Friendship Heights
VILLAGE NEWS
FEBRUARY 2014 301-656-2797 VOLUME 28, NO. 9

Art Camp
page 2

A sumptuous luncheon at L'Auberge

Join us as we dine at one of the Washington area's top culinary destinations, L'Auberge Chez Francois, on **Thursday, Feb. 27.** A perennial favorite among restaurant critics and discriminating diners for special-occasion dinners, this Alsatian-French restaurant is now open for lunch. So we'll make the short drive to beautiful Great Falls, Va., to enjoy a leisurely four-course luncheon in the wonderful farmhouse setting.

The multi-course menu offers a choice of among 11 different appetizers, including but not limited to Chez Francois favorites such as warm Roquefort tart, medley of pates

or braised Wagyu beef. Appetizers are complemented with the restaurant's organic mesclun salad. For an entrée, you may choose among 16 selections, including fresh trout, grilled Norwegian Salmon, Classic Bouillabaisse, fresh calf's liver, lamb tenderloin, cassoulet, veal, and short ribs, among other. Chez Francois specialties. Don't forget to save room for dessert. The luncheon also includes a small glass of wine.

In addition to fabulous food and a beautiful setting, L'Auberge Chez

Continued on page 3

From High Street to high rises

The second "Centennial Saturday" will take place **Sat., March 1, from 9:15 a.m. to noon.** Please come to the Village Center to learn about the development of Friendship Heights in the mid-20th century.

During the first hour Deborah Edwards Demaree will share stories about her mother, Thelma ("Tim") Edwards, the woman largely responsible for shaping the Village as we know it today. In the 1960s, Mrs. Edwards learned about a change in a Maryland zoning law that would allow developers to construct high rise buildings on this side of the DC line. Mrs. Edwards began assembling land to offer to developers. She had learned to fly a plane as a young bride and famously took Lord & Taylor representatives for a tour of the city by air and convinced them that Friendship Heights was the best location for their new store. Debby Demaree grew up on High Street (now North and South Park Avenues) and lived in the Village from 1956 to 1985. She and her husband are real estate developers. Their company, Demaree & Associates created Innovative Aircourts, the first developer to provide private airport concessions in the country.

After a short break and refreshments, Royce Hanson will continue the program on development in the Village with a discussion of the planning and zoning of Friendship Heights. Dr. Hanson served as Planning Board Chair from 1971 to 1981 and played a very important role during this period of growth.

Continued on page 2

Shingles Shots, page 5

CHILDREN'S PROGRAMS

Summer Art Camp's back

Friendship Heights Village Center will once again host a week-long summer art camp for children **Monday, June 16 through Friday, June 20.** 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 annual camp is unique among art camps in that participants create fine arts projects that are tailored for little hands. Children will complete a variety of art projects, ranging from painting to pottery to origami and fused glass. Participants also learn about various artists and art forms during art appreciation sessions each day.

Children ages 6 to 12 will create a variety of fine arts projects. The camp takes place from 9:30 a.m. to 1 p.m. daily at the Village Center. The cost is $225 per child After March 1, the cost increases to $250.

Please note the camp takes place the week after Montgomery County Schools are dismissed for the summer and a week earlier than last year's camp.

Centennial Saturday, continued from page 1

The morning will end with a showing of "Friendship Heights: One Woman's Vision," a short documentary about Tim Edwards. All are invited. Let us know if you plan to come by calling 301-656-2797 or stopping by the front desk.

Save the date: the third Centennial Saturday will be **May 10, from 9:15 a.m. to noon.** Our guest speakers will be Cleonice Tavani and Alfred Muller who will present a program entitled "The Village Mobilizes — 1972 to 1990."

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 March issue is February 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…

L'Auberge, continued from page 1

Francois has a long history in the Washington area.

François Haeringer, the founder of L'Auberge Chez François in Great Falls, Va., was a pioneer when he opened the original Chez François in the heart of Washington DC in 1954. Haeringer's goal was to operate a restaurant with "a nice ambiance and good honest food at affordable prices." The restaurant's enduring popularity is a testimony to his success with this approach.

In 1975, the Claridge Hotel, which housed Chez François, was sold to make room for an office building. Instead of retiring at age 57, Haeringer decided to fulfill his dream of opening an "auberge" — a family inn prevalent in his native Alsatian countryside. After finding the perfect six acres of rolling green hills in Great Falls, L'Auberge Chez François opened in 1976, and became a family business. Eldest son Jacques, by then a chef in his own right, became Chef de Cuisine. The dining rooms are filled with Haeringer family heirlooms and murals depicting scenes of Haeringer's place of birth, Obernai, France.

We'll depart from the Village Center at 11 a.m. and should return by 2:30 p.m.

The cost of the trip, which includes round-trip transportation, four-course luncheon with a glass of wine, all taxes and gratuities, is $78. Residents and their guests may sign up immediately at the Village Center. Non-residents may sign up beginning Feb. 6. There are 24 spaces available.

AARP Foundation Tax-Aide offers free, individualized tax preparation for low-to moderate-income taxpayers, especially those 60 and older — at these libraries:

Bethesda Library
7400 Arlington Rd.
Mondays, 10:30 a.m. - 4 p.m.

Chevy Chase (Md.) Library
8005 Connecticut Ave.
Thursdays, 10:30 a.m. – 4 p.m.

Call 240-777-2577 to make an appointment. Please do not call the libraries.

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Shingles shots to be offered at the Village Center

Shingles is an outbreak of rash or blisters on the skin that is caused by the same virus that causes chickenpox. The Centers for Disease Control and Prevention recommends the shingles vaccine, which cuts the risk of shingles in half. Those who still get it usually have a much milder case.

The Village Center will offer shingles shots on **Friday, March 21, from 10 a.m to 1 p.m.** to anyone 50 years of age or older. The cost is $220 payable by cash or check make out to MedStar VNA. You will receive a receipt to submit to your insurance company. Medicare does not cover the vaccine, but some Part D plans do. Please check your plan before you make an appointment. The vaccine will be administered by the Visiting Nurses Association, who manage the Village's flu shots each fall. Call 301-656-2797 to make an appointment.

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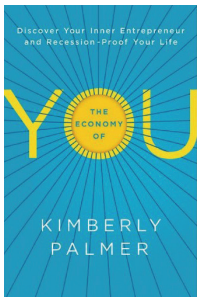

Join us for a money-minded author event at the Village Center on **Thursday, Feb. 6, from 5 to 7 p.m. (note time)** and bring the whole family.

Kimberly Palmer, senior money editor for US News & World Report, will discuss her book, *The Economy of You: Discover Your Inner Entrepreneur and Recession-Proof Your Life* with Elissa Brent Weissman, author of *The Short Seller*, about a stock-trading whiz. The two authors will discuss the best way for families to talk about money, and how people of all ages can tap into their inner entrepreneur.

Copies of both books will be available for purchase, and hot chocolate and cookies will be served. Please sign up by calling 301-656-2797.

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A Note from the Program Directors

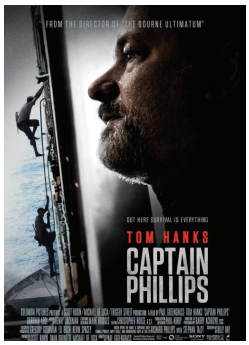
As a courtesy to our speakers, authors and performers...

• 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.

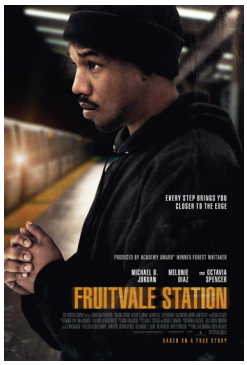
Thursday, Feb. 6, 5 p.m. — *Book Signing with Kimberly Palmer and Elissa Brent Weissman*— see page 5 for details. Please note the time.

Thursday, Feb. 13, 7 p.m. — *Movie — Blue Jasmine* — Cate Blanchett stars as Jasmine, a Manhattan socialite whose world crumbles after the collapse of a Ponzi scheme run by her bigger-than-life fraudster husband, Hal. Broke, with nowhere else to go, Jasmine moves in with her down-to-earth sister, Ginger, in San Francisco. As she tries to get back on her feet, Allen gives us flashbacks to the high life she once shared with Hal in New York. Directed by Woody Allen. Also stars Alec Baldwin, Sally Hawkins, Peter Sarsgaard and Andrew Dice Clay Rated R. Running Time 98 mintues.

Thursday, Feb.20, 7 p.m. — *Movie — Captain Phillips* — Two-time Academy Award winner Tom Hanks teams with Oscar-nominated director Paul Greengrass and screenwriter Billy Ray to tell the true story of Richard Phillips, a U.S. cargo-ship captain who surrendered himself to Somali pirates so that his crew would be freed. Also stars Barkhad Abdi, Catherine Keener and Michael Chernus. Rated PG-13. Running Time: 133 minutes.



Thursday, Feb. 27, 7 p.m. — *Movie — Fruitvale Station* This drama, which debuted at the 2013 Sundance Film Festival, is based on the true story of Oscar Grant, a young man who was killed by BART police officer Johannes Mehserle at the Fruitvale Bay Area Rapid Transit (BART) Station in Oakland, California. Stars Michael B. Jordan, Forest Whitaker, Kevin Durand and Chad Michael Murray. Rated R. Running Time: 133 minutes.



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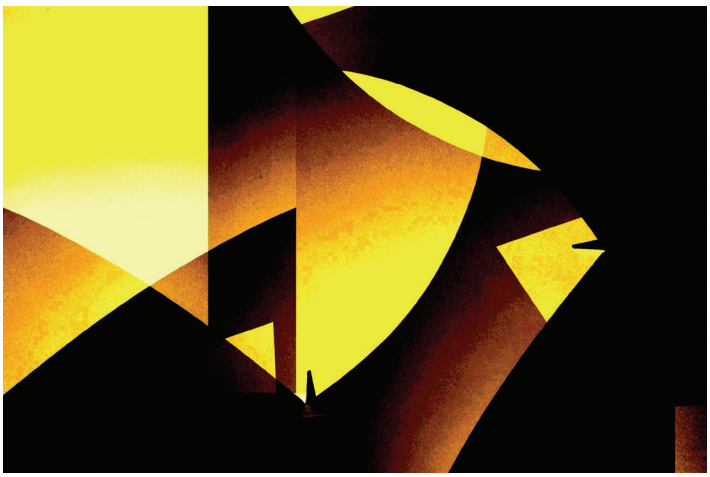
On exhibit this month in Friendship Gallery

The Content of Their Character is the title of the African American History exhibit at the Friendship Gallery in February. The artistry of eighteen African American artists shows the deep amalgam of contemporary influences and techniques that coexist within a rich historical context. The art works include sculpture, collages, paintings, watercolor, photography and assemblages. Meet the artists at a reception on **Sunday, Feb. 9, from 11:30 a.m. to 1:30 p.m.**

The exhibit will be in the auditorium from Feb. 3 to March 1. 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.

"Araminta Harriet Ross Was Her Name, Conducting Was (Minty's) Game-Freedom," wood sculpture by William H. Harris, III

"Pumpkin Season," collage by Mirlande Jean Gilles; and, "Inside the Algorithm," photo by Llewellyn Berry



Friendship Heights Village Center

Calendar of Events 2014

F E B R U A R Y

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

IN THE EVENT OF INCLEMENT WEATHER:

When bad weather occurs, please call the Village Center (301-656=2797) to confirm the center is open and that classes are being held. We generally follow the Federal Government's decision. Most classes have a make-up date for bad weather built into the schedule, so you may not see your favorite class listed one day this month. Check with your instructor to see if your session needs a "snow day."

1
8:15 a.m.: Walking Club

2
9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

3
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.: Café Muse

4
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 – 4 p.m.: Suburban Nurse Specialist
3 – 4 p.m.: Tea
7 p.m.: Pilates

5
9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
12 p.m.: Chess group
1 p.m.: Portraiture in Pencil and Pastel
4:30 p.m.: Bridge-Basic Conventions
6 p.m.: Yoga with Kathryn

6
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
5 p.m.: Book Signing with Kimberly Palmer and Elissa Brent Weissman
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil

7
9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl

8
8:15 a.m.: Walking Club
9 a.m.: Photography for Children
10:30 a.m.: Basic Photography

9
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

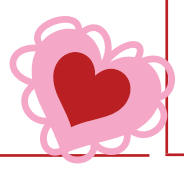
10
9:15 a.m.: Fit 4-Ever
10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors
12:30 p.m.: Bridge Club
1 p.m.: Strength Training with Tonya
2:30 p.m.: Acrylic or Oil Painting

11
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
2 – 4 p.m.: Suburban Nurse Specialist
3 – 4 p.m.: Tea
7 p.m.: Pilates

12
9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise
12 p.m.: Chess group
1 p.m.: Portraiture in Pencil and Pastel
1 p.m.: Suburban Lecture: "Diagnosing Heart Disease"
1 p.m.: Health Insurance Counseling
4:30 p.m.: Bridge-Basic Conventions
6 p.m.: Yoga with Kathryn
7:30 p.m.: Concert: Mini-Musicals: West Side Story

13
8:15 a.m.: Walking Club
10 a.m.: Basic Photography
11 a.m. – 4 p.m.: Village Playtime
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil
7 p.m.: Movie: Blue Jasmine

14
9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl



15
8:15 a.m.: Walking Club

16
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

17
Presidents Day
Center Open
9 a.m. to 2 p.m.
10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors
Shuttle bus runs on weekend schedule

18
8:15 a.m.: Walking Club
11 a.m.: Village Book Club
12 – 4 p.m.: Blood Pressure Screening
2 – 4 p.m.: Suburban Nurse Specialist
3 – 4 p.m.: Tea
7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING

19
9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
12 p.m.: Chess group
6 p.m.: Yoga with Kathryn
7:30 p.m.: Tales in the Village with Jessica Piscitelli and Mary Supley Foxworth

20
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
12:30 p.m.: Vision Support Group
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil
7 p.m.: Movie: Captain Phillips

21
9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl

22
8:15 a.m.: Walking Club
9 a.m.: Photography for Children
10:30 a.m.: Basic Photography

23
9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

24
9:15 a.m.: Fit 4-Ever
10 a.m. – 2 p.m.: MVA Mobile Office
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

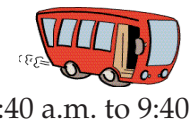
25
8:15 a.m.: Walking Club
9:30 a.m.: Tai Ji
12 – 4 p.m.: Blood Pressure Screening
2 – 4 p.m.: Suburban Nurse Specialist
3 – 4 p.m.: Tea
7 p.m.: Pilates

26
9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise
12 p.m.: Chess group
1 p.m.: Portraiture in Pencil and Pastel
1 p.m.: Health Insurance Counseling
6 p.m.: Yoga with Kathryn
7:30 p.m.: Concert: James Taylor

27
8:15 a.m.: Walking Club
9:30 a.m.: Tai Ji
10 a.m.: Basic Photography
11 a.m. Depart for Chez Francois
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
7 p.m.: Movie: Fruitvale Station

28
9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl

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.

SAVE THE DATE

Monday, May 5 - The Washington National Opera presents *The Magic Flute*

Sunday, June 22 - The Washington Nationals vs. the Atlanta Braves (1:35 p.m. start)

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

BASIC PHOTOGRAPHY (Saturday)

This 8-week course in black and white and color photography, taught by Lew Berry, begins Feb. 8. 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 April 5 (class will not meet Feb. 15).

BASIC PHOTOGRAPHY (Thursday)

This 6-week course in black and white and color photography, taught by Lew Berry, begins March 13. Meets Thursdays from 10 a.m. to 12 p.m. The cost is $75. See description above. Session ends April 17.

BASIC PHOTOGRAPHY FOR CHILDREN

This 8-week course in black and white and color photography, taught by Lew Berry, begins Feb. 8. 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. Session ends April 5 (class will not meet Feb. 15).

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Feb. 26. 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 April 2.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Feb. 20. 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 1 (class will not meet April 17).

BRIDGE

BEGINNING BRIDGE

This 7-week series taught by Frank Shull begins March 12. Meets Wednesdays from 4:30 to 6:30 p.m. For people who have never played bridge or want to pick up their game from years ago. Students will learn terminology, how to evaluate and bid hands, how to make finesses work, counting points and more. Call Frank with questions at 301-520-9968. He is a life master at bridge and has over 1,000 master points. A minimum of 8 students is required; maximum is 12. The cost is $123 for residents; $129 for nonresidents. Session ends April 30 (class will not meet April 16).

COMPUTER EDUCATION

GETTING TO KNOW YOUR IPAD

This 2-week session meets Tuesday, March 11 and 18, from 2 to 3 p.m. Classes will cover all the basics of iPad navigation. Class 1 will start with a demo of the iPad's wonderful capabilities and then step-by-step instruction of the basics such as mail, the internet and how to buy an "app" (many are free!), how to customize your settings and troubleshooting. Class 2 will explore more of the amazing apps for photos, music, history, etc. We will also learn how to organize apps, save and share photos, and identify a good app from a poor one. Bring your iPad if you have one. Handouts with step-by-step instructions will be provided for later reference at home. Classes are taught by Pam Holland of TechMoxie. Cost is $30.

GENEALOGY RESEARCH ONLINE

Tuesday, March 25, from 2 to 3 p.m.: Census data, ship manifests, birth records and news articles are increasingly available via the Internet. Learn how to get started gathering family history online. Students will explore how to find information on your family and how to get the most for free out of the best genealogy websites (like Ancestry.com. Participants should be comfortable doing basic Internet searches. Cost is $15.

EXERCISE AND FITNESS

BALANCE AND COORDINATION
This 6-week class begins March 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 April 8. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CHAIR EXERCISE
This 7-week class begins March 12. 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 23.

EVENING YOGA WITH KATHRYN
This 8-week class begins Feb. 19 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 Chiariello at 240-743-4294. The cost is $85. Session ends April 23 (class will not meet March 12 and 19).

MAT PILATES
The 6-week session begins Feb. 25. 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; 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. Session ends April 1.

SKY VALLEY TAI JI (Thursday)
This 6-week class, taught by Taj Johnson, begins Feb. 20. 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 March 27.

SKY VALLEY TAI JI (Tuesday)
This 6-week class begins Feb. 25. 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 April 1.

STRENGTH TRAINING WITH TONYA
This 6-week class begins March 10. 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 14.

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.

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

COFFEE AND CURRENT EVENTS
This long-running discussion group meets 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 to 11:45 a.m. 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.

Continued on page 15

CONCERTS

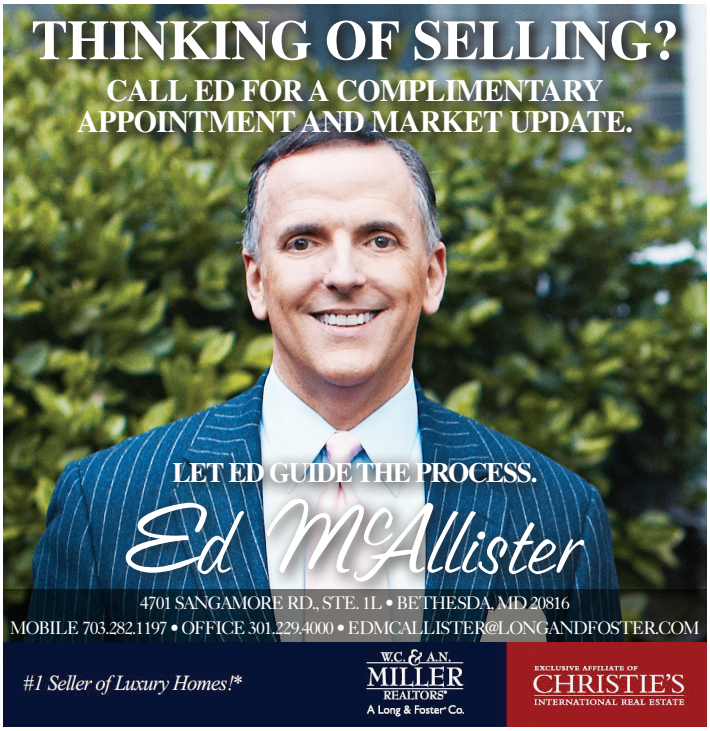
Concerts will be held from 7:30 – 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, Feb. 5 — *No Concert*

Wednesday, Feb. 12 — *Mini-Musicals on the Move featuring West Side Story in Concert* — *Mini-Musicals on the Move* was born in 2008 when a group of friends in suburban Washington D.C. used their combined expertise in organizing sing-along house parties, storytelling and vocal performance to create "living room sized performances" of classic Broadway musicals. This performance, which features narration and audience participation, will feature selections from *West Side Story,* with music from Leonard Bernstein and lyrics by Stephen Sondheim.

Wednesday, Feb. 19 — *Tales in the Village* — Storytellers Jessica Piscitelli and Mary Supley Foxworth, both veterans of Better Said than Done, a storytelling group in Virginia, present stories to warm your heart.

Wednesday, Feb. 26 — *James Taylor* — Artist, guitarist and vocalist W. James Taylor will present a program celebrating Black History Month. Children will recognize James from our children's summer art camp, but his musical style appeals to audiences of all ages.



Montgomery County Council Member and County Executive Candidate Phil Andrews addresses the crowd at the Friendship Heights New Year's Day Open House as Village Council Member Robert Schwarzbart looks on.

TO YOUR HEALTH

Vision Support Group: Talking with your doctors

Come to the Vision Support Lunch and Learn at the Village Center on **Thursday, Feb. 20, at 12:30 p.m.,** for a discussion on maximizing the benefits of doctor visits. Clete Clark, Operations Manager of Washington Eye Physicians & Surgeons, will offer tips to enhance partnerships with physicians and your health care team. Start the New Year with fresh ideas on retrieving information about your disorder/disease, treatment, and, tests. Understanding your doctor's responses is essential to good communication and the quality of your health care.

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

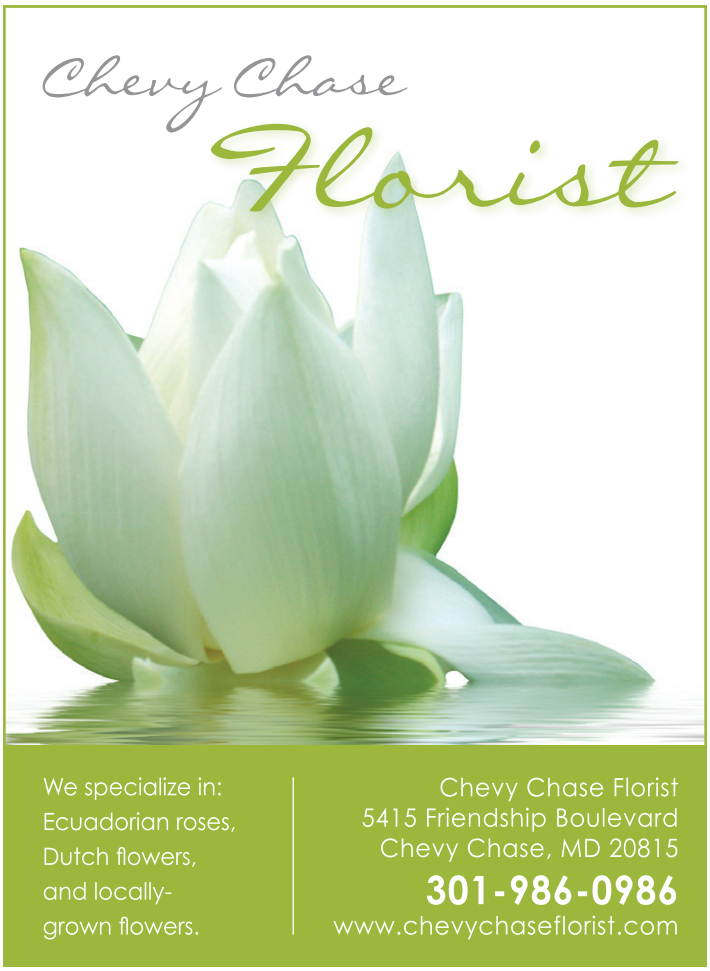
Diagnosing Heart Disease

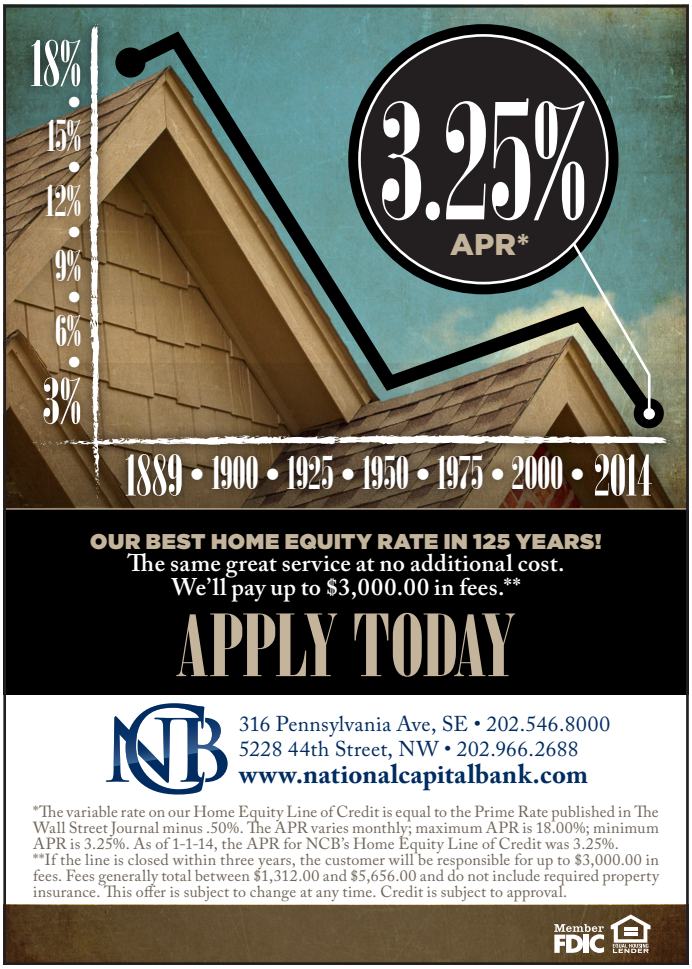
At this month's Suburban Lecture at the Village Center on **Wednesday, Feb. 12, at 1 p.m.,** Dr. Eva Hausner, cardiologist, will lead a discussion on echocardiography and other non-invasive tests that can be used to determine if you've had a heart attack. She will also review the signs and symptoms of heart problems and preventive strategies such as diet and exercise.

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.

Donate your old eyeglasses

Are your old eyeglasses obsolete? Why not donate them to Lions Club. Each month, the Leisure World Lions Club will pick up eyeglasses and frames from the Village Center. The glasses are then cleaned, disinfected and distributed to the underprivileged, particularly in developing countries.





Cafe Muse presents…

This month's Café Muse, on **Monday, Feb. 3, at 7 p.m.,** features poets JoAnne Growney and Stephanie Strickland.

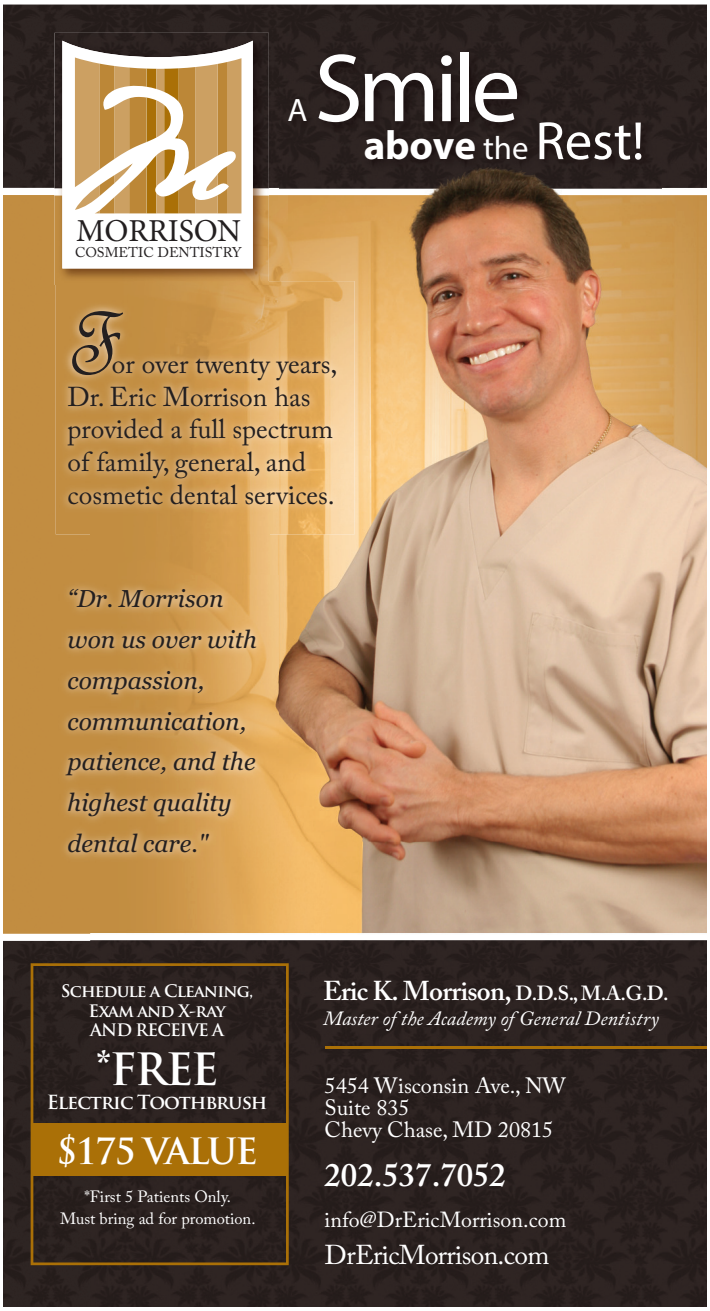
JoAnne Growney had a first career as a mathematics professor and influences from this subject are found in her poems. Her published collections include *Red Has No Reason*, *Angles of Light*, and *My Dance is Mathematics.* She also writes a blog, "Intersections—Poetry with Mathematics."

Stephanie Strickland's seventh book of print poetry, *Dragon Logic*, was recently published. She has also collaborated on eight electronic poems, most recently *Sea and Spar Between* and another poetry generator written with Nick Montfort. Her prize-winning volume, *V: WaveSon.nets / Losing L'una*, will appear in a new edition with an accompanying app for mobile devices in 2014. Recent writing has appeared or is forthcoming in *Boston Review*, *Vlak*, *New Binary Press*, and *Best American Poetry 2013*. For more information visit http://stephaniestrickland.com.

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

The Village Book Club was cancelled last month due to snow. The group will discuss the January selection , ***The Pickup*** by Nadine Gordimer, for the meeting this month on **Tuesday, Feb. 18, at 11 a.m.**



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 details. See page 13.

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

Dr. Michael Gittleson
Podiatrist
The Barlow Building

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

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Village Council Corner

Community Forum on Proposed Playgrounds to be held February 18

The Village Council will hold another community forum on the proposed playgrounds at Page Park and Willoughby Park on **Tuesday, February 18,** during the regular Council meeting that begins at 7:30 p.m. After receiving feedback from residents with concerns about the initial set of drawings, the Council has directed our designer, Grace Fielder, to issue revised plans for Council consideration. These plans will be on display at the Village Center and on our website, www.friendshipheightsmd.gov, in advance of the February 18 meeting. Our Village Manager will alert the building managers when the plans are available so that residents can review them before the meeting.

The Council appreciates all the feedback on the playgrounds we have received from residents throughout this process, and we look forward to hearing from you on February 18.

Council actions at the January 13 meeting:

- Introduced Proposed Budget for FY2015.
- Awarded contracts for landscape maintenance to ValleyCrest and Interior Garden Designs.

FORM **502** MARYLAND RESIDENT INCOME TAX RETURN

OR FISCAL YEAR BEGINNING 2012, ENDING

Print Using Blue or Black Ink Only

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 **Montg.**	City, Town, or Taxing Area **Friendship Hts**

Don't forget!

FILING STATUS
See Instruction 1 to determine if you are required to file

1. ☐ Single (If you can be claimed on another person's tax return, use Filing
2. ☐ Married filing joint return or spouse had no income

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

Public Hearing on Proposed Village Budget for Fiscal Year 2015

At the same February 18 Council meeting we will also have our first public hearing on the proposed Village budget for Fiscal Year 2015. Please note that the proposed playgrounds are not part of the regular operating budget—testimony for the budget hearing should be limited to operating budget items.

Friendship Heights
VILLAGE NEWS

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

Check out our website:
www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

February 2014 events calendar