



Friendship Heights



VILLAGE NEWS

JUNE 2013

301-656-2797

VOLUME 28, NO. 1



MD Live Casino
page 3



A day on the Mall — including the Folklife Festival

Play tourist for a day and join us on **Wednesday, June 26**, for a trip to the Mall where you will have several hours to explore the National Gallery of Art, any of the twelve museums that flank the Mall, and the annual Smithsonian Folklife Festival.

Since 1967, the Festival has brought more than 23,000 musicians, artists, performers, cooks, and craftspeople to the Mall to demonstrate cultural traditions from more than 90 nations and every region of the United States. This year's festival will feature *Hungarian Heritage: Roots to Revival* as well as *The Will to Adorn: African American Diversity, Style, and Identity* and *One World, Many Voices: Endangered Languages and Cultural Heritage*.

Our bus will drop us at the NGA where you can take your time to view any of the exhibits in the East and West Buildings, including *Edvard Munch: A 150th*

Continued on page 2

Let's do lunch!

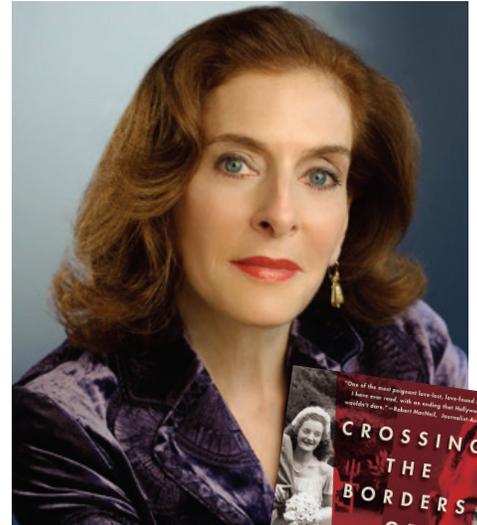
Enjoy a meal at the hottest new restaurant in the area, Range, on **Tuesday, June 18**.

Few restaurants had been as eagerly awaited as Range, the latest creation from "Top Chef" alumnus Bryan Voltaggio and his first restaurant in Washington. When it opened in December, diners could only enjoy dinner; it is now serving lunch too.

The idea behind Range is to order several dishes and share at the table. Our group will enjoy two salads as our

appetizer and the best bread basket in the city. Entrees change daily but you can count on trying beef rib steak; chicken with lemon and rosemary; and, striped bass. For dessert we will share lemon custard with fruit and chocolate, peanuts and caramel corn ice cream.

The special price is \$44 and includes gratuity. We will meet at the Village Center at 11:30 a.m. and walk together to the restaurant. If you prefer, you can take the shuttle bus to the Metro stop and cross the street. Residents and nonresidents may sign up immediately. **Please sign up no later than June 14.**



The search for a lost love



Leslie Maitland, an award-winning former New York Times investigative reporter and national correspondent, will discuss her book, *Crossing the Borders of Time: A True Story of War, Exile, and Love Reclaimed*, at the Village Center on **Monday, June 17, at 7:30 p.m.**

Crossing the Borders of Time is the true love story of the author's mother when she was a young Jewish woman from Germany and her French Catholic lover, caught up in war-torn France. This love is sustained throughout their lives, even though they have no contact for fifty years- until Ms. Maitland goes in

Continued on page 2

Come for a special lunch and concert

Enjoy a three-course lunch followed by a piano concert by Edita Vinnitskaya at the Center on **Friday, June 21**.

Our luncheon will begin at **12 p.m.** Prepared by Sunrise Brighton Gardens Chef Laté Lawson, the menu will be corn chowder, salad, Chicken Marsala, Rice Pilaf, green beans and a chocolate éclair.

After lunch, please stay for a concert performed by internationally known pianist, Edita Vinnitskaya. Ms. Vinnitskaya, has won numerous awards as a soloist and accompanist in Armenia and the United States. The concert begins at **1 p.m.**

The cost for lunch is \$14; **please sign up at the Center by Monday, June 17**. There is no cost for the concert — all are welcome.

The Mall, continued from page 1

Anniversary Tribute. The East Wing will begin closing galleries in July and by December the entire building will be closed for three years while new exhibition spaces are constructed. This may be your last chance to see all the galleries for a long time! Afterward, walk through the National Gallery Sculpture Garden and take a break at the outdoor café or wander through the Museum of Natural History or American History before continuing to the festival, which takes place in front of museums. Enjoy lunch (on your own) at the Gallery, the café, a museum cafeteria, or the festival where there is sure to be plenty of ethnic food.

We will leave the Village Center at 10 a.m. and return before 3 p.m. The cost of the trip, which covers transportation and driver gratuity, is \$29. Residents and nonresidents may sign up immediately. A minimum of 20 people is required. **Note: this trip requires a great deal of walking. Participants will be on their own for most of the time and are responsible for being back at the bus on time.**



Dr. Michael Gittleson
Podiatrist
The Barlow Building

5454 Wisconsin Ave. Suite 1250
Chevy Chase, MD 20815
301-986-4900

Medicine/Foot Surgery Early Morning Hours

Lost Love, continued from page 1

search of her mother's pre-war fiancé. The book chronicles the dangerous years of running from the Nazis, the post-World War II years, the immigrant experience, marriage, and, children.

Leslie Maitland is a former award-winning reporter and national correspondent for *The New York Times* who specialized in legal affairs and investigative reporting. After breaking stories on the FBI's undercover "Abscam" inquiry into corruption in Congress, she moved to *The New York Times* Washington Bureau to cover the Justice Department.

Copies of the book will be available for purchase. Please sign up by calling 301-656-2797.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

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

ADVERTISING

The deadline for reserving space for the July issue is June 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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ON the GO...

Feeling lucky?

Maryland voters legalized full-fledged casino gambling last November, and transformed the state into one of the most concentrated casino markets nationwide. On **Thursday, July 11**, we'll try our luck at Maryland Live! Casino located at Arundel Mills Mall, the largest gambling facility in the state.

Maryland's newest gaming experience offers 10 types of games on 122 "live" tables, from blackjack to roulette, as well as electronic games and slot machines. When you're ready for lunch (on your own), dining options include Phillips Seafood, Cheesecake Factory, Prime Rib, Bobby's Burger Palace and a buffet in the casino.

We will leave the Village Center at 9 a.m. and return before 3 p.m. The cost of the trip, which covers transportation and driver gratuity, is \$25. Residents and nonresidents may sign up immediately. A minimum of 20 people is required. If we have 30 or more participants registered, each one will receive a \$30 slot play card. Let's keep those gambling dollars in our state!

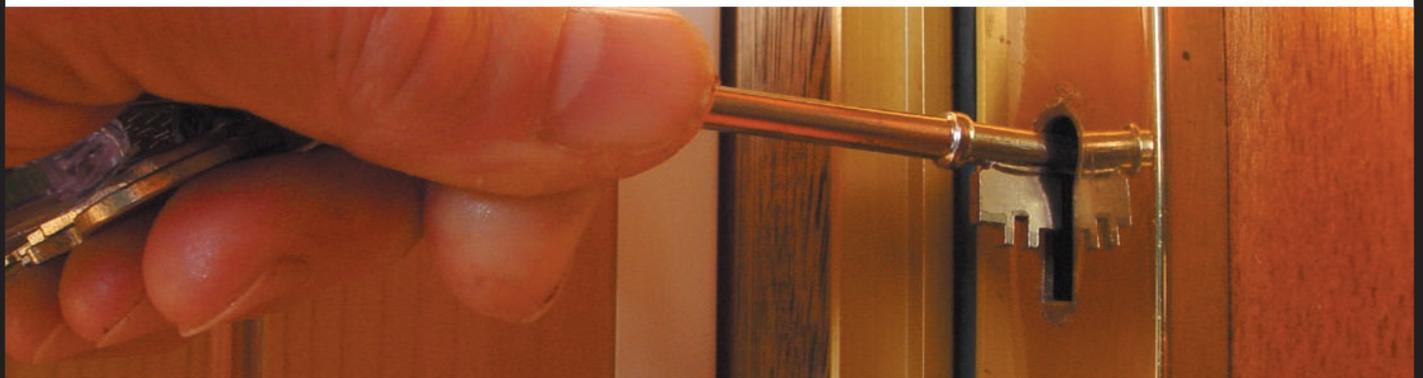
A trip on the world's most magnificent ocean liner

There is still time to join us this fall on the Queen Mary 2 for an eight-day transatlantic voyage and two nights in London. We will leave the Village Center at 7:30 a.m. on Sunday, Oct. 27, and arrive in New York in time for lunch on the ship. After a week at sea, we'll arrive in Southampton on Monday, Nov. 4 and travel by coach to London, stopping on the way to see Highclere Castle, where "Downton Abbey" is filmed. Monday and Tuesday nights will be spent at the our deluxe hotel in the Kensington section of the city. A limited number of tickets to Shakespeare's *Much Ado About Nothing*, starring Vanessa Redgrave and James Earl Jones at The Old Vic on Monday evening, are available and can be added to your deposit when you sign up. The charge for one seat in the Orchestra is \$98 and is not refundable (transportation to the theater is not included; we will go together on the Tube or in taxis).

Continued on page 14

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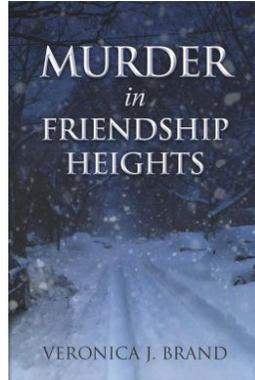
Murder in the Village?

Village resident Veronica Brand will discuss her book, *Murder in Friendship Heights*, at the Village Center on **Thursday, June 13, at 7:30 p.m.**

In this clever and suspenseful story, a hit man, trying to locate his target and get home in time for Christmas before the blizzard of the century hits, finds himself trapped in Friendship Heights — and in danger.

Ms. Brand, having served with the FBI and the CIA, has a unique perspective that is helpful in crafting her stories. She writes, “My murder mysteries are set in the village, which is full of intriguing residents, all of whom protect their village with possessive ferocity.” Maybe you’ll recognize yourself in one of them!

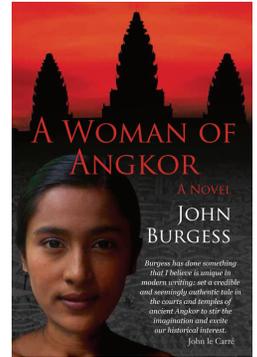
Copies of *Murder in Friendship Heights* will be available for purchase. Please sign up by calling 301-656-2797.



A glimpse into 12th Century Cambodia

Former Washington Post foreign correspondent John Burgess will discuss his novel, *A Woman of Angkor*, in a slide presentation at the Village Center on **Tuesday, July 9, at 7:30 p.m.**

The setting for *A Woman of Angkor* is 12th Century Cambodia and the vanished Khmer Empire. It tells the story of a young woman who takes the reader to a hilltop monastery, a concubine pavilion and across the seas to the throne room of imperial China and whose family is involved with the construction of the mysterious temple, Angkor Wat.



John Burgess is an award-winning journalist who studied and worked in Southeast Asia for eight years. His fascination with Angkor dates to a 1969 visit as a teenager. Copies of the book will be available for purchase. Please sign up by calling 301-656-2797.



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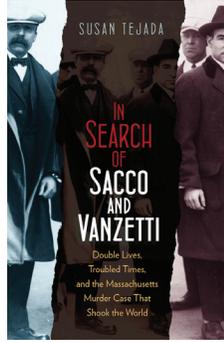
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The controversial case of Sacco and Vanzetti

Journalist and former editor Susan Tejada will discuss her book, *In Search of Sacco and Vanzetti*, at the Village Center on **Thursday, June 6, at 7:30 p.m.**

Ms. Tejada spent years investigating the case of the two men who were tried and convicted of robbery and murder in 1920 and offers startling new insights into the matter. Ms. Tejada is a former writer and editor for the National Geographic Society. Copies of her book, which recently won the gold medal for True Crime in the 2013 Independent Publisher Book Awards, will be available for purchase. Please sign up by calling 301-656-2797.





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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, June 6, 7:30 p.m. — Book signing with Susan Tejada, see page 5 for details.

Thursday, June 13, 7 p.m. — Book signing with Veronica Brand, see page 4 for details.

Thursday, June 20, 7 p.m. — **Movie** — **Silver Linings Playbook** — Life doesn't always go according to plan... Pat Solatano has lost everything -- his house, his job, and his wife. He now finds himself living back with his mother and father after spending eight months in a state institution on a plea bargain. Pat is determined to rebuild his life, remain positive and reunite with his wife.



All Pat's parents want is for him to get back on his feet — and to share their family's obsession with the Philadelphia Eagles football team. When Pat meets Tiffany, a mysterious girl with problems of her own, things get complicated. Tiffany offers to help Pat reconnect with his wife, but only if he'll do something very important for her in return. As their deal plays out, an unexpected bond begins to form between them, and silver linings appear in both of their lives. Stars Bradley Cooper, Jennifer Lawrence, Robert DeNiro and Jacki Weaver. Rated R. Running Time: 122 minutes.

Thursday, June 27, 7 p.m. — **Movie** — **Safe Haven** — An affirming and suspenseful story about a young woman's struggle to love again, *Safe Haven* is based on the novel from Nicholas Sparks, the best-selling author behind the hit films *The Notebook* and *Dear John*. When a mysterious young woman arrives in a small North Carolina town, her reluctance to join the tight knit community raises questions about her past.



Slowly, she begins putting down roots, and gains the courage to start a relationship with Alex, a widowed store owner with two young children. But dark secrets intrude on her new life with such terror that she is forced to rediscover the meaning of sacrifice and rely on the power of love in this deeply moving romantic thriller. Rated PG-13. Running Time 115 minutes.

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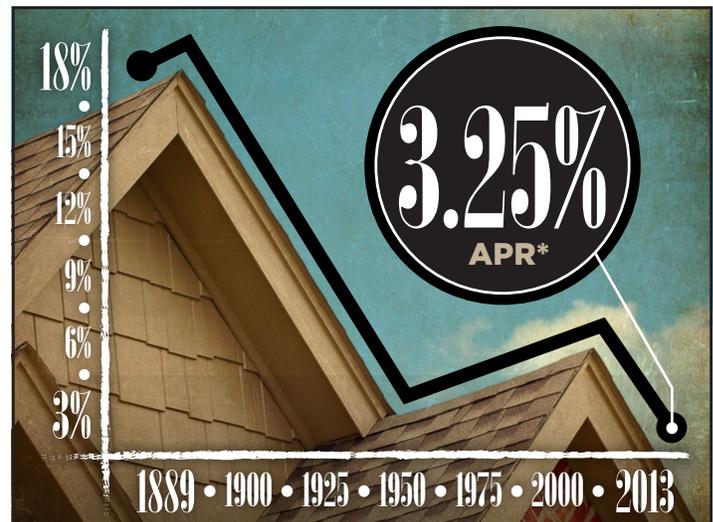
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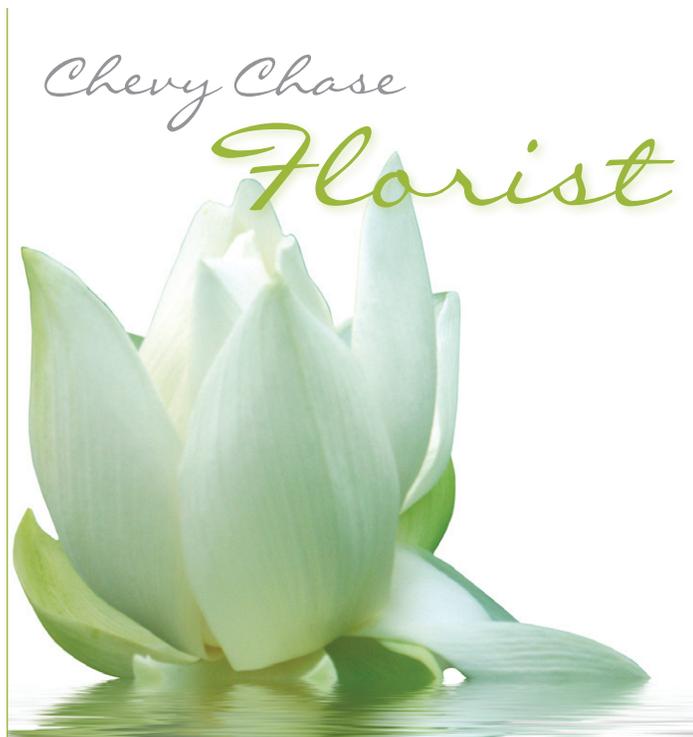
ART and CULTURE

Montgomery Art Association to exhibit this month

The Montgomery Art Association will hold a juried exhibit at the Friendship Gallery in June. All are invited to meet the artists at a reception on **Sunday, June 9, from 11:30 a.m. to 1:30 p.m.** This year's judge is Gavin Glakas, an artist whose portraits hang in the US Capitol, Georgetown University, the Ratner Museum, as well as numerous galleries and private collections. He has won many honors for his artwork, including awards from the Portrait Society of America and the Butler Institute of American Art.

The MAA was established in 1954 and its members come from the entire metropolitan area. The organization sponsors regular lectures and artist demonstrations, member exhibits, museum field trips, a Gallery store in Westfield Wheaton, an online Members Gallery, and community outreach through children's art activities and college scholarship program. Check their website, www.montgomeryart.org, for more information.

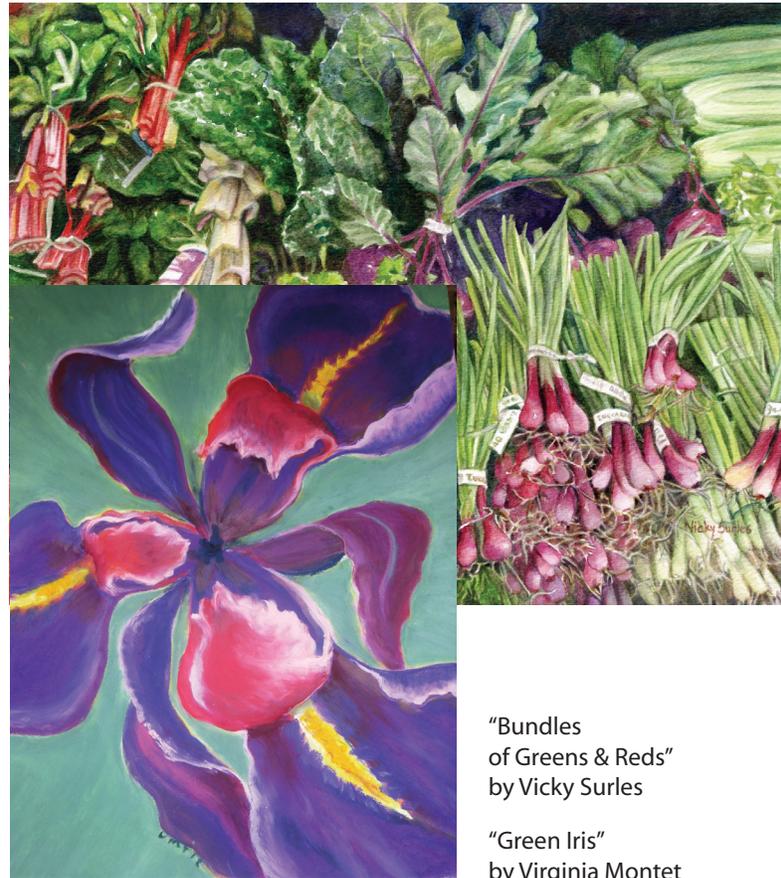
The exhibit begins June 3 and runs until June 29.



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



"Bundles of Greens & Reds" by Vicky Surles

"Green Iris" by Virginia Montet

Two art exhibits open to the community

Two upcoming art shows will be open to all artists in the area. Friendship Heights Village's "Three Cheers for the Red, White and Blue!" show in July is a popular multimedia exhibit held each year in conjunction with the annual Fourth of July celebration. Suggested themes include family gatherings, parades, fireworks, picnics, heroes, and speeches. In September, the Village will sponsor a "cuisine-art" show as part of the annual Taste of Friendship Heights. Paintings, photographs or sculpture related to food or food-preparation would be appropriate. Look for applications at the Village Center or download one from our website.

Friendship Heights Village Center



Calendar of Events 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Save the Date
Thursday, July 25: St. Michaels Excursion

						<p>1</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>
<p>2</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>3</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 7 p.m.: Café Muse</p>	<p>4</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 7 p.m.: Pilates</p>	<p>5</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 1 p.m.: American Songwriters: "The Wonderful Wizard of Song" 4:30 p.m.: Playing Defense 7:30 p.m.: Concert: Dixie Power Trio</p>	<p>6</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 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 7:30 p.m.: Book Signing with Susan Tejada</p>	<p>7</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>8</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10 a.m. to 12 p.m.: Forum on Macular Degeneration 10:30 a.m.: Basic Photography</p>
<p>9</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</p>	<p>10</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</p>	<p>11</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 7 p.m.: Pilates</p>	<p>12</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 1 p.m.: Suburban Lecture: "Breathe Easy, Breathe Better" 1 p.m.: Health Insurance Counseling 4:30 p.m.: Playing Defense 7:30 p.m.: Concert: Annie and Mac</p>	<p>13</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 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 7:30 p.m.: Book Signing with Veronica Brand</p>	<p>14</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>15</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>
<p>16</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>17</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10 a.m. – 2 p.m.: MVA Bus 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 7:30 p.m.: Book Signing with Leslie Maitland</p>	<p>18</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 11:30 a.m.: Depart for Range 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse 7 p.m.: Pilates 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>19</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 7:30 p.m.: Concert: Susan Jones and Caliente</p>	<p>20</p> <p>9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 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 7 p.m.: Movie: Silver Linings Playbook 8:15 a.m.: Walking Club</p>	<p>21</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Event 10:30 a.m.: Strength Training with Cheryl 12 p.m.: Special Lunch 1 p.m.: Edita Vinnitskaya in concert</p>	<p>22</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>
<p>23</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>24</p> <p>9:30 a.m. to 1 p.m.: Children's Art Camp</p>	<p>25</p> <p>8:15 a.m.: Walking Club 9:30 a.m. to 1 p.m.: Children's Art Camp 12 – 4 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates</p>	<p>26</p> <p>9:30 a.m. to 1 p.m.: Children's Art Camp 10 a.m.: Depart for the National Mall 1 p.m.: Health Insurance Counseling 4:30 p.m.: Playing Defense 7:30 p.m.: Concert: Jinny Marsh Hot Kugel Band</p>	<p>27</p> <p>8:15 a.m.: Walking Club 9:30 a.m. to 1 p.m.: Children's Art Camp 6:15 p.m.: Scrabble 7 p.m.: Movie: Safe Haven</p>	<p>28</p> <p>9:30 a.m. to 1 p.m.: Children's Art Camp</p>	<p>29</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>
<p>30</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</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.

The Village Book Club will meet this month on **Tuesday, June 18, at 11 a.m.** The book selection is *The Warmth of Other Suns* by Isabel Wilkerson. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."





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 Haskel, begins June 3. 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 Aug. 12 (class will not meet June 24).

ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskel, begins June 6. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Session ends Aug. 22 (class will not meet June 27 and July 4). Minimum number of students is 10; maximum is 14.

BASIC PHOTOGRAPHY (Saturday)

This 8-week course in black and white and color photography, taught by Llewellyn Berry, begins July 6. 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 Aug. 24. See examples

of Lew's students' work at <https://www.facebook.com/media/set>.

BASIC PHOTOGRAPHY (Thursday)

This 6-week course in black and white and color photography, taught by Llewellyn Berry, begins July 11. Meets Thursdays from 10 a.m. to 12:00 p.m. The cost is \$75. See description to the left. Session ends Aug. 15.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins June 5. 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 July 17 (class will not meet June 26).

STILL LIFE PAINTING

A 5-week course taught by Joan Samworth begins June 6. 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 \$78 for residents; \$83 for nonresidents. Maximum number of students is 14. Last class is July 18 (class will not meet June 27 and July 4).

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 6-week class begins June 4. 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 July 16 (class will not meet June 25). Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CHAIR EXERCISE

This 4-week class begins June 19. 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 \$45 for residents; \$50 for nonresidents. Session ends July 17 (class will not meet June 26).

SKY VALLEY TAI JI (Thursday)

This 6-week class, taught by Thomas Johnson, begins July 18. Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Aug. 22.

SKY VALLEY TAI JI (Tuesday)

This 6-week class begins July 9. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Aug. 13.

STRENGTH TRAINING WITH TONYA

This 4-week class begins June 17. 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 \$45 for residents; \$50 for nonresidents. Session ends July 15 (class will not meet June 24).

YOGA (Day)

This 7-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins June 30. 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 \$93 for residents; \$98 for nonresidents. Session ends Aug. 11.

YOGA (Evening)

This 7-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins July 1. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$93 for residents; \$98 for nonresidents. Session ends Aug. 12. A minimum of 4 students is required.

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. Led by group members.

CONCERTS

Free live music is presented on Wednesday evenings. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

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. Leadership is rotated among group members. 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. All are welcome.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Village residents and their guests are

invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. 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 for more information.

VILLAGE PLAY TIME

Children of all ages are welcome to play together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend, or family member over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan 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 will be held from 7:00 – 8:00 p.m. in Hubert Humphrey Park in front of the Village Center. In the event of rain or excessive heat, the performance will be moved indoors to Huntley Hall in the Village Center. Concertgoers may want to bring insect repellent — the mosquitoes seem to enjoy the performances too.

Wednesday, June 5 — Dixie Power Trio — We'll kick off our summer concert series with The Dixie Power Trio. The group combines musical styles originating in New Orleans, Louisiana — the ultimate melting pot, or “gumbo pot” of the United States — including Zydeco, blues, Dixieland, jazz, Cajun, and rock. The band performs on an eclectic set of instruments including guitar, accordion, cornet, tuba, bass guitar, drums, washboard, harmonica, and vocals. Led by Zack Smith, the “trio” also includes Andy Kochenour, Chuck Underwood, and Byron McWilliams.

Wednesday, June 12 — Annie and Mac — Annie and Mac perform what one might call deep catalog — old time music with all the folk elements that distinguish the genre. Love, humor, faith and hope are all wrapped in banjo, guitar, and harmonica accompaniment and delivered in sweet harmony duets.

Wednesday, June 19 — Susan Jones and Caliente — Multi-talented violinist Susan Jones explores her saucier side with Caliente. Jones, also a member of Machaya Klezmer and Mariachis de los Compadres, offers an evening of Latin and Salsa-inspired jazz.

Wednesday, June 26 — Jinny Marsh Hot Kugel Band — The Jinny Marsh's Hot Kugel Klezmer Band performs klezmer music, a traditional form of Eastern European Jewish dance music with roots that pre-date the Middle Ages. Based in Washington, D.C., Jinny Marsh's Hot Kugel Klezmer Band regularly performs for community events and has been featured at the Kennedy Center, the Smithsonian, and the Library of Congress. The group has performed at the National Folk Festival in East Lansing, Michigan and at the Lowell Folk Festival in Massachusetts as well as local folk festivals. The versatile group plays klezmer, Israeli, Yiddish, Greek, jazz, Broadway, pop, classical, swing, light rock and American standards. It features violin, piano, trombone, bass, drums, and vocals that allow audiences to dance to joyous klezmer dances and poignant Yiddish melodies reminiscent of Jewish life in the shtetls and the cities of Europe. To be sure, Jinny Marsh's Hot Kugel Klezmer Band heats up with its own unique sound — “Amphetamine Jazz.” Take some Hot Kugel home with you, by purchasing their

CDs, “Grandma's Recipes — A Klezmer Celebration” and “Klezmerika Eklektika.” The band features Jim Queen on Violin, Seymour Greene on Trombone, Sy Zucker on Bass, Andrew Zatman on Piano, Kenneth Krohn on Drums with Jinny Marsh on Vocals. Jinny is also the cantor at Temple Beth Torah in Chantilly, Va.

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TO YOUR HEALTH

Eye forum to include new data on the effects of vitamins — and much more!

Learn about the latest research initiatives in the field of Age Related Macular Degeneration (AMD), including the long-awaited results of the AREDS2 supplement study released on May 5. These findings will be discussed along with other current information, at the Village Center on **Saturday, June 8, from 10 a.m. to 12 p.m.**

Macular degeneration makes it harder to do things that require sharp central vision, like reading, driving, and recognizing faces. The blurring happens because of damage to the macula, a small area at the back of the eye that helps one see fine details. Ophthalmologist Richard Garfinkel of the Retina Group of Washington and former Medical Advisor of the Macular Degeneration Network, will be our guest speaker.

Free parking is provided on the back deck of the Courtyard by Marriott. This event is sponsored in partnership

with the Prevention of Blindness Society of Metropolitan Washington, Sibley Senior Association, Courtyard by Marriott, and, the Village of Friendship Heights. To register for this free program, please call 301-656-2797.

This meeting will take the place of the monthly Vision Support Group for June.



Breathe easy, breathe better!

At this month's Suburban Lecture at the Village Center on **Wednesday, June 12, at 1 p.m.**, Carl Voss, respiratory therapist and director of Suburban Hospital's Respiratory Care Services, will discuss the function and dysfunction of the lungs. Learn the signs, symptoms and practical ways to manage medications for various lung diseases such as COPD.

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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Cafe Muse presents...

This month's Café Muse, on **Monday, June 3, at 7 p.m.**, features poetry by Alyse Knorr and Barbara Strasko. Alyse Knorr is the author of *Annotated Glass* and the co-editor of *Gazing Grain Press*. Her work has appeared in *SENTENCE*, *Puerto Del Sol*, *RHINO*, and *The Southern Poetry Anthology*, among others. She serves as the assistant festival manager of the "Fall of the Book" literary festival and teaches composition at Northern Virginia Community College.

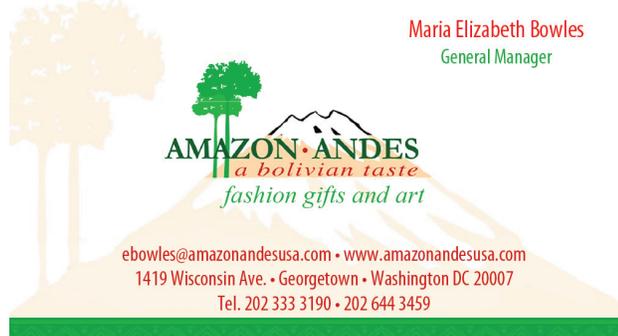
Barbara Strasko is the author of *Graffiti in Braille* and a chapbook, *On the Edge of Delicate Day*. She was the first Poet Laureate of Lancaster County, PA. Ms. Strasko's poems have appeared in *The Best New Poets of 2006*, *Rhino*, *Tar River Review*, *Poet Lore*, and *Nimrod*. Café Muse opens at 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. For information visit www.wordworksdc.com.

Queen Mary 2, Continued from page 3

On Tuesday we'll enjoy a tour of the city that will include visits to Westminster Abbey, the changing of the guard at Buckingham Palace and lunch at an elegant restaurant. We will fly home on Wednesday, Nov. 6.

The cost of the trip, which includes an inside, outside or balcony cabin on the QM2, air fare from Heathrow to Dulles, bus transportation to New York on the day of sailing and from the airport upon return, two nights in London, city tour in London, one lunch, two breakfasts at the hotel, all meals on the ship, entry fees, and all taxes and



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General Manager

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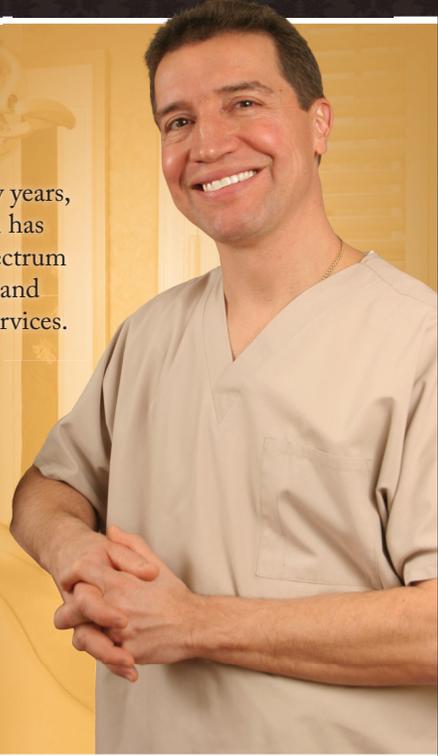
gratuity for the bus drivers and tour guide (gratuities while onboard the ship are not included and are optional), starts at \$3,635 based on double occupancy for an inside cabin (single supplement is \$2,235), \$3,920 for an outside cabin (single supplement is \$2,520) and \$4,395 for a balcony cabin (single supplement is \$2,995). Prices are based on availability and subject to change. Travel insurance is required and must be purchased within 14 days of sign-up (personal insurance will not cover you on international waters). You will receive insurance information at sign-up. To make registration easier, participants will sign up directly with Grand American Tours and Cruises. Please come to the Village Center to add your name to our list and receive registration forms and information. We will be happy to help you with any part of the booking. A passport is required for travel. At least \$2,000 of your payment must be by check. The deadline for all payments is July 1.



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Village Council Corner

Council Members Re-elected for 2013-2015 Term

All seven incumbent Village Council members were re-elected on May 13. Council members were sworn in on May 21, and then selected the following officers: Melanie White, Mayor; Maurice Trebach, Chairman; Robert Schwarzbart, Vice Chairman; Alvan Morris, Treasurer; Elizabeth Harris, Secretary; Leonard Grant, Historian; and John Mertens, Parliamentarian.

The Council also reappointed the members of the Community Advisory Committee and the Program Advisory Committee.

Council Selects Nominee for TMD Advisory Committee

At its May 21st public session the Council nominated Rachael Schacherer, a resident of the Willoughby, to serve on the Friendship Heights Transportation Management District (TMD) Advisory Committee. Rachael's nomination has been forwarded to the Montgomery



County Executive for approval. She will succeed Ann Lewis, whose term expires in June. We thank Ann for her wonderful service to the community.



Village Council members (seated left to right): Elizabeth Harris, Maurice Trebach, Leonard Grant. Standing left to right: Alvan Morris, Melanie White, John Mertens, Robert Schwarzbart.

Other Council action at the May 21 meeting:

- Approved community service awards and Elizabeth Scull Award to be presented on July 4.



Friendship Heights

VILLAGE NEWS

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



Check out our website:

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June 2013 events calendar