



From the desk of Bob Metzler  
BMAV Membership Committee Chair  
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We are thrilled to have grown to 105 members and counting!  
Our members enjoy each other's company on many outings around town, small group meetups, speaker forums and enjoyable socials in one another's homes.

Do you have friends or colleagues over 50 who might enjoy connecting with a community like this? Let us know and we will be pleased to follow up with them.

We have expanded the neighborhoods we serve with volunteer services provided to full members to include: Kenwood Park, Landon Woods/Pineview, South Bradley Hills, Bradley Village, Battery Park, Edgemoor, Kenwood Forest, English Village and Greenwich Forest. We need your help to spread the word. If you would like to help grow our community, consider joining us at a membership meeting on January 13, 2pm, to talk about advertising in our new neighborhoods.

If you're a member who has not yet had time to participate - take the plunge. If you're not a member - [check for events](#) open to the larger community. Better yet, become a member!

Thank you to all our members who have recently renewed or will be renewing soon. When you are due to renew, you will receive an automated email with a link taking you to our website for payment. You can also mail in a renewal form with a check to the address noted. [Contact our office](#) with any questions.

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*Thank you to all who have given during our 2019 fundraising campaign. If you have not yet donated, there is still time!*  
**[Click here to give online](http://www.bmavillage.org/donate) at [www.bmavillage.org/donate](http://www.bmavillage.org/donate)**  
*or mail a payment before December 31 to BMAV*  
*PO Box 30525, Bethesda, MD 20824*

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You can support BMAV in other ways too – become a [member](#) or [volunteer](#)! BMAV members volunteer on committees, on the board of directors, by leading or hosting village programs, and taking photos. Volunteer service providers also help their neighbors with occasional rides or visits at home. You choose when and how to volunteer, on your time.

Help build our community and make connections with your neighbors. [Click here](#) to learn more or give us a call with questions. 240-630-2628. We'd love to have you join us!



### Upcoming events

**[“Break your resolutions” Drinks and Sweets Potluck](#), Sunday, January 5, 3:30-5:30 pm.** BMAV members and potential members are invited to a "treats and sweets" potluck. Attendees are asked to bring a drink or a treat to share. Break your resolutions and join us at Sylvia Winik's home. [RSVP](#) by January 3 appreciated.

**[Volunteer service provider training](#).** Have you been meaning to volunteer to help your neighbors when you had time? Get your [volunteer service provider application](#) in and join us at our next training **January 7, 2 pm** at Connie Morella Library. We will go over the services offered (rides, friendly visits, in-home assistance with technology or light tasks, and vacation checks), how requests are made and filled, and answer questions about common scenarios. [RSVP](#) and application required. [Contact us](#) for more information.

**[BMAV Happy Hour](#), Thursday, January 9, 4:30 - 6:30 pm, George's Chophouse, 4935 Cordell Ave.** Every second Thursday of the month, meet other BMAV members and friends at a local Bethesda restaurant. Location for February 13 TBD. Please [RSVP to Susan Gorman](#) so we can hold a table.

### *Temporary setbacks*

Between our full-service members and social members are the social members who, on occasion, have a temporary setback from surgery or short-term illness. Happily, other social members, as friends, may choose to come to the rescue with help. But it's also good to know that an additional option for periods of recovery is the opportunity to convert from social to full member for the remainder of the membership term on a prorated basis. It's one of the ways BMAV serves a range of member needs.

**[Touch of Color](#) at National Gallery of Art, Friday, January 10.**

“The Touch of Color” exhibit traces the history of pastels in art from the Renaissance to the present day, examining different techniques and approaches used by a wide range of great artists. Meet BMAV members and friends at the top of the Bethesda Metro escalators at 9:30 (or full members, let us know if you need a ride). Those who wish can get together afterwards for lunch — and maybe a gelato! — at the cafe by the “waterfall” below the East Building of the NGA. RSVP to Arts Group lead [Sylvia Winik](#) by January 8.



**[Membership Committee meeting](#), Monday, January 13, 2 pm.** All members with an interest in helping with outreach are invited to join us for a brainstorming session. [RSVP](#) to Bob Metzler for details.



**[Coffee and Tea Together](#), Thursday, January 16 and February 10, 9:30 - 10:30 am.** All BMAV members - men and women! - are invited to join a small group of village friends for a chat, coffee or tea, and pastries at a member's home. [RSVP](#) so our hosts can prepare to welcome you.

**[Ladies Lunch Out](#), Monday, January 20, and Monday, February 17, noon,** Cesco Osteria. Join other BMAV members at Ladies Lunch out for good conversation and good food. RSVP to [Eugenia Covarubbias](#) so we can make reservations.

**[Madonna of the Trail](#), Tuesday, January 21, 2 pm,** Connie Morella Library. Bethesda's statue marks what is considered to be the beginning of The Old National Trails Highway, a spot where pioneers heading west spent their first night out of Georgetown. Installed by Daughters of the American Revolution and dedicated by future president Harry Truman in 1929, its future is now being debated. Join BMAV member David Moulton and Patti Maclay, State Historian for the Daughters of the American Revolution, for a discussion about the history of this iconic statue, and the petition campaign to relocate it. Co-sponsored with the Connie Morella Library. Free and open to the public. [RSVP](#) appreciated.



**[Tech Tutors - BMAV website orientation](#), Friday, January 24, 2 pm.** Executive Director Elizabeth Haile will demonstrate how to use the BMAV website and access the member directory, use the event calendar, and RSVP for events. She can also answer questions about membership, volunteering or anything BMAV related! New and longtime members welcome. [RSVP](#) for location information.

**Film discussion, Sunday, January 26, 3-5 pm, Connie Morella Library.** Join BMAV's Special Interest Group Meeting on Aging, Dying and Death for a screening of the 40-minute documentary *Voices of Grief, Honoring The Sacred Journey*. Following will be a facilitated discussion led by Caring Matters. The film shares a fresh perspective on the many ways we navigate successfully through grief or companion others along their journey. Free and open to the public. [RSVP](#) to Chris Palmer appreciated.



**Men's Lunch Out, Monday, January 27, noon, Cescio Osteria, 7401 Woodmont Ave.** The first half of lunch is for catching up and the second half we'll have themed discussions. [RSVP](#) to Bob Metzler so we can make a reservation at this quiet location conducive to conversation.

**Save a life!, Friday, February 7, 2 pm, Bethesda Chevy Chase Regional Services Center, 4805 Edgemoor Lane.** Improve your emergency first aid skills and knowledge of CPR and know when



and how to convey vital information to 911. Led by a certified instructor from Life Rescue Training, this specially designed workshop for BMAV members and volunteers will teach us how to identify a cardiac emergency and perform CPR - including hands-on practice using a dummy - as well as learn how to aide a choking adult, child and infant, how to identify and respond to stroke symptoms, and some basic first aid. **Open to BMAV members and volunteers.** Fees for the class are being subsidized by BMAV and

pre-payment of \$20 is required. Limited to 15 attendees, so be sure to [RSVP](#) soon.

**Special Interest Group Meeting on Aging, Dying and Death, Sunday, February 9, 4 pm.** All BMAV members are warmly invited to the February meeting of this popular and engaging special interest group. BMAV members can come as little or as often to these sessions as you'd like. Simply let [Chris Palmer](#) know you'd like your name added to his email invitation list.



**[BMAV Fireside Chat](#) on diplomacy, Sunday, February 16, 4 pm.** BMAV members and potential members are invited to an afternoon of refreshments and conversation at the home of members Art and Jan Bill. So many members have had interesting and varied careers - this evening we will hear from a panel of members who had careers in the foreign service talk about diplomacy and living and working abroad. Please [RSVP](#) by February 10.

**[Labyrinth Journeys](#), Tuesday, February 18, 1 pm,** Connie Morella Library. Walking the labyrinth, an ancient symbol and structure which is more than 4,000 years old, can provide comfort and peace. The short movie *Labyrinth Journeys* visits labyrinths on a green roof, in a garden, at a school, a hospital, a cathedral, and two military medical facilities in the DC area. Vickie Baily, a gardener who maintains the one private labyrinth covered in the documentary, will introduce the film and lead discussion. Free and open to the public. Co-sponsored with the Connie Morella Bethesda library. [Registration](#) appreciated.



### **Shared interest groups for BMAV members**

BMAV members are invited to attend any special interest group meeting. Just let the lead know that you would like to participate.

**Arts interest group.** Do you like to visit art exhibits around town? Do you enjoy drawing or painting from a model? The arts special interest group has a model offering to pose for us free of charge. Contact [Sylvia Winik](#) if you're interested in any of this.

**Aging, dying and death.** This popular and engaging special interest group usually meets monthly, Sundays from 4 to 5:30 pm, at the home of [Chris Palmer](#). Contact Chris for more information.

**Birding.** [David Moulton](#) leads early morning neighborhood bird walks about twice a month. Contact him for more information or to be added to the group's list of walkers.

**Bridge.** A beginner's and an intermediate foursome play monthly. Contact [Sandi Ross](#) for more information.

**Hardy Hikers.** [Ann Bennet](#) leads the BMAV hiking club on monthly weekday or weekend morning hikes at locations throughout the metro area. All BMAV members are welcome. Contact Ann if you're interested.

**Knitting, Needlework and Friends.** This knitting and conversation group meets once a month on Wednesday afternoon in a relaxed and fun atmosphere in a member's home. All levels of expertise are welcome. Contact [Sandi Ross](#) for date and location of the next session.

There's always potential for more shared-interest groups. If you have an idea for one, we can help you get it started. Contact [Elizabeth Haile](#) or Programs Chair [Elyse Jacob](#).

### Highlights from past events



In December BMAV's knitting group (some members pictured) created 48 baby caps for *Warm Up America*, who sends them to Africa to warm up the little heads of premature babies. **Knitting, Needlework and Friends** will continue to work on charitable projects through 2020. Join us at our upcoming meetings January 10 and 24. Contact group lead [Sandi Ross](#) for more information.

A capacity crowd gathered at the Connie Morella Library on November 19th to hear Fred Berner talk about his book, ***Old Edgemoor: The Heart of Bethesda***, in a program co-sponsored by the BMAV and the library. He described the development in the early 20th century of what was originally farmland, under the impetus of a group of men, headed by Walter Tuckerman, who rode over on horseback to have a look.



Photos of early houses illustrate a variety of architectural styles. Stories about the people who designed, built, and lived in those houses gave a picture of the era that ended by 1929, as the First World War and then the Depression took their toll. Questions revealed interest not only in the neighborhood, but also in the statue of the Madonna of the Trails, as Berner noted that Harry Truman had attended its dedication in his capacity as president of the National Old Trails Road Association. (Learn more about this at BMAV's presentation on the statue January 21).





A dozen **BMAV men dined** at their usual haunt for the last time in 2019. We were delighted to welcome new village member Gil. This time we discussed "to impeach or not to impeach." A few men brought canes and steel-tipped umbrellas in case the discussion got heated. Fortunately, the holiday spirit prevailed.

In November, 15 men gathered including two new members. The unscheduled conversation was so lively that we made little progress in solving how to

finance Medicare for All, the topic for the day. Our lack of progress had nothing to do with the fact that 22 ladies (not from BMAV) arranged to have a table in the same room. Apparently, the reputation of BMAV men must be getting around!



Tom and Claudia Henteleff welcomed 40 BMAV members and guests to their home for a **fall social November 9**. The evening was particularly festive as we enjoyed scrumptious hors d'oeuvres, caught up with old friends, met neighbors for the first time, made plans to attend upcoming events together, and indulged requests to pose for pictures. A huge thank you Tom and Claudia for their warm welcome.



Members thoroughly enjoyed a visit to the ***Becoming Jane*** exhibit at National Geographic November 5. Jane Goodall loved animals from early childhood and went to Africa after high school where she met Louis Leakey who mentored her. She observed chimpanzees over a period of 60 years. Because of her finding that they made and used tools to solve problems, scientists had to rethink the definition of humans as the only ones who could do this. She earned her PhD degree and has been a speaker and activist for many years. *Becoming Jane* runs through this summer.



Gail Shearer and Francie de Peyster held a meeting with several BMAV members in November at the beginning of the annual Medicare open enrollment period. They helped members work with the **Medicare plan finder tool** to determine the best prescription drug plan for them for 2020. Some members learned that a switch of their part D plan could save hundreds of dollars or more; another learned that her/his current plan is still best. In private sessions afterward, they worked with members to advise on initial enrollment in Medicare, and about making new choices after their Medicare Advantage plan was terminated.



Francie and Gail, who both volunteered for years with the Montgomery County SHIP program, would like to remind all Medicare beneficiaries to review their Part D prescription drug plans every fall. Plans change every year, and the potential savings are often substantial!



Lively discussion of a range of topics engaged ten **BMAV ladies at our November lunch**. How accidental falls happen, a timely topic for more than one member, was followed by homes -- successor homes to tear-downs. And the storied homes of Edgemoor, inspired by Fred Berner's talk, focused on historic homes. A plea was made to bring a friend from your neighborhood or our expanded boundaries to BMAV events. And pets had their moment. Lunch ended talking turkey -- ways to prepare our Thanksgiving fowl.



BMAV newsletter editor Lynn Barclay broke her hip last month and is very pleased to have recovered so quickly. She greatly appreciates all the help and good wishes she received from village members. Your outreach not only helped in her recovery, it made her realize all the more the value of belonging to the village at this point in her life.

As a way of expressing her appreciation, Lynn is offering to lend or give the durable medical equipment she no longer requires to village members who may need it, now or in the future. Contact [Lynn](#) directly if you could use crutches, walkers, and a toilet or shower seat.



### Affordable exercise opportunities for seniors

The best deal in town for **gym memberships** for seniors is the Montgomery County gym and workout pass. For anyone over 55, it is only \$50 for the *year* to access exercise rooms and open gyms. Locations include Lawton Community Recreation Center, 4310 Willow, or any other recreation center run by the county. [Click here](#) for more information.

Or maybe you'd like to learn about **Pickleball**...  
Wonder what it is and where to play?

Pickleball is currently the fastest growing sport in the US. Played indoors or out, a fusion of tennis, badminton, and ping pong and is played on a court with a paddle and wiffleball. (And why the name? The founders in 1965 named the game after their dog "Pickle.") At the Lawton center Mondays from 10 am – noon, beginners over 50 can come learn or just watch. Then once you know how to play you can play any day of the week at Lawton or other Montgomery County gyms.



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