



Friendship Heights



VILLAGE NEWS

JUNE 2010

301-656-2797

VOLUME 25, NO. 1



Lunch and Concert

see page 4

High tea and history in Annapolis

Visit historic Annapolis, tour the State House and enjoy a special tour and high tea at the U.S. Naval Academy when we travel to the state capital on **Tuesday, July 13.**

We'll depart from the Village Center at 9 a.m. for the delightful drive to our state's waterfront capital. Once there we'll enjoy a guided tour Maryland State House. It is

the oldest state capitol still in continuous legislative use and is the only state house to have ever served as the nation's capital. It was here that General George Washington resigned his commission as Commander in Chief of the Continental Army, the U.S. Congress ratified the Treaty of Paris, Thomas Jefferson was appointed the first U.S. ambassador, and the Annapolis Convention was held in 1786.

Following our guided tour, you'll have time to have lunch on your own. Annapolis offers a number of dining choices, from ethnic cafes to great seafood restaurants to neighborhood delis.

After lunch, we'll gather for an exclusive tour of the "Boat School" and tea at the Officers' and Faculty Club.

The Naval Academy runs along the Severn River and abuts downtown Annapolis. Established in 1845 on the site of a U.S. Army fort, it occupies 329 waterfront acres. During our tour, we'll visit the Armel-Leftwich Visitor Center, stroll through "the Yard," visit the main chapel and the crypt of John Paul Jones, and the newly renovated museum and gallery.

Continued on page 14



Spend an evening with Joshua Bell

Join us for a night of beautiful music with award-winning violinist Joshua Bell and the NSO on **Thursday, July 22**, at Wolf Trap National Park for the Performing Arts.

Joshua Bell has been performing internationally since the age of 14. He has more than 30 recordings to his credit, including the Oscar-winning score to *The Red Violin*. His stunning virtuosity will be on full display in Bruch's *Scottish Fantasy* and Liszt's *Hungarian Rhapsody No. 2*. The program will also include Gershwin's *Cuban Overture* and Respighi's *Roman Festivals*. Emil de Cou will conduct.

We will leave the Village Center at 7 p.m. and expect to return by 11 p.m. The cost, which includes transportation, a seat in the Front Orchestra, and driver's tip, is \$69. Residents may sign up immediately; non-residents may sign up June 5. After June 30 the price increases to \$75.

A day at Nemours and lunch at the club



Spend a day amid the splendor of Nemours when we visit the spectacular former 300-acre estate of Alfred I. du Pont in Wilmington, Del., on **Wednesday, July 28.**

We'll depart from the Village Center at 11 a.m. and begin our day in Wilmington with lunch in the clubhouse of the DuPont

Country Club. Our menu includes a choice of a crab cake sandwich, Angus beef burger or a Caesar salad topped with a salmon fillet, and for dessert, strawberry shortcake. Following lunch, we'll take a short drive to Nemours, which reopened two years ago after a \$39 million restoration.

Continued on page 3

Joys of local cooking, page 2

The rich diversity of Maryland's native foods

Lucie L. Snodgrass will discuss her brand new cookbook, *Dishing Up Maryland: 150 Recipes From the Alleghenies to the Chesapeake Bay*, at the Village Center on **Tuesday, June 29, at 7:30 p.m.**

Ms. Snodgrass spent 14 months visiting farms and dairies, vineyards, bison and oyster ranches – even a maple camp – and intersperses recipes with profiles of local food producers, chefs and restaurants, and watermen. The recipes showcase seasonal ingredients and regional favorites including seafood and local vegetables. But there are also personal recipes from farmers, vendors and chefs, including the Smith Island cake and a 40-ingredient challenge from Frederick's Volt restaurant. Ms. Snodgrass is an award-winning author whose food writing has appeared in the Washington Post and the Baltimore Sun. She and her husband, a fifth-generation farmer, live in Harford County. She is also state director for Sen. Barbara Mikulski. Copies of the cookbook, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.

Two Heller gems

Spend a fascinating and entertaining evening when Izzy Heller discusses two of his books, *Secrets of a Jeweler* and *Death in McMurdo*, at the Village Center on **Thursday, June 24, at 7:30 p.m.**

Mr. Heller, a jeweler in Chevy Chase for 25 years, shares anecdotes of the rich and famous, and also the infamous, in Washington and gives the reader a behind-the-scenes glimpse of the glamorous jewelry industry in *Secrets of a Jeweler*. *Death in McMurdo*, just published this spring, is a novel described as the story of a torrid romance and a nightmare of events involving a mismatched couple on a mission in Antarctica.

Mr. Heller, a neighbor of the Village, immigrated with his wife Zelda to the United States in 1980 from South Africa where he was CEO of a food and grain company.

Copies of both books will be available to purchase for \$15 each. Please sign up for this event by calling 301-656-2797.

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VILLAGE NEWS

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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 July issue is June 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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Friday 7:30am - 8pm
Saturday 10am - 8pm
Sunday 10am - 6pm
Monday closed

ON the GO...

A day in the beautiful Shenandoah Valley

Visit two of Virginia's famous caverns and enjoy lunch at an historic inn when we travel to Shenandoah and Luray Caverns on **Monday, June 28.**

We will leave the Village Center at 7:30 a.m. for the two-hour drive to Shenandoah Caverns, the only cavern in Virginia with an elevator down to its 17 underground rooms and level walkways.

After our tour, we'll enjoy an extravagant three-course buffet lunch at the Mimslyn Inn. After lunch, we'll visit the Luray Caverns, the most popular cave in Eastern America.

The cost of the trip, which in-

cludes entry fees luncheon, transportation and driver tip, is \$89.

Please sign up by June 14. We will return home about 6:30 p.m.

This trip requires a lot of walking. The Shenandoah Caverns has an elevator down to the caves, but the tour is one mile in length. Luray Caverns has many steps down to the underground rooms; you may choose to walk through the garden maze instead.



Nemours, continued from page 1

Named after the du Pont ancestral home in France, Nemours features a magnificent mansion and extensive formal French gardens. Our visit will include a guided tour of the house, a shuttle ride through the gardens and a visit to the chauffeurs' garage. You may also stroll through the gardens.

We should return to Friendship Heights by 8 p.m.

The cost of the trip, which includes round-trip transportation, lunch, guided tour, and all taxes and gratuities, is \$86. The price increases to \$99 after July 6.

Residents and one guest may sign up beginning immediately. Nonresidents may sign up beginning June 15. There are 29 spaces available.

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A special lunch and concert

Enjoy a rousing concert performed by pianist Eric Abrahamson and three-course luncheon at the Village Center on **Tuesday, June 29**, beginning at noon.

Eric Abrahamson will present a special program of Ragtime and Tin Pan Alley hits from the golden age of songwriting. Mr. Abrahamson is a veteran of the music business in California where he is the music director for Knott's Berry Farm

and Cedar Fair Parks and frequent entertainer on Main Street in Disneyland. He is also a composer of television soundtracks, and has written for more than 20 shows. The concert begins at **1 p.m.**

To make the afternoon really special, come to lunch at **12 p.m.** Lunch will be catered by our neighbor, Courtyard by Marriott. The menu is tossed salad, Chicken Marsala, mashed potatoes, green beans, and cheesecake for dessert. The cost is \$10. Please reserve your lunch by June 22. There are 35 spaces available.

Tea and Talk: From death camp to outer space

Armand Lakner, a survivor of Mauthausen death camp and a former NASA scientist, will discuss the connection between two major events of the 20th. Century – the Holocaust and landing a man on the moon – at the Village Center on **Wednesday, June 16, at 2 p.m.**

Dr. Lakner is an internationally published space scientist whose pro-

Continued on page 13



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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, June 3, 7 p.m. — Movie — *Nine* — Academy Award winner Daniel Day-Lewis stars as world famous film director Guido Contini as he prepares his latest picture and balances the numerous women in his life— his wife, his sultry mistress, his film star muse, his confidant and costume designer, his mother and the young American fashion journalist. Also stars Penelope Cruz, Marion Cotillard, Judi Dench, Nicole Kidman, and Sophia Loren. Rated PG-13. Running Time: 118 minutes.

Thursday, June 10, 7 p.m. — Movie — *Invictus* — “Invictus” tells the inspiring true story of how Nelson Mandela joined forces with the captain of South Africa’s rugby team, Francois Pienaar, to help unite their country.

Stars Morgan Freeman and Matt Damon. Rated PG -13. Running Time: 134 minutes.

Thursday, June 17, 7 p.m. — Movie — *Avatar* — A paraplegic ex-marine finds a new life on the distant planet of Pandora, only to find himself battling human-kind alongside the planet’s indigenous Na’vi race in this ambitious digital 3D sci-fi epic from director James Cameron. Stars Sam Worthington, Zoe Saldana, Sigourney Weaver and Stephen Lang. Rated PG-13. Running Time: 162 minutes.

Thursday, June 24, 7:30 p.m. — No Movie — Book-signing with Izzy Heller – see page 2 for details.

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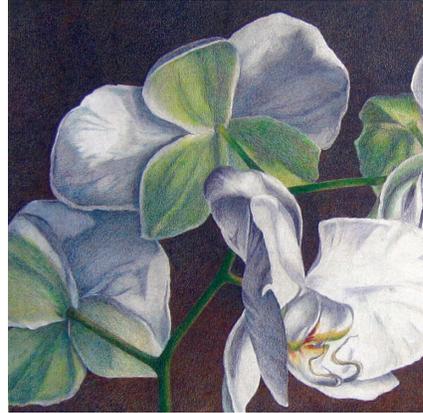
ART and CULTURE

Montgomery Art Association to exhibit in Friendship Gallery

The Montgomery Art Association, a large variety of artists with a wide range of styles and experience, will exhibit in the Friendship Gallery during the month of June.

The juror for the show is Rachel Collins, a representational painter of nature's abstract form. She is a member of the National Watercolor Society, and the Watercolor USA Honor Society, among others. She has a studio in the Torpedo Factory Art Center in Alexandria, shows her work regularly around the country, and teaches watercolor both locally and abroad.

The show runs from June 2 to 26. All are invited to a reception to meet the artists on **Sunday, June 13, from 11:30 a.m. to 1:30 p.m.** Awards will be presented at 12:30 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 certain activities in that room. Please check with the front desk receptionist when you arrive. Please note that all sales of art are final.



"Red, Blue, Yellow" by Marian Mackerer; and "Orchids" by Natalie Falk



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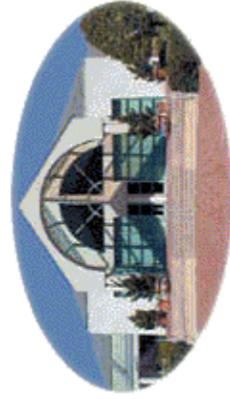
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J MONDAY **U** TUESDAY **W** WEDNESDAY **N** THURSDAY **E** FRIDAY **S** SATURDAY

1 8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
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.: Mat Pilates

2 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
7 p.m.: Concert: Marchichis de los Compadres

3 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
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7 p.m.: Movie: Nine

4 9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl

5 8:15 a.m.: Walking Club
9 a.m. - 1 p.m.: Twin Springs

6 9 a.m.: Yoga
9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers
12:15 p.m.: Depart for Nats game

7 9:15 a.m.: Fit 4-Ever
10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors
1 p.m.: Strength Training with Tonya
2:30 p.m.: Acrylic or Oil Painting
7 p.m.: Café Muse
7 p.m.: Yoga

8 8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
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.: Mat Pilates

9 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
1 p.m.: Suburban Lecture: Paving the Way to a New Knee
1 p.m.: Health Insurance Counseling
3 p.m.: Chair Yoga
7:30 p.m.: Great Music series: 19th C. Italian Opera
7 p.m.: Concert: Machaya Kleszner

10 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
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7 p.m.: Movie: Invictus

11 9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl
2 p.m.: Understanding Osteoporosis

12 8:15 a.m.: Walking Club
9 a.m. - 1 p.m.: Twin Springs

13 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

14 9:15 a.m.: Fit 4-Ever
10 a.m.: Great Books
10:30 a.m.: Resistance Training for Seniors
1 p.m.: Strength Training with Tonya
2:30 p.m.: Acrylic or Oil Painting
7 p.m.: Yoga
8 P.M.: Friendship Heights Council Meeting

15 8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
12:30 p.m.: Vision Support Group
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.: Mat Pilates

16 9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise with Tonya
2 p.m.: Tea and Talk: Armand Lakner
3 p.m.: Chair Yoga
7 p.m.: Concert: John Brown Band

17 **8 a.m.: Depart for Smith Island**
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
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7 p.m.: Movie: Avatar

18 9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl

19 8:15 a.m.: Walking Club
9 a.m. - 1 p.m.: Twin Springs

20 9 a.m.: Yoga
9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers
1 p.m.: Strength Training with Tonya
7 p.m.: Yoga

21 **9:30 a.m. - 12:30 p.m.: Children's Art Camp**
10 a.m. - 2 p.m.: MVA Bus
1 p.m.: Strength Training with Tonya
7 p.m.: Yoga

22 8:15 a.m.: Walking Club
9:30 a.m. - 12:30 p.m.: Children's Art Camp
1 - 2:45 p.m.: Blood Pressure Screening
3 - 4 p.m.: Tea
3 - 5 p.m.: Suburban Nurse Specialist

23 **9:30 a.m. - 12:30 p.m.: Children's Art Camp**
1 p.m.: Health Insurance Counseling
3 p.m.: Chair Yoga
7:30 p.m.: Great Music series: 19th C. German Opera
7 p.m.: Concert: Bethesda-Chevy Chase High School Jazz Ensemble

24 8:15 a.m.: Walking Club
9:30 a.m. - 12:30 p.m.: Children's Art Camp
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7:30 p.m.: Book Signing with Izzy Heller

25 **9:30 a.m. - 12:30 p.m.: Children's Art Camp**
8:15 a.m.: Walking Club
9 a.m. - 1 p.m.: Twin Springs

26 8:15 a.m.: Walking Club
9 a.m. - 1 p.m.: Twin Springs

27 9 a.m.: Yoga
9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers

28 **7:30 a.m.: Depart for Shenandoah**
9:15 a.m.: Fit 4-Ever
10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors
1 p.m.: Strength Training with Tonya
2:30 p.m.: Acrylic or Oil Painting
7 p.m.: Yoga

29 8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
12 p.m.: Special Lunch with Eric Abrahamson
1 p.m.: Balance and Fall Prevention
1 - 2:45 p.m.: Blood Pressure Screening
3 - 5 p.m.: Suburban Nurse Specialist
7:30 p.m.: Book Signing with Lucie Snodgrass: Dishing Up Maryland

30 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
7 p.m.: Concert: David McLaughlin

31 **9:30 a.m. - 12:30 p.m.: Children's Art Camp**
8:15 a.m.: Walking Club
9 a.m. - 1 p.m.: Twin Springs

Celebrating the Fourth in art

All area artists are invited to enter one work of art in any medium in the Villages' "Three Cheers for the Red, White and Blue!" art show in July. Suggested themes include family gatherings, parades, fireworks, picnics, heroes, and, speeches. Prizes will be awarded to the top winners. Entry forms are available at the Village Center.

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.

Tea and Talk: Exploring Washington

Dr. Mark Ozer will discuss the interaction of geography and history in the city of Washington, D.C. at the Village Center on **Friday, July 9, at 2 p.m.**

Dr. Ozer explores each era of Washington's history starting in the 1790s, the people who lived at different times and the effect of politics on the city and its buildings - from the Revolutionary Generation to the bicentennial in 2000. Dr. Ozer was last at the Center in September 2009 when he spoke about the history of Litvak Jews.

After the presentation, please stay for tea. Copies of Dr. Ozer's book, *Washington DC: Politics And Place: The Historical Geography of The District of Columbia*, will be available to purchase. Sign up for this free event by calling 301-656-2797.

CLASSES and CLUBS

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

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

ART

ACRYLIC OR OIL PAINTING (DAY)

A 10-week course for all skill levels, taught by Doris Haskell, begins June 7. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Session ends August 23 (class will not meet June 21 and July 5). Maximum number of students is 16.

ACRYLIC OR OIL PAINTING (EVENING)

A 10-week course for all skill levels, taught by Doris Haskell, begins June 3. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$50 for residents; \$70 for nonresidents. Class ends August 5. Maximum number is 16.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins June 30. 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 August 4.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins June 3. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Advance at your own pace with individual critiques and instruction. 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 \$145 for residents; \$150 for nonresidents. Last class is August 12 (class will not meet June 24).

EXERCISE AND FITNESS

BALANCE AND FALL PREVENTION

This 6-week class begins June 29. Meets Tuesdays, from 1 to 1:45 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$62 for residents; \$67 for nonresidents. Session ends Aug. 3. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CHAIR EXERCISE WITH TONYA

This 6-week class begins June 9. 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 July 21 (class will not meet June 23).

CHAIR YOGA AND MORE

This 5-week series taught by Hedy Ohringer begins June 9. Meets Wednesdays from 3 to 4:15 p.m. Classes benefit body and spirit and are suitable for a wide range of abilities with movements that can be done standing, on the floor, while seated, or with support of

chairs, tables and walls. Enhance your well-being, in and out of class, with greater flexibility, balance and inner joy. The cost is \$50 for residents; \$55 for nonresidents. Session ends July 7.

STRENGTH TRAINING WITH CHERYL

This 6-week class begins June 4. 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 July 16 (class will not meet June 25).

STRENGTH TRAINING WITH TONYA

This 6-week class begins July 12. 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 Aug. 16.

TAI CHI (THURSDAY)

This 6-week session begins July 8. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$40 for residents; \$45 for nonresidents. Questions? Email instructor Thomas Johnson at taijitaj7@gmail.com. Session ends Aug. 5.

TAI CHI (TUESDAY)

This 6-week class begins June 1. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40 for residents; \$45 for nonresidents. Session ends July 13 (class will not meet June 22).

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 1 to 2:45 p.m. 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 plans monthly events for young professionals, young parents, and college students. Check FHUN's website at www.fhun.net. 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.

GREAT COURSES

Taped lectures followed by discussion. Meets alternate Wednesday

evenings from 7:30 to 8:30 p.m. The DVD series is produced by The Teaching Company, renown for selecting gifted teachers, lecturers and historians.

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. 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.

VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium most Thursdays from 11 a.m. to 4 p.m. Children must be accompa-

nied 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 with an invited speaker. Contact Janet Morrison at 301-538-9358.

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.

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CONCERTS

Concerts are performed Wednesdays, from 7:00 p.m. to 8:00 p.m., in Hubert Humphrey Park in front of the Village Center. In the event of inclement weather, concerts will be moved indoors to Huntley Hall in the Center.

Wednesday, June 2 — *Mariachis de Los Compadres*

— Susan Jones and her talented group take you South of the Border with authentic renditions of Mexican favorites. Dressed in authentic costumes, the band plays traditional instruments including the bihuele, guitarron, trumpets, guitar and violin.

Wednesday, June 9 — *Machaya Klezmer*

— Formed more than 20 years ago, the band has mastered the feeling and dynamism of authentic klezmer music and has duplicated the marvelous and live sound of famous klezmer bands of the 1930s. The band features Susan Jones, Barbara Hess, Jay McKrensky, Fred Jacobowitz and Brian Choper.

Wednesday, June 16 — *John Brown Band*

— Seasoned musician and drummer John Brown brings his five-piece band and a vocalist to the Village Center for an evening of music from the "Great American Songbook." The program will include songs made famous by Frank Sinatra and Tony Bennett, as well as familiar tunes from Hollywood and Broadway.

Wednesday, June 23 — *Bethesda-Chevy Chase High School Jazz Ensemble*

— The Bethesda-Chevy Chase High School Grammy Foundation award-winning music program plays a variety of venues in the Washington, D.C., area. Each year the group's members change as students graduate and go on to college.

Wednesday, June 30 — *David McLaughlin*

— David McLaughlin was a founding member of the bluegrass band, the Johnson Mountain Boys, and was twice nominated for Grammy Awards. He has played The Grand Ole Opry, Carnegie Hall and the White House.



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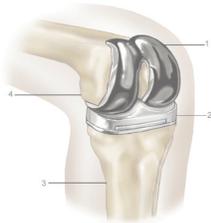
TO YOUR HEALTH

New technology for knee replacements

"Paving the Way to a New Knee" is the title of this month's Suburban Health Lecture at the Village Center on **Wednesday, June 9, at 1 p.m.**

Compared to traditional knee replacement surgeries, which can last between 15 to 20 years, computer assisted knee replacements can last at least 30 years. Using computer-generated models enables the orthopedic surgeon to align the knee replacement with more precision. Join Dr. William Sadlack as he explains how this new technology can lead to a shorter hospital stay, quicker rehabilitation, and a faster return to daily activities.

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



A healthy spine

Dr. Mariska Adams of Friendship Heights Chiropractic will present a lecture entitled "Understanding Osteoporosis" on **Friday, June 11, at 2 p.m.**

Osteoporosis is the thinning of bone tissue and loss of bone density and can be especially debilitating among the elderly. Please sign up by calling 301-656-2797.

Vision Support Lunch and Learn: 'Preventing falls'

Most falls occur at home and people with vision loss are almost twice as likely to fall as persons with typical vision. Learn how to make simple and inexpensive changes in your home to dramatically lessen the chances of a dangerous fall at the Village Center on **Tuesday, June 15, at 12:30 pm.**

The Vision Support Group invites you to view and discuss a new DVD entitled "Preventing Falls by Adapting your Home."

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.

Tea and Talk, continued from page 4

Professional credits include co-authorship with a Nobel Prize laureate. His experience as a prisoner at the infamous Nazi concentration camp at Mauthausen, Germany, and his work at NASA are the basis for his book, *From Mauthausen to the Moon*, a fictionalized account of real life experience.

After the presentation, please stay for tea. Copies of Dr. Lakner's book will be available to purchase. All proceeds from sales will be donated to the Haitian disaster victims. Please call 301-656-2797 if you plan to attend.



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Cafe Muse presents...

This month's Café Muse, on **Monday, June 7, at 7 p.m.**, presents a reading by poets Mark Bibbins and Jehanne Dubrow.

Mark Bibbins is the author of *The Dance of No Hard Feelings* and the Lambda Award-winning *Sky Lounge*. He was the founding Poetry Editor of *Lit*, and his poems have appeared in *Boston Review*, *The Paris Review*, *Poetry*, *Tin House*, and in numerous anthologies, including *Best American Poetry*. He teaches in the graduate writing programs at The New School and Columbia University.

Jehanne Dubrow is the author of three poetry collections, most recently *Stateside*. Her work has appeared in *Poetry*, *New England Review*, *Ploughshares*, *Shenandoah*, and *Prairie Schooner*. She is an assistant professor in literature and creative writing at Washington College.

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.word-worksdc.com.

Annapolis, continued from page 1

After our tour, we'll settle in at the Naval Academy Club and savor a selection of finger sandwiches, preserves, savory tarts, a variety of tea cakes, miniature French pastries and delicious teas.

We should be back in Friendship Heights by 5:30 p.m.

The cost of the trip, which includes round-trip transportation, tours, high tea, and all taxes and gratuities, is \$89. The cost goes up to \$99 after June 29. The deadline to sign up is July 9.

Residents and one guest may sign up immediately. Nonresidents may sign up beginning June 7.

Any attendee over 16 years of age must present photo identification to enter the grounds of the U.S. Naval Academy.

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Efficiency w/ 1 Bath 456 SF. \$199,000 *Also Available Furnished!	<p>There are currently 31 Homes for Sale in Friendship Heights, another 13 Under Contract, 11 Sold and 15 Rented since January 2010!</p> <p>If its happening in Friendship Heights/Chevy Chase, its on my blog! Real Residents, Real Dining, Real Shopping, Real Estate! Visit my blog, "Real Residents of Chevy Chase/Friendship Heights" at http://realresidentschevychasefriendship.blogspot.com</p>			



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Wine and Cheese

hosted by Brighton Gardens at Friendship Heights

You are cordially invited to Brighton Gardens at Friendship Heights for a very special wine and cheese open house. We will be joined by Rick Gallagher, a WSET-certified Sommelier and member of the Society of Wine Educators, for a special afternoon of wine tasting. Mr. Gallagher is knowledgeable in all facets of wine selection, including pairing wine and food to achieve the most complementary experience.

While you're here, meet our professional staff, mingle with residents and guests and take a tour of our community. Find out first hand what we do to make our community a place that seniors are proud to call home.



Event Details

Sunday, June 27th
3:30 p.m.

*Please RSVP by June 24th
by calling 301-656-1900.*



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Village Council Corner

Hanging Flower Baskets Are Back

Our landscape maintenance contractor, Ruppert, has installed hanging flower baskets on streetlight poles throughout the Village. The baskets are filled with wave petunias. Look for them to continue filling in and cascading as the summer progresses. Special thanks to Councilmember Al Morris for his tireless efforts in overseeing the landscaping work again this year.



Council action at the May 10 meeting:

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

Shuttle Bus Adds Whole Foods Stop



Patrick Voltaire, one of our drivers from RMA, welcomes passengers to the Village shuttle bus. The bus features new lettering above the front windshield and expanded Village logos on the sides and back. A stop at Whole Foods was added on May 18.

Census Reminder

If you have not already done so, please mail back your 2010 Census form. Participation is easy and safe. The form takes about 10 minutes to complete.



Friendship Heights

VILLAGE NEWS

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

Check out our website:

www.friendshipheightsmd.gov

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June 2010 events calendar