

New member month at BMAV

Have you talked with a friend or neighbor about how much you enjoy being a member of the BMAV community? The programs, socials, events and the fun you have together? September is new member month for Bethesda Metro Area Village, the perfect opportunity to introduce that friend or neighbor to a village event so they can see for themselves.

There will be a new member social on September 17 at Tim French's home for potential members *and* new and longtime members. All are invited to mix and mingle and get to know each other better. In fact, you can invite a potential member to join you at any village social event. It's a great way neighbors and friends can get to know our community before deciding to join. Just be sure to RSVP to director@bmvillage.org.

What our members say about BMAV

As years have gone by, I've kept up with several long-term friends, but it was very hard to meet new people. Since I joined the village, I've met many who live nearby, several of whom have become true friends. It's been very uplifting to have great new friends in my life, especially during the COVID-19 isolation.

- a happy BMAV member

Not a member but thinking about joining BMAV? Visit our [website](#) to learn more about the village and BMAV membership. If you know someone who's a member, ask to come as a guest to one of our social events, such as the new member social, above, or one shown in the "Upcoming events" section beginning on page 4. We'd love to meet you and tell you what a

positive effect being a member can have on your life, as it has had on ours. If you have any questions, email Executive Director [Elizabeth Haile](#) or call 240-630-2628.

The power of knowing your neighbors

A majority of Americans don't know most of their neighbors, and they barely talk to the ones they do know, according to an [article](#) by Erica Pandey. We're leaving our homes with our screens in our hands, and the pandemic made us even less likely than before to stop and chat with new folks. As a result, for many, the people living around them are strangers.

Why does it matter? Because strong neighborhoods boost the health, happiness, and longevity of the residents. The benefits of knowing thy neighbor abound:

- Older adults who know their neighbors report a far higher sense of psychological wellbeing.
- People who know their neighbors are generally cheerier, healthier and spend more time outside.
- Tight-knit neighborhoods have lower rates of gun violence.
- In well-connected neighborhoods, fewer lives are lost in tragedies, including natural disasters and mass shootings.

The bottom line: befriending your neighbors is good for you.

If you don't feel connected with your neighbors, would like to get to know near and not-so-near neighbors, broaden your network of friends, and feel a sense of community, consider joining Bethesda Metro Area Village!

On display at Connie Morella Library



For the month of September, creations of members of BMAV's Knitting, Needlework and Friends shared interest group are on display at the Connie Morella library in two lighted cases. The display showcases the members' skills, generosity, and enjoyment in creating things

together and supporting each other as well as the community. Stop by and take a look!



Over the years, members have created and donated over 200 items to various local charitable organizations, including the Diaper Bank, Bethesda Cares, and Walter Reed Hospital (oncology).

If you're interested in needlecrafts, you are invited to join an upcoming meeting of the knitting and needlework group on Zoom or in-person. Contact [Sandi Ross](#).

[The group was saddened to learn of the recent death of member and expert needleworker Judy Quinn, whose specialties were crewel and embroidery.]

Interview with member Jane Stanley

Jane Stanley, a BMAV member since 2015, moved to Bethesda in 1991. Before that, she spent years abroad in France, Peru and Germany. Each had an important influence on her life.

Jane's first taste of the world was a trip to France when she was 14. She was placed with a wealthy family that owned two castles and several homes in Europe and traveled with the family in their chauffeured Bentley.



She returned to France in subsequent summers, and eventually for a full year, when she took courses in Paris instead of completing her senior year of high school back home. She applied to several U.S. colleges and universities, making clear she didn't have a high school degree. She was accepted by all but one (Stanford), which refused to consider her without a degree. Jane ended up at Radcliffe College. Nearing graduation, she got a Fulbright scholarship based on her proposal to study rural residents of Peru who moved to Lima and to document their lives through photography.

During her time in France and life in New York, Jane had had no direct contact with people of modest means who struggled to make ends meet. Peru changed that. She describes her time there as "transformative." Her experiences in Peru helped bridge the gap, breaking down the invisible barriers that unfamiliarity creates. She learned to see people, regardless of their means, as people just like her but with fewer opportunities.

She lived for a year with a working-class family outside Lima in a "barriada," in a small house built by the father, a shoemaker. She came to know the family members well. She traveled with them to the rural areas they migrated from and met the members of their extended family. Her photos of them were exhibited at the U.S. Embassy.

Behind the house where Jane lived was a one-room shack occupied by a 21-year-old mother and her four children. Jane's experience in Peru transformed her view of the world, and she decided that she wanted to help transform the lives of that young family. After she went home, she proposed to her parents that she bring them to the U.S. to help them get an education and a fresh start on life. Her father agreed, on the condition that Jane follow in his footsteps and become a lawyer. Done and done. The family came, graduated from local schools and went on to live good lives; two became policemen in NYC.

Jane earned a law degree from Columbia Law School. Law degree in hand, she moved to Washington and clerked for a DC appellate court judge, followed by a decade at the U.S. Department of Labor (DOL). She married and not long afterward moved with her husband to Germany for his assignment with the Air Force Judge Advocate General Corps. They had the first of their two children there. Jane kept her oar in the water by doing legal writing on the area of law she had practiced at DOL.

To enable Jane to work from home, the family hired a German widow to help with their son. "Oma" later moved with them to Bethesda. She had a profound influence on the children's lives and lived with the family for the next fifteen years, until Jane's older son left for college. She retired to Germany but returned to be with Jane's family at least four months every year until she died.

Jane was an editor of the American Bar Association's annual treatise on employee benefits. She then moved into the non-profit world, where she continues to play a leadership role for two related nonprofits her father started.

On the personal side, Jane is in the process of "lining up all her ducks" as she prepares for the future. She finds BMAV's Aging Well special interest group an especially helpful resource.

Jane likes Bethesda Metro Area Village because of the many ways it reaches out to members. Whether a person participates in many or few events, the village provides a sense of belonging and being part of a larger community. "BMAV," she said, "is doing a very good job."

[Using her lawyer's skills, Jane helped with the legal work in getting 501 (3)(c) non-profit status for BMAV before it opened its doors in 2016. She also was an informal advisor during BMAV's start-up, including how to structure committees and what the village's legal requirements are. Ed.]

Upcoming events. Mark your calendars now, and think of non-member friends or neighbors who might welcome the chance to join you at a village event or two.



Registration by members for virtual events is not required. The Zoom link is sent to members by email for each event. For BMAV events that are open to the public, registration instructions for non-members are noted below.

LGBTQ + Seniors group meetings. The Silver Spring and Takoma Park villages invite BMAV and other villages to join sexual and gender minority adults “of a certain age” for conversation, education and community-building in a safe and friendly environment. The group meets every other Tuesday, 4-5 pm, usually via Zoom but sometimes in person. The next meeting is September 6. For more information, send an email to Doug.Gaddis@silverspringvillage.org.



Medical notetaking training for volunteers. Wednesday, August 31, 11:30 am-2 pm, via Zoom

Sometimes the amount of information coming from a health provider to the patient can be overwhelming, and in the heat of the moment, it's easy for patients to forget the questions they meant to ask the provider. Volunteer medical note-takers can help members organize their questions, accompany them to appointments to take careful notes, and ensure the appointment has a two-way flow of information.

This notetaking training is provided by the executive director of Northwest Neighbors Village, DC and is open to volunteers from all DC-area villages. BMAV volunteers are welcome to join to learn this skill and offer it as part of rides to medical appointments.

Those who have not yet volunteered but would like to provide this particular service are also welcome to register. RSVP to director@bmafvillage.org required. Training materials can be provided to those who cannot attend.

Responding to dementia-related behaviors, Friday, September 9, 1-2 pm, via Zoom

Behavior is one of the primary ways people living with dementia communicate their needs and feelings as their ability to use language is lost. However, some behavior can present real challenges for caregivers to manage. Sheila Griffith, MS, NHA, program manager for Alzheimer's Association National Capital Area Chapter, will help caregivers learn to decode behavioral messages, identify common triggers, and use strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

Presented for all area villages members, volunteers, and neighbors, in collaboration with BMAV. Registration required [here](#).

Time to defy gravity! What you can do to manage your fall risk, for BMAV members and volunteers. Monday, September 12, 2-3 pm. [RSVP](#) for Zoom link.



Falls are not a normal part of aging. There are many things you can do to manage your fall risk. In this 60-minute discussion led by two physical therapists, you will learn about your own fall risk and what you can do about it, including learning to view falls as controllable, setting goals for increasing activity levels, and making

small changes to reduce your fall risks at home. Also presented will be a series of exercises you can do at home to improve strength and balance.

Tech Tuesday, September 13, October 11, 12-1 pm, via Zoom.

BMAV members and volunteers, please join us the second Tuesday of every month at noon to talk tech with volunteer Tony Mastria. He gives advice on universal problems and answers your specific questions about computers, smartphones, anything tech-related. Open to full and social members. Join as many or few sessions as you like, but send an RSVP by the day before with your question to give Tony time to prepare.

Tony also discusses a new topic each month. In September, it'll be cloud storage -- what is it, how to access it, what are your options. In October, he'll talk about digital payment apps, such as Venmo and PayPal.

Design your life for success, September 14, 21, 28, 6:30 pm, via Zoom

In collaboration with Sibley Memorial Hospital Senior Services, BMAV offers an encore of Chris Palmer's free workshop on how to improve your life. Chris explores the goals, strategies, and tactics necessary to live a successful, fulfilled, and productive life. He will encourage you to reflect on your life, consider what really matters to you and how to find purpose and meaning in life. The idea is to actively design our lives rather than simply drift forward, reacting to what happens to us.

Attendance at all three classes is encouraged. Registration required before September 12. Register [here](#), at jsmit470@jhmi.edu, or call 202-364-7602.

Bicentennial celebration of Lafayette's Farewell Tour of America. Thursday, September 15, 2-3 pm. Open to the public.

Lafayette, the last surviving major general of the American Revolution, first fell in love with America at the age of 17. Fifty years later, he made a triumphant return to the country he loved for a farewell tour. From August 15, 1824, to September 9, 1825, Lafayette covered over 6000 miles by carriage, stagecoach, canal barge, and steamboat, traveling to all 24 existing states and "Washington City." Everywhere he went, Lafayette was met with adoration and accolades.



Dr. Patricia Maclay, a lifetime member of the American Friends of Lafayette, will cover the details of Lafayette's Farewell Tour of America, how it will be celebrated in 2024-2025, and how everyone will have the opportunity to get involved.

Co-hosted by BMAV and Connie Morella Library. Zoom link [here](#).

New member social. Saturday, September 17, 5-7 pm

New members, longtime members, and potential members are invited to meet, greet and socialize over light refreshments and drinks at Tim French's home. Invite a friend or neighbor to come and enjoy our community before deciding to join BMAV. New members who joined over the last year and have not met others in-person are especially invited. Space will be provided indoors and out. Masks are required indoors when not eating and drinking. Parking on Fairfax Road is available. There is room in the driveway for two cars for those with mobility issues. Maximum 30. [RSVP](#) required.

Preparing for a better end, Sunday, September 18, 4-5 pm, via Zoom

Many people die badly and expensively -- in fear, in pain, hooked up to tubes and ventilators, overtreated, and in an ICU instead of surrounded by loved ones at home. We can die peacefully, gently, painlessly, and with life tasks completed, but it takes forethought and planning. The realities of 21st-century medicine allow most of us to have some say in how, when, and where we will die if we take a few simple, free steps.

In this session, Dan Morhaim, M.D., will bring practical guidance and empowerment to this challenging and universal topic. He'll draw on his experiences as a physician and Maryland state legislator with true-life stories and up-to-date medical and legal information to make the case that advance care planning is a necessity for every adult.

All BMAV members are warmly invited to attend this popular Aging Well shared interest discussion group, led by Chris Palmer. Potential members are also encouraged to attend. ([RSVP here](#)). The Zoom link will be emailed to you.

How to enjoy contemporary art. Monday, September 19, 3-4 pm

Contemporary art can be pretty intimidating and more than a little confusing. On this virtual tour of the Smithsonian American Art Museum with volunteer docent Bob Ferguson, we'll look at art created since 1970 and explore some tips that may help you make a bit of sense out of it.



In-person trivia night, Tuesday, September 20, 4 - 5:30 pm

Trivia night is back, but this time in-person, at Gail Shearer and Chris Palmer's home. We will gather on the patio to enjoy drinks, nibbles, and a trivia competition. Everyone comes with three to four trivia questions (and answers) they think might stump other guests. If you can't think of questions, come anyway! Chris will have extra questions in his back pocket. Invite a friend or neighbor to come with you and see how much fun it is to be a member of BMAV. [RSVP](#) required.

Visit to Glenstone Museum, Friday, September 23, 11 am

BMAV has reserved a block of five tickets to Glenstone Museum. Free. The indoor and outdoor pavilions are now open, as is outdoor dining. Enjoy the large and spectacular expanded exhibition space, including outdoor sculptures in fabulously landscaped spaces designed for the collection. The Gallery just opened an exhibition featuring two recent paintings by R.H. Quaytman. The Pavilions feature new installations by Glenn Ligon and Tacita Dean.

[RSVP](#) required. Tickets will be emailed. We can arrange carpooling for social members. Full service members, call if you need a ride.

National Building Museum, 401 F St NW, Washington, DC, Friday, September 23, 11 am

Join Sylvia Winik and other BMAV members and friends on a visit to the National Building Museum to see the exhibit on Notre Dame, an augmented reality experience showing how the badly fire-damaged landmark cathedral continues to be conserved and restored. We'll also see "The Wall/ El Muro: What is a Border Wall?" an exhibit that examines the wall between the U.S. and Mexico.

The museum is directly across the street from the Judiciary Square Metro exit (Red Line). Sylvia plans to drive; let her know if you'd like a ride. Tickets are \$7. Stay for lunch afterward if you like. RSVP required to [Sylvia](#) or via the BMAV website.

Georgetown Canal boat trip. Thursday, September 29, 2-4 pm. Rain date September 30

All aboard Georgetown's new C&O Canal boat! Georgetown Heritage will give a one-hour guided historical tour of the first mile of the canal. Learn about the fascinating history, technology and culture of the C&O Canal, and the surprising stories of the people who lived, worked and played here over the past two centuries. [RSVP](#) and [ticket purchase](#) required. \$15, \$10 for seniors 65+. Full service members, contact Elizabeth for a ride. We can set up carpools for social members. Detailed directions to parking garages in the area will be provided. This event is a collaboration among BMAV, Chevy Chase At Home, and Bradley Hills Village.

DC mural walking tour, NoMa and Union Market, Monday, October 3, 10 am-1 pm

You'll discover dozens of old and new murals while learning firsthand about the artists and art scene in DC on this tour, led by DC Mural Tour. For members who went last year, note you will see new murals from the 2022 DC Walls Mural festival.



[RSVP](#) required. Be prepared to walk in any weather. Fee: \$20 per person if our group is ten or more, payable at the beginning of the tour. Open to BMAV members and guests.

Tech Tutors: one-on-one help with your devices. Monday, October 10, 3-4 pm, BMAV members only

Do you have a question about using your iPhone or Android smartphone? Want to learn how to add or use apps or how to text? Bring any of your portable devices (phone, iPad, Kindle, laptop) to the library and get your questions answered by tech-savvy area students. You'll be paired up with a student volunteer who can help diagnose and fix most any troubles with your devices. You will need to know your logins for Apple ID or other accounts.

[RSVP](#) required by October 7 so that we can match you up with a student. If this time slot doesn't work for you, please let us know and we'll try to set up a different day or time.

Present at the creation: A Chat with Susan Stamberg, founding mother of NPR. Tuesday, October 11, 1-2 pm. Registration required [here](#).

Join BMAV, Bradley Hills Village and Chevy Chase At Home for an engaging conversation with Susan Stamberg, nationally renowned broadcast journalist and special correspondent for National Public Radio. Beginning in 1972, Stamberg spent 14 years as co-host of NPR's award-winning newsmagazine *All Things Considered*. Then, for three years, she hosted *Weekend Edition Sunday*. She now reports on cultural issues for various NPR programs, with a special emphasis on visual arts.



Stamberg is the first woman to anchor a national nightly news program and has won every major award in broadcasting. She has been inducted into the Broadcasting Hall of Fame and the Radio Hall of Fame.

BMAV game night, Wednesday, October 12, 4:30-6:30 pm

BMAV members are invited to a night of fun and games at Barbara and Bob Berish's home. Play pool, darts, or mini golf, or bring a board game of your choice to play with other aficionados. All are welcome.

[RSVP](#) required, maximum 12.

This present moment: crafting a better world, Tuesday, October 18, 1:30-2:45 pm, Renwick Gallery

Melissa Clark, BMAV member and docent for the Smithsonian American Art Museum, will give an in-person tour at the Renwick Gallery of "This Present Moment: Crafting a Better World," which showcases the dynamic landscape of American crafts today. The exhibition centers on expansive definitions and acknowledgments of often overlooked histories and contributions of women, people of color, and other marginalized communities.

Maximum 10 people. [RSVP](#) required. Carpools can be set up. There is limited on-street parking at meters; several paid parking garages are available in the neighborhood. The Renwick is two blocks from the Red Line Farragut North Metro station.

Balance, flexibility and strength, oh my! Wednesday, October 19, 1-2:30 pm

Maintaining health and fitness as we get older is so important. Staying active helps us to not only keep doing the things we want to do, it also helps with preventing and managing chronic conditions and decreases our risk for a fall.



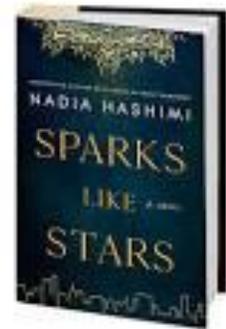
Dr. Sara Pappa, a master certified health education specialist (MCHES) and assistant professor in the Health and Human Performance Department at Marymount University, will give an informative presentation on how to incorporate safe and effective exercises into daily life. This virtual presentation will include sample exercises that you can do at home and practical strategies for falls prevention and other tips to reduce your risk for a fall.

Open to all area village members, volunteers and friends. Registration required [here](#).

Sparks Like Stars, with author Nadia Hashimi, October 25, 2 pm, via Zoom

Bold, illuminating, heartbreaking, yet hopeful, *Sparks Like Stars* is a story of home: of America and Afghanistan, tragedy and survival, reinvention and remembrance. An Afghan American woman returns to Kabul to learn the truth about her family and the tragedy that destroyed their lives in this brilliant and compelling novel.

Nadia Hashimi is a pediatrician-turned-novelist who draws on her Afghan culture to craft internationally bestselling books for adults and young readers. Her novels span generations and continents, taking on themes like forced migration, conflict, poverty, misogyny, colonialism, and addiction.



Co-sponsored by BMAV and Connie Morella Library. Check bmavillage.org/ or the Montgomery County Public Libraries [website](#) for Zoom link information. Open to the public.

Tech tutors: BMAV website orientation, Wednesday, October 26, 2-2:45 pm, via Zoom

Executive Director Elizabeth Haile will go over how to use the new BMAV website and access the member directory, the forum, enjoy photos, find events, use the event calendar, and RSVP for events. There also will be a short refresher on Zoom, such as how to rename yourself or use the chat function. Elizabeth will answer any other BMAV-related questions. New and longtime members welcome.

Shared interest groups for members

Afghan refugee assistance. Since last fall, several BMAV members have been helping a young Afghan refugee family get settled in Bethesda. There's a current need for one-on-one English tutoring, minimum one hour a week. If you would like to help in this or other ways, contact Elizabeth at director@bmavillage.org and she will put you in contact with the right person in the Afghan refugee assistance group.

Aging well. This popular discussion group meets via Zoom monthly on Sundays at 4 pm; the next meetings are September 18 and October 16. Each session focuses on an interesting question or topic and we will hear from experts on end-of-life care, such as an emergency room physician, a palliative care doctor from Suburban Hospital, and a representative from Final Exit Network. To be added to his email list or for more information, contact host [Chris Palmer](#). Written summaries of members' contributions from these meetings are on the BMAV website in the [Forums](#) section (accessible to members only).

Armchair travelers. Do you have photos from trips you've taken? Armchair travelers would love to hear about your trips. [Diane Goldman](#) can help with the presentation if you don't know how to screen share; just send her your digital photos ahead of time. Please contact her if you're interested. Our next "trip" is a cross-country excursion via Zoom to National Parks at 3 pm on October 26.

Biking. Join other BMAV members on a slow and easy paddle in a calm section of the Potomac, September 26. \$18 per kayak for 1 hour single or double. RSVP required so that kayaks can be reserved. Details about kayak rentals and, if driving, parking at Fletcher's Cove, will be provided. Bikers will meet at 9:30 at Paul's Bakery at the start of Capital Crescent Trail. Those driving will meet at 10:15am at Fletcher's Cove.

Contact leads [Steve](#) and [Stephanie Sutton](#) and [Elyse Jacob](#) for further details, questions and to learn about additional rides.

Birding. [David Moulton](#) hosts birdwatching sessions online and sends email updates with photos and descriptions of birds to keep a lookout for. Contact him to be added to his list.

Book club. Meets monthly on Zoom on Tuesdays at 7 pm to recommend and discuss favorite works in any genre. Rather than all reading the same book and discussing one book, the group discusses whatever they have read and enjoyed. Authors occasionally join the Zoom events to discuss their books. See the website [Forums](#) for a compilation of recommendations. Hosted by [Jane Boynton](#). The next meeting is September 13.

Bridge. Meets daily for afternoon games via computer program or in person. If you'd like to join, contact lead [Marilyn Kerst](#) for more information.

Dining Out Together. Members of this new shared interest group, led by Janet and Richard Dante and Reid Detchon, go to a different restaurant once a to enjoy a fun meal out, sample new places (or new choices from old places), and get to know each other better. The next outings will be on Wednesday, September 7, 6 pm, at Q by Peter Chang, and October 25, place TBD. Seating will be outdoors, if possible, but may be indoors due to weather constraints. Name tags will be provided. Separate checks. Join us for a great time to get to know new neighbors and new food. RSVPs required; email [Janet Dante](#).

Coffee talk. Members meet on the second and fourth Thursday morning by Zoom or in person outside to share tips, activities, and inspiration. Hosted by [Ann Labriola](#) and [Naomi Collins](#). Make sure to RSVP for in-person meetups. Updates will be sent by 9 am.

Film fans. [Diana Kitt](#)'s film group meets monthly on Zoom to shares names of recommended films and to discuss, debate, critique two movies of the month members have selected. The next gathering is September 14 to explore favorite historical movies; *Becket*, *All the Presidents Men* and *Lincoln* are possibilities. This theme follows a couple of months of 'funniest ever' movies with *His Girl Friday* and *Turner and Hooch* leading the way. The theme varies month by month. Ten to twelve film fan regulars don't hold back providing their assessments of the reviewed movies, both positive and less positive. All enjoy movies and have gotten to know each other well in the process. All are welcome.

Gardening. [Ann Labriola](#) hosts a group that meets to share gardening tours, tips, questions and answers. Contact Ann to be added to the email list.

Happy hour. BMAV members meet online or in person for lively conversation and good cheer the first and third Friday afternoons on Zoom or on the outdoor patio at Silver 7150 Woodmont. All topics welcome. Coordinated by [Stephanie Sutton](#), [Susan Gorman](#) and [Barbara Brown](#). RSVPs required for in-person meetups.

Hardy Hikers. [Ann Bennet](#) leads the BMAV hiking club on monthly weekday morning hikes at locations throughout the metro area. Contact her for more details about the next hike on September 30.

Knitting, Needlework and Friends. Members of this group work on their own projects or a charity project. The group meets on Zoom and in person the first and third Tuesday of the

month at 1 pm to share tips, patterns and socialize. All skill levels welcome. Contact [Sandi Ross](#) for more information.

Ladies' Lunch Out. Members meet monthly at noon for lunch, conversation and camaraderie at an area restaurant or a member's home. The next lunch meetups are September 27 and October 31. Hosted by [Lynn Barclay](#).

Men's lunch. [Bob Metzler](#) and [Reid Detchon](#) host lunch and discussion gatherings the first and third Tuesdays at 1 pm on Zoom or at area restaurants. Themed discussions are held the first half of the lunch; the second half is for catching up. RSVP required for in-person meetups.

Walkie-Talkies. [Nancy Balz](#) leads a weekly 11 am Tuesday walk-and-talk group on a leisurely 30-45-minute circuit. The first hike of the fall is September 27 in Battery Park. Meet at the triangle at Glenbrook Road and Battery Lane. On October 4, the group will meet in Edgemoor at the footpath crossing Glenbrook Road below Hampden Lane; October 11, in South Bradley Hills; October 18 in Kenwood Park; and October 25 east of Wisconsin Avenue. Contact Nancy if you're interested and to receive updates. If it is raining or over 85 degrees, the walk is canceled.

Recent events of interest. Members enjoyed several events and activities during our hot summer, including the ones below.

Garden group tour of neighbor Susan Hyman's garden

The garden group found Susan Hyman's property in Edgemoor intriguing, because it goes back far enough that it had – and still has – stables, built before automobiles were the common form of transportation. The stables are no longer used for horses, but one is preserved to show what it was like when the stables were in active use. Susan's yard had lovely perennial plantings and stately trees.



Visit to Kenilworth Park and Aquatic Gardens

Members visited Kenilworth Park and Aquatic Gardens, a hidden gem, where they saw white and pink water lilies in full bloom, and some blooming lotus, and many more whose buds were just opening.

***Inaugural outing of BMAV's new Dining Out Together shared interest group***

Eight BMAV members enjoyed the first Dining Out Together outing, on July 19, at PLANTA vegan restaurant on Elm Street. The diners, including the carnivores, gave high marks to the food and the ambiance. In August, 11 members enjoyed Indian cuisine at Kadhai on Norfolk Avenue. Plans are to try a different Bethesda restaurant each month. On September 7, it'll be Q by Peter Chang, on East-West Highway. If you'd like to join, contact [Janet Dante](#).

Men's Lunch Out at Marriott International HQ

Members of BMAV's Men's Lunch Out group met at the brand-new Marriott International Headquarters, in the Seventh State restaurant, on August 18. As usual, a good time was had by all. If you'd like to come to a future lunch gathering, contact [Bob Metzler](#) or [Reid Detchon](#).



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