



BETHESDA METRO AREA VILLAGE

Your home Your neighborhood Your future

BMAV resumes offering rides to full service members

We are delighted to announce that BMAV has resumed taking service requests for rides from full service members. Our other services for full service members continue: contactless grocery store drop-offs and other errands, absent-owner home check-ups, at-home outdoor tasks, friendly phone calls, and answering technology questions over the phone, such as how to navigate Zoom and grocery store websites. Members and volunteers will follow safety protocols and agree to sign a liability waiver. Contact us at 240-630-2628 or info@bmavillage.org if you want to make a service request or would like more information.

From the desk of Tom Henteleff



My 22-month term as chair/co-chair of BMAV will expire at the end of December. No-one could have anticipated the societal fissures that would erupt during these 22 months. During this relatively short interval, we have collectively experienced a pandemic, an economic collapse, repeated episodes of racial injustice and corresponding protests and civil unrest, a highly-divided society on how to address myriad of issues fundamental to our democracy and a

Presidential campaign marred by allegations of fraud, international interference and potential domestic violence.

BMAV, through the guidance of its talented executive director and its dedicated and committed board, committee chairs and special interest group leaders, has effectively and efficiently responded to these challenges by: a) utilizing video computer technology and creative programming to continue to pursue its mission of promoting community social interaction during the pandemic in which person to person contact became problematic; b) providing multiple forums in which its members were able to engage in frank but friendly discussions on today's issues while respecting that other members might have different views; c) continuing to build and train a stable of volunteers who are ready and willing to provide needed assistance to full service members consistent with applicable guidelines; d) pursuing multiple sources of funding; and e) carefully managing its budget to both address today's needs and maintain a sufficient reserve to meet tomorrow's evolving needs.

Members have repeatedly attested to BMAV's value, which, if anything, became more visible and apparent during the pandemic. I am proud and honored to have served as the Chair of the Board of Directors and witnessed BMAV's creative and constructive responses to challenges presented by today's troubling times. I am confident that BMAV will continue to grow and prosper as its merits and value become obvious and appreciated by more and more of our neighbors who have obtained or exceeded the half-century milestone. THANK YOU.

One reason our members love BMAV

From member Jane Boynton: "This is my new firepit, beautifully assembled by BMAV volunteer David Moulton. It will enable our family to continue backyard visits as it gets cooler. We have had s'mores already! Instructions said it would take 1/2 hour to assemble, but David worked hard for 1 1/2 hours! He was wonderful and I so appreciate his willingness to do it. This is a wonderful benefit of BMAV membership. The Village is the best."



Interview with member Diane Goldman

When Diane Goldman, a Philadelphia native, was in high school, she thought her career might include archeology or doing translations and then joining the Foreign Service. She decided on the latter path and attended Georgetown University's School of Foreign Service, where she majored in international finance and studied French, Spanish and Russian. French was her best language. She put it to the test a few years after graduation when she traveled around Brittany and Normandy. Her time there strengthened her fluency.



It turned out that Diane's career path did not include the Foreign Service. Instead, she spent 25 years at the National Academy of Sciences (NAS), primarily in behavioral and social sciences on the administrative and financial side. Her work there included research, strategic analysis, contract management, budgeting and team-building.

Two years before she left NAS, Diane learned that the Academy was planning to build a new science museum. That intrigued her. She took an introductory course in museum administration at GWU and then earned a master's degree. During that time, she was hired to be part of the development team to establish the new museum, which opened in 2004. She said it was an extraordinary experience.

After leaving NAS, Diane tried to stay in the museum world as an administrator, but the opportunities were few and didn't pay well. She changed course and landed in the animal world.

Diane had been considering adopting a cat. To find out if she really liked cats, she volunteered for Last Chance Animal Rescue, which placed its cats for adoption at area Pet Smart stores. She volunteered for Last Chance at the Bethesda Pet Smart, then became a Pet Smart employee. She ultimately was the lead associate who helped customers with their questions and needs relating to "specialty pets," i.e., animals other than cats and dogs. Her experience there confirmed that she indeed liked cats. She adopted two.

After retiring from Pet Smart two years ago, Diane looked for something part-time. Cat sitting filled the bill. She's now a professional cat sitter, accepting jobs primarily in the Bethesda area. She's considering applying as a volunteer with the Humane Rescue Alliance or the Welfare League of Montgomery County.

One of Diane's outside interests is genealogy. She worked extensively with the Jewish Genealogy Society of Greater Washington, attended conferences and had a column in an international review of genealogy. Through that experience, she discovered and met relatives she never knew she had.



Another of Diane's interests is needlework. She's an active member of BMAV's knitting and needlework shared interest group. She enjoys the group as much for the camaraderie as for seeing what projects others are working on. It was during these gatherings that she finished a needlepoint piece, "Monkey," for her nephew Zachary, that she started when he was two years old. He's now 18.

Diane, a social member of the village, lives just outside BMAV's boundaries. She joined as a way to meet people and participate in social activities. She says her expectations have been met. In addition to the knitting and needlework group, she particularly likes the village's occasional lectures, such as by the journalist who was past-president of the National Press Club, the wine-and-cheese socials and monthly ladies' luncheons. She, like the rest of us, looks forward to the day when BMAV activities can be face-to-face again – no masks, no social distancing.

Knitting for a good cause

Last winter, BMAV's knitting and needlework group knitted some hats for the Pancake House's winter drive for hats and coats for the homeless. The knitters later made 50 hats for preemies that were sent to South Africa via Warm Up America. When the pandemic closed things down and the knitting group began meeting virtually, as it does now, they "got serious," said group leader Sandi Ross. They made 40 winter hats that they donated to Bethesda Cares for the homeless and are making more.



Sandi had a friend who died of cancer last April and had complained that her (bald) head was always cold. Sandi had an "aha" moment and proposed to the other members of the group that they knit hats for chemo patients at Walter Reed. They made 36 light-weight cotton ones. Most were in pretty colors, some with ruffles or other adornments, for female patients. A few were in muted colors (no ruffles) for male patients.

If you or someone you know who is not a member of the village would like to participate in this project, Sandi says the knitting group has hat patterns they will be glad to share. Completed hats can be brought to Sandi and will be included when the knitting group makes another hat donation to Bethesda Cares. Contact [Sandi Ross](#) with any questions or to obtain hat patterns.

BMAV moves outdoors

Early in the pandemic, BMAV pivoted seamlessly from its many face-to-face activities, most of them indoors, to virtual activities via Zoom. More recently, the village has offered small face-to-face outdoor socials in members' backyards, where participants were socially distanced and usually wore masks even when speaking. As one member said, "It's great to have BMAV doing so many new and flexible things that nobody imagined 6 months ago."





*From a member: "I just wanted to send a big
THANK YOU for all you are doing to keep
everyone's spirits up and engaged."*

Outdoor pleasures

Some villagers are spending as much time as they can outdoors, alone or with their "pod," safely enjoying the scenery, nature, fishing and other activities, especially before the weather turns inhospitable. Balm for the soul. Here are photos from some recent outings.



Poolesville, MD



Near Chain Bridge



Edwards Ferry Landing, VA



Fishing on the Potomac



Glenstone, Potomac, MD



Glenstone path, Potomac, MD

Upcoming events

BMAV continues to follow CDC, Montgomery County and Maryland Department of Health guidelines and orders during the pandemic. We look forward to resuming in-person events when it is safe to do so. For now, we hope you will attend our virtual activities.

[Learn how to choose a Medicare Part D drug plan](#), Thursday, October 29, 2 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 plan. If you'd like to learn how to find the plan best for you in this zoom presentation, join Gail Shearer who will walk you through it. [RSVP](mailto:director@bmavillage.org) to director@bmavillage.org recommended. Open to BMAV members only.

[Keeping safe in your home during COVID-19 and beyond](#), Monday, November 2, 1 pm. Montgomery County Fire and Rescue Service wants to help you stay safe at home, Jim Resnick, retired MCFRS battalion chief, now program manager for MCFRS Senior Outreach and Education, will talk about practical solutions to prevent fires and other disasters and how to schedule an at-home safety check virtually. Free and open to the public. [RSVP](#) by November 1 for the Zoom link.

[The Virtual Pivot](#), Monday, November 9, 1 pm. The Covid-19 pandemic has pushed everyone, especially older adults, to alter routines and behaviors and to try new technologies to stay connected. Join Catherine McCallum, MSW, LCSW-C, LICSW, to learn what technology is here to stay and how to make it work for you. Free and open to the public. [RSVP](#) by November 8 for link.

[Tech Tuesday](#), Tuesday, November 10 and December 8, 2 pm. Join us the second Tuesday of every month at 2 pm to talk tech with BMAV volunteer Tony Mastria. He'll answer your

questions about computers, smartphones, anything tech-related. Open to full service and social BMAV members.

[*The Rise of the G.I. Army 1940-1941*](#), Wednesday, November 11, 2 pm. *Veterans Day*. Paul Dickson will discuss his latest book on the dramatic, untold story of how the American Army was mobilized from scattered outposts two years before Pearl Harbor into the disciplined and mobile fighting force that helped win World War II. Senator William S. Cohen, former secretary of defense, says, "This is one of the most important books I've read that showcases the forces of isolationism and racism during one of the most consequential periods in American history." Free and open to the public. [RSVP](#) by November 10 for the Zoom login.

[*Winning Your Audience*](#), by James Rosebush, Tuesday, November 17, 10 am. Rosebush, deputy assistant to President Reagan, chief of staff to First Lady Nancy Reagan, senior advisor in the Reagan White House, and author of "True Reagan," will discuss his latest book on winning an audience and how to gain mastery over fear to become a more effective presenter, teacher, salesperson, and parent. Free and open to the public. [RSVP](#) by November 16 for Zoom login.

[*The Property of the Nation: George Washington's Tomb, Mount Vernon, and the Memory of the First President*](#), Monday, November 23, 3 pm. Historian Matthew Costello, vice president of the David M. Rubenstein National Center for White House History and White House historian, will discuss his book. Co-sponsored with the Connie Morella Library. Free and open to the public. The library closes the [Zoom link](#) at 3:05 pm, so be sure to login on time. Or you can dial in: 301 715 8592; meeting ID: 994 7668 3049.

[Virtual Ladies Lunch](#), Monday, November 30, 12 pm. Join other BMAV members for the virtual ladies' lunch each month, hosted by Lynn Barclay.

[*The Greek Connection: The Life of Elias Demetracopoulos and the Untold Story of Watergate*](#), Tuesday, December 1, 10 am. Drawing on a decade of research and original reporting, James H. Barron tells the story of a man whose pursuit of uncomfortable truths put him at odds with the government of his native Greece and with eight U. S presidents, from Truman through Reagan. Demetracopoulos was the target of CIA, FBI, and State Department surveillance and harassment, as well as a kidnapping plot. The Greek Connection tells about the cost of standing up for democracy and a free press, and the role of foreign money in the presidential election of 1968. Free and open to the public. [RSVP](#) November 30 program for the Zoom login.

[Bon Appetit](#), Wednesday, December 2 and 30 at 2 pm. Volunteer docent LeeAnn Lawch returns in this two-part series to help BMAV members explore artwork from the Smithsonian American Art Museum collection. This discussion highlights "food! glorious food!" From scenes of a Kansas wheat field to a North Carolina delicatessen, American artists celebrate the bounty of

the good earth and our enjoyment of it. These artworks reflect the meanings we attach to food—from planting to plate—and recall time-honored rituals and traditions.

[Virtual Gardens](#), Thursday, December 3, 2:15 pm. BMAV member Melissa Clark, a former landscape designer and present-day professional garden photographer, will share photographs of three beautiful local gardens she has photographed over the years and talk about some of the design considerations behind them. All three gardens have been on local garden tours so you may recognize them, and two of the designers have won national awards for their work. Open to BMAV members and volunteers.

[The 1950s housing boom in Montgomery County](#), Monday, December 7, 1 pm. The 1950's housing boom almost doubled the number of single-family homes in Montgomery County in one decade. Robert Bachman from the Montgomery History will explain what fueled the housing boom, where and how new homes were built in the county, and how we prepared for and responded to the housing boom and rapid population growth. Free and open to the public. [RSVP](#) by December 6 for the Zoom link.

[Keeping Seniors Safe](#), Monday, December 14, 1 pm. Michael Conrad with Montgomery County Police Department will discuss safe shopping habits, home safety and personal preparedness for an emergency, fraud and scams, identity theft identification and prevention, and whom to call for emergency and non-emergency needs. Free and open to the public. [RSVP](#) by December 13 for Zoom link.

[Futurist John Mahaffie](#), Tuesday, December 15, 10 am. Mahaffie is a futurist who speaks, writes, and advises organizations on the future. BMAV members are invited to talk with him about what "futurist" means, what he does, and what it's good for. Mahaffie was an author of "2025: Scenarios of US and Global Society Reshaped by Science and Technology."

[Show and Tell](#), Wednesday, December 16, 1 pm. BMAV members join us for an hour of show and tell. Attendees can bring a memento or item from the house that is special for you, then show it on screen and tell us about it. It will be a great way for us all to get to know each other better. If you would like to show a photo, you can also Screen Share, or send it to [Elizabeth](#) so she can show it for you. Hosted by Jan Bill.

[Virtual Men's Lunch](#), Thursday, December 17, 1 pm, hosted by Bob Berish.

[Trivia Fun](#), Monday, December 28, 3 pm. BMAV members join Diana Kitt to play trivia. Everyone comes with 3 - 4 trivia questions they think may stump other guests. Not too hard though! We will all answer on screen and a winner will be declared! Contact us with questions.

[Virtual Ladies' Lunch](#), Wednesday, December 30, noon-1 pm. Join other BMAV members for the virtual ladies' lunch each month, hosted by Lynn Barclay.

[Alexander Von Humboldt and the United States: Art, Nature, and Culture](#), December 30, 2 pm. This exhibition reveals how the influential naturalist and explorer Alexander von Humboldt (1769-1859) shaped American perceptions of nature and the way American cultural identity became grounded in our relationship with the environment.

BMAV is always looking for new ideas for shared interest groups, and member Ann Bennett came up with one: learning conversational Spanish. Ann had wanted to learn Spanish for a long time. She contacted BMAV Executive Director Elizabeth Haile, who surveyed members and got a positive response from several. Elizabeth found a volunteer to teach a Spanish class through the Montgomery County Volunteer Center: Keerat Singh, a sophomore at Georgetown University. The class met virtually twice a week last summer. Members found it so rewarding that they have continued to meet throughout the fall.



If there's a skill you'd like to learn or topic you'd like know more about, [let us know](#) and we'll see what we can do to form a new shared interest group.

Shared interest groups for BMAV members

Many of you are familiar with one of BMAV's most popular shared interest groups, Aging, Dying, and Death, which meets monthly and is hosted by Chris Palmer. This isn't a doom-and-gloom group, but rather one focused on living to the fullest as we age and approach the end of our lives. With the group's enthusiastic support, Chris has decided to rename the group "Aging Well" to more accurately reflect the group's focus.

The group's virtual meetings on Zoom during the pandemic are called "Tea Time Talks." In the last issue of the newsletter, we highlighted some past topics of discussion: reframing the next chapter of your life, fitness and how to stay in good health, home organizing and decluttering, coping with grief, how to get the most out of a hospital stay, hospice, Medicare, living wills and advanced directives and silver linings during the pandemic. Many tea time talk participants say they find the discussions tremendously warm, vibrant, upbeat and engaging. The hope is that the name change to Aging Well will encourage members put off by the mention of death and dying to attend Chris's monthly meetings (now via Zoom) and see for themselves why they are relished and enjoyed by so many BMAV members.

Aging Well: The next Aging Well tea time talk on Zoom will be on Sunday, November 15, at 4 pm, hosted by [Chris Palmer](#). This month's Tea Time Talk discussion topic will be: What are one or two things that bring you joy? Contact Chris to get on his email list.

Armchair Travelers: Travel virtually via Zoom with BMAV friends. Takeoff is scheduled for 2pm on a Wednesday, usually the 2d of each month. On November 18, Elyse Jacob will share "International Views from the Seat of a Bike." On December 9 we will travel to Myanmar, led by new village member Melissa Clark. Do you have photos from an interesting travel experience? Contact group lead [Diane Goldman](#) to share your trip photos at a future meeting of our newest Shared Interest Group. No experience required! Diane is available to help with the technology

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 weekly on Tuesday mornings to discuss favorite works in any genre. About every other week an author joins the Zoom event to discuss his or her book. Hosted by [Jane Boynton](#).

Bridge: Meets daily for afternoon games via computer program. If you would like to join, contact lead [Marilyn Kerst](#).

Coffee Talk: Members gather weekly on Thursday mornings by Zoom with coffee mugs in hand 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. On November 4, BMAV movie fans will meet via Zoom to discuss *The Octopus Teacher* and *Yesterday*. Watch ahead of time and we'll review them together. You can see the film fans' movie recommendations in the [Forums section](#) on BMAV's website.

Gardening: [Ann Labriola](#) hosts a discussion group to share gardening tips, questions and answers. The monthly discussions are on hiatus until spring but garden-related sessions are scheduled this winter.

Happy Hour: BMAV members meet online for lively conversation and good cheer every Friday afternoon at 4 pm. Bring your own drinks. All topics welcome. Hosted by [Susan Gorman](#).

Hardy Hikers: Walking together is on hiatus but contact [Ann Bennet](#) to be added to her email list and get information on future meetups.

Knitting, Needlework and Friends: Meets every other Friday on Zoom to share what they are working on. Contact [Sandi Ross](#) for login info.

Ladies' Lunch: Ladies meet monthly for lunch, conversation and camaraderie. The next virtual lunch will be on Monday, November 30, and the topic will be "what's something that's made you happy in the past two weeks?" Hosted by [Lynn Barclay](#).

Men's Lunch: A dozen or more men join [Bob Metzler](#) for lunch and discussion every Thursday at 1 pm.

Spanish conversation group: A wonderful volunteer leads this small group session in Spanish lessons every Tuesday. Full.

Supporting BMAV

BMAV has launched its 2020 fundraising campaign early this year. Thank you to everyone who has already given. This is our home, our neighborhood and our future. Together we are making a difference in each other's lives. Support BMAV!

If you would like to make a donation to help the village continue to provide programs and connections for BMAV members in our community, you can do it online at

www.bmavillage.org/donate. If you prefer, you can call the office 240-630-2628 to make a payment over the phone or have a form mailed to you.

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Suggestion box

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

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