



BETHESDA METRO AREA VILLAGE

Your home Your neighborhood Your future

BMAV gets high marks from its members

“Thanks for such a wonderful village.”

“I love BMAV!”

“Keep up the good work.”

BMAV conducted a member survey via Google Forms this summer to find out how we are doing and where we can improve. Thank you to everyone who responded to the survey.

The survey results? High ratings, due, Executive Director Elizabeth Haile says, to the wonderful range of activities the village offers. A special thank you to members who volunteer to lead programs and coordinate activities for shared interest groups -- and especially to how welcoming our members are to new and potential members.



Many respondents reported they most enjoy the camaraderie of the village and opportunities to make new friends. They also appreciate the cultural and social activities and the speakers on history and current events. The breadth and quality of our programming is due to contributions from our members who help us continue to be the dynamic, vibrant village we are. Other responders expressed an interest in opportunities for members to do community service together.

- If you have ideas for other programs or events, please get in touch with [Elizabeth](#) or Programs Chair, [Stephanie Sutton](#).
- If you volunteer somewhere already that has possibilities for members to drop in and work with you, or if you are interested in collecting ideas from members and working with Elizabeth to set up an opportunity, contact [Elizabeth](#).

Student pen pal program

Based on the success of our pilot pen pal program last spring, BMAV will again arrange a pen pal exchange with fourth-grade students at Bethesda Elementary this school year. If you would like to participate, contact [Elizabeth](#) or BMAV member [Ben Beach](#). Participants exchange real letters – not email(!) - through Ben and the teacher. This activity helps the students achieve parts of their social-emotional curriculum, practice writing and connect with the community. BMAV members who participated last spring reported that they found exchanging letters with the students joyful and enriching.

Meetups for caregivers and spouses with dementia

Are you a caregiver for a spouse with dementia? If so, you and your spouse might enjoy meeting with other caregivers and spouses in each other's home or at an outdoor location for coffee and conversation. Get in touch with Executive Director [Elizabeth Haile](#) to be connected to a group for monthly meetups.

Meet member Andy Brown

Andy (Andrea) Brown, a native of Hartford, Connecticut, had the good fortune to have loving grandparents. In fact, she and her family lived in their house her first eight years. She and they adored each other. Their connection remained strong long after she and her family moved into their own house in a Hartford suburb.

Andy went to the Connecticut College for Women. She was a good student but wanted more choices and more fun in college life. After two years, she transferred to the University of Michigan. She found what she was looking for, including Herb, a law student and “a funny guy” whom she married two years later. While he was finishing law school, she taught in elementary school.



Andy and Herb moved to this area in 1965 and in 1977 to the Bethesda house where Andy lives. Her husband died in 2011. During their years together, he arranged that they have six weeks every summer to do things they enjoyed: hiking, climbing, rappelling, skiing, exploring nature, and traveling internationally. She has especially good memories of their 14-hour climb up Half Dome in Yosemite National Park.

Although she no longer is an active climber, hiker, or skier, Andy still enjoys traveling and has been on six big trips in the recent past: Peru, a civil rights tour of the South, Sedona, Costa Rica, Antarctica, and Italy. A fall visit to India is her next destination. She has traveled extensively with her family, who are very important to her. Sometimes it was with a single grandchild,

which made a lasting impression on each of them, sometimes with all of them, and sometimes with one or more of her two adult children and their children.

Another way Andy has shown her family how much they mean to her is by writing her memoir, including photos from over the years of her, their father, them, and their adventures. She did it during the pandemic when, like everyone, she had lots of down time. She gave a copy of the memoir, titled “Life is an Adventure,” to each family member and a few friends.

As early as fourth grade, Andy realized the importance of making new friends, being a good friend, and keeping relationships alive. One reason she joined BMAV in late 2021 (she had never heard of it until her daughter suggested it) was to meet people with interesting backgrounds and develop friendships. She has not been disappointed. When she inquired about joining the village, she learned that her neighborhood is not within BMAV’s boundaries, but because no other village covers it, she could become a social member. She signed up immediately.

Andy also meets new people and develops friendships at OLLI ([Osher Lifelong Learning Institute](#) at American University), where she has both taken and taught classes.

Andy has always been interested in languages, meeting people of other cultures, and working with those who need extra help navigating their new lives in the United States. She taught ESOL (English for speakers of other languages) for 25 years, primarily at Walter Johnson High School. She retired in 2005, but ESOL teaching was in her blood. She was an ESOL volunteer for 10 years at the Washington English Center until the pandemic struck.

In addition, Andy is one of three BMAV members who gives weekly ESOL lessons to Ziba, the wife in an Afghan refugee family that settled in Bethesda in late 2021 with help from several BMAV members. She considers Ziba a friend and says tutoring Ziba is the most meaningful activity she has been part of since joining the village.

Andy is participating in life as fully as she can and has a great sense of gratitude. She feels appreciative and lucky for her family, friends, and activities and will continue living by her late husband’s mantra, “Be well, have fun!” That is exemplified by her enthusiasm for dancing, especially jitterbug. As recently as eight years ago, she took up tap dancing. She loved being in tap dancing shows with classmates and performing for family and friends.

Recent activities of interest

Getting tech help at the library



Kathy with Matthew, founder of Teen Difference, a high schooler-led non-profit organization committed to bringing teenagers and seniors together through technology.

Rona with high-schooler Ryan. High school students are matched up with BMAV members for hands-on sessions to troubleshoot any portable device.



Game night



Susan Gorman, Nancy English, Maureen Valcour, Margery Elliott

Ladies lunch on Andy Brown's screened porch

Nancy Balz,
Maureen
Valcour, Lynn
Barclay,
Hanne
Caraher,
Francie de
Peyster



Happy hour at Tacombi on a perfect summer afternoon



Visit to the Josiah Henson Museum and Park in North Bethesda

Henson was a slave on the property, escaped to Canada in 1830, became an ardent abolitionist, and was a conductor on the Underground Railroad, helping 118 enslaved people escape to freedom in Canada.

Jane Boynton, Barbara Brown, Chris Palmer, Stephanie and Steve Sutton



"The Henson Museum & Park is a gem. Everyone should go there." Chris Palmer

Upcoming events. Mark your calendars now and think of non-member friends or neighbors who might welcome the chance to join you as a guest 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.

Game night, Thursday, September 7, 4-6 pm

Join BMAV friends at Ann Bennet's home for an evening of cards and board games. Bring your favorite game to play. Space is limited and [RSVP](#) required. Street parking available.



Capital Jewish Museum visit, Friday, September 8, 11:30 am-1:30 pm, one block from the Judiciary Square Metro station (National Building Museum exit).



The newly opened Capital Jewish Museum (formerly Adas Israel Synagogue) explores the Jewish experience in the national capital region and inspires visitors to connect, reflect, and act. Exhibits dig deep into local Jewish history and Jewish perspectives on social justice issues facing the world today, and help visitors think about their own identity and values. Admission is free, but there is a fee

(\$10 for seniors) for access to the special exhibit, *Notorious RBG: The Life and Times of Ruth Bader Ginsburg*. Tickets can be purchased online [here](#). Members going by Metro should [RSVP](#) so that they can meet at the Bethesda station at 10:45 to go to the museum together.

Tai-chi (in-person), Wednesdays, September 13-October 18, 10-10:45 am, Chevy Chase town hall, 4301 Willow Lane

Members of Bethesda Metro Area Village and Chevy Chase at Home and friends are invited to weekly tai-chi classes with internationally recognized master Nick Gracenin. He will focus on the essentials and forms of traditional tai-chi to improve balance, circulation, strength, and relaxation. Participants can drop-in for a fee of \$20 per class or pay for the full six weeks at the discounted rate of \$75. Register through your village and pay at the class via cash, check, mobile payment, or credit card. Maximum 15.



"Ink" at Round House Theatre, 4545 East-West Highway, Wednesday, September 13, 7:30-9:30 pm

Round House is providing free tickets to BMAV as part of its program to partner with nonprofit community organizations. Join members for a showing of ["Ink" by James Graham](#), a gripping Tony Award-winning production depicting the birth of our hyper-partisan news culture in 1969 London. [RSVP](#) required by September 6. Seats are limited and tickets will be emailed to attendees first come first serve. Paid parking is available underneath the theater at 7501 Wisconsin Ave at the flat rate of \$6 for Round House patrons after 6 pm.

Tech talk with Tony, Monday, September 18, 2-3 pm

Join us to talk tech with BMAV volunteer Tony Mastria. He can answer your questions about computers, smartphones, anything tech-related. The group will discuss advice on universal problems. Open to full and social members. You can drop in to as many sessions as you would like, but an [RSVP](#) by the day before with your question will be most helpful to give Tony time to prepare. This month Tony will also discuss "digital wallets" - what are they and how you use them. *Note: there will be no Tech talk in October.*

Aging Well shared interest group meeting and social, Sunday, September 17, 4-6 pm

Loving, thoughtful older people create legacy letters (ethical wills) to produce an enduring message for future generations. They recognize that whatever physical or financial assets a person may have, their most significant wealth is their love, values, stories, life lessons, and wisdom for the future. Composing a legacy letter can be a deeply satisfying experience. It helps preserve a person's memory and legacy, giving the author a fulfilling sense of completion and peace. This Zoom session, led by Chris Palmer, is designed to help you make significant progress on creating an ethical will.

We will meet on Zoom from 4-4:45, after which everyone is invited to Chris and Gail's home for a glass of wine or munchies starting at 5 - 6 pm. Come to either or both. You do not have to have participated in the Aging Well discussion to attend the social portion.

Glenstone museum, Friday, September 22, 11:30 am

BMAV has reserved a block of 10 tickets to Glenstone museum. The indoor and outdoor pavilions are now open, as well as outdoor dining. Enjoy the large and spectacular expanded exhibition space, including outdoor sculptures in fabulously landscaped spaces designed for the collection. Free, but [RSVP](#) required. Tickets will be emailed. We can arrange for carpooling. Full service members, call us for a ride.

Rose Garden tour, September 27, 10-11:30 am, home of Sandy Elder, 2801 Daniel Road, Chevy Chase

Join the BMAV garden shared interest group on the back porch of Sandy Elder's home for a tour and light refreshments. Sandy is an active member of the National Rose Society, Potomac Rose Society and Arlington Rose Society. Her rose beds are overflowing with many varieties of roses, which she propagates and cares for herself. During the tour, Sandy will demonstrate how to propagate, plant and care for roses and answer questions.



The tour will be cancelled only if there is heavy rain. Parking is available in the street and Sandy's driveway.

Tech tutors: *one-on-one help with your devices*, Saturday, September 30, 10 am, at Connie Morella Library, 7400 Arlington Road

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) and get your questions answered by a tech-savvy high school student. You'll be paired up with a student volunteer who can help diagnose and fix almost any problem you're having with your device(s). BMAV members only. [RSVP](#) required by September 26 so that we can match you up with a student. If this time slot does not work for you, please let us know ASAP and we will try to set up additional days or times.

Learn how to choose a Medicare Part D drug plan, Monday, October 16, 3-4 pm

If you have drug coverage through Medicare Part D, NOW is the time to research your options. Open enrollment starts October 15 and lasts until December 7. Many find they can save hundreds (even thousands) of dollars by switching plans. If you'd like to learn how to find the plan best for you in this Zoom presentation, join Gail Shearer and Francie de Peyster, who will walk you through it. RSVP recommended. Open to BMAV members and volunteers only. For those that prefer one-on-one assistance, an in-person session will also be held November 1 or can be arranged with [Gail](#).

Paint and sip, Saturday, October 21, 7-9 pm. Battery Park Clubhouse, 7908 Glenbrook Road



Join BMAV members for a shared evening of fun while creating winter landscapes. No prior painting experience required. Art instructor [Ellen Lafferty](#) will provide professional, step-by-step guidance, all materials, a custom design, and beverages to sip. Cost, \$25; pay at event. Minimum 10 people, maximum 15. RSVP by October 14 on our website or to [Stephanie Sutton](#). Street parking will be available.

New member social, Sunday, October 22, 4-6 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, indoors (and out, weather permitting). Invite a friend or neighbor to come and enjoy our community to help them decide whether to join BMAV. [RSVP](#) is required. Attendance limited to 30 people.

The Good Hearts Foundation on end-of-life doulas, Wednesday, October 25, 2-3 pm (Zoom)

[The Good Hearts](#) mission is to ease the suffering of the dying and their families by providing end-of-life doula services, training, and community education. In this presentation, BMAV member Chris Palmer will interview Executive Director Tashi Taliaferro, and Deputy Director Emily Cavey about the role of end-of-life doulas, how you or your loved ones can access end-of-life doula services, and how The Good Hearts training program works in Montgomery County.

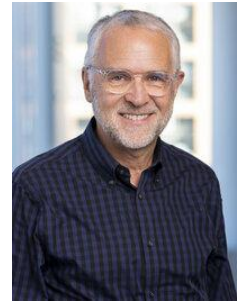
Registration is required [here](#). The Zoom link will be sent automatically.

Design your life for success, Wednesdays, November 1, 8 and 5, 6:30-8 pm (Zoom)

BMAV and Sibley Memorial Hospital Senior Services offer an encore of Chris Palmer's free workshop on how to improve your life. The workshop explores the goals, strategies, and tactics necessary to live a successful, fulfilled, and productive life. The idea is to actively design our lives rather than simply drift forward reacting to what happens to us. Free and open to the public, but registration is required. Register [here](#), email pnunez3@jhmi.edu, or call 202-364-7602 before October 27. Attendance at all three classes is encouraged.

Fireside chat with David Welna, former NPR national security correspondent, Monday, November 6, 3:30-5:30 pm

BMAV members and volunteers are invited to an afternoon of socializing at Fred and Starr Ezra's home, followed by conversation with BMAV member David Welna on how his reporting experiences at home and abroad provided a preview of some of today's biggest news stories, from the war in Ukraine to the phenomenon of Donald Trump. Space is limited and [RSVP](#) is required. Parking will be available on the street or, for those with mobility issues, in the driveway.



Welna, National Public Radio's national security correspondent until 2021, covered debates on Capitol Hill on authorizing the use of military force prior to the wars in Afghanistan and Iraq, the expansion of government surveillance practices arising from Congress' approval of the USA PATRIOT Act, and congressional probes into the use of torture by U.S. officials interrogating terrorism suspects. From 2001-2014, he was a congressional correspondent for NPR, covering the Clinton, Bush and Obama administrations. He covered the September 11, 2001 attacks, the wars that followed, economic downturns and recessions, and prior to that, the 2000 presidential election and the post-election vote count battle in Florida.

Books that resonate with our stage in life

Recommendations from member Chris Palmer:

Oh, William! by Elizabeth Strout, explores a long marriage and the couple's reckoning with their pasts and their secrets. Strout's later work, *Lucy by the Sea*, also explores long-term relationships as Lucy moves in with her former husband during Covid.

Henry, Himself, by Stewart O'Nan, focuses on 75-year-old Henry, who is retired and feeling somewhat purposeless, filling his days with small errands, and revisiting in his head his marriage and earlier life.

Fellowship Point, by Alice Elliott Dark, is the story of 80-year-old Agnes, a writer of children's books, and her lifetime friend Polly, working to protect their family homes on a Maine peninsula from developers. This is a story of friendship, family complexities, and land conservation.

Shared interest groups for members

Aging well. This popular shared interest group usually meets monthly. Talking about aging issues, including death and dying, may seem like a challenging conversation, but our meetings are fascinating, constructive, and useful. The next gathering (via Zoom) is on

September 17 to discuss how to create legacy letters (ethical wills) to produce an enduring message for future generations. Written summaries of members' contributions from these meetings are on the BMAV website in the [forums](#) section (accessible to members only). To be added to the Aging Well email list or for more information, contact host [Chris Palmer](#).

Armchair travelers. Do you have photos from trips you've taken you'd like to share? Armchair travelers would love to hear about your travels. [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. Contact her if you are interested.

Biking. Join other BMAV members on occasional bike rides, kayaking and canoeing outings. The next outing is September 12. Contact leads [Steve](#) and [Stephanie Sutton](#) or [Elyse Jacob](#) for details or questions.

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 to recommend and discuss favorite works in any genre. In September, the group will meet at 7 pm. Starting in October, they will switch the meeting time to 4 pm. 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 [forum](#) for a compilation of recommendations. Hosted by [Jane Boynton](#).

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

Coffee talk. Members meet on the second and fourth Thursday morning by Zoom or in person at 10 am to share tips and inspiration. Hosted by [Ann Labriola](#) and Naomi Collins. Contact Ann to be added to the email list.

Dining out together. Once a month, members descend en masse to sample a new restaurant or an old favorite for a fun meal out and the opportunity to get to know each other better. The next outing is Tuesday, September 5, 6-7:30 pm, at [The Irish Inn at Glen Echo](#). In October and

New shared interest group forming

Are you interested in being part of a wine tasting group? Contact member [Amy Young](#) if you are interested in meeting regularly to talk about different wines, enjoy tastings, and other wine appreciation activities.

November, members will try the newly opened Salt Line in Bethesda and the well regarded Bistro Aracosia, an Afghan restaurant in the Palisades neighborhood in DC [*not necessarily in that order*]. RSVP to co-lead [Janet Dante](#).

Film fans. [Diana Kitt](#)'s film group meets monthly on Zoom to share titles of recommended films and to discuss, debate, critique two movies of the month members have selected. The theme varies month to month. All are welcome to our next meeting, Wednesday, September 13, when participants will discuss "Oppenheimer."

Gardening. [Ann Labriola](#) and Jan Bill host a group for those who love gardens, but you don't need to be a gardener to join. During fall and winter, they send out information about upcoming virtual garden talks and tours, gardening tips, questions, and answers. During spring and summer, they coordinate in-person garden tours. 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 at 4:30 pm on Zoom or outdoors, weather permitting, usually at a Bethesda restaurant. Coordinated by [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. The group's next hike is the C&O upper trail, starting at Old Anglers Inn on September 21. RSVP required to Ann. Participants will carpool from at Ann's house at 9 am. RSVP required to Ann.

Knitting, needlework and friends. Members of this group work on their own projects or a charity project. The group meets on Zoom or in person the first and third Tuesday of the month at 4 pm to share tips, patterns and socialize. All skill levels are welcome. Contact [Sandi Ross](#) for more information.



Ladies' lunch. Members meet monthly at noon for lunch, conversation and camaraderie at an area restaurant, a member's home (outside if weather permits), another place of interest, and occasionally via Zoom. The next lunch will be on Thursday, September 14, in the covered picnic bench area behind the Battery Park Clubhouse, 7908 Glenbrook Rd. RSVP to [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 an area restaurant. 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 Tuesday walk-and-talk group that meets at 11 am for a leisurely 45-minute circuit in a Bethesda neighborhood. The walks will resume September 26.

No special skills needed, just a sharing attitude; we love learning about our area through the lives of BMAV members. Contact Nancy if you would like to receive updates on future meetups or if you are willing to lead a walk in your neighborhood.

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Suggestion box

Do you have an idea for an article or a comment about the newsletter? If you do, please email newsletter editor [Lynn Barclay](mailto:Lynn.Barclay).

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