



Friendship Heights

VILLAGE NEWS



Galileo for children

see page 2

JANUARY 2010

301-656-2797

VOLUME 24, NO. 8



See three Baltimore landmarks

The Jewish Museum, Basilica and Lexington Market

Explore three of Charm City's treasures when we visit the Baltimore Basilica, the Jewish Museum of Maryland and the world-famous Lexington Market on **Wednesday, Jan. 27.**

The Basilica of the National Shrine of the Assumption of the Blessed Virgin Mary was designed by Benjamin Latrobe and is considered to be one of America's most beautiful basilicas.

It was the first cathedral built in the U.S. and has hosted notable visitors including Mother Teresa and Pope John Paul II. Our tour includes all areas of the church, including the upper church, undercroft, Our Lady Seat of Wisdom Chapel, Crypt, and

Basilica Museum.

Following our visit to the basilica, we'll take a short drive for lunch on your own at Baltimore's Lexington Market. Established in 1782, this Baltimore landmark claims to be the oldest continuously operating market in the U.S. More than 140 merchants sell foods ranging from seafood to produce to meats and sweets.

We'll complete our day in Baltimore with a guided tour of the Jewish Museum of Maryland. The museum is America's leading museum of regional Jewish history, culture and community. The mu-

Continued on page 13

FDR's grandson to speak at the Center

Curtis Roosevelt will give us a peek behind the curtains of 1600 Pennsylvania Ave and discuss his book, *Too Close to the Sun: Growing Up in the Shadow of My Grandparents, Franklin and Eleanor*, at the Village Center on **Thursday, Feb. 4, at 7:30 p.m.**

Curtis Roosevelt, grandson of Franklin Delano Roosevelt, tells what life was like when he and his sister — known as "Sistie and Buzzy" — spent more than a decade of their formative years in the spotlight with their famous grandparents at the White House and at the Roosevelt family home at Hyde Park.

Considered the family historian by the Hyde Park Presidential Library, Mr. Roosevelt will touch on everything from the tensions between Eleanor and her strong mother-in-law to the president reading the comics to his grandchildren while reviewing the day's schedule with his advisers.

In 1964, Curtis Roosevelt joined the Secretariat of the United Nations, where for eighteen years he held various positions in the international civil service sector. He lives now in the south of France; the Village Center will be one of only two appearances in our area.

Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.

CHILDREN'S PROGRAMS

Children's Pottery Class

Natalia Kormeluk of the Field School will teach the basics of hand-molded pottery during this four-week class on consecutive Thursdays beginning **Jan. 7**. The class, from 4 to 5:30 p.m., is for children 6 to 10 years of age. The cost is \$100 for instruction, materials, and firing. Students should come prepared to work with clay the first week.

The deadline to sign up is Jan. 5. Call 301-656-2797 for details.

Galileo for Children

Local author Jeanne Pettenati offers a fun and fascinating view of Galileo, the father of Modern Science, on **Saturday, Feb. 6, from 10:30 to noon** at the Village Center.

During this interactive presentation, children discover Galileo and some of his amazing discoveries. With historical and cultural information, Ms. Pettenati helps children to understand just how momentous Galileo's discoveries were.

Ms. Pettenati, the author of *Galileo's Journal: 1609-1610*, has participated in literary and astronomy festivals, science fairs, and workshops.

The program is best suited for children ages 7 to 12.

There is no charge for the event, but please call 301-656-2797 if you plan to attend. Space is limited.

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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 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

Last call for 'Terra Cotta Warriors' trip

A few spaces remain on our trip **Thursday, Jan. 14**, to the National Geographic Museum for an audio-guided tour of *Terra Cotta Warriors: Guardians of China's First Emperor*. Following the tour, we will walk across the street to the Mayflower Hotel for a lovely high tea that includes small sandwiches and pastries.

We will leave the Center at 1 p.m. and return around 5:30 p.m. Please be aware that **this trip requires a good deal of walking**. The cost, which includes a museum ticket and audio guide, tea, transportation and all gratuities, is \$75.



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Tracy Chevalier to speak at Center

Bestselling author Tracy Chevalier will discuss her new book, *Remarkable Creatures*, at the Village Center on **Wednesday, Jan. 13, at 3 p.m.**

One of the most successful and widely read historical fiction writers today, Ms. Chevalier caused a literary sensation with her debut novel, *Girl With the Pearl Earring*, in 1999. Her new book tells the story of Mary Anning, a fossil hunter who unearthed the ichthyosaurus at age 12, a discovery that rocked the scientific world. She later discovered the plesiosaurus and pterodactyl.

Ms. Chevalier grew up in this area, graduated from B-CC High School and Oberlin College. Copies of the book, provided by Politics and Prose, will be available for purchase. Please sign up by calling 301-656-2797.



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New Year resolutions...

Eating right and losing weight are two of the most popular resolutions every year, not a surprise since we all feel like Santa Claus after eating all those holiday meals, cookies and candies. Do you want an easy way to achieve these goals in 2010? Then CUT OUT all soft drinks (regular and diet sodas, energy and sport drinks) and drink water. Americans drink more than 575 soft drinks on average every year, equaling approximately 54 gallons a year. Over the last 50 years soft drink consumption has increased by 500%. Soft drinks have been linked to obesity, diabetes, osteoporosis in women and dental decay. A person who consumes soft drinks 3 or more times a day has 18% higher dental cavities. Soft drinks containing sugar can cause cavities and their acidity can weaken the enamel of the tooth. Regular soft drinks are high in sugar, for example, a 12 oz can of soft drink contains the equivalent of 10 teaspoons of sugar. A sticky film of bacteria called plaque will constantly form on the teeth and gums. Each and every time bacteria come in contact with sugar or starch in the mouth, acid is produced. This acid will attack the tooth enamel (the protective white outer layer of the tooth) for 20 minutes or more. Frequent attacks weaken the enamel and tooth decay begins when the enamel is damaged. Although diet soft drinks don't contain sugar they do contain acids. All soft drinks contain acids, like phosphoric, citric, malic and tartaric acid; these acids will harm and cause the loss of tooth enamel. Fruit juice and sport drinks do not have as much acid as soft drinks do, but they are high in sugar which can cause decay. So let's only drink water this 2010! Ok, I understand water is tasteless and boring and we all deserve a bubbling treat every day. So when you do drink a soft drink, use a straw to keep teeth away from sugar and acids, drink water afterwards to dilute the soft drink, chew sugarless gum, or even better, brush your teeth. Never consume a soft drink before bed and do not sip the soft drink for hours, the longer you expose your teeth to sugar and acid the more chance there is to get cavities. Happy New Year 2010! Always smile and be cavity free.

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Tea and Talk for fans of romance novels

Romance is the topic of Tea and Talk at the Village Center next month. On **Friday, Feb. 12, at 2 p.m.**, historical romance writer Anne Barton will discuss the joys and challenges of writing her books and her journey to publication.

Ms. Barton, a Regency historical romance writer and Golden Heart finalist, will describe the world of romance writing, share with us her experiences with RWA (Romance Writers of America) contests and annual conference, and read an excerpt from one of her books.

After the presentation, please stay for tea. Sign up for this free event by calling 301-656-2797.

A conversation with Councilmember Berliner

Montgomery County Council member Roger Berliner will hold a town hall-type meeting at the Village Center on **Monday, Jan. 25, at 7:30 p.m.**

Bring your questions and concerns about local issues and get acquainted with your representative on the County Council. Mr. Berliner was first elected to the Council in 2006 as the District 1 representative for the Bethesda, Chevy Chase, and Potomac areas. He is Lead Member for

Energy and Environment on the Council's Transportation, Infrastructure, Energy, and Environment Committee and a member of the Public Safety Committee. He also serves as the Council's representative to the County's Sustainability Working Group and Green Economic Task Force.

Please let us know if you plan to come by calling 301-656-2797.

Tea and Talk: Rosa Weinstein on humor

Rosa Weinstein, coordinator of the Himmelfarb Mobile University, presents a lecture on the history of humor at the Village Center on **Wednesday, Jan. 20, at 1:30 p.m.**

Ms. Weinstein will discuss humor from ancient times to modern day America and how jokes reflect the culture and times of the people creating the jokes.

Ms. Weinstein, a popular Village Center speaker, has been honored as a "Washingtonian of the Year" and a "WETA Hometown Hero" for her work with Himmelfarb, a program that takes college-level classes ranging from musicology to economics and taught by volunteers to thousands of people in the community.

After the presentation, please stay for tea. Sign up for this free event 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, Jan. 7, 7 p.m. — Movie — *Easy Virtue*— Jessica Biel, Colin Firth and Kristin Scott Thomas star in this comedy adapted from Noël Coward's 1924 play attacking the values of the English landed gentry. The play's only previous screen adaptation was the 1928 silent directed by Alfred Hitchcock. Biel plays the winner of a major auto race in Monaco who marries a young Englishman and accompanies him to his family's country estate. There she gets into a battle of wills with his snobbish mother. Rated PG-13. Running time: 97 minutes.

Thursday, Jan. 14, 7p.m. — Movie — *The Jackie Robinson Story* — The vintage film biography *The Jackie Robinson Story* is unusual in that Robinson portrays himself, and the movie was produced in 1950, barely three years after he took up his position at second base for the Brooklyn Dodgers and broke the "color line" in professional baseball. After providing a fast portrayal of Robinson's early life, up to his collegiate sports career at UCLA and his stint in the U.S. Army, the story turns serious when Branch Rickey offers him a contract to play for a Brooklyn Dodgers farm team. Also stars Ruby Dee. Rated G. Running time: 76 minutes.

Thursday, Jan. 21, 7 p.m. — Movie — *Taken*— An ex-soldier traveling through Europe embarks on a frantic quest to rescue his daughter after the young girl is abducted by slave traders in this contemporary thriller. Stars Liam Neeson, Famke Janssen and Maggie Grace. Rated PG-13. Running time: 91 minutes.

Thursday, Jan. 28, 7 p.m. — Movie — *Inglourious Basterds*— Written and directed by Quentin Tarantino, this violent dark film presents a fairy tale set in a parallel-universe version of Nazi-occupied France. A movie, a substantial portion of which is in German and French (with English subtitles), features a brilliant performance by Austrian-born actor Christoph Waltz. One story thread involves a Jewish woman who runs a Paris movie theater where a German war hero will be honored. Another thread is about a commando squad of American Jews whose mission is to kill Nazis. These threads are cleverly brought together in a satisfying

finale. Nominated for a Golden Globe Award in the best drama category, it also stars Brad Pitt. Rated R for strong graphic violence, language and brief sexuality. Running time: 153 minutes.

Finally- an art class on Saturday!

Millie Shott's popular "Painting is for Everyone" class will be offered on Saturday mornings this winter. Get your feet and your paintbrush wet in this course designed to introduce students to the art of painting without the intimidation of rules and methods. Exercises designed by the instructor will acquaint students with the watercolor medium. They will learn the art of color mixing and paint application on a variety of paper surfaces and experiment with collage and paper textures, inks, and glues. This is a process-oriented class that focuses on exploration and skill development.

Millie Shott is a mixed-media painter and gallery director at the Friendship Gallery. She teaches in her home studio and through the Smithsonian Resident Associate Program. See details on page 10.

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ART and CULTURE

Eastern shore artist to exhibit this month

Michael Bignell will exhibit in the Friendship Gallery in January. Mr. Bignell, an award-winning artist, was born in England and, as part of his education, studied and painted in Rome. Now retired from his Annapolis architecture firm, he has exhibited in New York and New England as well as Maryland, Pennsylvania and elsewhere. Look for his painting "Charlie's Bike" in the 2010 AARP calendar. All are invited to a reception on **Sunday, Jan. 10, from 11:30 a.m. to 1:30 p.m.** to meet the artist.

The exhibit runs from Jan. 4 to 30. 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

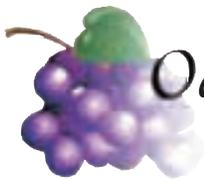


'Dutch Cows' by Michael Bignell

receptionist when you arrive. Please note that all sales of art are final.

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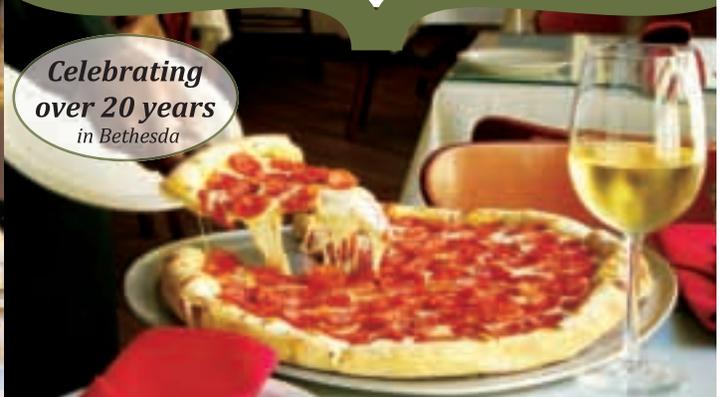


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J A N U A R Y

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1						2
	New Year's Open House 2 to 3:30 p.m.					8:15 a.m.: Walking Club
3	4	5	6	7	8	9
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7 p.m.: Café Muse	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates	9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 4 p.m.: Children's Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Easy Virtue	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	8:15 a.m.: Walking Club 12 p.m.: Landon Symphonette
10	11	12	13	14	15	16
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 8 P.M.: Friendship Heights Council Meeting	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates	9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Suburban Lecture: Bladder, Bladder, What's the Matter? 3 p.m.: Tracy Chevalier 1 p.m.: Portraiture in Pencil and Pastel 2 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: The John Brown Band	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Depart for National Geographic 4 p.m.: Children's Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: The Jackie Robinson Story	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	8:15 a.m.: Walking Club
17	18	19	20	21	22	23
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	Martin Luther King, Jr. Day Center Open 9 a.m. to 2 p.m.	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 p.m.: Vision Support Group 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates	9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 1:30 p.m.: Tea and Talk: The History and Culture of Humor 3 p.m.: Chair Yoga	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 4 p.m.: Children's Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Taken	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	8:15 a.m.: Walking Club
24	25	26	27	28	29	30
9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:15 a.m.: Fit 4-Ever 10 a.m. – 2 p.m.: MVA Bus 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7:30 p.m.: Conversation with Roger Berliner	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates	9:15 a.m.: Fit 4-Ever 9:45 a.m.: Depart for Baltimore 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 2 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Alexandria Klezmet	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 4 p.m.: Children's Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Inglourious Basterds	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	8:15 a.m.: Walking Club
31						
9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers						

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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.

Children's Art Classes Continue

Millie Shott, Friendship Gallery curator, continues her ever-popular children's art classes with a brand-new program in February.

This four-week series will include mixed media. Students will complete projects ranging from fused glass to origami to making valentines. It begins **Thursday, February 4 and continues each Thursday through February 25.**

The program is designed for school age students, ages 6 to 10. Each class lasts 90 minutes, from 4 to 5:30 p.m.

The cost is \$100, and includes instruction and materials. Registration for this course begins immediately at the Village Center. Space is limited. Please call the Village Center at 301-656-2797 for more information.



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

CHILDREN'S POTTERY CLASS

This 4-week class for children ages 6-10, begins Jan. 7. Meets Thursdays from 4 to 5:30 p.m. Taught by Natalia Kormeluk. The cost is \$100 for instruction, materials, and firing. Last class is Jan. 28.

PAINTING IS FOR EVERYONE

An 8-week course for all skill levels, taught by Millie Shott, begins Feb. 6. Meets Saturdays from 10 a.m. to 12 p.m. Designed to introduce students to the art of painting without the intimidation of rules and methods. Learn the art of color mixing and paint application on a variety of paper surfaces and experiment with collage and paper textures, inks, and glues. The cost is \$95 for residents; \$100 for nonresidents. Minimum number of students is eight; maximum is ten. Last class is March 27.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Jan. 27. 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 \$70 for residents; \$75 for nonresidents. Maximum number is 8. Last class is March 3.

EXERCISE AND FITNESS

BALANCE AND FALL PREVENTION

This 6-week class begins Jan. 26. Meets Tuesdays, from 1 to 1:45 p.m. The class, taught by Tonya Walton,

will focus on simple exercises you can do to improve overall balance. The cost is \$62 for residents; \$67 for nonresidents. Session ends March 9 (class will not meet Feb. 16). Questions? Email staraka4u@gmail.com.

CHAIR EXERCISE WITH TONYA

This 6-week class begins Jan. 27. 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 \$62 for residents; \$67 for nonresidents. Session ends March 3.

MAT PILATES

This 6-week class, taught by Ginger Russell, begins Jan. 5. Meets Tuesdays from 7 to 8 p.m. The cost is \$80 for residents and \$90 for nonresidents. Movements to improve balance, strength and flexibility. Pilates balls are used to assist in some exercises. Not recommended for pregnant women or those with serious spinal conditions. Required equipment: Pilates/Yoga mat, large bath towel. Questions? Email – Gingerrusteach@yahoo.com. Session ends Feb. 9.

STRENGTH TRAINING WITH CHERYL

This 6-week class begins Jan. 15. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$65 for residents; \$70 for nonresidents. Session ends Feb. 19.

STRENGTH TRAINING WITH TONYA

This 6-week class begins Feb. 1. 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 \$62 for residents; \$67 for nonresidents. Session ends March 22 (class will not meet Feb. 15).

STRETCH CLASS WITH TONYA

This 6-week class begins Jan. 26. Meets Tuesdays, at 10:30 a.m. This 30-minute class will provide stretches for the entire body and will improve overall circulation, flexibility, strengthen and tone muscles, and improve posture and balance. The cost is \$30 for residents; \$35 for nonresidents. Last class is March 9 (class will not meet Feb. 16). Questions? Email staraka4u@gmail.com.

TAI CHI (TUESDAY)

This 6-week class begins Jan. 19. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40 for residents; \$45 for nonresidents. Session ends Feb. 11.

TAI CHI (THURSDAY)

This 6-week class begins Jan. 7. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$40 for residents; \$45 for nonresidents. Session ends Feb. 23.

YOGA (DAY)

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Jan. 24. 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 clothing, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$120. Class will not meet Feb. 14, March 28, or April 4. Students who must miss a

class may make it up in the Monday class with the instructor's permission. Session ends April 18.

YOGA (EVENING)

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Jan. 25. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$120. Class will not meet Feb. 15, March 29 or April 5. Students who must miss a class may make it up in the Sunday class. Session ends April 19.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse is on hand to offer free blood pressure screenings Tuesdays from 1 to 2:45 p.m. only. The nurse is also available for consultations Tuesdays from 3 to 5 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.

FHUN

The Friendship Heights Urban Network (FHUN) is a group dedicated to bringing together young professionals, young parents, and college students.

The group organizes events such as monthly Happy Hours, barbecues, and special evenings at local restaurants. For more information, check FHUN's website at www.fhun.net. This group is not affiliated with the Friendship Heights Village Council.

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 2 to 4 p.m. Call 301-590-2819 for an appointment; walk-ins are welcome.

SCRABBLE

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

TEA TIME

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 PLAY TIME

Children of all ages are welcome to be 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 the third Tuesday of the month at 12:30 p.m. for a brown bag 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.



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CONCERTS

During the winter months, concerts are performed the second and fourth Wednesday, from 7:30 to 8:30 p.m., in Huntley Hall at the Village Center. As a courtesy to our performers, please turn off any cell phones or electronic devices before entering the concert. Also please do not take any food, drink or reading materials into the auditorium.

NOTE FROM THE PROGRAM DIRECTORS — *Due to increasing budget constraints, we will be reducing the number of concerts offered during the winter months. Concerts in January, February and March will be held on the second and fourth Wednesdays of the month.*

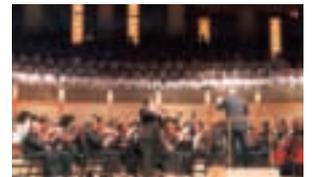
Wednesday, Jan. 13 — The John Brown Band — This evening highlights music from the Great American Songbook, with tunes from Broadway and Hollywood from the 1940s to the present. This multi-talented group features vocalist Dolly Benof, and musicians Sam Shrieber, Seymour Greene, Scott Giambuso, Bill Barrick and Glen Harris.

Wednesday, Jan. 27 — Alexandria Klezmet — The Alexandria Klezmet has been combining traditional Eastern European /Jewish music with diverse influences for more than a decade. New arrangements of traditional melodies and original songs by members of the band draw upon jazz, classical, world beat, and other musical genres to create an entertaining and completely unique sound. The band is based in the Baltimore/Washington area and has performed throughout the Mid-Atlantic region, including annual appearances at the John F. Kennedy Center for the Performing Arts and regular concerts at the Peabody Institute.

Led by woodwind player Seth Kibel, the band includes violinist Helen Hausmann, bassist Scott Harlan and percussionist Tim Jarvis.

A little chamber music from Landon Symphonette

Now in its 19th season, The Landon Symphonette is a unique group of talented musicians from Landon School and other area schools and colleges playing together with seasoned professionals, in an unrivaled mentoring relationship. Join the Landon Symphonette Chamber Ensemble as the musicians present a lunchtime concert on **Saturday, Jan. 9, from noon to 1:30 p.m.** at the Village Center.



The weekend program will be *Adagio and Allegro* by Hummel featuring oboe soloist Eliana Schenk, and Mozart's *Symphony No. 29*.

About one-third of the Landon Symphonette is made up of professional performers, up to one-third Landon students and teachers, and about one-third students from all over the Washington, Baltimore and Northern Virginia area. Over the years, students from more than 50 area schools have participated in this outstanding program. All must have achieved a certain level of competence and expertise. In sponsoring this concert series, Landon offers the opportunity to talented young players, nominated by their teachers, to join in this special collaborative effort.

The event is free, but please call the Village Center at 301-656-2797 if you plan to attend. Seating is limited.

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Bladder, Bladder What's the Matter?

Incontinence and bladder problems are not necessarily part of the aging process and can be controlled. Join urologist, Dr. Bart Radolinski, for a discussion on the causes and treatment of incontinence at this month's Suburban Health Lecture at the Village Center on **Wednesday, Jan. 13, at 1 p.m.**

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

Vision Support Lunch and Learn: Renewal and Relaxation Practices for Health and Healing

It's never too late to undo the ill effects that negative stress may have had on your life. The Vision Support Group invites you to join them at the Village Center on **Tuesday, Jan. 19, at 12:30 pm.** when Julie Potter, MSW, Coordinator, Sibley Senior Association will teach techniques to increase clarity and a sense of well-being.

Bring a bag lunch; dessert and beverages will be provided. The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Please call 301-656-2797 to register.



Continued from page 1

seum was founded in 1960 to rescue and restore the historic Lloyd Street Synagogue, Maryland's oldest and one of the oldest in the U.S.

Particular attention is paid to Jewish life in the state of Maryland. The museum campus includes the historic Lloyd Street and B'nai Israel Synagogues, a modern museum building, a research library, meeting rooms and museum shop.

The B'nai Israel Synagogue, built in 1876, contains what may be

the oldest Jewish star in one of its stained-glass windows.

We will depart from the Village Center at 9:45 a.m. and should return by 6 p.m.

The cost of the trip is \$48, which includes transportation, admission and tours of the Basilica and the Jewish Museum.

Residents may sign up immediately at the Village Center; non-residents beginning Jan. 7. There are 34 spaces available.

opportunity knocks



CONGRESS PASSED NEW LEGISLATION

- Extends the First-Time Home Buyer Tax Credit of up to \$8,000 to first-time home buyers until April 30, 2010.
- Expands the credit to grant up to \$6,500 credit to current home owners purchasing a new or existing home between November 7, 2009 and April 30, 2010.



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Cafe Muse presents...

This month's Café Muse, on **Monday, Jan. 4, at 7 p.m.**, presents a reading by poets Greg McBride and Katherine E. Young.

Greg McBride is the author of the chapbook, *Back of the Envelope*, and winner the 2008 *Boulevard* Emerging Poet prize. His work appears widely, in *Arts and Letters*, *Connecticut Review*, *Gettysburg Review*, *New York Quarterly*, *River Styx*, *Salmagundi*, and *Southern Poetry Review*. A former host of Café Muse, he edits *The Innisfree Poetry Journal*.

Katherine E. Young is the author of *Van Gogh in Moscow* and *Gentling the Bones*. Her poetry appears in *Prairie Schooner*, *The Iowa Review*, *The Massachusetts Review*, *Shenandoah*, *Poetry Daily* and numerous other publications. A former host of Café Muse, she teaches poetry and composition at the University of Maryland.

Café Muse opens at 7 p.m. with refreshments and 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 30 years. For more information visit www.wordworksdc.com.



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Village Council Corner

Friendship Heights Post Office Is Saved!

The Council extends a very hearty THANK YOU! to everyone who helped to save the Village post office.

The Village really came together on this issue, including those who visit and do business here. More than 3,400 signatures were gathered and sent to post office officials. Numerous elected representatives—at the Federal, State, and County levels—supported us with letters.



It simply did not make sense to close a busy post office, especially one serving so many people who would find it extremely difficult to get to another location. We thank the U. S. Postal Service for recognizing this.

As you can see from the picture at left, the terrific staff at our post office is hard at work serving holiday customers. They can do this happily, knowing that the post office is no longer in imminent danger of closing.

Swine Flu Shots Given at Village Center

On December 17 the Village Council sponsored an H1N1 vaccine clinic at the Center. The Visiting Nurses Association provided shots to 234 people. Special thanks to our staff and volunteers for helping the clinic run smoothly. The Council is pleased to have been able to provide this service to the community.

Council actions at the December 14 meeting:

- Heard presentation by Chevy Chase Land Company on proposed site plan amendment for Chevy Chase Center development; approved support of plan.
- Approved proposal to increase Center rental rates;
- Approved proposal from Densel Company to replace coil in Center lobby heating/cooling unit for \$7,073;
- Approved distribution of cable television grant from Montgomery County to Montgomery Municipal Cable TV station (pending receipt from County).



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

January 2010 events calendar