



### **Our new BMAV logo**

No, your eyes do not deceive you. Above is our new BMAV logo, which replaces the mural artwork that rode atop our newsletters for several years. We believe the new logo reflects what BMAV members value -- friendship, fun, caring and connection. Over the space of many months and many meetings, an ad hoc BMAV group reviewed hundreds of possible logo designs, and with the help of a professional graphic designer, agreed on the logo you see above. We hope you like it.

We will occasionally use the mural artwork in other ways. In fact, you can see it on the last page of this issue and at the bottom of the opening page of our village website.

### **Become a volunteer for BMAV**

One of our full members dealt with error messages and possible viruses on her cellphone for months. Frustrated by not being able to use her phone, a lifeline to the outside world (she doesn't have internet at home), she asked BMAV for help. One of our wonderful tech volunteers, Steven Sullivan, met with her several times and for hours at a time. He identified the problems, fixed them, and answered all her questions. She is delighted to have her lifeline back.

Would you like to help full service members? You don't have to be a tech whiz to volunteer. We are always in need of volunteers to drive members to doctors' appointments on weekdays and provide other simple but much-needed services. Most take under an hour to complete. You can choose when and where you want to volunteer. If you are interested, sign up to attend our next volunteer service provider orientation on Zoom, November 29, 12-12:45 pm. Contact [Elizabeth Haile](#) for more information.

### **The epidemic of loneliness**

In the September 6, 2023, issue of the New York Times opinion section, Nicholas Kristof wrote the following:

*Loneliness crushes the soul, but researchers are finding it does far more damage than that. It is linked to strokes, heart disease, dementia, inflammation and suicide; it breaks*

*the heart literally as well as figuratively. Loneliness is as deadly as smoking 15 cigarettes a day and more lethal than consuming six alcoholic drinks a day, according to the surgeon general of the United States, Dr. Vivek Murthy. Loneliness is more dangerous for health than obesity, he says — and, alas, we have been growing more lonely. A majority of Americans now report experiencing loneliness, based on widely used scale that asks questions such as whether people lack companionship or feel left out.*

*Yet there are solutions as well, approaches that build connections and bind us together...*

BMAV offers one such solution to overcoming the “epidemic of loneliness” -- social contacts, activities, and community-building. If you are not already a member, consider joining BMAV, where you will find welcoming, caring people.

*“A big thank you for all you are doing for me! Not only is it transportation, but I’m getting to meet my neighbors.”*

### **Meet members Janet and Richard Dante**

Janet grew up in Montreal, Richard is a Washington, DC, native. They met on a double date in Philadelphia, where he was a systems engineer for the Navy, and she was a psychologist at a psychiatric hospital.

Before they met, Richard participated in no-kill fox hunting for a few years. On the outings the dogs caught up to the fox, but they didn’t know what to do and barked at nothing in particular. Often it seemed to be a game for the hunters and the fox: The fox was waiting for them and led the hunters “on a merry chase.”



In 1971, Janet and Richard married, left their jobs, and moved to DC. Richard wanted to be in sales, and one of his brothers worked at an office supply company there that agreed to hire him as an outside salesperson. After two years Richard and his brother opened their own office supply company. Richard didn't take any salary the first few years because everything earned had to be plowed back as the company grew. Luckily, Janet had income from her job as clinical director of a youth counseling bureau in Charles County, MD, home of Port Tobacco. Printed on all her Charles County paychecks in bold letters was “Charles County, On the Tobacco Trail.”

Richard bought out his brother’s share of the office supply company after three years. He loved his work and says the job was perfect for him, but the job initially took such long hours that it

affected his and Janet's married life. They agreed he would not work on most nights, weekends and holidays, and they were able to have a life together. He closed the company and retired in 2020.

Janet took a break from working when their two children were young. After they were in school full time, she played a lot of tennis but decided that wasn't enough to fill her time. She joined Richard in his business as chief financial officer, calling on her familiarity with financial matters that she learned from her father, who was a CPA. However, after seven years she realized that she wanted to work more with people, not financial spreadsheets. At 47, she went back to school, got her Master of Social Work, and then worked in private practice for 25 years as a psychotherapist and psychoanalyst. She retired in 2020. Richard closed his company in 2012.

Richard has been a hospice volunteer with Jewish Social Services for more than nine years. He finds the hospice experience very fulfilling and says he gets far more out of it than he gives. There is one message that he gets from dying patients that he takes to heart: family and love are the most important things in life, not status, money or things.

Janet is still an avid tennis player and Richard an avid golfer. Together they practice meditation. Like many BMAV couples, they have traveled widely. Richard's favorite trip was hiking in Nepal. Janet's was hiking in Iceland, where she sometimes felt like she was walking on the moon. Their family gave them hiking trips to two National Parks for Richard's 70th and 80th birthdays. They spent most of this past summer near Victoria, British Columbia, where they rented a house in an over-55 active community. They had a wonderful time.

Janet is a huge fan of British television. Richard is particularly interested in science and frequently "goes down the TikTok rabbit hole" to learn new things.

Janet and Richard think BMAV is a great idea. They joined in 2019 but didn't become active until she retired in 2020. Richard enjoys the men's luncheons and is "chief schmoozer" at BMAV's monthly Dining Out Together forays to local restaurants. Janet is co-leader of organizing and running those dinners, along with member Reid Detchon.

### **Recent activities of interest**

Even if you're not yet a member of BMAV, you can come, too! Potential members are invited to attend up to three events before deciding to join. Take look at our calendar and contact [Elizabeth](#) to sign up.

***Ladies' lunch***

Members and guests who were considering joining BMAV had a convivial time at our well-attended September and October ladies' lunches. (One guest has since joined.) Below are photos from our September luncheon at a picnic table behind the Battery Park Clubhouse.



***Trip to Glenstone museum***



***Coffee hour in September and October***



***Round House performances***

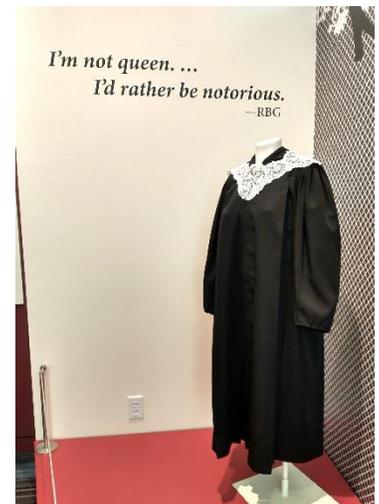
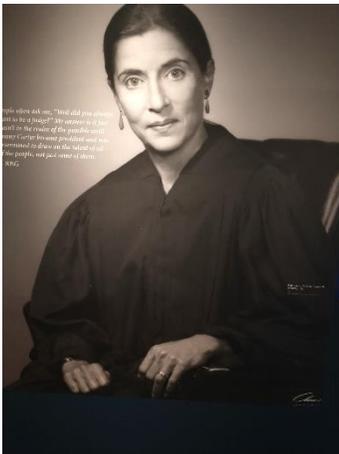
BMAV members were treated to two plays at Roundhouse Theatre this fall: *INK* by James Graham and *The Mountaintop* by Katori Hall.



***Hiking, biking and kayaking outings***



***Visit to the Capitol Jewish Museum Ruth Bader Ginsburg exhibition***



***Sip and paint for budding artists***

Last spring, some BMAV members tried their hand at capturing blooming cherry trees on canvas. At this fall's paint-and-sip session, they painted a woodland scene, and as you can see, with considerable success.



***New member social***

On a summerlike late October day, new, newish, and longtime members and guests enjoyed socializing at Tim French's house in his lovely backyard.



**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.*

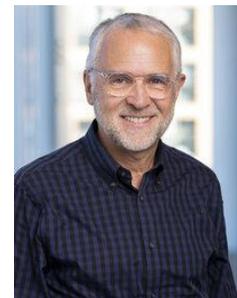
***Design your life for success***, Wednesdays, November 1, 8 and 5, 6:30-8 pm (Zoom)

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](mailto:pnunez3@jhmi.edu), or call 202-364-7602. 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 to 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.



**Docent-led tour of SAAM's newly reopened third floor, Wednesday, November 8, 10 am**

*The Eclipse* by Alma  
Thomas

BMAV members, volunteers and friends are invited to join volunteer docent Bob Ferguson on a private tour at the Smithsonian American Art Museum's newly reopened third floor before the museum opens for the day. The spectacular redesigned space houses 100 modern and contemporary works, including an exhibit of DC's own Alma Thomas' colorful, exuberant works.

RSVP required. Carpooling can be arranged. Full service members, contact us for a ride. SAAM is at 8<sup>th</sup> and G streets, NW. Meet outside the G Street entrance.

**Tai chi, Wednesdays, November 1–December 13 (no class November 22), 10-10:45 am, Chevy Chase Town Hall, 4301 Willow Lane, Chevy Chase, MD**

BMAV and Chevy Chase At Home members and friends are invited to weekly in-person tai chi classes taught by internationally recognized Master Nick Gracenin. Study the essentials and forms of traditional Tai Chi, and improve balance, circulation, strength and relaxation. With a diverse repertoire, Nick tailors each class to the participants, allowing him to focus on their specific goals. The classes can be adapted to accommodate all levels of mobility and health. Beginners through advanced practitioners are welcome.

Participants pay for the full six weeks at a discounted rate of \$75. Maximum 15. Chairs and reference materials provided. Register through your village and pay at the class via cash, check, mobile payment, or credit card.

**New Deal art mural tour, Friday, November 17, 10- 11:30 am**

Join us for an indoor walking tour of the New Deal murals in the current home of the EPA, the Clinton Federal Building. Over 20 paintings and frescoes depict a “romantic history” of the U.S. Postal Service. The tour offers a unique snapshot of America in the 1930s that captures the hopes, ideals, and ingrained cultural attitudes of the country at that time.



The tour starts at the top of the Federal Triangle Metro exit, which comes up just underneath the Clinton Federal Building. RSVP on the website or to [Stephanie Sutton](#) by November 12 and let her know if you plan to take the Metro. Maximum 12 people. Bring a photo ID and expect a brief security screening.

**Tech talk with Tony**, Mondays, November 20, December 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. In November, Tony will also discuss safe online shopping.

**Game night**, Tuesday, November 28, 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

**Volunteer service provider orientation**, Wednesday, November 29, 12- 12:45 pm by Zoom.

Do you want to build a community that values people of all ages? Are you interested in helping your older neighbors, at a time that works for you? If so, become a volunteer for BMAV. In this orientation we will go over the services offered (rides, friendly visits, in-home assistance with technology or light repairs, vacation checks, snow shoveling and garbage can placement), how requests are made and filled, and answer questions about common scenarios. Open to all friends and neighbors interested in learning about the village and the services our volunteers provide. RSVP and application required. Current volunteers who would like a refresher are also welcome. Contact [director@bmavillage.org](mailto:director@bmavillage.org) for more information.

**Glenstone museum**, Friday, December 1, 11:30 am. 12100 Glen Rd, Potomac, MD

*Seated Woman* by Willem de Koning

BMAV has reserved a block of 10 tickets to Glenstone museum to view the new exhibit *Iconoclasts: Selections from Glenstone's Collection*, featuring more than 50 artists who have made some of the most radical contributions to art in the 20th century. On view will be works by foundational collection artists -- such as Willem de Koning, Alexander Calder, Ruth Asawa, and Martin Puryear, among many others -- alongside new acquisitions, including Hilma Klint's *Tree of Knowledge*, 1913-1915. RSVP required. Tickets will be emailed and we can arrange for carpooling. Full service members, call us if you need a ride. Free.

**Holiday social**, Sunday, December 3, 4-6 pm

BMAV members are invited to a casual get together to socialize over wine and cheese at Naomi and Jim Collins' home. Before the rush of the holidays, come join other BMAV members for

drinks, hors d'oeuvres and warm conversations. Space is limited and RSVP required by November 27.

***The Land Carries Our Ancestors***, Thursday, December 14, 10 am. National Gallery of Art, 4th and Constitution Avenue, NW



Join BMAV members and friends for a docent tour of *The Land Carries Our Ancestors* exhibit at the NGA East Building. We will meet at a member's home and take a prepaid car/van together (or you can metro and meet there). RSVP required by December 11 so that we can reserve a driver. After touring the exhibit, we will have lunch at the museum before returning.

Curated by artist Jaune Quick-to-See Smith (Citizen of the Confederated Salish and Kootenai Nation), this exhibition brings together works by an intergenerational group of nearly 50 living Native artists practicing across the United States. Their powerful expressions reflect the diversity of Native American individual, regional, and cultural identities through a variety of practices—including weaving, beadwork, sculpture, painting, printmaking, drawing, photography, performance, and video.

***Celebrating the winter solstice***, Thursday, December 21, 4:30- 5 pm

Join BMAV members for a virtual celebration of the winter solstice, a time of respite, regrouping, and slowing down. We will share the return of longer days with mulled wine or a drink of your choice (optional), candles, and whatever else will help you celebrate the season that is celebrated around the world.

### **Shared interest groups**

***Aging Well: How to write your memoir***, Sunday, November 12, 4 pm

As we age, many of us are interested in gathering stories from our lives and sharing them with our families, especially our children and grandchildren. We want to try and make sense of our lives and create a record describing the events we experienced and how we dealt with our

struggles, setbacks, and successes. What are the lessons and values that we want to pass on? What did we find meaningful? What was important to us? What is our legacy?

This interactive workshop led by Chris Palmer is for BMAV members who want to create memoirs that reflect their values and the struggles in their lives, make sense of them, and explore their meaning. The focus will be practical and designed to help participants make rapid progress. We will discuss the reasons for writing a memoir, how to plan and structure it, how to tell compelling stories, how to find your voice, and how to deal with sensitive issues that might hurt other family members.

**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. 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 at 4 pm on Zoom on Tuesdays 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 [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, November 7, 6-7:30 pm, at the well-regarded Bistro Aracosia, an Afghan restaurant in the Palisades neighborhood in DC. RSVP to co-lead [Janet Dante](#).

**Film fans.** The movie group continues to meet via Zoom each month, as it has since 2000, to review, laugh and cry about flicks we've all agreed to watch and later chat about. *Oppenheimer* was the latest movie, preceded by mysteries, musicals, baseball faves, and historical dramas. If you enjoy movies, this is a fun group! Contact [Diana Kitt](#) for more information.

**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 [Stephanie Sutton](#) 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 next hike is on Thursday, November 16. Participants will carpool from at Ann's house at 9 am. RSVP required to Ann.

**Knitting, needlework and friends.** Members of the group work on their own projects or a charity project. For example, they recently gave the knit caps pictured here to Bethesda Cares for their clients. They meet 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, or occasionally virtual. The next lunch on November 28 will be via Zoom. Contact [Lynn Barclay](#) for more information.

**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 10 am for a leisurely 45-minute circuit in a Bethesda neighborhood. 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.

**The newly forming wine-tasting SIG is having its first meeting Sunday, December 10, 4 pm at Amy Young and Paul Colborn's home.** Join us as we talk about how to structure future meetings and when and where to meet. And of course, for some wine! Can't make this time? Contact [Amy Young](#), or Elizabeth, and let us know when is a good time for you for future meetups.

## News you can use

### ***Handy one-page immunization history report***

Have you ever been frustrated when filling out a form that asks when you had vaccinations for covid, tetanus, flu, shingles, or the like? Who can remember? Help is at hand.

The state of Maryland's ImmuNet collects vaccination data from health care providers, pharmacies, and others that go back several years. You can get a vaccination records report with your information by asking a pharmacist (as your editor did), doctor or other health care provider to print one out for you. Alternatively, you can go to the [Maryland ImmuNet website](#) and request one with your information.

### ***Is that a scam?***

If you want to know whether an email message or website you're looking at is a scam or want to know what to do next, call the AARP Fraud Watch Network helpline at 877-908-3360. It's staffed by real people, Monday to Friday, 8 am-8 p.m.

### ***Planning a leaf-peeping trip in your EV***

This is a lovely time of year to take a road trip -- maybe for the day, maybe several days -- to seek out state parks and other places where the trees are strutting their fall colors. If you're planning to go in your electric vehicle, maybe you're hesitant because you're unsure whether there'll be a charging station where you need one. The U.S. Department of Energy to the rescue. Check out its [charging station map](#), where you can search for charging stations by zip code, city, and other ways.

Are you considering buying an EV? The Maryland Office of the People's Counsel [website](#) has useful information to help you decide. For example, both the federal government and the state of Maryland provide incentives for the purchase of an EV, as do local electric utilities for owning an EV and a home charging station.

### ***Do you need a new recycling bin or the old one picked up?***

It's pretty simple; here's how.

*Request a replacement or an additional recycling bin.* If you need a new county-provided bin for bottles, cans, containers and jars because the bin you have is broken or cracked, is missing, one isn't enough, or there was no bin when you moved in, [click here](#) to request a new one. You can order up to two a year.

*Request pickup of your old recycling bin.* If you want to get rid of your county-provided recycling bin because it's broken, cracked or dirty, you no longer use it or you use your own container, [click here](#). FYI, the trucks that deliver new bins don't have room to collect old ones, ergo, you need to make separate requests.

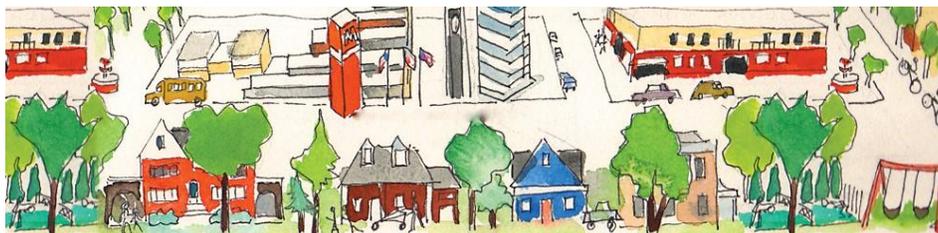
If you want to request a repair or replacement of your big wheeled mixed-paper cart, call 311 (240-777-0311).

### **Thank you to our generous corporate supporters**

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*This artwork, which BMAV used on its materials since launching in 2016, was generously created and donated by neighbor Judith Levy. It depicts the neighborhoods near the Bethesda Metro station where BMAV started.*



### **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](#).

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