



BETHESDA METRO AREA VILLAGE

Your home Your neighborhood Your future

Volunteer appreciation luncheon

Our volunteers are wonderful. BMAV held an appreciation luncheon in their honor on April 26 at the Edgemoor Club to celebrate everything they do to help other BMAV members and make our village community so vibrant. Some 40 volunteers attended.

Our volunteers do wide a variety of things: perform absent-owner house checks and small household tasks; drive members to and from medical appointments or elsewhere; help with electronic device problems; make friendly phone calls and/or visits with members; serve on the BMAV board of directors; lead our shared interest groups; write the bi-monthly newsletter; and give English tutoring to an Afghan refugee couple whom BMAV members helped get established.

Thank you, one and all!



New-member socials

New, longtime members, and potential members are invited to meet, greet, and socialize over light refreshments and drinks at a series of three socials, mid-May to early June. We will gather outdoors on members' patios (indoors in case of inclement weather). New members who joined during the last year and have not yet met others in person are especially welcome. Longtime members, invite a friend or neighbor to come as a guest and enjoy our sense of community, which may help them decide whether to join BMAV.

You can choose to attend the social on May 8 (Kirby Road), May 19 (Aberdeen Road), or June 4 (Montgomery Lane), 4-6 pm. Space is limited, so sign up soon. [RSVP here](#).

TED talks

Over the past two years, BMAV members met on Zoom and enjoyed a series of TED talks, courtesy of co-hosts and fellow members Paul Thorn and Barbara Reese. After each talk, the participants engage in enriching discussions on the takeaways.

Paul finds less-viewed TED talks on topics of general interest to BMAV members. Barbara prepares a short bio on each presenter. The talks addressed topics such as physical and emotional well-being, memory loss and absentmindedness, fostering resilience, improving communication, and incorporating more humor into our daily lives. Paul and Barbara hope to schedule a new series of TED talks for next fall and winter.



Thank you both, and thank you volunteer Ryan, who managed the viewings on Zoom, for such meaningful evenings.

Pen pals

Several BMAV members are participating in a pen pal exchange with fourth-grade students at Bethesda Elementary through the end of this school year. They are exchanging real letters, not email(!). Said one BMAV recipient, "What a delight! I just read the three letters from my pen pals. Exchanging letters with these children is joyful!" Thank you, Ben Beach, for administering the program for BMAV. If you would like to be a pen pal next school year, contact director@bmavillage.org.

Spring has sprung, and BMAV members are out and about

BMAV members have had several opportunities this spring to enjoy the warmer weather and spend time together. In just one 36-hour period, for example, members participated in a wide variety of BMAV-organized and -led activities, including bridge, knitting and conversation on a members' patio, Tai Chi, film fans movie discussion (on Zoom), and running into other members

when taking their dogs out for a neighborhood walk. Other members “smelled the roses” on other occasions.

Great Falls visit



“We had a splendid day and wonderful tour of the C&O Canal and raging rapids at Great Falls, thanks to our own Dan Mick, a 15-year volunteer park interpreter and occasional mule wrangler on the canal boats. The boats are not running yet this year, so we had Dan all to ourselves to explain the history, geology, and topology of the site. There was no question he could not answer!”

Sip and paint: Village members tapped their inner artist, creating cherry blossom scenes in acrylic paints while sipping, nibbling, and sharing the fun.

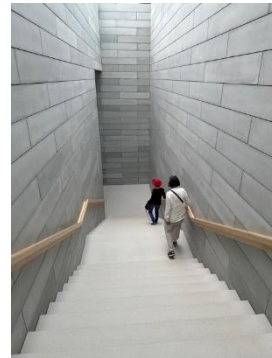


Biking, lunching and relaxing at Pike & Rose



A visit to Glenstone Museum

It was a day to wander and wonder. Seven BMAV friends found their way to Glenstone Museum on April 21. Some got reserved tickets from BMAV, but you also can get in without them by taking a Ride On bus. If you are looking for an adventure, a visit to Glenstone via bus might be just the thing for you. Take Ride On route 301 bus from the Rockville Metro station, Bay D, which makes seven stops daily at Glenstone and six on weekends, or park at the Potomac Community Center, 13850 Travilah Road, Rockville and then catch the 301 bus to Glenstone. Here's the [link](#) to the schedule. Remember, you ride free with a senior Smart Card.



Birding walk in Edgemoor. The birds were very vocal during the walk. The group identified 21 species of birds, all year-round resident breeding species, including some grackles nesting along upper Hampden Lane and grazing on several lawns.



Grackle



Dining out together

In March, we had our biggest turnout ever (27!) at Delhi Spice, a little hole in the wall on Bethesda Avenue that practically defines the term "neighborhood gem."



In April, 13 of us gathered at Duck Duck Goose and had a good time socializing.



Local tulip display. A resident of Bannockburn who plants thousands of tulips and daffodils each year on his property welcomed visitors to enjoy them. Several BMAV members did just that, including Dan and Nancy Balz, below.



Meet members Jan and Art Bill

Jan and Art are long-time Bethesdians and in their third house here. They started out small, before kids, in a house in the Wildwood area, then moved to a large house in Edgemoor to accommodate their growing family. Twenty-five years ago, they fell in love with and bought a smaller house in the neighborhood. It has its original barn and an expansive back yard, where Jan “maintains an incredible garden,” according to Art.

Unsurprisingly, she is co-leader of the BMAV garden group. Jan grew up in New Hampshire, Art, in Ohio. They met in Boston when she was a pediatric nurse at Boston Children’s Hospital and Art was studying for his degree at the Boston University School of Law. They married and in the early ‘70s, Art took a job with the Securities and Exchange Commission, prompting their move to Bethesda. After three years, he joined a small law practice and later made the jump to a large law firm in Washington, DC, from which he retired as partner at 72.



In retirement, Art became a volunteer, serving as a mediator for the State of Maryland. When the COVID-19 pandemic hit, the formerly in-person mediation sessions were conducted via Zoom. That did not work well, he said, and he decided to retire from mediation. That is not to say that he isn’t active now. He swims frequently, works around the house, gardens some, is a tennis player, goes to the BMAV men’s lunches, and is a member of a group of eclectic retired men who meet monthly to visit a museum, art gallery or place of historic significance, followed by lunch out.

When they first moved to Bethesda, Jan worked as a community health nurse for the Montgomery County health department. She ran a clinic in Cabin John and made frequent home visits. She loved it but took a break to stay home when their three children were young. After several years, she resumed working for the county, this time as a school nurse, supervising school room health aides, working with parents, and overseeing children who had health issues. She was assigned to and covered one middle school and two elementary schools each year. Jan practiced school nursing for some 10 years and retired about the same time Art did.

Once their kids were going to summer camp, Jan and Art traveled to places around the world. Jan’s first overseas trip, though, was when she was in college. She was selected as a representative of her home town for an Experiment in International Living two-months stay in India. She lived with a Sikh family in Amritsar for a month and then toured India with other Experiment members. It was an eye-opening experience and whetted Jan’s interest in seeing

other parts of the world. These days, Jan's and Art's travel is U.S.-focused, primarily to visit their children and grandchildren. They also are considering a trip to Alaska.



In addition to gardening, Jan is an avid tennis player and self-taught painter. She initially painted Grandma Moses-style and still life works. She changed to landscapes, mostly beach scenes near the family house that she and Art built at Bethany Beach and enjoyed for many years. Other activities that keep her busy include volunteering at the Edgemoor Club and, of course, participating in BMAV activities.

Jan said she and Art find our village programs and activities "excellent" and commented that they have met many interesting people they would not have known otherwise. She commented that BMAV "has done so much for the neighborhood" by engendering a sense of community.

Fire safety

In March, Jim Resnick of the Montgomery County Fire and Rescue Service gave an informative, engaging and motivating presentation on fire safety facts that we all should know. For example, don't use a fire extinguisher at home, sleep with the bedroom door closed, don't try to put out a small fire – call 911, and install 10-year smoke detectors.

Resnick recommended that everyone have a free home fire inspection. BMAV members Barry and Susan Gorman did just that a short time after they heard the presentation. Resnick came to their house and installed additional fire and carbon monoxide detectors, tested the existing ones, reviewed the Gormans' escape plan in case of fire, and answered all their questions. Barry said the inspection was painless and fun and recommends everyone consider getting one. Call 311 or visit www.mcfrs.org/mcsafe to make an appointment.



New pop-up event email group

BMAV members in this email group send each other invitations for last-minute outings, e.g., a movie, special event, maybe just a weather forecast for the next couple of days that inspires a walk or al fresco dining. We'll keep the emails short: just a brief event description, the day and time you plan to attend, and your name and contact info. When you receive an email with an event that appeals to you, get in touch directly with the person who listed it. It's that easy!

Ready to join? Send an email to Alice Padwe to be added to the list or if you have questions. You can always let her know if you want to opt out.

Matching opportunity

BMAV will have a great matching gift opportunity in early July. We would like as much participation as possible to take advantage of this unique opportunity and hope you will consider making a mid-year gift to the village. Stay tuned for details in June.

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.

New-member socials, various dates

New members who joined within the past year, longtime members, and potential members are invited to meet, greet, and socialize on members' patios over light refreshments and drinks at a series of three socials, mid-May to early June: May 8 (Kirby Road), May 19 (Aberdeen Road), or June 4 (Montgomery Lane), 4-6 pm. Space is limited. [RSVP here](#).

Game night, Thursday, May 4, 4-6 pm

Join BMAV friends at Barbara Reese's home for another fun evening of games and appetizers. Learn cribbage, Rummikub, a new card game, or bring your favorite game to play. RSVP on the BMAV online calendar or to [Barbara](#).



Private tour of Smithsonian American Art Museum, Friday, May 5, 10:30 am

Being in the museum as it starts to awaken is a magical experience. BMAV members, volunteers and friends are invited to join volunteer docent Bob Ferguson on this tour of highlights of the museum that showcase how American art reflects, and sometimes influences, the course of American history. RSVP to director@bmavillage.org.

Kayaking-canoeing and/or biking, Tuesday, May 16, at 1 or 12:30 pm

Join the kayaking-canoeing shared interest group and other BMAV members on a slow and easy paddle in a calm and beautiful section of the Potomac River for an hour, starting at 1 pm. \$18 per boat for one hour, single or double. RSVP required by May 13 so that boats can be reserved. Details about boat rentals and free parking are available at [Fletcher's Cove](#).

This outing is combined with the biking shared interest group. Members will meet at 12:30 pm at the Bethesda Pool parking lot, bike on the Capital Crescent Trail towards Georgetown, and then, if they wish, join the others on the water at 1 pm. Contact [Elyse Jacob](#) or [Stephanie Sutton](#) with any questions about either activity.

Hillwood Gardens tour, Friday, May 19, 12:30 pm



Join us for a docent-led tour of Hillwood Gardens, rain or shine. Weather permitting, we will have a picnic lunch afterwards. RSVP and \$15 per person, payable to [Ann Labriola](#), required by May 10.

Spring fling lunch, Wednesday, June 7, 1-2:30 pm

Come to this combined men's and ladies' lunch – all are welcome! – at member Starr Ezra's home. BYO lunch; drinks and dessert provided. We will meet in covered space on the patio or, if the weather is inclement, indoors. [Registration](#) required.

The roots of modern Bethesda Part II, June 12, 3-4 pm, Connie Morella Library meeting room
Six months ago Bethesda Historical Society Secretary and Tour Chair Hank Levine took us through how, between 1750 and 1920, geography and advances in transportation set the stage for the development of modern Bethesda. Now Hank returns to tell the story of how in the century after the end of World War I Bethesda became the affluent suburb and urban center we know and (mostly) love today. Join us as we explore how the rise of the automobile brought new neighborhoods and a growing central business district; how the zoning and planning 'wars' of the 1960's to 1990's shaped our community; and how Metro jump-started the growth of a town into a city. Open to the public; no registrations required. Co-sponsored by BMAV and Connie Morella Library.

Bethesda art walk, Friday, June 16, 5-6:30 pm

Let's meetup for a mini gallery tour in downtown Bethesda, beginning at Triangle Art Studios, 7711 Old Georgetown Road. The next stop is around the corner, Bethesda Fine Art, 4931 Cordell Avenue, then on to Gallery B, 7700 Wisconsin Avenue. Details on artists and the works being exhibited will be confirmed closer to the date. BMAV members and friends, [RSVP](#) if you are interested in meeting up.



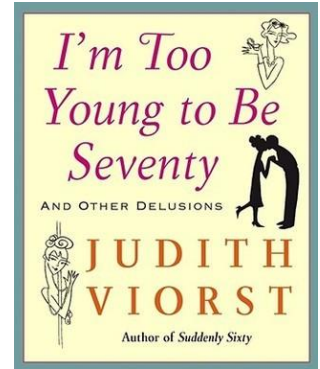
The likely future course of the Ukraine war, Monday, June 26, 4-5:15 pm, Battery Park Clubhouse

Professor Michael O'Hanlon, senior fellow and director of research in Foreign Policy at the Brookings Institution, will discuss the latest developments in Ukraine and Russia and the geopolitical implications. There will be ample time for questions following O'Hanlon's remarks. Light refreshments and socializing will precede his presentation. BMAV members, friends and neighbors are invited. [RSVP](#) required by June 23.

Books that resonate with our stage in life

"I have always enjoyed Judith Viorst's books. They are clever, entertaining, and thought-provoking. I especially like her poetry books on aging, such as *Suddenly Sixty and Other Shocks of Later Life*, *I'm Too Young to be Seventy and Other Delusions*, and *Unexpectedly Eighty and Other Adaptations*."

-- Barry Gorman



Deep in my heart I believe I'm
 Too young to be seventy.
 There are times when I'm wearing my baseball cap and my jeans
 That I even can imagine that, glimpsed from the rear, I might be mistaken
 For someone who could still be in her teens.
 Or maybe the mother of teens.
 Late thirties?
 Early forties?
 Middle fifties?
 I think I could do the middle fifties just fine,
 Like that actress who, when asked how she could be fifty-four
 When her son was forty-eight,
 Replied, "My son lives his life, and I live mine."

Another fun book a BMAV member recommends is *Killers of a Certain Age*. "Deanna Rayburn creates powerful characters -- superwomen in their seventh decade, professional assassins overcoming their daily arthritis and hot flashes in this thrilling, zesty adventure. Not your usual mystery story...a delight."

From our members

"I just want to thank BMAV for finding these two amazing techies to help me with my smartphone today. They solved all my issues! Extraordinarily helpful service and extraordinarily nice boys. Kudos to both them and you. "

"Thanks for enriching our life with your superlative offerings... and for the bounty of BMAV gifts."

Shared interest groups for members

Aging well. This popular shared interest group next meets on May 9 at 3 pm for a tour of the Pumphrey Funeral Home facilities, and on May 21 for a discussion on Zoom with Peggy Engel on avoiding post-death bureaucracy. Talking about death and dying may seem like a challenging conversation, but in our Aging Well meetings, it is fascinating, constructive, and useful.

To be added to the Aging Well 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 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](#) and [Elyse Jacob](#) for details, questions and to learn about future rides. The next meetup is May 16.

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](#).

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, May 2, 6-7:30 pm, at Daily Dish on Grubb Road. 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. Plans for 2023 include more in-person movies along with Zoom chats on movies the group agrees to watch and discuss. All are welcome.

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 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. Our next hike is May 18. Contact Ann to be added to the email list.

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 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), or occasionally via Zoom. The next lunches will be on May 22 and June 29, both in person. 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 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 45-minute circuit in a different neighborhood each week. Contact Nancy if you would like to receive updates on future meetups.

News you can use

Senior check-in phone calls program

A BMAV member signed up for this service gets a call every morning at 9 and finds it very comforting. She wants everyone to know about it, especially those who live alone.

Maryland residents who are 65 years or older can sign up for the free Maryland [automated check-in phone calls program](#), meant to verify the participant's well-being. Calls take place 8 am-4 pm, as close as possible to the one-hour block the participant chose when signing up. If the participant does not answer the first call, two more are made. If *those* calls go unanswered, the program calls the alternate person the participant designated at program enrollment. Here's the [registration link](#).

Consumer Reports online via the library

Do you need to replace your computer or other electronic device and want reliable advice on which one is the best in terms of quality and price? For many of us, *Consumer Reports* is the gold standard, but if you don't subscribe, how do you get that information? Easy: online via your library card. You can get unlimited access to past issues and search by product or topic. [Here's the link](#). (FYI, you also can access [The Washington Post](#) online with your library card.)

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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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