



Friendship Heights



VILLAGE NEWS

OCTOBER 2009

301-656-2797

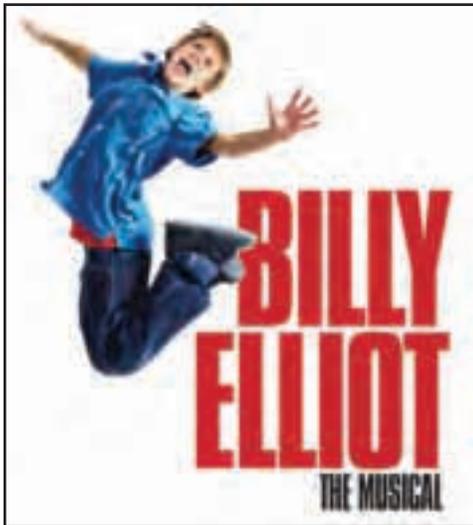
VOLUME 24, NO. 5

Flu Shots
see page 4

A New York holiday: Billy Elliot and the Met

Get in the spirit of the season with an overnight trip to New York on **Tuesday, Dec. 8**. Enjoy an elegant meal, a tour of the newly reopened American Wing of the Metropolitan Museum of Art, and, the year's hottest musical, *Billy Elliot*.

We will leave the Village Center at 8 a.m. and arrive in New York in time for lunch at Jacques Brasserie, an elegant Upper Eastside French bistro.



The menu (you will make your choices at the restaurant) includes: a green salad, choice of roasted chicken, pan-seared steak, or salmon, a vegetarian pasta, and a delicious dessert. Coffee or tea is included.

Following lunch we will head over to the Met for a tour of the American Wing, which reopened in May with a ribbon-cutting ceremony with Michelle Obama. After more than two years of construction and renovation, the unparalleled collections of American furniture, sculpture, stained glass, architec-

Continued on page 7



BAMBERGER LECTURE: The Honorable William S. Cohen and Janet Langhart Cohen

Spend a fascinating evening with Former U.S. Senator and Defense Secretary William Cohen and Janet Langhart Cohen at the Village Center on **Thursday, Oct. 22, at 7 p.m.** (please note time).

Sec. Cohen and Ms. Langhart Cohen will discuss their remarkable lives and careers and their acclaimed work on race and reconciliation. A highlight of the evening will be a short reading by the couple from *Anne and Emmett*, a groundbreaking one-act play by Ms. Langhart Cohen about an imagined conversation between Anne Frank

Continued on page 16

'Jersey Boys' at the National Theatre!

Oh, what a night! Join us on **Tuesday, Nov. 17**, to see the award winning *Jersey Boys*, the rags- to- riches story of Frankie Valli and The Four Seasons.

The 2006 Tony Award winner for Best Musical tells the tale of four blue-collar kids working their way from the streets of Newark to the heights of stardom in the 1960s.

We will leave the Village Center at 6:30 p.m. and return by 11:30 p.m. The cost of the trip, which includes an Orchestra seat, transportation and driver tip, is \$125. Residents and one guest may sign up immediately; nonresidents may sign up Oct. 15. Please note: there is no space on the bus for a wheelchair. The play is not appropriate for children; language occasionally R rated (they speak Jersey!) There are 24 tickets available.

Shred-It Returns, see calendar page

CHILDREN'S PROGRAMS

B is for Boo

Don't miss our Children's Halloween Bingo Party

Here's a little twist on Halloween. Join us for a children's Halloween Bingo Party at the Friendship Heights Village Center **Friday, Oct. 30 from 7 to 8:30 p.m.** Kids can



play for a variety of great prizes, and refreshments will be served. Children are encouraged to come in costume.

The event is free, but you must sign up in advance at the Village Center or call 301-656-2797. Children must be accompanied by an adult, guardian or friend over the age of 13.

Art Classes for Children

The Friendship Heights Village Center will offer art classes designed just for children this fall. The classes will be part of a series on consecutive Thursday afternoons. Each series of classes will feature instructors specializing in a particular medium. The program is designed for school age students, ages 6 to 11. Each class will last 90 minutes, from 4 to 5:30 p.m.

The first series, which begins **Thursday, Oct. 8 and continue each Thursday through Oct. 29**, will focus on painting and will be taught by our curator Millie Shott. Enrollment is limited to ensure students get individualized attention.

The cost of this course is \$100, and includes instruction and materials.

Registration for this course will begin immediately at the Village Center. If you have any questions, please call 301-656-2797.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

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

ADVERTISING

The deadline for reserving space for the November issue is October 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 chance to see Cate Blanchett

We still have a few tickets to see *A Streetcar Named Desire* starring Academy Award-winning Cate Blanchett at the Kennedy Center on **Tuesday, Nov. 3.**

We will leave the Village Center at 6:30 p.m. and return before 11 p.m. The cost, which includes an Orchestra seat in the intimate Eisenhower Theater, transportation, and driver gratuity, is \$99.

Please note: the bus cannot accommodate wheelchairs.



Tea and Talk: White House tales

Gary Walters, the former chief usher at the White House, will speak at the Village Center on **Wednesday, Oct. 7, at 1:30 p.m.**

Mr. Walters will share his memories as well as some history of the famous home. He retired two years ago after 37 years of White House service.

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

New documents on the rescue of Jewish refugees

Richard Breitman, author, historian and professor, will discuss the book he edited, *Refugees and Rescue: The Diaries and Papers of James G. McDonald, 1935-1945*, at the Village Center on **Monday, Oct. 19, at 7:30 p.m.**

Refugees and Rescue presents new evidence that challenges widely held opinions about Franklin D. Roosevelt's views on the rescue of European Jews before and during World War II. James McDonald, chairman of FDR's advisory committee on refugees from May 1938 until nearly the end of the war, wrote

Continued on page 6

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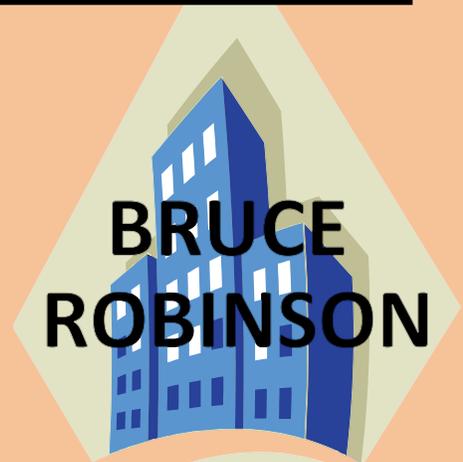
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Village Center hosts Gail Collins

New York Times columnist Gail Collins will discuss her new book, *When Everything Changed: The Amazing Journey of American Women from 1960 to the Present*, at the Village Center on **Tuesday, Oct. 20, at 7:30 p.m.**

Ms. Collins joined the Times in 1995 as a member of the editorial board and later as an Op-Ed columnist. In 2001 she became the first woman ever appointed editor of the Times's editorial page. She returned to The Times as a columnist in 2007.

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

David Frum at the Center

Conservative columnist and editor David Frum will speak at the Village Center on **Sunday, Nov. 1, from 5 to 6:30 p.m.** "A Conversation with David Frum" is co-sponsored by the Norman and Florence Brody Public Policy Forum of the University of Maryland and the Friendship Heights Village Council and hosted by Doug Besharov.

Mr. Frum is a resident fellow at the American Enterprise Institute and the editor of NewMajority.com. He is a commentator on public radio's Marketplace and a columnist for *The Week* and Canada's *National Post*. From 2001 to 2002, he served as a special assistant to President George W. Bush. He has written six books, most recently *Comeback: Conservatism That Can Win Again*. Please be aware that this event will be taped for UMTV. Sign up for the forum by calling 301-656-2797.

Behind the scenes with the Secret Service

Bestselling author Ronald Kessler will discuss his book, *In the President's Secret Service*, at the Village Center on **Thursday, Nov. 12, at 7:30 p.m.** Mr. Kessler conducted exclusive interviews with more than 100 current and former Secret Service agents and reveals in his book startling, previously untold stories about the presidents, from Kennedy to Obama. A former reporter for the *Washington Post* and the *Wall Street Journal*, Mr. Kessler has won sixteen journalism awards. Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.

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A Holiday Affair

Mark your calendars for our annual artisan show on **Saturday, Nov. 7, from 10:30 to 3 p.m.** at the Village Center. Great hand-crafted gifts for your family, friends, or even yourself. Local artists and artisans will be on hand with scarves, pottery, jewelry, glassware and more. The event is free. Watch the November newsletter for more details.

A Dinner Dance with Geppetto's and Emery Davis

Enjoy delicious dining and fabulous music from the Big Band era as the Friendship Heights Village Center presents a special dinner dance with Emery Davis on **Friday, Nov. 6, at 6:30 p.m.** Band leader Emery Davis carries on the tradition of his father, the world-famous Meyer Davis.

Dinner will be provided by Geppetto's Restaurant in Bethesda. The menu will feature vegetable lasagna or lasagna with Bolognese sauce, spaghetti, salad, delicious Italian bread, and of course, dessert. After dinner, you can sit back and relax or dance the night away as the Emery Davis Band delights us with its wonderful melodies.

The cost of the event is \$20 per person. Tickets are available immediately and must be purchased in advance at the Village Center. Tickets will be on sale until Tuesday, Nov. 3. Come on your own or bring a group of friends. Space is limited. There will be no tickets sold at the door. For additional information, contact the Village Center at 301-656-2797.

Technology 101

Do you know how a Kindle works? What an app on an iPhone is? Are the terms Bluetooth, Palm Treo, and Twitter strange to you? Can you work your TiVo and BlackBerry? Send a text message?

Lisa Throckmorton will return to the Village Center on **Friday, Oct. 23, at 3 p.m.** to answer all your technology questions. A highlight of the afternoon will be launching the Village Facebook page!

Ms. Throckmorton is Executive Vice President of SpeakerBox Communications, a leading technology public relations firm, and a Village resident. She has been recognized with numerous awards and achievements for her contributions to the communications profession and technology industry. She last spoke at the Center in June to a full house.

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

Dan Balz and Haynes Johnson to speak at the Center

One year after the historic Presidential election, Pulitzer Prize winner Haynes Johnson and **Washington Post** lead political writer Dan Balz will discuss their book *The Battle For America 2008: The Story Of An Extraordinary Election*, at the Village Center on **Thursday, Nov. 5, at 7:30 p.m.**

The bestselling book covers the undercurrents of race, gender, and class as the candidates battled from Iowa to the White House. The authors, two of America's best-known political reporters, followed the campaign from the candidates' first forays into Iowa and New Hampshire to Obama's victory celebration.

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



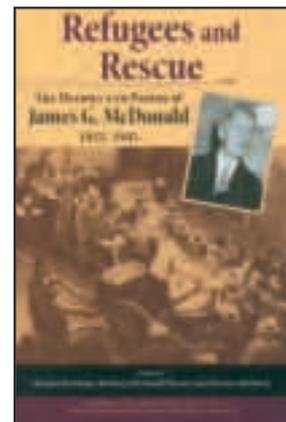
Jewish Refugees continued from page 3

entries in his diary that offer new insights into Roosevelt's response to the Holocaust.

Richard Breitman is Professor of History at American University and is the author or co-author of nine books and many articles in German and U. S. history, and the Holocaust. Dr. Breitman is editor of the US Holocaust Memorial Museum's journal, *Holocaust and Genocide Studies*.

He served as director of historical research for the Nazi War Criminal Records and Imperial Japanese Records Interagency Working Group, which helped to bring about declassification of more than eight million pages of U.S. government records under a 1998 law.

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



New York Trip continued from page 1

tural elements, ceramics, glass, silver, pewter, and jewelry are again accessible to the public. Twelve of the Met's historic interiors have been renovated, reinterpreted, and now feature interactive computer touch screens offering information about the rooms and their furnishings.

We will check into the Belvedere, a boutique hotel located in the heart of the theater district, before heading over to the theater. You may want to grab a quick bite at the hotel before we leave at 6 p.m.

Billy Elliot, the story of a working-class English boy who yearns to be a ballet star, won ten Tony Awards, including best musical. The play has been described as a "joyous, exciting and feel-good celebration of one boy following his heart and making his dreams come true."

Wednesday morning we'll enjoy the full American breakfast buffet at the hotel before leaving at 10:15. We will drive by Rockefeller Center for a look at the tree (anyone interested in purchasing tickets **on your own** to Radio City for the 11 a.m. performance, please talk to us right away). The bus will drop us off at Bryant Park (eight blocks away at 6th Ave. at 42nd St.) where a holiday fair transforms the park into an old-fashioned market styled in the European tradition featuring more than 120 artisans and merchants from around the world. It even has a free gift-wrapping station. You will have several hours

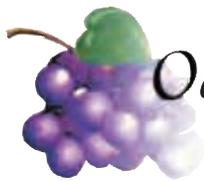


to shop and enjoy lunch on your own. We will leave for home around 2 p.m. **Please note that this trip requires a great deal of walking.**

We will depart from the Village Center at 8 a.m. on Tuesday and return around 6:30 p.m. Wednesday. The cost of the trip, which includes an Orchestra seat ticket to *Billy Elliot*, a three-course lunch at Jacques Brasserie, admission to the Met, hotel accommodations and breakfast, transportation, and tips and taxes is \$549 per person based on double occupancy. The single supplement is \$160. A deposit of \$275 is due when signing up; the deposit is refundable until Oct. 15. The balance is due Nov. 1. Residents and one guest may sign up immediately; nonresidents may sign up Oct. 8. **After Oct. 15 the price increases to \$599.** There are 25 spaces available.

The perfect place for dinner before a Strathmore show

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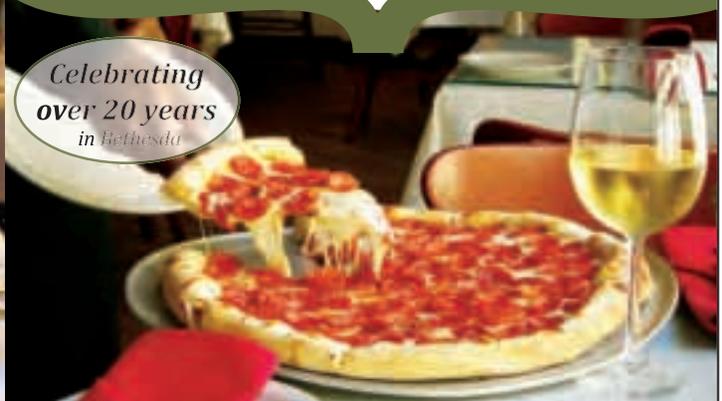


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PLAYING on the BIG SCREEN

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.

All movies begin at 7 p.m.

Thursday, Oct. 1, 7 p.m. —

Movie — *State of Play* — Oscar winner Russell Crowe leads an all-star cast in a blistering thriller about a rising congressman and an investigative journalist embroiled in a case of seemingly unrelated murders. Crowe plays D.C. reporter Cal McAffrey, whose street smarts lead him to untangle a mystery of murder and collusion among some of the nation's most promising political and corporate figures. Handsome, unflappable U.S. Congressman Stephen Collins is the future of his political party: an honorable appointee who serves as the chairman of a committee overseeing defense spending. All eyes are upon the rising star to be his party's contender for the upcoming presidential race. Until his research assistant/mistress is brutally murdered and buried secrets come tumbling out. McAffrey has the dubious fortune of both an old friendship with Collins and a ruthless editor, who has assigned him to investigate. In a town of spin-doctors and wealthy politicians, he will discover one truth: when billions are at stake, one's integrity, love or life is never safe. Also stars Ben Affleck, Helen Mirren and Rachel McAdams. Rated PG-13. Running Time: 127 minutes.



Thursday, Oct. 8, 7 p.m. —

Movie — *The Visitor* — Years after losing his wife, 62-year-old Walter Vale has also lost his passion for writing and teaching. In an effort to fill the empty void that his life has become, Walter makes a half-hearted attempt to learn to play classical piano. Later, when Walter's college sends him to a conference in Manhattan, he is surprised to

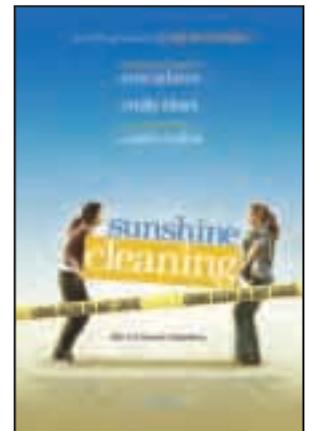


discover that a young couple has moved into his seldom-used apartment in the city. Tarek and his Senegalese girlfriend Zainab have fallen victims to an elaborate real-estate scam, and as a result they no longer have a place to call home. When Walter reluctantly allows the couple to remain in his apartment, talented musician Tarek insists on repaying his host's kindness by teaching him to play the African drum. Over the course of Walter's lessons, the aging academic finds his spirits revitalized while gaining a newfound appreciation for New York jazz clubs and Central Park drum circles. Later, Tarek is arrested in the subway and threatened with deportation after police learn that he is an undocumented citizen. Suddenly, in his attempt to help his new friend, Walter's passion for life is unexpectedly awakened. When Tarek's radiant mother Mouna arrives in the city in search of her son, that passion turns to romance — something that Walter had previously thought he would never experience again. Stars Richard Jenkins, Haaz Sleiman. Rated PG-13. Running Time: 108 minutes.

Thursday, Oct. 15, 7 p.m.

— Movie — *Sunshine Cleaning*

A single mom and her slacker sister find an unexpected way to turn their lives around in this off-beat, uplifting dramatic comedy. Once the high school cheerleading captain who dated the quarterback, Rose Lorkowski now finds herself a thirty-something single mother working as a maid. Her sister Norah is still living at home with their dad



Joe, a salesman with a lifelong history of ill-fated get-rich quick schemes. Desperate to get her son into a better school, Rose persuades Norah to go into the crime scene clean-up business with her to make some quick cash. In no time, the girls are up to their elbows in murders, suicides and other situations. By building their own improbable business, Rose and Norah open the door to the

Continued on page 17

ART and CULTURE

I'm Off, by Patricia Correa, Digital print

The Walk, by Lee Casey, acrylic



Girls Gotta Run!

"A Running Commentary" is the name of the exhibit this month in Friendship Gallery.

The Girls Gotta Run Foundation is a volunteer organization founded in 2006 to raise money to provide support for impoverished Ethiopian girls who are training to be runners. The training allows them to stay in school, avoid early marriage, and gain personal independence. Besides athletic shoes, GGRF provides money for training clothes, extra food ("calorie money"), coach subsidies, and other training-related expenses.

The contributing artists in the show donate at least 50% of the sale of their artworks; many donate 100%. All of the art represents the mission of GGRF in some way, such as girls, running, shoes, Ethiopia.

All are invited to meet the artists at a reception on **Sunday, Oct. 11, from 11 a.m. (note time) to 1:30 p.m.**, which will feature traditional Ethiopian dances and songs by "Addis Flower," a local Ethiopian children's performance group; the premier of a poem written especially for "the girls" by popular DC poet, Dehejia Maat, and an Ethiopian marketplace, with goods and crafts by several

local Ethiopian artists, craftspeople, businesses and non-profits. A special thank-you to Friendship Gourmet Market for donating some of the food at the reception. A minimum of 10% of the proceeds of all sales goes to the Girls Gotta Run Foundation.

The exhibit runs from October 7 to 31. 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.



Why Do You Love Friendship Heights?

"It's the people, many conveniences, and the shops!"

Stephanie D. - The Carleton

"I love the small town feel in the middle of the city."

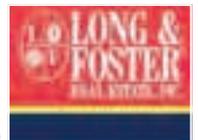
David S. - The Willoughby

"Some may favor Jimmy Choo shoes, but I fancy the flowers that line the sidewalks in Friendship Heights."

Marge B. - The Irene

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Friendship Heights Village Center



Calendar of Events 2009

O C T O B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



<p>4</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 5 p.m.: A Conversation with Susan Schwab</p>	<p>5</p> <p>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 7 p.m.: Café Muse</p>	<p>6</p> <p>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.: Mat Pilates</p>	<p>7</p> <p>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 1:30 p.m.: Tea and Talk: Stories From a Former White House Chief Usher 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Chang and Mutchnik</p>	<p>8</p> <p>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: The Visitor</p>	<p>9</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Painting is for Everyone</p>	<p>10</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>11</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11 a.m. – 1:30 p.m.: Art Reception</p>	<p>12</p> <p>Columbus Day Center Open 9 a.m. to 2 p.m. <i>(shuttle bus runs on weekend schedule)</i> 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya</p>	<p>13</p> <p>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.: Mat Pilates 8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>14</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 2 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: Fall Prevention and Balance 3 p.m.: Chair Yoga 5 - 7 p.m.: Shred- It 7:30 p.m.: Concert: Project Natale</p>	<p>15</p> <p>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: Sunshine Cleaning</p>	<p>16</p> <p>9:15 a.m.: Drop-in Tai Chi 10 a.m. – 3 p.m.: AARP Safe Driving 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Painting is for Everyone</p>	<p>17</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>18</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>19</p> <p>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 7:30 p.m.: Richard Breitman: Refugees and Rescue</p>	<p>20</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 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 7:30 p.m.: Gail Collins</p>	<p>21</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Depart for Montpelier 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 3:30 p.m.: Jazzin’ Through the Years 7:30 p.m.: Concert: Thomas Pandolfi</p>	<p>22</p> <p>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.: Hon. William Cohen and Janet Langhart Cohen</p>	<p>23</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Painting is for Everyone 3 p.m.: Tea and Talk: Technology 101</p>	<p>24</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>25</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>26</p> <p>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 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga</p>	<p>27</p> <p>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.: Mat Pilates</p>	<p>28</p> <p>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 2 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 3:30 p.m.: Jazzin’ Through the Years 7:30 p.m.: Concert: Ellouise Schoettler Stories</p>	<p>29</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 3 – 7 p.m.: Flu Shots 4 p.m.: Children’s Art Class 6:15 p.m.: Scrabble 7 p.m.: Movie: Monsters vs. Aliens</p>	<p>30</p> <p>10 a.m. – 2 p.m.: Flu Shots 10:30 a.m.: Coffee and Current Events 7- 8:30.: Children’s Halloween Bingo</p>	<p>31</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</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.

It’s Back - Shredding Truck returns to the Village

A truck from “Shred-It” will park on Friendship Boulevard next to the Village Center on **Wednesday, October 14, from 5 to 7 p.m.** This is a special service for Village residents only.



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 ART CLASS

A 4-week course for children ages 6 to 10, taught by Millie Shott, begins Oct. 8. Meets Thursdays from 4 to 5:30 p.m. cost is \$100 and includes materials. Maximum number is ten. Last class is Oct. 29. See page 2 for details.

PAINTING IS FOR EVERYONE

A 6-week course for all skill levels, taught by Millie Shott, begins Nov. 6. Meets Fridays from 1 to 3 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 \$70. Maximum number is ten. Last class is Dec. 18. (Class will not meet Nov. 27)

EXERCISE AND FITNESS

BALANCE AND FALL PREVENTION

This 6-week class begins Oct. 20. 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. Session ends Nov. 24. Questions? Email staraka4u@gmail.com.

CHAIR EXERCISE WITH TONYA

This 6-week class begins Oct. 21. 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. Session ends Nov. 25.

CHAIR YOGA AND MORE

This 4-week series taught by Louisa Klein begins Nov. 4. Meets Wednesdays from 3 to 4:15 p.m. Benefits body, mind and spirit using synchronized breathing and movement. Instills calm, steady, physical and emotional well being. Includes weight bearing and centering poses, isometrics, toning and strengthening. Learn skills to improve all body systems that you can incorporate into your daily life. The cost is \$40. Session ends Dec. 2.

MAT PILATES

This 6-week session begins Oct. 27. Meets Tuesdays from 7 to 8 p.m. The cost is \$80 for residents and \$90 for nonresidents. Taught by Ginger Russell. 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 Dec. 1.

STRENGTH TRAINING WITH CHERYL

This 6-week session begins Nov. 6. 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. Session ends Dec. 18 (class will not meet Nov. 27).

STRENGTH TRAINING WITH TONYA

This 6-week session begins Oct. 26. 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. Session ends Nov. 30.

STRETCH CLASS WITH TONYA

This 6-week course begins Oct. 20. 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. Last class is Nov. 24. Maximum number is 10. Questions? Email staraka4u@gmail.com.

TAI CHI (THURSDAY)

This 6-week session begins Oct. 22. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$40. Feel free to email instructor Thomas Johnson at taijitaj7@gmail.com if you have any questions about this class. Session ends Dec. 17 (class will not meet Dec. 3 and 10).

TAI CHI (TUESDAY)

This 6-week session begins Oct. 20. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40. Session ends Nov. 24.

MUSIC

JAZZ EDUCATION

This 3-week course begins Oct. 21. Meets Wednesdays from 3:30 to 4:30 p.m. Taught by Joe and Lou Natale, the course is designed to introduce jazz and the history of jazz from the 1920s to the present. For all ages. Students will sing, clap and play a percussion instrument along with Project Natale. Deadline to sign up is Oct. 13.

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.

CONCERTS

Free live music is presented every Wednesday throughout the year at 7:30 p.m. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

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. There is no cost.

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

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m., in Huntley Hall in the Village Center. As a courtesy to our performers, please turn off any cell phones or electronic devices. 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.

Wednesday, Oct. 7 — Chang and Mutchnik—Pianist Li-Ly Chang was born in Taiwan to a family with roots in traditional Chinese music and arts. Her western music training started at an early age and at the age of eight she was performing in schools and other concert venues. Ms. Chang has studied with noted master pianists Sacha Gorodnitzki, Leon Fleisher, Sequeira Costa, Fernando Laires, Walter Hautzig and Jack Winrock. Violinist Ronald Mutchnik graduated from the University of Maryland summa cum laude, where he studied with Robert Gerle. He won the Baltimore Music Club's and Baltimore Musicians' competitions. He earned his Master's degree from the New England Conservatory. He continued post-graduate studies at Tel Aviv University in Israel.

Wednesday, Oct. 14 — Project Natale — Brothers Lou and Joe Natale brings their unique blend of jazz and blues to the Village Center. Formed more than a decade ago, the group also features Carl Cornwell and Bob Butta.

Wednesday, Oct. 21 — Thomas Pandolfi —The young American pianist Thomas Pandolfi is an exciting virtuoso who, with each passing season, is becoming more and more sought after by audiences, and showered with superlatives by critics for his passionate artistry and amazing technique. A graduate of The Juilliard School, Pandolfi earned both his bachelor's and master's degrees as a scholarship student.

Wednesday, Oct. 28 — Ellouise Schoettler: Haunts and Stuff— Ellouise has been scaring up stories for grown ups at the Village Center for 10 years. This performance will feature family ghost stories, old tales and favorite yarns from the past decade. A professional storyteller for almost 20 years, Ellouise Schoettler grew up in North Carolina listening to tales on Granny's front porch. She is one of six storytellers in the nation to be invited to take part in the National Storyteller Festival in Jonesboro, Tenn., this October.

Lucky Friday the 13th — lunch and a show!

Before Meryl Streep starred in the film about Julia Child, Linda Kenyon was portraying the beloved cook and television personality in *Julia Says: Bon Appetit!* Enjoy this one-woman show at the Village Center on **Friday, Nov. 13, at 1 p.m.** Make it really special by coming for **lunch at 12 p.m.**



Julia Child introduced French cuisine and cooking techniques to America, but this play focuses on her private side — especially her relationship with her husband Paul Child. Linda Kenyon has worked with the Virginia Shakespeare Company, Source Theatre and the Washington Stage Guild. She appeared in the movie *Head of State* and her voice can be heard at several museums including the Postal Museum and the US Holocaust Museum as well as on the Discovery Channel and even in a video game! *Julia Says: Bon Appetit!* was written by Clay Teunis and directed by Ed Starr.

Lunch will be provided by the Sandwich Lady and served at noon. The cost is \$4 for salade de poulet au petit pain avec salade verte (chicken salad on a roll with green salad). Gateau et boisson (cookie and beverage) are included. Please reserve your lunch by Nov. 6. There are 40 spaces available for lunch.

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TO YOUR HEALTH

Fall Prevention and Balance

This month's Suburban Health Lecture at the Village Center on **Wednesday, Oct. 14, at 1 p.m.** will focus on balance.

Lynn Koenig, physical therapist from Suburban Hospital's physical medicine department, will discuss avoiding falls and offer information on diagnoses related to falls, such as vertigo, MS, Parkinson's, peripheral neuropathy and rehabilitation. Balance is complex and includes touch, vision, and vestibular (inner ear) sensors, which can be examined and treated to reduce symptoms. 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: Maximizing your vision independence

Join in a lively discussion with Dr. Stanley Tempchin, Director of Low Vision Services, George Washington University Department of Ophthalmology, at the Village Center on **Tuesday, Oct. 20, at 12:30 p.m.** Dr. Tempchin will discuss current trends, optical solutions, and vision rehabilitation.

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.

Fight the flu!

Friendship Heights has scheduled two **seasonal flu** shot clinics this fall. The MedStar Health Visiting Nurses Association will administer the vaccine at the Village Center on **Thursday, Oct. 29, from 3 to 7 p.m.** and on **Friday, Oct. 30 from**

10 a.m. to 2 p.m. to anyone over the age of nine. A total of 600 shots will be given. **Registration is a must.**

- Cost is \$30 (cash or check payable to Medstar VNA only).
- No charge for individuals with Medicare Part B (non-HMO) – but you must bring your card.
- VNA does not accept Medicaid

A limited number of pneumonia shots (PPV) will also be available. The PPV is recommended for adults over 65 or anyone who has a long term health problem or disease that lowers the body's resistance. If you have had the PPV in the last 5 years, ask your doctor if a second one is needed. The cost for a pneumonia shot is \$55; registration is required.

Call 301-656-2797 to register. Village residents may register immediately; nonresidents may sign up Oct. 11. **You must have an appointment to receive a shot.**

- We hope to offer H1N1 (swine flu) vaccine when it becomes available. Look for information in next month's newsletter or posted in your building.



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Bamberger Lecture continued from page 1

and Emmett Till when the two teenagers meet after death. Anne, a Jew, died in a Nazi concentration camp during World War II and Emmett, an African American, was lynched by white racists during the Jim Crow era. His death was one of the major events that led to the American Civil Rights movement.

William S. Cohen won election in 1972 to the House of Representatives, representing Maine's 2nd congressional district, and was elected to the Senate in 1978, where he served for 18 years. After retiring from the Senate, he was appointed by President Bill Clinton to the position of Secretary of Defense during Clinton's second term, from 1997 to 2001. This appointment was rare because it was one of the few political appoint-

ments that crossed party lines in recent history. He was recently honored for his work on genocide prevention. Sec. Cohen currently heads The Cohen Group, providing global business consulting services and advice on tactical and strategic opportunities in virtually every world market.

Janet Langhart Cohen, President of Langhart Communications, is an Emmy-nominated journalist who began her television career on CBS in Chicago. During her 25-year career, Ms. Langhart Cohen has appeared on ABC, CBS, NBC and BET; hosted ABC's *Good Day in Boston*; covered special assignments for Entertainment Tonight; and produced several programs, including *On Capitol Hill with Janet Langhart*. As an overseas correspondent, she covered news in Europe, Africa and the Middle East. She was recently invited to speak before the Senate Judiciary Committee on pending hate crimes legislation. With her husband, Ms. Langhart Cohen will host the third annual Race & Reconciliation Conference in Washington, D.C. in 2009.

Sec. Cohen is the author of eleven works of nonfiction, fiction, and poetry. Ms. Langhart Cohen is the author of *From Rage to Reason: My Life in Two Americas*, her memoir. The two co-authored *Love in Black and White, A Memoir about Race, Religion and Romance*.

Please join us for this very special Bamberger event. Copies of their books will be available for purchase. Sign up by calling 301-656-2797.

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Movies continued from page 8

joys and challenges of being there for one another—no matter what—while discovering personal healing in the most unexpected way. Stars Amy Adams, Emily Blunt and Alan Arkin. Rated R. Running Time: 104 minutes.

Thursday, Oct. 22, 7 p.m. — *An Evening with Secretary William and Janet Langhart Cohen* — see page 1 for details.

Thursday, Oct. 29, 7 p.m. — *Movie — Monsters vs. Aliens*

— This animated 3-D film features the voices of Reese Witherspoon, Hugh Laurie, Stephen Colbert and Kiefer Sutherland. When California girl Susan Murphy is unwittingly clobbered by a meteor full of outer space gunk on her wedding day, she mysteriously grows to 49-feet-11-inches tall. The military jumps into action and Susan is captured and sequestered away to a covert government compound. There, she is renamed Ginormica and placed in confinement with a ragtag group of Monsters. Their confinement is cut short, however, when a mysterious alien robot lands on Earth and begins storming the country. In a moment of desperation, the President is persuaded to enlist the motley crew of Monsters to combat the Alien Robot and save the world from imminent destruction. Rated PG. Running Time: 94 minutes.



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Cafe Muse presents...

This month's Café Muse, on **Monday, October 5, at 7 p.m.**, presents a reading by poets Angie Estes and Kathy Fagan.

Angie Estes is the winner of the Peregrine Smith Poetry Prize for *The Uses of Passion*, and the Field Poetry and Alice Fay Di Castagnola Prizes for *Chez Nous*. Her new book is *Tryst*. Her work appears widely in *The Paris Review*, *FIELD*, *Boston Review* and other publications. She teaches at Ohio State and Ashland Universities.

Kathy Fagan is the author of *The Raft*, (National Poetry Series) *MOVING & ST RAGE*, (Vassar Miller Prize), *The Charm* and, most recently, *Lip*. Her work appears in *Slate*, *Kenyon Review*, *Ploughshares*, *TriQuarterly*, and numerous other publications. She is Professor of English at Ohio State University, where she serves as Poetry Editor of *The Journal*.

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.



Driver Safety Program at the Center

The AARP Driver Safety Program helps drivers refine skills and develop techniques. Upon successfully completing the course, graduates may be eligible to receive a discount on their auto insurance premiums.

The one-day course will be offered **Friday, Oct. 16, from 10 a.m. to 3 p.m.** at the Village Center. The cost is \$12 for AARP members (please bring your membership card when you register) and \$14 for nonmembers. Checks should be made out to AARP. A minimum of 12 students is required or the class will be cancelled. Students must bring to class with them their driver's license and a ballpoint pen. Barbara Newland will be the instructor. Please register at the Village Center.



Walk To Cure Alzheimer's

As many as 5.3 million people in the United States are currently living with Alzheimer's today according to the Alzheimer's Association. Grab your sneakers and join our community team for the annual Alzheimer's Association Memory Walk®. Get some exercise, have some fun and meet new friends while we walk for this important cause. If you are unable to join us, we encourage donations to the Alzheimer's Association. Call for full details about how to join our Memory Walk® team.

Since 1981, Sunrise Senior Living has been committed to providing seniors, families and caregivers with innovative senior living and care options.

EVENT DETAILS

Join us for the National Memory Walk
in Washington, DC on
Saturday, October 17, 2009
Opening Ceremonies will begin at 10:00
a.m. with WALK to immediately follow
Distance: 1 mile and 3 mile options

Please call 301.656.1900
to sign up or for donations

SAVE THE DATE:

Wednesday, October 14 from 6:30pm – 8:00pm.: Free presentation from the Arthritis Foundation Metro Washington Chapter featuring Dr. Angus B. Worthing of Arthritis and Rheumatism Associates. Dr. Worthing is a member of the American College of Rheumatology, the American College of Physicians, and the Rheumatism Society of the District of Columbia. Light refreshments provided.

Please kindly RSVP by October 7th to 301.656.1900

Thursday, October 22, 2009 from 7:00pm – 8:00pm: Join us for our festive Octoberfest featuring German music by Joy of Maryland. Light refreshments provided. Please kindly RSVP by October 15th to 301.656.1900



Chevy Chase Brighton Gardens at Friendship Heights 301-656-1900 5555 Friendship Blvd

Assisted Living • Memory Care

For more information and a FREE online newsletter, visit
www.sunriseseniorliving.com

Village Council Corner

Council Fights to Keep Post Office Open

We have sent petitions with over 2300 signatures to the United States Postal Service, along with a letter from Mayor White and the Council, opposing the potential closing of the Friendship Heights post office. County Executive Ike Leggett has also sent a supporting letter and we continue to enlist the help of our elected representatives. If you haven't yet signed a petition please do so right away. We need to be sure the USPS knows how important this facility is for our community, especially for the elderly and disabled!



Maggiano's (left) and Chipotle (opposite column) were two of the restaurants providing delicious food at the Taste of Friendship Heights.

Photos by Joel Williams

Taste of Friendship Heights—Big Success!

A large crowd came to the third annual Taste of Friendship Heights event on September 12. By the end of the day over 8,700 tickets were sold. A portion of the proceeds is being donated to the Community Council for the Homeless at Friendship Place. Special thanks to the Friendship Heights Urban Network (FHUN) and all our sponsors and volunteers!

Council actions at the September 8 meeting:

- Authorized charging first phase of Willoughby Park landscaping project to Capital Improvements Fund;
- Adopted Village debt policy as required by State law;
- Authorized Mayor to send letter opposing the potential closing of the Friendship Heights Post Office;
- Discussed potential design of Village flag.



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

October 2009 events calendar