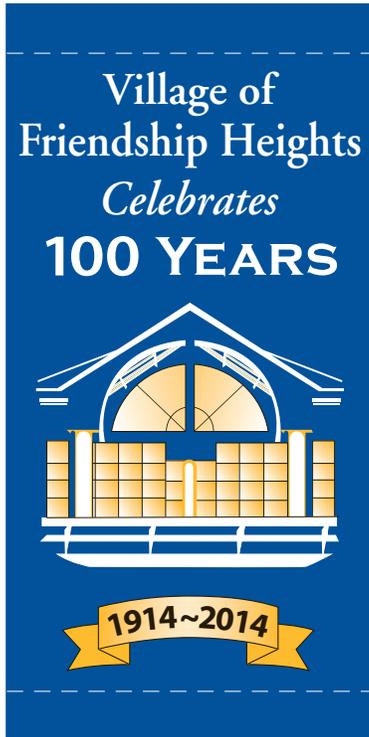


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# Village Council Corner

## Oral History project to be part of Village Centennial



The Council approved the Centennial Committee's recommended banner design (at left), which will be displayed on streetlights in the Village next year. We continue to seek historical memorabilia for displays at the Village Center and for the update to the history book. Please call 301-656-2797 if you have any materials to share. In addition, we are planning to record oral histories of longtime Village residents. If you are interested in being interviewed as part of this project, please give us a call.



## Friendship Heights VILLAGE NEWS

Friendship Heights Village Center  
4433 South Park Avenue  
Chevy Chase, Maryland 20815



**Check out our website:**  
[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)  
**e-mail:** [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)  
**phone:** 301-656-2797

**March 2013 events calendar**

## Please Remember Friendship Heights

You do not pay any more income taxes because you live in Friendship Heights—mark your form as seen below.

### FORM 502 MARYLAND RESIDENT INCOME TAX RETURN

OR FISCAL YEAR BEGINNING 2012, ENDING

Social Security number		Spouse's Social Security number	
Your First Name	Initial	Last Name	
Spouse's First Name	Initial	Last Name	
Present Address (No. and street)			
City or Town		State	ZIP code
Name of county and incorporated city, town or special taxing area in which you resided on the last day of the taxable period. (See Instruction 6)		Maryland County <b>Montg.</b>	City, Town, or Taxing Area <b>Friendship Hts</b>

**FILING STATUS** 1.  Single (If you can be claimed on another person's tax return, use Filing Status 2.)  
See Instruction 1 to determine if you are required to file. 2.  Married filing joint return or spouse had no income

- Council actions at the February 11 meeting:
- Held initial public hearing on FY 2014 budget.
  - Approved proposal from League of Women Voters to run Village Council election on May 13.
  - Discussed request to appoint Village poet laureate; agreed to solicit poems from community for use in Village Centennial celebration in 2014.