



BMAV is thriving!

We should all be pleased at the success of our robust year-and-a-half as a village. We have rich and varied programs and social activities, a 92 percent membership renewal rate, a healthy growth in new memberships and positive and productive volunteers.

While it's true we no longer have a donated office in the Trawick Foundation building on Old Georgetown Road, our very capable executive director Elizabeth Haile is working her magic from her home office. No commuting is a plus, and she says her dog is very pleased.

You can help us spread the word about BMAV by telling your friends and neighbors about the fun you're having and encouraging them to join. Point them to [our website](#), another good source of information about the village. You also can help by letting us know when your neighborhood is going to have a block party. We'll drop off brochures that you can share with potential members. We'd also be glad to speak to your neighborhood association.

Kudos from our members

Some BMAV members recently expressed their appreciation for the services they've received from village members and volunteers and agreed to share their comments with newsletter readers:

- *I got the flu and mentioned my infirmity with a few other BMAV social members. I was surprised and delighted when one volunteered to pick up anything I needed. Bingo! I suddenly realized that I was actually part of a village, a place where a neighbor a block away, whom I had not known two years ago, was now graciously offering to help me out. Who knew that I'd feel so much less alone during this temporary illness, and how many newly discovered neighbors and friends I now have?*
- *This is such a wonderful help to me. I am most grateful.*
- *My (volunteer service providers) were delightful and did a fine job.*
- *Thanks so much for arranging this. I love BMAV!*

If you're a full BMAV member and haven't yet had occasion to request a service, here's one to keep in mind if you're going to be away for a few days or longer: BMAV's absent-owner service.

At your request, while you're gone a BMAV volunteer will check to be sure no packages, mail or flyers have been left at your door or in the yard, water your plants or perform other services that you've requested.

Requesting a service is easy, as is volunteering to help a village number: contact Elizabeth Haile by [email](#) or call 240-630-2628 and she'll follow up.

Interview with BMAV members John and Linda Whitney

John and Linda Whitney moved to the DC area in 1957, when John had just completed Navy officer candidate school. They've been in their house in English Village since 1967.



John's 47-year legal career included three years with the Navy's JAG, three years in NASA as assistant general counsel, and many years in private practice, where over time, he was a jack-of-all-trades: government contracting, corporate law, trial work, taxes, wills and trusts, you name it. He particularly liked being the point person who laid out the legal considerations when the NASA Administrator was selecting the winner of a competition for a major contract.

Early in his career, John had a stint in state politics. He'd considered running for office, became active in his political party and then was encouraged to run for the Maryland House of Delegates. He ran twice and won. He served on the ways and means and other fiscal and finance committees. According to Linda and others, "He was one of the best." He had to resign half way through his second term when he accepted the position with NASA.

At the beginning of Linda's career, she was a reading specialist tutor. Following that, she worked several years for the representative to the U.S. from the Northern Mariana Islands, a U.S. Commonwealth in the Northern Pacific, lobbying for federal programs to benefit the Marianas. She then became a loan officer at the National Cooperative Bank. She retired as a full vice president.

In retirement, John and Linda have been active volunteers. John served ten years on the board of [Bethesda Cares](#), which works to end homelessness in Montgomery County. In fact, he just stepped down from the board in December. Linda's volunteer work was making recordings for the blind and dyslexic at [Learning Ally](#). John also volunteered there for a while. They gave it up when the organization required volunteers to set up equipment and record from home. Linda used to play tennis a lot but had to give it up after an injury. John still plays both tennis and squash and often walks around the neighborhood and further afield. They enjoy playing bridge and their book club.

They used to travel to places as diverse as Russia, Morocco, Australia, New Zealand, Italy, France, Costa Rica and three countries in Africa for safaris. Lately, their travel has been domestic, especially to Charleston, SC, where they have family.

Linda and John feel fortunate to live in English Village and are enthusiastic about aging in place. When they heard that an aging-in-place village was being planned that would include their neighborhood, they signed up as pioneer members. Several of their friends also joined.

Recent BMAV events of interest

Neighborhood walk in Greenwich Forest

On a bright, cold day in early April, several BMAV members went on a walk in beautiful, heavily treed Greenwich Forest, led by BMAV member, architect and realtor Melissa Watts. Many of the homes were constructed by builder and developer Morris Cafritz between 1926 and 1949.

In 2012, a sizeable portion Greenwich Forest was designated as a historic district when it was included in the Montgomery County master plan for historic preservation, meaning the area has both historic and architectural significance. It also means that any additions, renovations or replacement of houses within the historic district must meet strict design guidelines.



Garden party social

The sun shone for the BMAV as some three dozen members gathered at Tim French's house on April 28th. Welcomed by our gracious host, we nibbled on a bountiful array of tempting goodies, sipped wine or other beverages, chatted with old friends and made new ones and had a great time. A few minutes of a light rain didn't dim the spirit of camaraderie. Outside or inside, it was a delightful gathering. Many thanks to Tim for his generous hospitality.



Enjoying the garden party outside



Partaking of the goodies inside

Presentation by author Steven Ross

On a chilly, rainy day in mid-April, Steven Ross, *New York Times* best-selling author and expert on Hollywood and politics, gave a fast-paced presentation to 40 BMAV members and guests on the reality of L.A. in the 1930s, when Hitler was on the rise in Germany, which was based on his Pulitzer Prize- and National Book Award-nominated book, [Hitler in L.A.: How Jews Foiled Nazi Plots against Hollywood](#). The day after his presentation, the Pulitzer Prize board announced that his book was one of two finalists in history.

Ross painted a vivid picture of L.A. in the '30s that's at odds with our image of L.A. and Hollywood today: Swastikas hanging from prominent buildings; major movie studios full of workers who had pledged themselves to pro-Hitler organizations; and plots to murder major figures in the film industry and others, with the goal of inciting anti-Jewish outbreaks across the United States.

Led by a young lawyer and founder of the Anti-Defamation League, a determined group of Jews and non-Jews, mostly WWI veterans, infiltrated the burgeoning Nazi and pro-Nazi groups in Los Angeles in an effort to stand up and defend democracy. Some local law enforcement leaders in the L.A. area were themselves drawn to the Nazi arguments. Time and again they rejected or ignored the group's evidence of a Nazi plot. The plot, as outlined by Ross, is full of riveting figures, some of them very unexpected.

Ross's presentation led to a lively discussion with the audience.



Author and speaker Steven Ross



Ross signing his book

Textile Museum tour

On May 9, BMAV members enjoyed a docent-led tour of the exhibit "Vanishing Traditions: Textiles and Treasures from Southwest China" at the Textile Museum on the George Washington University campus. The costumes, jewelry and accessories on display, worn by minorities in Southwest China for centuries, were dazzling. The minority cultures there are vanishing, endangered by modernization.

The BMAV group also was dazzled by the textiles in the “Binding the Clouds: The Art of Central Asian Ikat” exhibit. Both exhibits will be at the museum through July 9.



"Vanishing Traditions" exhibit



"The Art of Central Asian Ikat" exhibit

Holocaust Memorial Museum tour

BMAV members were led by Holocaust survivor and museum docent Margit Meissner on a tour of the Holocaust Memorial Museum on May 22. It was, as BMAV president Gail Shearer said, unbelievably good and enriching. Margit was a rock star: people kept joining the BMAV group, so intrigued were they by what she was saying.

A student chaperone from Nebraska, clearly moved by seeing a Holocaust survivor in person, introduced herself to Margit and asked if she could bring the 28 middle-schoolers over to meet her, saying what an honor it would be. Margit agreed and made sure that everyone within earshot, including us adults, went home with lessons from the Holocaust to remember.



Upcoming events

June

- June 13: BMAV [Tech Tutors](#); one-on-one help with your devices. Bring in your cellphone, smartphone, iPad, Kindle or laptop and get your questions answered on most any tech question from trained and tech-savvy high school students. Free. 2:30-3:30 at the Bethesda-Chevy Chase Regional Services Center. BMAV members only. [RSVP](#) by June 9.
- June 14: [Go take a hike!](#) A look at the historical significance of parks and interesting facts about walkable communities and hiking locales in the D.C. area, presented by a National Park Service representative. Sponsored by Kensington Park and open to all. RSVP required. 2:30-3:30 pm at The Woman's Club of Chevy Chase.

- June 14: BMAV [Happy hour and summer concert](#), 4:30-7 pm. Our monthly happy hour this month will be at Black's Bar, followed by a short walk to Veterans Park for a free outdoor concert featuring blues and jazz. [RSVP](#) so we can plan to meet.
- June 19: BMAV [Men's lunch out](#), 12-1:30 pm, at Cesco Osteria. [RSVP](#).
- June 19: [Embrace Your Age with Dr. Kaufman](#), 11:30 am-1:30 pm, at Kenwood Golf and Country Club, presented by Suburban Hospital. Dr. Kaufman will share insights and practical advice for living life to the fullest, no matter your age. Free, but registration required, either [online](#) or by calling 301-896-3939. Refreshments will be served.
- June 22: [AARP Safe Driver Course](#), 10:30 am-2:30 pm at Chevy Chase Library, 8005 Connecticut Avenue. Tune up your driving skills, learn safe driving strategies and update our knowledge of the rules of the Road. [Registration](#) required. \$15 for AARP members.
- June 25: BMAV Docent-led [tour of The Folger Shakespeare Library](#), its history, and the new exhibit, *Form and Function: The Genius of the Book*. 12-1:30 pm. Free. [RSVP](#) required.
- June 26: BMAV Ladies lunch out [**NEW**], 12-1:30 pm. Join us for our inaugural ladies lunch out at [Praline Bistro](#) in the Shops at Sumner Place on Sangamore Road. RSVP to [Eugenia Covarrubias](#).
- June 30: BMAV [Community yard sale](#) to help BMAV members declutter, 9 am-noon, at the home of member Barbara Wiss. [Register](#) if you'd like to reserve room to sell your treasures. Proceeds can be kept by individual sellers or donated to BMAV or other charities.

July

- July 12: BMAV [happy hour](#) at Passion Fish (7187 Woodmont Ave), 4:30-6:30 pm. No RSVP necessary.
- July 14: [Free baseball game](#). BMAV has free tickets to see The Big Train college baseball team play at Povich Field on Westlake Terrace (near Montgomery Mall). Bring your family and friends and sit together in the reserved BMAV section. 7-9 pm. [RSVP](#) for tickets.
- July 17: ["America's Musical Journey" film discussion](#), 12:30-2:30 pm, at Warner Bros. Theater at the National Museum of American History. \$8. This 3D movie celebrates the unique diversity of cultures and the creative risk-taking that characterize America, as told through the story of its music. After the movie we'll discuss the film and making of IMAX movies with BMAV member Chris Palmer, president of the foundation that co-produced the movie. Members and friends welcome. [RSVP](#).

- July 22: BMAV [Happy hour pot luck](#), 5-7 pm, at the home of member Lynn Barclay. Each attendee should bring an appetizer or dessert. Members and potential members welcome. [RSVP](#) if you'd like to attend and/or if you'd be willing to host a future event.
- July 31: BMAV [New member orientation](#), 10:30 am at La Madeleine (7605 Old Georgetown Road). Meet for coffee with Executive Director Elizabeth and members of the welcoming committee and have your questions about BMAV answered. [RSVP](#).

Be sure to [check our calendar](#) for other events, including those that are added between newsletter publication dates. RSVP to [Elizabeth Haile](#) or to the contact listed for any events you're interested in.

Shared interest groups

Art club [NEW]. Member Sylvia Winik would like to start an art club, with members meeting up regularly to paint together or possibly take a class, visit galleries or museums. If you're interested in talking about an inaugural meeting please [let her know](#).

Aging, dying and death. The group usually meets monthly, 4-5:30 pm, at the home of Chris Palmer. The next meeting is Sunday, June 3. For more information, contact [Chris Palmer](#).

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. We have one foursome playing regularly. If you would like to form another group, please contact [Elizabeth Haile](#). Beginners welcome.

Hiking club [NEW]. Neighbor [Ann Bennet](#) has started a hiking club with BMAV for leisurely strolls or more advanced hikes. The first outing will be scheduled for July. Contact her for more information.

Knitting and Friends. The knitting and conversation group meets every 2 – 3 weeks in a relaxed and fun atmosphere in a member's home. All levels of expertise are welcome. The next meeting is June 7. Contact [Hanne Caraher](#) location.

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](#).

News you can use



Thriving in old age

In April, a *Washington Post* [article](#) reported on a Columbia University project that for two years tracked the daily activities of a diverse group of 20 older New Yorkers who live active lives. The article highlighted Columbia's findings about aging well. Here's a summary

of the findings -- lessons, really -- most of which are self-explanatory and should resonate with all of us:

- Have a purpose, a reason to get up in the morning.
- Celebrate and cultivate social connections.
- Do not be defined by your obstacles.
- Money isn't as important as you might think.
- Acknowledge that aging can be lonely. *Becoming engaged with BMAV members and activities can help overcome loneliness.*
- Have a routine.
- Location is important. *Easy access to friends, activities, the library, shopping, etc.*
- Death has no dominion. *Have no fear of death and no hesitation about talking about the end. BMAV members who attend Chris Palmer's popular Aging, Death and Dying group are testament to this.*

The article concluded, "One of the biggest takeaways from the Columbia study is the evidence that aging -- even with the inevitable losses and restrictions -- doesn't have to be dismal. In fact, removed from the daily hustle to work, life in the last decades can be a time to savor living." Many BMAV members find this to be true.

Charitable giving under the new tax law

From the BMAV Development Committee

Now that everyone has filed their 2017 tax returns, it's time to think about 2018. The recent tax overhaul has effectively reduced or eliminated the tax deduction for charitable contributions for many. (The change results largely from the \$10,000 cap placed on the deduction for state and local taxes and the significant increase in the size of the standard deduction.)

Fortunately, for those of you who have turned 70½ and are required to make minimum distributions from an Individual Retirement Account (IRA), there may be a way to keep the tax benefit for charitable contributions. Anyone who must make a minimum distribution can have his or her IRA transfer up to \$100,000 per year *directly* to an eligible charity. The amount transferred to the charity does not have to be reported as taxable income but is counted as part of your required minimum distribution. The exclusion of the distribution from taxable income is loosely speaking the same as a tax deduction. See <https://www.irs.gov/pub/irs-pdf/p590b.pdf>.

When you draw up your charitable giving plans, do consider donating to Bethesda Metro Area Village, a charitable 501(c)(3) organization. We can assure you that your donation will be used to make our village even better.

This information is not intended to provide, and should not be relied on, for tax, legal or accounting advice. Consult your advisor before engaging in any transaction.

Our corporate supporters

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Suggestion box

Do you have an idea for an article? Comments about the newsletter?
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