



Friendship Heights

VILLAGE NEWS

JANUARY 2016

301-656-2797

VOLUME 31, NO. 1



Wonder at the Renwick
page 3

Mayor's Corner

Thank you to residents who attended the Council meeting on December 14 and to Elza Hisel-McCoy, who represented the County Parks and Planning Commission. A follow-up session on Parcel 6 issues will take place at the January 11, 2016 Council meeting (see calendar).

Partly because of current attention to Parcel 6, several residents are urging the Council to formulate and discuss a long-term plan, not limited to real estate, for the future of the Village.

One year ago, Mayor Melanie White,

editor of *Village of Friendship Heights: The first 100 years*, noted that the stage was set for writing new chapters. As we prepare to celebrate the opening of the Village Center on April 13, 1986, it's time to get started.

Since 1986, the Center and Humphrey Park have been a unifying theme for our community, providing visual relief from high-rise buildings and programs that brought residents together across the Village.

The unifying themes of the future will probably not be buildings, but Village-wide initiatives, some of

which have already been suggested to the Council.

I hope to discuss an appropriate planning process with Council members at the January 11, 2016 meeting. The approved process could be fine-tuned after discussion with residents in facilitated small group meetings, followed by one or more open forums.

Join me at the Village Center on January 1 for a celebration of the New Year. Happy Holidays.

—Clara M. Lovett
Mayor

A springtime trip to Charleston, Savannah and more

Join us as we visit some of the South's most beautiful and gracious towns when we travel to the Carolinas and Georgia **Monday, May 2 - Saturday, May 7.**

This five-night, six-day trip features gorgeous gardens and gracious mansions, home cooking and haute cuisines, historic forts and free time to explore. You'll also enjoy horse-drawn carriage rides and harbor and creek excursions, sandy beaches and southern pines, and insight into Gullah and Geechee.

Our southern sojourn begins Monday when we depart from the Village Center and overnight at the beachfront Marriott Grand Dunes in Myrtle Beach, S.C. The next morning we'll take a short ride to Brookgreen Gardens, where an expert will entertain us with stories of the Gullah and Geechee cultures of the Sea Islands. Next, we'll explore the tidal creeks along the property by boat. After lunch, you'll have the chance to wander among the more than 550 examples of American sculpture by artists such as Frederic Remington and Daniel Chester French.

On our way into Charleston, we'll tour Boone Hall, a picturesque plantation featuring a



live oak alley draped in Spanish moss.

Our home for the next two nights will be the beautiful Mills House. Centrally located in the heart of Charleston's historic district, this hotel is close to great restaurants, shopping and historic sites.

On Wednesday morning, we'll take in the sights of Charleston during an hour-long tour in horse-drawn carriages. You're then free to shop and explore and enjoy lunch on your own before we gather together for a cruise across Charleston Harbour and a tour of Fort Sumter.

That evening, we'll feast on Southern cuisine at

Continued on page 12

How well do you know our village?

Budget Discussions Coming Soon

The Finance Committee will hold a meeting on **Tuesday, Jan. 5, at 5:30 p.m.** to discuss the draft FY2017 Village Budget. All Village residents are welcome and encouraged to attend.

Prior to this meeting our Village Managers will meet with State officials in Annapolis to get their best estimate of how our income tax revenue (our largest single income category) will end up for the current fiscal year, and various scenarios of what we can expect to receive in the coming fiscal year. All other income categories will be examined the same way. This will lead to the "estimated actual" column in our annual report and ultimately to the FY2017 proposed budget.

Essentially the same process will occur on the expense side of the ledger. Our managers examine where we are now, project the balance of the fiscal year, and, from this, prepare estimates for the coming year. For example, when our newsletter designer proposed doubling her fee, staff took the work in-house. This will create a savings for the balance of this year and reduce our budget next year by close to \$10,000. Of course, other expenses may increase.

Our capital improvements plan evolves somewhat differently. The Capital Improvements Committee develops priorities (such as the present Village Center renovation project) and works with staff to refine the scope of desired projects and seek bids. Once

this process is concluded, and the Council approves bids for the work, money is transferred to the Capital Improvements Fund from the General Fund.

The budget is a fluid process and must reflect the economic realities around us. Our goal as a Village has always been to budget conservatively and maintain strong reserves. This allows us to weather bad times while keeping our Village tax rate as steady as we can. For the last ten fiscal years we have maintained our tax rate at 4 cents per \$100, the lowest rate allowed by our charter.

—Kathleen Cooper
Council Treasurer



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 February issue is January 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.

FOUNDER

Martin Kuhn

EDITORIAL STAFF

Melanie Rose White
Volunteer Editor

Anne Hughes O'Neil
Staff Writer, Advertising/Layout

Jennie Fogarty
Staff Writer

FRIENDSHIP HEIGHTS VILLAGE COUNCIL

Clara M. Lovett
Mayor

David O. Lewis
Parliamentarian

John R. Mertens
Chairman

Melanie Rose White
Historian

Michael J. Dorsey
Vice Chairman

VILLAGE MANAGER

Paula J. Durbin
Secretary

Julian P. Mansfield

Kathleen G. Cooper
Treasurer

Dr. Michael Gittleston
Podiatrist
The Barlow Building

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

Medicine/Foot Surgery Early Morning Hours

Personal Computer Coach

In-home computer training for women

Cheryl Morris

Phone: (240) 994-2921

E-mail: personalcomputercoach@att.net

www.personalcomputercoach.com



Convenient*Flexible*Personalized
Gift Certificates Available

ON the GO...

A WONDERful exhibit and lunch too!

Spend a day downtown when we visit the newly reopened Renwick Gallery and enjoy lunch at the fabulous Fogo de Chao on **Thursday, Feb. 25.**

Our outing will begin with a docent-led highlights tour of the Renwick, home to the Smithsonian American Art Museum's collection of contemporary craft and decorative art, one of the finest and most extensive collections of its kind. The Renwick opened in November after a two-year, \$30 million makeover, its first renovation in 45 years. To celebrate the reopening, the entire museum has been turned into an immersive artwork with the debut exhibition, WONDER. Nine leading contemporary artists have created large-scale installations from unexpected materials like index cards, marbles, strands of polyester sewing thread, discarded rubber tires, tree saplings, LED light bulbs—even insects! **Please note: the tour involves an hour of walking.**

Following our tour we'll ride a few blocks down Pennsylvania Ave. to enjoy lunch at Fogo de Chao, the Brazilian steak house. The menu features unlimited servings of 15 different delectable cuts of fire-roasted meats served on skewers by gaucho chefs who carve at table. Vegetarians can overindulge with the sumptuous buffet of gourmet salads, fresh vegetables, and a variety of Brazilian side dishes. We will leave the Village Center at 9:30 a.m. and return before 3 p.m. The cost, which includes the tour, lunch, transportation, and driver gratuity, is \$87. Residents and one guest may sign up immediately; nonresidents may sign up Jan. 15.

The Village Book Club meets this month on Tuesday, Jan. 19, at 11 a.m. to discuss *Tambora: The Eruption that Changed the World* by Gillen D'Arcy. Look for a copy in the Center Reading Room under "Village Book Club Selections."

Nancy Mellon *Realty*

WEBSITE: www.nancymellonrealty.com

WHERE? EVERYWHERE.

Sales & Purchases & Rental Management
Condominium, Home and Townhouse

BETHESDA CHEVY CHASE ROCKVILLE POTOMAC KENSINGTON
SILVER SPRING GAITHERSBURG MARYLAND WASHINGTON, DC

301-951-0668
4500 N Park Ave., Suite 804N

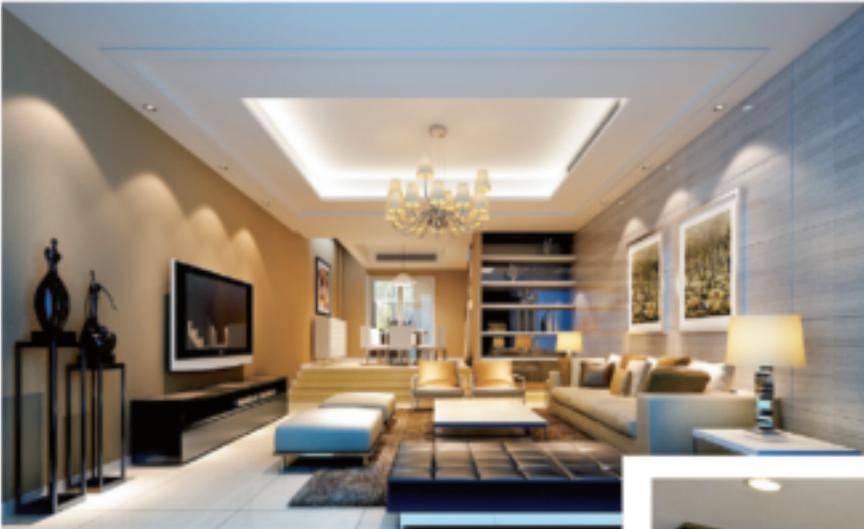


BUY / SELL / RENT

Your Neighborhood Real Estate Specialists



Custom Interiors Kitchens & Bathrooms Condominium Design & Remodeling



Our mission is to provide the finest kitchen, bath and condominium remodeling services to our clients.

We will deal with our clients fairly and honestly with the objective of always making customer service and satisfaction our top priority.

By offering the highest quality products and materials, excellence in workmanship, and design creativity, in tandem with forward thinking and a focus on family and safety, **C.T.Design Inc.** turns remodeling dreams into realities.

Most people don't remodel their apartments until they are about to put them on the market for sale, which means that someone else gets to enjoy the improvements that they've had to do without.

You do not have to make that same mistake! Remodel now instead of moving, and enjoy living in the apartment you always wanted.



Get yourself a new apartment today - without the hassle of moving!

Call C T Design Inc. to inquire about remodeling your condominium.

It can be done quickly and hassle - free, and you can enjoy a new home without leaving the neighborhood.

11 Briardale Ct.,
Derwood, MD,
20855

Office: 240. 454. 7000
Cell: 301. 442. 0423
Fax: 240. 631. 8546

pro100max@comcast.net

www.maxremodel.com

Spend a wild winter's eve at the Center

Author Anne Barton returns to the Village Center on **Thursday, Feb. 18 at 7:30**, to discuss her book, *One Wild Winter's Eve*, the latest in her Honeycote series.

Anne Barton is an award-winning author of historical romance. Her stories have received many honors, including the Golden Heart from the Romance Writers of America and a starred review from Publishers Weekly. This will be her fourth book signing at the Village Center.

We can't promise an evening of romance, but Valentine-themed refreshments will be served and copies of the book will be available for purchase. Please sign up for this fun evening by calling 301-656-2797.



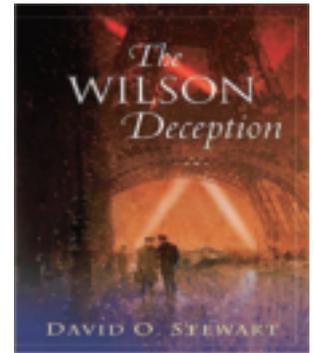
Combining history and mystery

David O. Stewart will speak at the Village Center on **Thursday, Feb. 4, at 7:30 p.m.** about his latest book, *The Wilson Deception*.

Set at the Paris Peace Conference in 1919, the book is an intriguing presidential mystery that blends history and suspense. It combines historic figures with fictional characters and tells the story of a president in poor health and the doctor who tries to determine the truth about his illness.

Mr. Stewart is a retired lawyer who began to write history about ten years ago. In November, he received the William H. Prescott Award for excellence in historical writing. He is also president of the Washington Independent Review of Books. *The Wilson Deception* is his sixth book; this will be his third book signing at the Village Center.

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



Contact Sam:

Direct: 301-404-3280
Office: 202-363-9700
Email: SamS@LNF.com

SAM SOLOVEY THE REAL ESTATE AGENT FOR FRIENDSHIP HEIGHTS



SAM SOLOVEY
Live Where Life Happens



Sam is the source for everything real estate in The Village of Friendship Heights. Sam has the rolodex of buyers, sellers and agents who want to make our neighborhood their home or know someone who does. Nearly 70 real estate sales transactions in Friendship Heights in 2015. Over 120 agents were involved in those real estate transactions.

Sam Solovey

is the only real estate agent in 2015 who participated in condo sales in ALL 4 buildings in the Village.

Go straight to the source...

LONG & POSTER
LUXURY HOMES

CHRISTIE'S
INTERNATIONAL REAL ESTATE

The #1 Advocate for buyers and sellers in our Neighborhood!



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, Jan. 7, 7:30 p.m. — Book Signing with Donald Connolly, see calendar for details.

Thursday, Jan. 14, 7 p.m. — Movie — Grace of Monaco— Despite her husband's misgivings, Grace Kelly considers returning to Hollywood to star in "Marnie," but a political dispute between Monaco and France forces her to make a difficult choice. Stars Nicole Kidman and Tim Roth. Rated PG-13. Running Time: 103 minutes.

Thursday, Jan. 21, 7 p.m. — Movie — Mad Max Fury Road— A woman rebels against a tyrannical ruler in post apocalyptic Australia in search for her homeland with the help of a group of female prisoners, a psychotic worshiper, and a drifter named Max. Rated R. Running Time: 120 minutes.

Thursday, Jan. 28, 7 p.m. — Movie—Pitch Perfect 2—After being humiliated in front of none other than President Obama, the Bellas are taken out of the Aca-Circuit. In order to clear their name and regain their status, the Bellas take on a seemingly impossible task: winning an International competition no American team has ever won. Rated PG. Running Time: 115 minutes.

In the event of inclement weather, please call the Village Center at 301-656-2797 to confirm that the Center is open and that classes are being held. We generally follow the Federal Government's decision.

Disegno Hair Salon



**4601 North Park Ave
Chevy Chase, MD**

**Phone: 301-652-7767
301-652-4601
Open Tuesday-Saturday
Special Services
202-686-5503**

Specializing in:

- *Correcting damaged hair
- *Non-ammonia color
- *Keratinn Treatments
- *Manicures, Pedicures
- *Bridal Hair and Makeup

***Two new professional stylists- Mila and Maria**

Disegno Hair Salon is an upscale salon located in Chevy Chase, MD, at the Arcade Elizabeth Building. Disegno Hair Salon carries more than 30 years of experience and delivers the highest level of Hair and Beauty services and skills by Certified Stylists.



RELOCATING OR DOWNSIZING?

let *WE MOVE SENIORS* help



We Move Seniors provide moving management services for relocating seniors. Let us simplify your transition and put you on the path to peace of mind, which is our specialty!

(301) 660-3383

Call us today for a FREE consultation

ART and CULTURE

Photography featured this month in the Friendship Gallery

January's exhibit showcases the photography of current and past students and fellow photographic artists of Village instructor Llewellyn (Lew) Berry. Lew promises that any doubts about whether photography is indeed an art will be put to rest. "The images in this exhibit ... prove conclusively that photography is not only an art, but a vibrant and important artistic medium with far reaching influences both aesthetically and politically..." He believes that "the overarching factor in photographic expression is light; the demonstrable use of it in a photograph can turn an ordinary picture into an extraordinary one. It's always about light!"

The exhibit runs until Jan. 30. All are invited to meet the artists at a reception on **Sunday, Jan. 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.

Children's Art Camp dates announced

Our annual children's summer art camp, run by curator Millie Shott, will take place **Monday, June 27 through Friday, July 1, from 9:30 a.m. to 1 p.m.** daily at the Village Center. Campers ages 6 through 12 complete a variety of fine arts projects during the week. Children must have completed kindergarten to qualify.



The cost is \$250 per child; sign up by March 1 and pay \$225 per child. Sign up immediately at the Village Center.

CHEVY CHASE ENT & AUDIOLOGY

You can hear better today!

Providing evaluations by ENT physicians and audiologists for:

- HEARING LOSS AND EAR DISORDERS
- WAX REMOVAL
- CUSTOMIZED HEARING AID FITTINGS AND SERVICES
- TINNITUS MANAGEMENT

WE LISTEN, TO MAKE SURE WE FIND THE BEST SOLUTION FOR YOU

Ask your physician or internist about our practice.



5530 Wisconsin Avenue • Suite 1500 • Chevy Chase, Maryland 20815

Office: 301-656-8630 • www.chevychase-ent.com

Maria Capobianco, Au.D. Thomas Winkler, M.D. Leslie Hao, M.D. Candace Thorp, Au.D.



J A N U A R Y

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Free glaucoma screenings at the Center

January is National Glaucoma Awareness Month. Nearly three million people in the U. S. over age 40 have glaucoma. It is a group of eye diseases that gradually steal sight without warning or symptoms and is often referred to as "the sneaky thief of sight."

Friendship Heights Village and the Prevention of Blindness Society of Metropolitan Washington invite you to sign up for a free glaucoma screening on **Saturday, Jan. 23, from 10 a.m. to 1 p.m.** Call the Center at 301-656-2797 to make an appointment for a non-invasive visual field screening. Wear or bring your eyeglasses or contacts; a screening takes less than ten minutes. For more information about glaucoma go to www.youreyes.org.

<p>3</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>4</p> <p>10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 7 p.m.: Café Muse</p>	<p>5</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 / Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 5:30 p.m.: Finance Committee meeting 7 p.m.: Pilates</p>	<p>6</p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 5:30 p.m.: Program Advisory Cite Meeting</p>	<p>7</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 7:30 p.m.: Book Signing with Donald Connolly</p>	<p>1</p> <p>New Year's Open House 2 to 3:30 p.m.</p> <p>Shuttle Bus runs 1:30 to 4 p.m.</p>	<p>2</p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography</p>
<p>10</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</p>	<p>11</p> <p>10 a.m.: Great Books 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.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>12</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/Coordination 2 p.m.: Speech Therapy 2 – 4 p.m.: Suburban Nurse 3 – 4 p.m.: Tea 4 p.m.: Capital Improvements meeting 6 p.m.: Music Appreciation 7 p.m.: Pilates</p>	<p>13</p> <p>10:15 a.m.: Yiddish 10:45 a.m.: Depart for Textile Museum 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 1 p.m.: Suburban Lecture: "Feel it in your Bones" 7:30 p.m.: Concert: Vladimir Fridman</p>	<p>14</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 6 p.m.: Communications Committee Meeting 7 p.m.: Movie: Grace of Monaco</p>	<p>15</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement</p>	<p>16</p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography</p>
<p>17</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>18</p> <p>Martin Luther King, Jr. Day Center Open 9 a.m. to 2 p.m.</p> <p>10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors</p> <p>Shuttle Bus runs on a weekend schedule</p>	<p>19</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 / Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 6 p.m.: Music Appreciation 7 p.m.: Pilates</p>	<p>20</p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes</p>	<p>21</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 7 p.m.: Movie: Mad Max Fury Road</p>	<p>22</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement</p>	<p>23</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10 a.m.: Cardio ballet 10 a.m. - 1 p.m.: Glaucoma Screenings 11 a.m.: Children's Dance 12:30 p.m. Meditation</p>
<p>24</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p> <p>31</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 6:30 to 8:30 p.m.: Square Dance</p>	<p>25</p> <p>10 a.m. – 2 p.m.: MVA Mobile Office</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 6:30 p.m.: Caregivers Support Group</p>	<p>26</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 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</p>	<p>27</p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 7:30 p.m.: Concert: Eric Byrd</p>	<p>28</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 6:15 p.m.: Depart for Kennedy Center 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Pitch Perfect 2</p>	<p>29</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement</p>	<p>30</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10 a.m.: Cardio ballet 10:30 a.m.: Basic Photography 11 a.m.: Children's Dance 12:30 p.m.: Meditation</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.

From Guam to St. Louis and back again

Don Connolly was a new college graduate with a major in English and minors in philosophy and theater when he applied for the Coast Guard during the Korean War and suddenly he was leaving the mid-West for the Pacific island of Guam. Don, a retired film-maker, Oscar nominee, and Village resident, will discuss his book, *The Blue-Eyed Ensign*, at the Village Center on **Thursday, Jan. 7, at 7:30 p.m.**

His memoir describes Don's efforts to put on a play in Guam while juggling his search and rescue duties- the true story of Don Connolly's first year in the Coast Guard. Please sign up by calling 301-656-2797. Copies of the book will be available for sale for \$10, cash or check only please.



CLASSES and CLUBS

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

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

ART AND MUSIC

ACRYLIC OR OIL PAINTING (Day)

A 10-week course for all skill levels, taught by Doris Haskel, begins Jan. 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 April 4 (class will not meet Jan. 18, Feb. 15 and March 28).

ALL IN THE EYES

This 6-week class, taught by Marianne Winter, begins Jan. 6. Students will learn to draw faces expressively and capture likenesses using photos. Ms. Winter is an award-winning artist, photographer and book illustrator. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. Meets Wednesdays from 1 to 3 p.m. The cost is \$75 for residents; \$80 for nonresidents. Last class is Feb. 10.

BASIC PHOTOGRAPHY (Adults)

This 8-week course in black and white and color photography, taught by Llewellyn Berry, begins Jan 30. 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. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>. Session ends April 2 (class will not meet Feb. 13 and March 26).

BASIC PHOTOGRAPHY FOR CHILDREN

This 6-week course in black and white and color photography, taught by Llewellyn Berry, begins Jan. 9. Meets Saturdays from 9:30 to 10:30 a.m. The cost is \$50. The class is open to youngsters 10 years old and older. Students must have a digital camera and a flash drive. Session ends Feb. 27 (class will not meet Jan. 16 and Feb. 13).

MUSIC APPRECIATION **NEW!**

This 2-week class, titled "Bach and the Baroque" and taught by Smriti Hakkarinen, will be held Jan. 12 and 19. Meets on Tuesdays, from 6 to 7 p.m. The class explores the development of piano repertoire during the lifetime of J.S. Bach. Topics include musical forms, the social and historical context in which piano music evolved, and Bach's immense contributions to piano music. For anyone interested in piano music and looking to gain a deeper understanding; no previous background is necessary. This class is the first of a series that will explore the historical evolution of piano repertoire. A Village resident and classical pianist, Ms. Hakkarinen taught a Music Theory class at the Center last spring. Cost is \$40 for residents; \$45 for nonresidents.

MUSIC APPRECIATION **NEW!**

This is the second in the piano music series titled "Mozart and Beethoven" and taught by Smriti Hakkarinen. The 2-week class will be held Feb. 9 and 16; Tuesdays, from 6 to 7 p.m. Explores the development of piano music during the Classical period (1750 – 1820) and focuses on

the piano music of Wolfgang Amadeus Mozart, and Ludwig van Beethoven's cycle of 32 piano sonatas. Lectures will be supplemented by guided listening and discussion. No previous background required; taking the Jan. course is not required to take the Feb. course. Cost is \$40 for residents; \$45 for nonresidents.

EXERCISE AND FITNESS

BALANCE, MOVEMENT AND MEMORY

This 6-week class begins Jan. 8. Meets Fridays, from 10:30 to 11:30 a.m. Learn exercises designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. The cost is \$65 for residents; \$70 for nonresidents. Session ends Feb. 12.

BALANCE AND COORDINATION

This 6-week class begins Jan. 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 Feb. 9. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CARDIO BALLET **NEW!**

A ballet/modern dance workout for adults taught by certified fitness instructor Richelle Dickerson. This 6-week class begins Jan. 9. Meets Saturdays, from 10 to 11 a.m. It is easy on the joints and will define legs, glutes and core. Students must bring a yoga mat to each class. The cost is \$65 for residents; \$70 for nonresidents.

Session ends Feb. 27 (class will not meet Jan. 16 and Feb. 13). Call Richelle with any questions: 240-401-6806

CHAIR EXERCISE

This 6-week class begins Jan. 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 \$65 for residents; \$70 for nonresidents. Session ends Feb. 10.

CHILDREN'S DANCE

This 6-week class for children ages 6 to 12 is taught by Richelle Dickerson and begins Jan. 9. Meets Saturdays from 11 a.m. to 12 p.m. The class will consist of 30 minutes of ballet and 30 minutes of hip-hop or jazz. Children should wear ballet shoes, tights and leotards. The cost is \$40. Session ends Feb. 27 (class will not meet Jan. 16 and Feb. 13).

EVENING YOGA WITH KATHRYN

This 8-week class begins Feb. 1 and meets Mondays from 7-8 p.m. We will use physical postures, movement and meditation to energize and restore. The class will focus on cultivating groundedness and welcoming growth as spring approaches. Please bring a yoga mat and a towel. Instructor Kathryn Chiariello is a Village resident and welcomes questions at 240-743-4294. The cost is \$85 for residents, \$90 for nonresidents. Session ends March 28 (class will not meet Feb. 15).

MAT PILATES

The 6-week session begins Jan 5. 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. Session ends Feb. 9.

MEDITATION AND MINDFULNESS

This 6-week class, led by Anne Gosling, begins Jan. 23. Meets Saturdays from 12:30 to 1:30 p.m. The cost is \$70. Session ends March 5 (does not meet Feb. 13). Practicing meditation can lead to more calm and clarity and help you meet the challenges of stress or illness. Anne Gosling, Ph. D., has been trained in Mindfulness Based Stress Reduction (MBSR) through the Center for Mindfulness at the UMass Medical Center.

STRENGTH TRAINING WITH TONYA

This 6-week class begins Jan. 4. 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 Feb. 22 (class will not meet Jan. 18 and Feb. 15).

SKY VALLEY TAI JI (Thursday)

This 6-week class, taught by Taj Johnson, begins Jan. 7. 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 Feb. 11. For more information go to skyvalleytaiji.com.

SKY VALLEY TAI JI (Tuesday)

This 6-week class begins Jan. 5. 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 Feb. 9.

YOGA WITH ROBIN

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman, host of TV's Cherryblossom Yoga, and begins Jan. 3. 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 \$135 for residents; \$145 for nonresidents. Session ends March 20 (class will not meet Jan. 17 and Feb. 14).



NATIONAL CAPITAL BANK



MAIN OFFICE

316 PENNSYLVANIA AVENUE SE
WASHINGTON, DC 20003
(202)546-8000

FRIENDSHIP HEIGHTS

5228 44TH STREET NW
WASHINGTON, DC 20015
(202)966-2688

WWW.NATIONALCAPITALBANK.COM

BUSINESS LOANS WITHOUT BROKEN PROMISES

A lot of non-bank lenders promise they'll have your loan fast, but don't say much about their fees and interest. National Capital Bank does business lending the right way...

we get to know your business and your real needs

If you want to expand, re-tool, or buy property – residential, commercial or multi-family – come to us. We've been building area businesses with safety and integrity for over 125 years.



CONCERTS

During the months of January, February and March, concerts will be held the second and fourth Wednesday of the month from 7:30 to 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, Jan. 13 — Vladimir Fridman — Guitarist Vladimir Fridman was born and raised in Moscow, receiving an education in music and engineering. Since his arrival to the United States in 1998, Vladimir has become widely known in the musical community of the Greater Washington area. For many years he played with the Gypsy Strings, whose album *Ole Guapa* won the WAMMIES Award. He frequently performs as a member of the Music Pilgrim Trio and the TransAtlantic Duo.

Wednesday, Jan. 27 — Eric Byrd — Pianist/vocalist Eric Byrd has been playing professionally for more than 20 years and has appeared with Wynton Marsalis, Mike Stern, Keter Betts, Paul Carr, Charlie Byrd and Ernie Andrews. Live performances have included appearances at Blues Alley, and the John F. Kennedy Center for Performing Arts.

Continued from page 1

Charleston's High Cotton. Decorated with palm trees, paddle fans and exposed brick walls, this classic venue is known for great food and gracious hospitality. Thursday morning we'll visit Beaufort, S.C., where antebellum homes overlook tree-lined streets along the water. Hollywood discovered this quaint town in the 1980s and featured it in such classics as *The Big Chill* and *The Prince of Tides*. We'll learn about the town's history and homes during a horse-drawn carriage ride. Afterward, we'll enjoy a luncheon and exclusive tour of one of the homes and gardens on the town's historic Point.

Then we're off to Savannah to overnight at the Hilton DeSoto in this exquisite Georgian town. You'll have the

Continued on page 13

For Sale in the Somerset Community



For Sale:

5600 Wisconsin Ave. #1607
\$1,625,000 - 2 BR, 2.5 BA,
Balcony; 2,092 SqFt

Coming Soon!

Several nice units will be coming onto the market! Please call for more information.

Ready to sell?

We have qualified buyers looking for units. Call today!



BEST
WASHINGTONIAN
2015



Jamie Coley, Linda Rosenkranz & Leigh Reed

of Long & Foster Real Estate, Inc.

The #1 Team in 2013 for Montgomery Co.

Direct: 301.907.6643

Office: 240.497.1700

coleyreed@gmail.com

www.somersetluxuryliving.com

TO YOUR HEALTH

Continued from page 12

evening free to dine in one of Savannah many fabulous restaurants. The next morning, we'll tour the Owens-Thomas House and see and hear about the historic squares during a private trolley tour.

We'll lunch at the Old Pink House before we say goodbye to Savannah. That evening our home is Mid-Pines Inn and Golf Club, a stately Georgian-style inn, near Pinehurst in North Carolina. We'll enjoy a leisurely breakfast before our return trip to Friendship Heights.

The cost of the trip, which includes round-trip transportation via motorcoach, five-nights deluxe accommodations, five breakfasts, four lunches, one dinner, two carriage rides, two boat rides, guided tours and admissions, and all taxes and gratuities is \$1550 per person based on double occupancy. Sign up by Jan. 7 and pay just \$1479 per person/double occupancy.

The single supplement is \$525.

Residents and one guest may sign up immediately at the Village Center. Non-residents may sign up beginning Jan. 4.

A deposit of \$250 is due at sign up. This is refundable until Jan. 7. A second payment of \$500 is due Feb. 7. The balance is due March 7. All payments after Jan. 7 are non-refundable unless we are able to replace your exact reservation.

This trip involves walking tours. We encourage participants to consider purchasing trip insurance. Information about trip insurance is available at the front desk of the Village Center.

Feel it in your bones

Bone fractures and bone weakness become more of a danger as we age. Dr. Jay Shapiro, endocrinologist, will discuss maintaining optimal bone health at this month's health lecture at the Village Center on **Wednesday, Jan. 13, at 1 p.m.**

He will also discuss key prevention strategies and treatment options. Please call 301-656-2797 to let us know if you plan to attend this free talk.

Put on your dancing shoes

Come in out of the cold and warm up at a good old-fashioned square dance at the Village Center on **Sunday, Jan. 31, from 6:30 to 8:30 p.m.** Pete Kasper, a caller with over 35 years experience will lead us at this fun event. No experience or partner needed!

Pete is a retired physicist and a past president of this area's Square Dance Leaders Association. His favorite activity is teaching people how to square dance- expect some round dancing and line dancing too.

Please sign up at the Center. The cost of admission is \$5 per person; \$10 at the door. Children 7 to 12 are free, but must be accompanied by an adult. Light refreshments will be served; petticoats are optional.



Cadeaux & Nina Monday thru Thursday
Hair and Nail Spa

Chair Rentals Available

If you are looking for unique style then come to Nina & Cadeaux Hair and Nail Salon, we are offering the best: Haircoloring, Highlights and Haircutting.

We have reasonable prices!, and if you need have done your pedicure, manicure, fascial and/or waxing here is the right place to come. Our clients are considering us the best Manicure & Pedicure in Chevy Chase and Bethesda. Come you never regret it.

(301) 656-0066

5423 Friendship Blvd. Chevy Chase, MD 20815
email: cadeauxdc@aol.com

Women Hair Cut	\$55+ up
Men Hair Cut	\$30
Color	\$65 + up
Permanent	\$75+up
Partial Highlights	\$75
Full Highlights	\$100
Manicure	\$15
Pedicure	\$30
Fascial	\$70
Massage	\$70
We use OPI + CND	

Specials only for Seda and Olivia

Want to lower your monthly mortgage payment?



CONDO MORTGAGE EXPERTS

REFINANCE NOW WHILE RATES ARE STILL LOW!

Take a look at these recent rate examples:

Samples only...not everyone will qualify – based on approved application.

➤ LOAN AMOUNTS UP TO \$625,500 ◀

ARM RATES as low as 2.875% APR* | FIXED RATES as low as 3.375% APR*
(ARM = Adjustable Rate Mortgage)

➤ LOAN AMOUNTS ABOVE \$625,500 ◀

ARM RATES as low as 3.00% APR* | FIXED RATES as low as 3.75% APR*

Ask about a NO-CLOSING-COST Refinance!**

You may qualify for **NO POINTS | NO ORIGATION FEES | NO TAX SERVICE FEE**
NO UNDERWRITING FEE | NO PROCESSING FEE | NO BANK FEE...PERIOD!

What is your current rate? Could you be saving money every month?

“Please contact me soon for a quick analysis to see how much refinancing may save you each month. We’re condo specialists...and make refinancing easy!”



Narda Namrow

Senior Mortgage Banker

Office 301-738-7224 | Cell 301-674-3078

Fax: 301-841-9811 | NMLS 165566

NNamrow@eaglebankcorp.com

www.eaglebankcorp.com



12505 Park Potomac Avenue, Suite 510, Potomac, MD 20854 EagleBankCorp.com

*APR (Annual Percentage Rate) **Not everyone will qualify for no-closing-costs or any specific rate mentioned; all based on approved application. Above rates quoted 2/26/15 and subject to change; not guaranteed. Please call for current rates, terms and sample payments. 3-10-15

Cafe Muse presents...

This month's Café Muse, on **Monday, Jan. 4**, will feature poets Tera Vale Ragan and James Ragan.

Tera Vale Ragan is the author of *Reading the Ground* and the recipient of the 2008 Virginia Middleton Award and the Mark Linenthal Award for poetry. Her poems have appeared in journals including *Rattle*, *Transfer*, *Eclipse*, *Hot Metal Bridge*, and *Barely South Review*. She is currently a poetry editor for *Rattapallax* magazine.

James Ragan is an award winning poet, playwright, and author of nine books of poetry including *The Hunger Wall* and *The World Shouldering I*. Translated into 12 languages, he has read for six heads of state and for audiences at Carnegie Hall and the United Nations. In 1985 he was one of four poets from the West invited to perform at the First International Poetry Festival in Moscow. Honors include three Fulbright Professorships, two honorary doctorates, the Emerson Poetry Prize, nine Pushcart Prize nominations, and the Swan Foundation Humanitarian Award. Mr. Ragan's plays have been staged in the U.S, Russia, Greece, and China. He is currently the subject of a feature documentary, *Flowers and Roots*, based on his life in the arts.

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.

For more information visit www.wordworksdc.com.

Coming up on Feb. 1: Carlos Parada and Kim Roberts.

Caregivers Support Group: Start the new year with new friends

The Village support group for people caring for parents, partners or children with serious illness or dementia will meet **Monday, Jan. 25, from 6:30 to 8 p.m.**

We are happy to announce that these very valuable gatherings will be a regular monthly program. If you are a family caregiver—either at home or from a distance—you know the stress and exhaustion it can cause. Connecting with others in the same situation can help. The meetings are led by experienced facilitator Judith Bernstein, a clinical social worker and certified advanced social work case manager.

Let us know if you would like to attend by calling 301-656-2797.

Please note: the group is for caregivers only.



SENIORS ARE PROUD TO Call Us Home

At Brighton Gardens of Friendship Heights, you can always expect:

- Exceptional, relationship-based care
- Dedicated Designated Care Managers for each resident
- Beautifully appointed living spaces and delicious home-cooked meals
- Vibrant social activities designed to engage mind, body and spirit
- Safe, secure and comfortable neighborhoods for seniors experiencing memory loss
- Peace of mind in knowing that we can meet your changing needs

Brighton Gardens of Friendship Heights

5555 Friendship Boulevard
Chevy Chase, MD 20815
301-656-1900

BGFriendshipHeights.com

Call today to
schedule a
complimentary
lunch and tour:
301-656-1900



Village Council Corner

Update on Parcel 6

As Mayor Lovett indicates on page 1, the January 11 Council meeting will include an additional public discussion on Parcel 6 where your views can be heard.

A large crowd came to the December 14 Council meeting to learn more about the future of Parcel 6, the cluster of houses and commercial buildings on North Park Avenue, Shoemaker Farm Lane, and Willard Avenue.

Elza Hisel-McCoy, Regulatory Supervisor for the County Planning Department, provided an overview of the zoning regulation that was re-written by the County last year. The 1998 Sector Plan was not changed by the zoning rewrite. Parcel 6 is zoned commercial-residential with a 3.0 FAR (floor-area ratio). This means the maximum density allowed on the site is three times the square footage of the parcel, which would allow up to 270,000 square feet total, but limited to up to 180,000 square feet commercial and 247,500 square feet residential.

A copy of his presentation has been posted on our website. Go to www.friendshipheightsmd.gov and click on "What's New". Mr. Hisel-McCoy can be contacted directly at elza.hisel-mccoy@montgomeryplanning.org.

Mayor Clara Lovett then provided some background on

the Council's discussions with 1788 Holdings, a developer seeking to assemble the properties. 1788 has been in contact with each of the owners of the properties—about a dozen in all—and there is a second developer also in play. 1788's preliminary concept would be to build approximately 100 luxury condominium apartments in two buildings separated by an open green space. 1788 Holdings made an offer to purchase the Village's property at 4602 North Park, but the Council rejected the offer indicating that there needed to be full public discussion with the community prior to considering a sale of the property.

Council Committees to meet in January

The following Council Committees will meet in January:

Finance Committee: **Tuesday, January 5, at 5:30 p.m.** (see Kathy Cooper's article on page 2)

Capital Improvements Committee: **Tues., Jan. 12, 4 p.m.**

Communications Committee: **Thurs., Jan. 14, 6 p.m.**

All meetings are open to the public.

Other Council actions at the December 14 meeting:

- Heard updates from Council Capital Improvements Committee and Communications Committee.



Friendship Heights

VILLAGE NEWS

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



Find us on Facebook:

www.facebook.com/VillageOfFriendshipHeights

Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

January 2016 events calendar