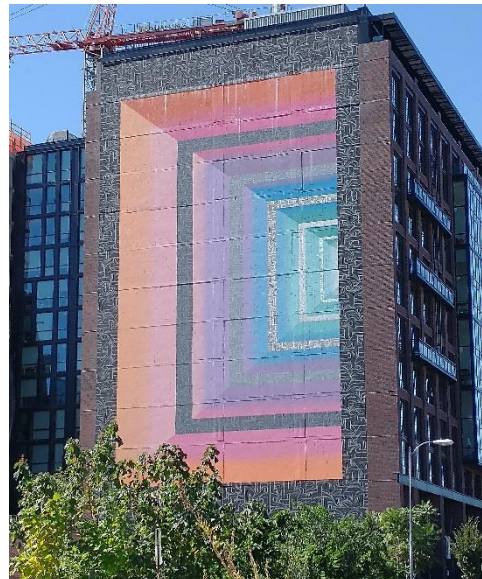


Members of Bethesda Metro Area Village are out and about. We are enjoying gathering outdoors and indoors (masked) with other members who also are vaccinated. Join us and have fun with your neighbors, too!



DC murals walking tour, near NoMa Metro station



Biking shared interest group before starting out on the Capital Crescent Trail



Frederick Douglass Bridge



Fletcher's Cove



Rock Creek Trail



Front yard happy hour



Bridge al fresco



Patio coffee hour



River Trail North, Great Falls, VA



Gold Mine Loop, Great Falls, MD

In your mailbox

We hope that if you did not receive our direct mail postcard and are not already a BMAV member, you will call or write us for information about how to become a [member](#) or [volunteer](#) with Bethesda Metro Area Village.

We are open and operating! BMAV is offering all volunteer-provided services (on an as-available basis) with safety protocols in place. In fact, we've expanded our service offerings! In addition to rides, friendly calls and visits, absent-owner home checks, light home maintenance tasks and technical assistance, we now offer the following:

- a home repair "companion" to keep you company while a third-party repairperson is in your home
- garbage can placement (pulling cans to curb and back)
- limited snow removal of stairs, porch or path to your car

Full-service members, call 240-630-2628 or [email us](#) with your requests. Social members, you can upgrade to become a full-service member during your membership year on a pro rata basis.



Support Bethesda Metro Area Village

We're so pleased that during the difficult period of isolation during the COVID-19 pandemic, from March 2020 to today, we gained new members and volunteers, expanded our services offerings, and increased our programming to include more shared interest and social groups.

As is the case with most age-in-place villages, membership fees cover only about 50 percent of BMAV's operating budget. This month we launch our annual fundraising campaign to make up the difference. If you would like to help build and grow our village with a financial donation, go to www.bmavillage.org/donate.

Your generosity will ensure that BMAV is sustainable and grows and strengthens over time, enabling us to continue providing you and your neighbors with access to village programs and services that are vital to aging in place in the homes and neighborhoods we love.



November 2021 marks the fifth anniversary of the official launch of Bethesda Metro Area Village. When we opened for business in November 2016, 60 pioneer members put their faith in our future. We had our first part-time executive director, gradually expanded our social events and programming, and began to offer services of our trained volunteers to full-service members.

There were years of groundwork before we opened. Early leaders Hanne Caraher and Joanne Small attended meetings of the Washington Area Village Exchange in 2012. Then, in early 2014, a standing room-only crowd gathered at Bethesda Presbyterian Church, and made it clear there indeed was interest in creating an age-in-place village in our part of Bethesda.

A handful of leaders then tackled key questions: What should our membership fees, if any, be? Should we have staff? What services should we provide? What will the boundaries be? How do we build a website? And perhaps most challenging, if we build a village, will anybody join? The answer to the last question was a resounding "yes!"

Now members look forward to the day they can gather in person, without concern about COVID-19, to celebrate our thriving village that. As we had hoped, our villages contribute to an engaged, caring community that helps members remain in their homes with dignity as they age. The village affords members with many opportunities to make and strengthen social connections, explore educational, cultural and outdoor activities, and engage in shared interests with village friends. The village's volunteers -- members of the village and others from the wider community -- provide services that help full-service members continue to live independently in their homes.

Interview with members Gil Jackson and Jean Pomeroy

Gil Jackson, born in Brooklyn to deaf parents, spent the first few years of his life communicating only in sign language. He acquired English after starting school. His parents did not work and refused welfare. Life at home was hard, especially winters. Summers were better. Gil and his family spent them in one of his grandmother's rentals in the Catskills.

Local gangs in Gil's low-income neighborhood made life dangerous. Gil broke away from that after he passed a rigorous entrance exam and was accepted at the magnet Brooklyn Technical High School, where he focused on chemical engineering. He attributes his success in life to his years at the school.



Gil went to City College of New York for a bachelor's degree in chemical engineering, which allowed him to live at home and work to help support his parents. He worked two years at Pratt & Whitney, attended Rensselaer Polytechnic Institute and the University of Connecticut, and then went on full scholarship to the University of Maryland for a Ph.D. in chemical engineering.

At Maryland, the anti-Vietnam War movement was in full swing, including student anti-war protests and riots. Gil participated in the demonstrations. He also was graduate student representative to the faculty senate, and in that role, arranged for Jane Fonda, Alan Ginsberg and other prominent anti-war personalities to speak at the protests.

Most of Gil's career was with the federal government, first at EPA. Following that he worked at the Department of Energy, the White House and several years with USAID, from which he retired. As chief environmental officer at USAID, he worked in the Latin America bureau, the Middle East bureau, both of which entailed significant travel, and the policy bureau. Over the years he also worked for the United Nations in Poland.

Gil's non-work interests are varied. He's an amateur magician, an award-winning Toastmaster, collects African art and Japanese woodblocks, and has learned "a fair amount" about astrology. He's a lifelong fan of the Dodgers and Japanese culture and likes preparing and eating gourmet food. Last but not least, he loves his family, which includes his and Jean's three young grandsons, who were quite active during this interview. Their father said of Gil, "He's a great dad and grandfather." High praise.



Jean Pomeroy grew up in Washington, DC. After high school, she went to an executive secretarial school and found what she learned there quite useful in later life. She knew she'd always be able to get a reasonably well-paying job, and she learned people skills that have stood her in good stead. One was discretion (she overheard "a lot of secrets"). Another was getting along with people at all levels.

Jean attended the University of Maryland, where she packed a lot of credits into each semester, graduating in 2½ years, and she was a member of Phi Beta Kappa. She then worked at Xerox Corporation as an executive secretary while exploring graduate school scholarship possibilities. It was during this period that she and Gil met on a double date, although each was with another person.

Jean went to Louisiana State University on a full-ride scholarship for a master's degree. She then worked as a project director in private industry until she got a full-ride scholarship for a master of philosophy degree in sociology from Columbia University. With her degrees under her belt, she worked in New York City for a collaborative of private cultural institutions. A perk was that she got free passes to member museums and cultural institutions.

During that time, she was dating Gil, who worked mostly in DC. They were serious and discussed where they'd live, NYC or DC. DC won after Gil stepped in dog poop when getting in a New York taxi.

In DC, Jean got a series of temporary government contract jobs as project director, which afforded her the opportunity to become expert in a wide range of areas. However, she wanted more stability in her work life. She got that when she took a policy research job at the National Science Foundation. She later moved to a position with the National Science Board, where she worked for 20 years. Her responsibilities included policy analysis, drafting testimony and speeches for board members, and providing meeting support. Her last two years were her favorite, particularly working on the NSF biennial workforce report, *Science and Engineering Indicators*. She retired in 2015.

In retirement, Jean took care of Gil, who was quite ill. Once he was better, she joined the DAR, a bone builders exercise class, and did a lot more socializing with family and friends, including at large family Thanksgiving dinners that she and Gil hosted. They've gone on several cruises, including to Norway, where they visited the town where Jean's father was raised. They found her grandfather's grave and saw the memorial to him in town and the technical school named after him.

Gil and Jean joined BMAV in 2019 after member Jane Boynton regaled them with all the benefits of membership. Jean calls BMAV "a godsend" during the pandemic, when virtually all the village's activities were available on Zoom (as many are now). They especially appreciate the opportunities to meet new people. Jean said before joining they knew only a few of their neighbors. Now they see many more people they know and "feel like part of the neighborhood."

Upcoming events

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.

[Learn how to choose a Medicare Part D drug plan](#), Tuesday, November 2, 2-3 pm

If you have drug coverage through Medicare Part D, now is the time to research your options. Open enrollment has started 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 only.

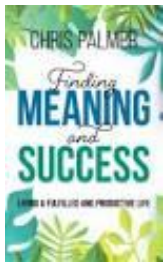
[How to age with vitality, dignity, and humor and live your life with no regrets](#), Monday, November 8, 2-3 pm

Author, filmmaker and BMAV member Chris Palmer will give an entertaining and interactive talk on how to get the most out of life and live with more joy, success, and fulfillment. He will discuss what's important, how to find purpose and meaning, and how to live fully, especially as we grow older. Open to BMAV, volunteers and friends, and members of other villages. [RSVP](#) for Zoom link.

[Tech Tuesday](#), Tuesday, November 9, December 14, 2-3 pm

Join us the second Tuesday of every month to talk tech with BMAV volunteer Tony Mastria. He can answer your questions about computers, smartphones, anything tech-related. Open to full and social members. You can drop in on as many sessions as you like, but an RSVP by the day before with your question(s) will give Tony time to prepare. Open to BMAV members only.

[Virtual book club](#), Tuesday, November 9, 7-8 pm



Chris Palmer will discuss his latest book, *Finding Meaning and Success: Living a Fulfilled and Productive Life*. "Full of wisdom and evidence-based advice, this wonderful book addresses how we can each lead productive and fulfilling lives. Palmer calls on readers to define success on their own terms and to prioritize relationships and meaning over fame and wealth. "An edifying and inspiring read," says Emily Esfahani Smith, best-selling author of *The Power of Meaning*. Hosted by Jane Boynton. Open to BMAV members only.

[Former US Ambassador to Afghanistan and Mexico on US relations](#), Saturday, November 13, 4-5 pm

Earl Anthony (Tony) Wayne, career ambassador (ret.), will share his insights on the ever-evolving situations in Mexico and Afghanistan and challenges in US relations. He served as U.S. ambassador to Argentina (2006-2009), deputy U.S. ambassador to Afghanistan (2009-2011), and U.S. ambassador to Mexico (2011-15). Wayne currently is senior adviser with the CSIS Project on Prosperity and Development and public policy fellow at the Woodrow Wilson International Center. Co-sponsored with Connie Morella Library and open to the public. Join [here](#) or dial 301 715 8592, meeting ID 859 0867 3600

["Alan Karchmer: The Architects' Photographer."](#) Sunday, November 14, 11 am

Join Sylvia Winik and the Arts shared interest group in a visit to the National Building Museum to see the exhibit by Karchmer, an architect who prefers photographing great buildings to designing them. Videos explain the tricks he used to make his images. [RSVP](#) to coordinate travel and meeting place. \$10; \$7 for 60+.

[Bring the wild beauty in! A flight of birds \(and my migration\)](#), Tuesday, November 16, 2-3 pm

David Cohen is a writer and photographer whose work has appeared in books, magazines, newspapers, and online, from *The Washington Post* to *Harvard Magazine*. In August, Cohen returned from Iceland, where he photographed birds that fly the high latitudes. David will narrate slides, invite your questions, and close with a slideshow to set to music. Sponsored by BMAV and open to friends and neighbors.

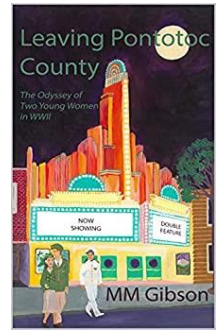
[RSVP](#) for Zoom link.

[Trivia night](#), Wednesday, November 17, 4-5 pm

BMAV members, join us for an hour of trivia on Zoom. Participants come with three or four trivia questions (and answers) they think may stump other guests. If you can't think of questions, come anyway! Host Chris Palmer will have extra questions in his back pocket. Also bring paper to write your answers on and a drink if you'd like. We'll keep score and declare a winner for the night. It's a lot of fun.

[Virtual Book Club](#), Monday, December 6, 7-8 pm

Author Michael Gibson will discuss his historical novel, *Leaving Pontotoc County: The Odyssey of Two Young Women in World War II*, written after 11 years of intense historical research and writing. The book's two themes are the critical role that women played in the war (one of the great untold stories of American history) and the tragic legacy of the Ku Klux Klan massacre in Tulsa, Oklahoma, in 1921. (More at mmgibson.com). Hosted by Jane Boynton. Open to BMAV members only.

[The interplay of art and science in botanical form: photographs by Amy Lamb](#),

Wednesday, December 8, 2-3 pm



Through photography, Lamb melds the beauty of plants grown in her garden with a visual exploration of the patterns and structures that evolved to create this flora that flourishes year after year. Her images combine the curiosity, precision, and analytic approach of science with the aesthetic and flexibility of art. Open to BMAV members and friends. [RSVP](#) for Zoom link.

Stokesia l., ©Amy Lamb

[Beginners' Chess Club](#), starts Sunday, December 12, 4-5 pm

BMAV members and volunteers are invited to free online chess classes, taught by high school chess expert and tutor, Uday. This is part two of BMAV's Beginning Chess series - Uday will have students pair off and play practice games live on screen while he gives direction. Uday will also delve deeper into chess theory and explain openings. All are welcome even if you did not attend Beginning Chess this past summer. Plan to attend for multiple classes. Please [RSVP](#) for more information. Owning a chess board is not required.

[The current political scene with Dan Balz](#), Tuesday, December 14, 3-4 pm

Dan Balz is chief correspondent for The Washington Post and covers national politics, the presidency and Congress. He will discuss the first year of the Biden presidency, which has been a whirlwind of

activity and controversy, from ongoing threats to democracy to divisions among Democrats, all foreshadowing the crucial midterm elections in 2022. Balz also is the author of several books, including two bestsellers, and is a regular panelist on PBS's "Washington Week" and a frequent guest on the Sunday morning talk shows and other public affairs programs. Co-sponsored with the Connie Morella Library and open to the public. Zoom link [here](#).

Shared interest groups for members

Aging Well. This group meets monthly via Zoom on Sundays at 4 pm. The next meeting is November 14. Each session focuses on an interesting question or topic. Written summaries of members' contributions from these meetings are on the BMAV website in the [Forums](#) section (accessible to members only). Hosted by [Chris Palmer](#).

Armchair travelers. Travel virtually via Zoom with BMAV friends each month. Do you have photos from an interesting travel experience? Let [Diane Goldman](#) know if you would be willing to talk about it at a future Zoom meeting. Diane can help you share any photos you have to illustrate your trip.

Biking. BMAV's newest shared interest group is led by [Steve](#) and [Stephanie Sutton](#) and [Elyse Jacob](#). The group has gone out on weekly rides and is meeting next on November 2 to enjoy the fall colors along the C&O canal. All riding levels are welcome. Interested, but don't have a bike? Bikes can be rented from Griffin Cycle. Contact Elyse with 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 at 7 pm to discuss favorite works in any genre. Authors also join the Zoom events to discuss their books. Chris Palmer will be joining November 9 to speak about his latest book, *Finding Meaning and Success: Living a Fulfilled and Productive Life*. Hosted by [Jane Boynton](#).

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.

Coffee talk. Members meet on the second and fourth Thursday morning by Zoom or in-person to share tips, activities, and inspiration. Hosted by [Ann Labriola](#) and [Naomi Collins](#).

Film fans. [Diana Kitt](#)'s film group shares names of recommended films and holds monthly Zoom meetups to review films together. All are welcome.

Gardening. [Ann Labriola](#) hosts a group that meets to share gardening tours, tips, questions and answers. Contact her 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. All topics welcome. The next in-person happy hour will be November 12,

hosted by Jerry Hage, weather permitting. RSVP required. Coordinated by Stephanie Sutton, [Susan Gorman](#) and [Barbara Brown](#).

Hardy Hikers. [Ann Bennet](#) leads the BMAV hiking club on monthly weekday morning hikes at locations throughout the metro area. They will be meeting next on November 15, weather permitting. Contact Ann for more information,

Knitting, needlework and friends. Members meet the first and third Fridays on Zoom or in a member's home to share what they are working on. Contact [Sandi Ross](#) for more information.

Ladies' lunch. Members meet monthly at noon for lunch, conversation and camaraderie. Hosted by [Lynn Barclay](#). Our next get-together will be Tuesday, November 30.

Men's lunch. A dozen or more men join [Bob Berish](#) for lunch and discussion on Zoom every other Thursday at 1 pm. Themed discussions are held the first half of the lunch and the second half is for catching up.

Information you can use

Are you thinking about making international travel plans? If you are, the CDC has valuable information on its website about [what to know before you go](#), especially that's COVID-19-related. CDC's frequently updated travel pages [groups countries by transmission level](#). It also lists them alphabetically, lets you search by country, and gives [COVID-19 travel recommendations](#) for each.

Volunteer to help a special kindergartner

Would you like to help one special kindergartner get off to a good start in life? By volunteering with [Empowering the Ages Connections](#) for one hour a week for 18 months, you'll get to know "your" child and family well, sharing important school information and resources and setting the child up for years of school success. (All currently done online.) Skill in a second language is especially needed.

If you're interested, email megan@empowerontheages.org or fill out the [volunteer form](#).

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Suggestion box

Do you have an idea for an article or comment about the newsletter? Please contact newsletter editor [Lynn Barclay](#).

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