



Thank you, donors and volunteers

Thank you to everyone who donated to the village last year. A special thanks to member Doris Aronson, who has donated generously to the village year after year. She gives "because of the support I have had over many years. I feel so lucky to live in the community BMAV serves. I have found companionship and connection through ups and downs. The village means a lot to me."



Doris Aronson

Thanks, too, to all our volunteers. Together you are helping build a caring community that offers support, connection, and belonging. Our sincerest gratitude to each of you. Our volunteer services and engaging programming would simply not be possible without the support of all our members, volunteers, and donors. All BMAV volunteers are invited to our annual volunteer appreciation luncheon, being held this year on Wednesday, April 10. Watch for the invitation.

Would you like to be part of our volunteer community?

If you are not already a volunteer, we invite you to join us, whether you are a member of BMAV or not. Volunteers not only give rides to members but also make conversation and connections, which is often more important than the service provided. There is no time commitment. Volunteers can sign up to help when they have free time or are in town (for those who travel frequently). Volunteers receive training and staff support and can attend BMAV events. The small fee for the required background check can be covered by the village or considered a donation.

We are most in need of drivers to take members to weekday appointments, but other rewarding opportunities are available. Examples include going for walk with a member, stopping by a member's home for a friendly visit, helping a member lift an item, climbing on a ladder to replace a lightbulb, or as simple as opening a child-resistant medicine bottle. That

service was provided recently. Including travel time, it took the volunteer all of 20 minutes, yet it was critical for the member.

Interested? The next virtual volunteer orientation is March 4, 12-12:45 pm. RSVP and application required. Current volunteers who would like a refresher are also welcome. Check our [website](#) or contact director@bmavillage.org for more information.

From our members

"You've helped bring joy, hope, and wonder to even these aging-well years." *Dick Jung*

"Thank you ...for starting the village. It is such a happy place, filled with wonderful, enthusiastic people. I wouldn't know most of them had it not been for the village. The village is the envy of many of my friends who live outside its borders." *Barbara Reese*

"Best of" poll

We thought it would be fun to compile a "Best of the DMV" list. For example, what is your favorite local haunt, DC-area tourist spot or little-known gem? Where have you been wanting to go, but never gotten to? Where have you been going for years and want to introduce other people to? Answer as many of the ones as you like on the list below and send your answers to director@bmavillage.org. We will compile the answers and circulate a summary to everyone.

Best of/your favorite

- | | | |
|--|----------------------------|--------------------------|
| spot to take out-of-towners | bakery | hiking trail |
| free adventure | museum | bike trail |
| place to people-watch | theater | place to play pickleball |
| source for things to do in DMV | place to go birding | place for unusual gifts |
| favorite season and why | hotel or Airbnb for guests | place to get a milkshake |
| place to go for a glass of wine | spot for a quiet walk | place to volunteer |
| place to meet for coffee | winery or brewery | |
| Italian, Indian, vegetarian, pizza restaurants | | |
| spot for breakfast, lunch, bargain dinner, or special dinner | | |

Meet member Charles Berger

Charles Berger moved to Bethesda in 2021 from Washington state. He was born and grew up in Portland, Oregon. An ordained minister, Charles was a clinical pastoral educator, helping religiously trained men and women from several faiths learn the art of pastoral care in various settings, such as in a hospital, the military and the business world.



Charles originally thought he would follow in his father's footsteps and become a physician. He entered the pre-med program at the University of Oregon, but when he failed organic chemistry, he realized he was not destined to have a career in medicine as a doctor. He decided pursue a career in the ministry that involved pastoral care in medical facilities.

After getting his BA from the University of Oregon, Charles earned an MA in divinity from Fuller Theological Seminary in Pasadena, CA. He later got an advanced training and a degree in sacred theology at a seminary in Boston that focused on pastoral care and counseling, including on social justice issues.

To make ends meet at the beginning of his career, Charles was house father at a Portland college. He also served on staff at a large downtown parish that opened its doors to junior college students, providing them spaces to study, play, and work out. He set up student groups who shared their concerns about issues of the day, including the Vietnam War. He counseled students who had gotten their draft notices but were morally opposed to the war on how they could become conscientious objectors. The church also held Sunday evening activities for students and single adults, among them a student nurse whom he later married. They were wed for 45 years and had two children. She died in 2015.

Charles got further pastoral care education at the Menninger Foundation, earning certification as a clinical pastoral educator. In that capacity, he ran programs for 20 years at Oregon State (mental) Hospital, training religiously educated persons to be chaplains who served mentally ill persons.

Charles and his wife then moved to Columbia, South Carolina, where he ran a chaplaincy program at a level I trauma center for 13 years. During that period, he spent two weeks shortly after 9/11 at NYU hospital's temporary outdoor morgue, where bodies and body parts were brought from Ground Zero. He 'laid hands' on the remains of the victims and offered comfort to the police, fire personnel, Port Authority, and EMTs there.

He retired from the trauma center in 2007. He and his wife returned to the Pacific Northwest and built a house in Washington with a stunning view of Mt. Rainier. He continued doing what he loved by working part time with military chaplains and filling in at programs in transition between pastoral educators. He retired for good in 2020.

Reflecting on his chosen career, Charles said he found that getting people to tell their stories can help them heal. He says that was one of the best parts of what he did.

In retirement, he has taken up painting. He also has an interest in model trains. Before moving to Bethesda, he started putting together a very old train set and brought it with him in hopes his grandson will be interested in working on it with him. He also brought a model bicentennial train set and would welcome BMAV members who are model train buffs and would like the challenge of putting it together.

Charles learned of BMAV from his daughter, who thought joining the village would be a good way for him to meet new people and make friends. He joined this year and says he appreciates the opportunity to meet neighbors and get transportation to appointments and BMAV events. He also says, he “really appreciates Elizabeth (BMAV executive director), who is always quickly responsive to all my requests.”

Recent activities of interest

Visit to the Dorothea Lang exhibit at the National Gallery of Art



Photos from the Dorothea Lang exhibit



Fireside chat: keeping hope alive in the face of climate change, with member Reid Detchon

At the village fireside chat February 5 at the home of Barbara Brown and Bob home, member Reid Detchon described "how I keep hope alive" after 30 years of working on climate change and clean energy policy. When one looks at the worsening climate crisis, he said, it can feel too overwhelming to help fix it. But he and interviewer Ben Beach encouraged us to take whatever small steps we can, many of which can save money. Reid concluded by saying that elected officials will take mitigating steps when they hear from constituents who demand it.



Host Bob Berish said one measure that consumers can take to help combat climate change is food composting. After the fireside chat, Barbara demonstrated how they use their electric Lomi Bloom home composter that turns food scraps and other waste into natural fertilizer.



Our new wine-tasting shared interest group had a terrific time sampling cabernet sauvignon varietals.



GSA-led tour of murals in the Cohen Federal Building that features life in 1930s America, illustrating the Social Security Administration's role in caring for its citizens



Out and about in the neighborhood

Hiking on the Gold Mine Trail along the C&O Canal



The knitters and needleworkers group's latest community project



Members of our knitters and needleworkers shared interest group wanted a project that would keep everyone coming to the in-person meetings over the winter. They decided to make another baby blanket that each of them could work on. However, as the project progressed, they realized it was too heavy for a baby but thought it would be appropriate as a lap robe for a chemotherapy patient in an oncology ward of a local hospital. They are exploring which hospital to give it to.

In the past year, the group has made and donated 180 knitted items to local community groups.

Special thanks to our coffee talk hosts

We extend a special thanks to Naomi Collins and Ann Labriola, BMAV members and volunteers, who have hosted the village coffee talk for four years. Coffee talk was our first virtual meetup group when the pandemic started and met weekly on Zoom from March 2020 through March 2021 and then switched to twice a month. We were so pleased to offer this reliable way for members to connect during the pandemic. Members can look forward to resume meeting up in-person and outdoors, beginning March 7.



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.

Emergency preparedness, Tuesday, March 5, 2-3 pm

Sareem Streater, community outreach coordinator for the Montgomery County Office of Emergency Management and Homeland Security, will discuss what people can do to be active participants in their own safety before, during, and after an emergency or disaster. This virtual presentation reviews potential man-made and naturally occurring hazards that can affect Montgomery County residents, what they can do to limit exposure to them, and available county resources. No registration necessary. Zoom link [here](#). Meeting ID: 827 0783 7788, passcode 188462.

Dementia friendly training, Friday, March 8, 10-11 am, Zoom

Alexandria at Home village is collaborating with BMAV and other area villages to present a program from Dementia Friendly America, a national network of communities and organizations working to ensure that their communities are equipped to support people living with dementia and their caregivers.

In this session, two Dementia Friendly Champions of Alexandria at Home will discuss normal aging versus dementia, the typical progression of dementia, conversation tips for communicating with a person who has dementia, and more. The training will be especially helpful for volunteers who want to do friendly visits with members with dementia and can be helpful for all of us. Participants will receive a Dementia Friend certificate upon completion. [Registration](#) is required.

Docent-led National Gallery of Art tour, Monday, March 11, 11:30 am- 12:30 pm, [Conversations: Kerry James Marshall and John Singleton Copley](#). Tour starts inside the West Building's 6th Street and Constitution Avenue NW entrance near the information desk. Maximum 20.

This special installation brings together three monumental paintings -- Copley's 18th-century canvas *Watson and the Shark* and Marshall's two 20th-century works *Great America* and *Voyager*. These maritime-themed works address the violent history of the transatlantic slave trade and the forced journey of enslaved people across the Atlantic. RSVP to Flavia required by March 8.



Meet at Flavia Favali's home at 10:30 (parking available on the street or in her driveway) to carpool together, or drive or Metro and meet at NGA. After touring the exhibit, we have the option of lunch at the museum before returning home. RSVP required to [Flavia](#) by March 6.

TED talk series, Thursdays, March 14, April 11, 4:30-5:45 pm, Zoom

Join hosts Paul Thorn and Barbara Reese for a series of curated TED Talks. The topic in March will be climate change. After watching videos together, participants will discuss their reactions and the most important takeaways. Come for what is always an enriching conversation with other BMAV members.

Tech talks with Tony, Mondays, March 18, April 22, 2-3 pm, Zoom

Join us on Mondays to talk tech with BMAV volunteer Tony Mastria. He can answer your questions about computers, smartphones, anything tech-related. We discuss advice on universal problems. Open to full and social members. You can drop in to as many sessions as you'd like, but please RSVP by the day before with your question to give Tony time to prepare.

Strathmore Mansion afternoon tea, Tuesday, March 19, 1-2 pm, 10701 Rockville Pike, North Bethesda



Afternoon tea at Strathmore Mansion offers a throwback meal and 50s music that will make you want to shake, rattle and roll. Registration for this date is closed, but if you'd like to go in the future, let [Stephanie Sutton](#) know and she'll put you on a wait list for next time.

Whole person care: navigating the health system, Sunday, March 24, 4 pm, Zoom

Pamela Goetz, who supports cancer patients and caregivers at Sibley and Suburban hospitals through integrative health and educational programs, will discuss putting yourself first in navigating the healthcare system to improve your health outcomes and quality of life. Included will be information on cancer screening guidelines, self-finding reliable information, accessing services, and self-advocacy.

This is an Aging Well shared interest group presentation, hosted by Chris Palmer.

Useful tips and eco-friendly options for funeral planning, Tuesday, March 26, 2:30-3:45 pm, Zoom

In this entertaining and interactive workshop, BMAV member Chris Palmer explains why talking with your family about your funeral preferences is essential, why comparison shopping can save you significant money, and how eco-friendly options at the end of life (e.g., green burial, water cremation, and human composting) present new opportunities. Chris also will cover related topics, including embalming, home funerals, and death doulas.

This event is a collaboration among BMAV, Little Falls Village, and Friendship Heights Neighbors Network.

Docent-led tour at the Smithsonian American Art Museum, Wednesday, April 3, 10 am-noon, G Street, NW, 8th St. NW (Gallery Street Metro station, Red Line). Meet outside the G Street entrance.

BMAV members, volunteers and friends are invited to join volunteer docent Bob Ferguson on this tour of SAAM's Folk and Self-taught galleries. The group will discuss unnoticed works of art tucked in back corners, stop at whatever strikes its fancy, and experience the "touch cart" for a special hands-on treat with Bob's wife, a fellow docent. [RSVP](#) required. Carpooling can be arranged. Full-service members, contact us for a ride.

Volunteer appreciation luncheon, Wednesday, April 10, 12-1:30 pm, Edgemoor Club, 7415 Exeter Road

Thank you to all our wonderful village volunteers! You are invited to a lunch to recognize you for your time and dedication. Come socialize and enjoy food and drink. Limited street and on-site parking available. Look for your invitation in the mail and RSVP to Elizabeth.

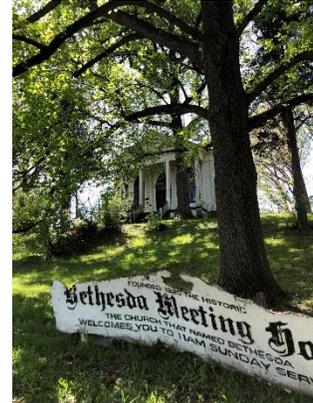
"The Future of Orchids," Monday, April 8, 11 am. Smithsonian American Art Museum, 8th and G Streets, NW.

BMAV's gardening group has planned an outing to see "The Future of Orchids: Conservation and Collaboration," which fills the entire Kogod Courtyard of the Smithsonian American Art Museum and National Portrait Gallery with around 350 live orchids. The display will feature a series of newly commissioned and loaned works by contemporary multimedia artist, Phaen Howng, to help audiences visualize the future of orchids and be inspired to take action toward a sustainable future. [RSVP](#) to meetup at Ann Labriola's home and carpool, or take the metro to meet the group there at 11:30 am.

The church that named Bethesda, Monday, April 29, 2-4 pm, Connie Morella Library meeting room

BMAV, the Bethesda Historical Society, and Connie Morella Library present Bethesda historian Hank Levine of the Bethesda Historical Society, who will give an illustrated presentation of the history, significance and future of the iconic Bethesda Meeting House. Free and open to the public; no registration required.

Despite being among the community's most storied buildings, the church on a hill overlooking Old Georgetown Road was vacant and deteriorating when it was acquired last year by an affiliate of the Bethesda Historical Society. It was constructed in 1820 (and rebuilt in 1850 after a fire) and features a rare slave gallery. It was the town's first post office and is listed in the National Register of Historic Places and the Montgomery County Master Plan for Historic Preservation. Legend has it that Abraham Lincoln worshipped at the meeting house and that it was occupied by Confederate cavalry during Jubal Early's raid on Washington in July 1864.



Hands-only CPR training and fire safety with MCFRS, Thursday, April 25, 10 – 11:30 am, Chevy Chase Village Hall, Humphrey Room, 5906 Connecticut Ave.

Do you have the right number of working smoke alarms in the correct locations? Did you know that all residents by law must use hard-wired or sealed-in, 10-year long-life detectors? Did you know that Montgomery County Fire and Rescue Service (MCFRS) can help you replace these or perform free safety checks? During this in-person presentation, Jim Resnick, MCFRS Fire Safety Educator, will teach current CPR training and provide us with potentially lifesaving updates on how to reduce our chances of experiencing a home fire. Jim has more than 45 years of experience as a firefighter, paramedic, chief officer, and fire safety educator.



[Registration](#) required by April 24. Sponsored by Chevy Chase At Home and Bethesda Area Metro Village.

Shared interest groups



A brand-new shared interest group is forming: **Bookworms!** It will be BMAV's second book club, this one to select and read the same book each month and then meet in-person to discuss it. The first meeting will be at Andy Brown's home, Monday, March 25, 4-5:30 pm. RSVP required and space is limited. Interested, but can't make that date? Contact [Andy](#) to be added to her email list and learn about future dates and book choices.

Our longstanding book club, hosted by Jane Boynton, meets monthly to discuss whatever book each member has read and enjoyed. See details below.

Aging well. This popular shared interest group meets monthly on Sunday afternoons at 4 pm. Talking about aging issues, including death and dying, may seem like a challenging conversation, but our meetings are fascinating, constructive, and useful. The next meeting is on March 24, when the topic will be "Whole person care: navigating the health system." See details in the Upcoming Events section on page 8.

Mark your calendar: on Sunday, April 21, Aging Well will meet at Chris and Gail's home for an outdoor social.

Armchair travelers. Do you have photos from trips you've taken that 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 for relaxed, non-competitive afternoon games whenever there is a foursome that wants to play. If you would like to join, contact lead [Marilyn Kerst](#) for more information.

Coffee talk. Members will resume meeting in person, weather permitting, at 10 am on the second and fourth Thursday of the month on Bethesda Lane outside Luke's Lobster Bethesda. Our first in-person gathering this year will be on March 7. 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. On March 5 we are eating at [Milie's Spring Valley](#). 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. 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 Barbara Brown and Stephanie Sutton. RSVP required. Contact [Barbara](#) or [Stephanie](#) to let her know if you're coming.

Hardy hikers. [Ann Bennet](#) leads the BMAV hiking club on monthly weekday morning hikes at locations throughout the metro area. Our next outing is March 29 on the woodsy Valley Trail starting at Old Anglers. While there is not a scheduled meetup on the calendar, there will be spontaneous hikes when weather permits. Contact Ann to get on her email list.

Knitting, needlework and friends. Members of the group work on their own projects or a charity project. They meet on Zoom or in person the first and third Tuesday of the month at 3 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, another place of interest, or, occasionally, by Zoom. RSVP required for in-person lunches. The next luncheon will be on March 27 at a restaurant TBA. Register on the BMAV website or 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 walk-and-talk group that meets Tuesdays at 10 am for a leisurely 45-minute circuit in a Bethesda neighborhood. We are in hiatus now but will resume once warmer weather returns in April. Contact Nancy for more information if you would like to receive updates on future meetups or if you are willing to lead a walk in your neighborhood.

Wine-tasting. The new wine-tasting shared interest group meets monthly in a member's home. Each participant pays \$15 to purchase wine and snacks. The next meeting is Sunday, March 10, 4:30-6 pm, when the group will sample four types of domestic American red wine, including merlot and pinot noir. RSVP required and space is limited; register on the website or by contacting lead [Amy Young](#).

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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](#).

www.bmavillage.org
info@bmavillage.org
240-630-2628