

BETHESDA METRO AREA VILLAGE

Your home Your neighborhood Your future

After a long winter and difficult year, we're glad to see signs of spring and better days ahead. The number of new cases of COVID-19 is decreasing both here and nationally, the supply of vaccines is increasing, and BMAV members and volunteers have had help with the vaccination appointment process. Members and volunteers have appreciated sharing tips on navigating the process and receiving from the village consolidated timely information about the best ways to obtain appointments. We've checked in with all our Full Service members to see if they needed help with this cumbersome process. All members welcomed receiving contact information for snow shovelers before our recent snowfalls, and members who have needed volunteer services for rides or outdoor visits or tasks, with safety protocols in place, received those.

"Although it was at times frustrating trying to get a COVID-19 vaccine appointment, the silver lining in all of this is what a wonderful neighborhood group the BMAV is. Thank you, thank you for your help and support." – new BMAV member

Thank you to our pioneer members not only for starting this wonderful village, but for your recent membership renewals. If *you* are wondering when it's time to renew your membership, see the tips at the end of this newsletter for how to check on the website – or just call our office. Thank you to all of our members for your continued membership and continued contribution to building this active, vibrant village of friends, old and new, for which we're all grateful.

Interview with member Nancy English



Nancy English is a charter member of BMAV. She rang lots of doorbells in the early days to encourage her neighbors to join. Several did. She's a long-time resident of Edgemoor who has lived in the same house for 60 years. She's originally from Cambridge, MA, coming to this area after college, when a friend said she could get a job at the CIA. She worked there for six years, until the birth of her first child. She stayed home after that to raise her daughter and, later, three more children.

Nancy's volunteer work has been extensive. In earlier years, she worked for Planned Parenthood at well-baby clinics and then at DC General Hospital, with very young women, providing them with information about birth control and where to get it.

In 1975, Nancy began tutoring children with learning disabilities, took several graduate courses and became an educational diagnostician. She did academic therapy, working one-on-one with students, from 1989 to 2002, both at home and in schools. She also visited classrooms, where she observed particular students as part of the diagnostic procedure. She then switched to doing educational evaluations, administering a battery of tests to determine whether or not a child was dyslexic and making recommendations for treatment.

On the non-career side of her life, Nancy served as president of the PTA at B-CC High School, and later, president of the Edgemoor Club.

Nancy and her husband traveled quite a bit and particularly enjoyed their biking trips in Europe. Travel still interests her. Last fall, she'd planned to visit a granddaughter who lives in Paris and has a film production company, but had to cancel due to the pandemic. She hopes to make good her plans for the trip when it's safe to travel, perhaps next fall.

Every August Nancy and her family vacation at Seal Cove on Mt Desert Island, Maine. They stay in the hundred-year-old camp that her father improved over the years with several additions that he designed and built. They enjoy being together and exploring what the island has to offer, such as Acadia National Park.

For the past many months, Nancy has been spending more time at home than she used to, but she's been keeping fit with daily exercise and walks. For company, she has a cockatiel she calls Birdie that is her built-in alarm system: he screeches whenever someone comes to the back door. She lets him out of his cage now and then, which entices her cat. Fortunately, any designs the cat may have on Birdie have not been successful.

Nancy occasionally joins village Zoom programs and particularly enjoys the lectures. She looks forward to the day when BMAV events are in-person again. She says of the village, "I think it brings people together, gives opportunities for members to get to know each other, and provides help where needed."

Recent happenings of interest

Over the past two months, members took classes to learn balance and fitness, speak conversational Spanish, and on Tech Tuesdays, get tips to help them navigate their electronic devices. Member-led shared interest groups explored travel, identified local birds, produced needlework, played bridge, viewed gardens, discussed movies and books, and considered issues of aging well. Below are more highlights from January and February.

consequential careers: Doris, in hematology and immunology, and Ann, infectious disease research and clinical practice. The Q & A elicited great stories of their life and work.

Armchair travel

Jane Boynton set the theme for a whirlwind tour of the world via our armchairs and Zoom on February 10. We went with Diana Kitt and Elyse Jacob across the United States, from Arizona's Lower Antelope Canyon to New York's Finger Lakes Region. Daniel Mick educated us on making steel with a blast furnace at the U.S. Steel Homestead Steel Works in Rankin, Pennsylvania.

Next, we visited ancestors (or in-laws) in England and Norway with Melissa Watts and Gil Jackson. Barbara Reese and Barbara Wiss lent splashes of color, introducing us to Uzbekistan (Samarkand) and India (New Delhi, Raj Baharti, and Varanasi), and we basked in the medal-winning glow of Hanne Caraher's international rowing competitions. All in all, a rewarding afternoon of travel.



Samarkand

Chanticleer Garden tour



On February 16, BMAV member Melissa Clark, a landscape designer and garden photographer, shared her lovely photos (2003-2019) of gardens at Chanticleer.

Chanticleer was the former estate of the Rosengarten family and is now a 35-acre public garden divided in 14 beautifully designed garden areas. It is considered by many to be one of the top gardens in the Northeast. It's in

Wayne, PA, about 2½ hours from Bethesda. It opens for the season on March 31, Wednesday-Sundays, 10am - 5pm. Check [here](#) for more information.

“These programs are exactly why I joined BMAV!
As I age, I love finding ways to cope that add to my quality of life.
Everyone sharing helps motivate me to include more exercise in my life
and reach out to old friends more often.
Thanks to all!!”

Upcoming events

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.

[Beginning chess](#), Sundays, 2 - 3 pm. BMAV members enjoy a free online chess class taught by a high school chess expert. In our first three sessions, we learned the rules, piece movement, and special moves. In upcoming classes members will look at different chess openings, positional analysis, and review famous grandmaster games.

[Balance and fitness](#), Mondays 11 - 11:45 am . May Kesler MTh, PT, continues her virtual fitness classes in this series of four weekly classes for registered BMAV members only, focusing on sitting and standing exercise to improve balance, stability and flexibility.

[Forces of nature: The Renwick Invitational](#), Monday, March 1, 2 - 3 pm. Volunteer docent LeeAnn Lawch helps BMAV members explore artwork from the Smithsonian American Art Museum. “Forces of Nature: Renwick Invitational 2020,” at the Smithsonian American Art Museum’s Renwick Gallery, features four artists who work in a wide range of craft media, from fiber and mosaic to metal and glass. The exhibition examines the long history of art’s power to engage with the natural world through unconventional and highly personal perspectives.



Timothy Horn *Tree of Heaven* 7 2016, nickel-plated bronze and mirrored blown glass, courtesy of the artist

[Walking Manhattan Sideways](#), Tuesday, March 2, 10 – 11am. In 2011, Betsy Bober Polivy had a crazy idea: walk the entire original Manhattan grid, from 1st Street to 155th Street. As she traversed the side streets from the East River to the Hudson, documenting her journey on her [website](#), she had the amazing opportunity of meeting the owners behind each of the small businesses on her route. She listened to their stories and shared them on her site. The project took nearly six years to complete. BMAV members will enjoy her presentation celebrating many of the places that she visited, the true fabric of New York.

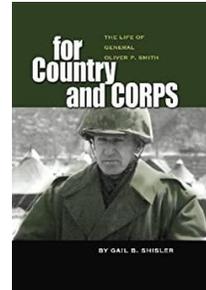
[One Minute to Midnight: Kennedy, Khrushchev, and Castro on the Brink of Nuclear War](#), Wednesday, March 3, 2 - 3 pm. In October 1962, at the height of the Cold War, the United States and the Soviet Union came to the brink of nuclear conflict over the deployment of Soviet missiles to Cuba. Author Michael Dobbs will take us inside the White House and the Kremlin as Kennedy and Khrushchev, rational, intelligent men separated by an ocean of ideological suspicion, agonize over the possibility of war. Co-sponsored by



BMAV and Connie Morella Library. Open to the public. Join on Zoom [here](#) or dial in 301 715 8592, meeting ID 953 3411 7292.

[The Vikings who went the “wrong” way](#), Monday, March 8, 3 – 4 pm. Every school kid learns about the Vikings who savaged the coasts of France and England and reached North America, but what about Vikings in the Mediterranean and Russia? Jerry Zarr, a freelance writer, lecturer, and consultant on international development, will explain all. Open to the public. RSVP to director@bmaavillage.org for the Zoom link.

[For Country and Corps: The Life of General Oliver P. Smith](#), Tuesday, March 9, 10 am. General Oliver P. Smith fought at Peleliu and Okinawa, commanded the 1st Marine Division in Korea during the assault at Inchon, the recapture of Seoul, and the breakout from the Chosin Reservoir. Called one of the twentieth century's great Marine leaders, Smith was known as an outstanding combat commander and a man of great intellect and moral courage. This biography, written by his granddaughter Gail Shisler, illuminates his remarkable life. For BMAV members.



[Tech Tuesdays](#), March 9, April 13, 2 - 3 pm. Join us the second Tuesday of every month to talk with BMAV volunteer Tony Mastria. He can answer your questions about your computers, smartphones and anything tech-related. You can drop in to as many sessions as you'd like, but an RSVP at the Tech Tuesdays link above by the day before with your question will be most helpful to give Tony time to prepare. For BMAV members.



[Making pizza](#), Sunday, March 14 ([Pi Day!](#)), 4 pm. BMAV member Bruce Coolidge invites fellow members into his kitchen to show how easy it is to make delicious homemade pizza. You will get an overview on tips about ingredients and kitchen equipment and watch a short video of pre-bake preparation steps. Then Bruce will bravely assemble and bake his pizza live during the Zoom call -- without a net!

[It takes your village: how we're going to rebuild America in the new Congress and new administration](#), Monday, March 15, 2 - 3 pm. This talk by Congressman Jamie Raskin is presented by Montgomery County Senior Villages. Congressman Raskin was reelected with 68% of the vote to his third term, representing Maryland's 8th congressional district in the U.S. House of Representatives. He serves on the House Judiciary, Rules, Oversight, and Administration committees and the Select Subcommittee on the Coronavirus. He recently led the team of eight managers in the impeachment trial of the former president. Open to the public. Sign up [here](#) by March 14.

[Living healthier and happier in retirement: essential steps](#), Monday, March 22, 11 - 12:30 pm. Bard Bickford will discuss the key pillars to living happier and healthier, especially in this pandemic time. We will learn how to focus on one's emotional, psychological, physical, social, relationship, and spiritual components, and keep our brains healthy. He will use humor and lead activities. Bickford, BCD, LCSW, is an instructor of adult education at the Osher Lifelong Learning Institute (OLLI) at American University, lecturer, and a practicing clinician. Open to the public. RSVP to director@bmavillage.org for Zoom link.

[A tale of two counties: the status of women in Montgomery County](#), Wednesday, March 24, 2 - 3 pm. Patricia Maclay, MD, a commissioner with the Montgomery County Commission for Women ([CFW](#)), will present an overview of the commission's work in the community, covering topics from youth engagement to the CFW's annual Women's Legislative Briefing. Dr. Maclay will invite discussion about the issues facing women and girls in the county. Co-sponsored by BAMV and Connie Morella Library. Open to the public. Join on [Zoom](#).

[Bella Italia](#), Monday, March 29, 2 - 3 pm. Need to get away? Explore the healthful benefits of the Mediterranean lifestyle right from the comfort of your home, led by volunteer docent LeeAnn Lawch, who will help BMAV members explore images of artwork from the Smithsonian Museum of American Art collection.

[Hello Darkness, My Old Friend](#), Tuesday, April 6, 4 - 5 pm. This virtual book talk is by local author Sanford Greenberg, who turned his blindness into an extraordinary vision for his life. In *Hello Darkness, My Old Friend*, Greenberg tells his remarkable and inspiring story of how, after losing his eyesight at eighteen to glaucoma, he found the power to break through the darkness and fulfill his vision for a life of great professional success and distinguished public service. Co-sponsored by BMAV and Bradley Hills Village. Open to members.

[History of rock and roll](#), Friday, April 9, 2 - 3:30 pm. Back by popular demand, David McAlary, a veteran of 56 years in radio broadcasting, will talk about rock's roots, the Golden Age, hits, some forgotten records and fascinating facts, all illustrated with visuals and soundtracks. McAlary retired from a 32-year news career, returned to his deejay roots to host a 1950s-'60s oldies show on the Internet called "Mickey Bo's Rock 'n' Roll Revue." Co-sponsored by BMAV and Bradley Hills Village. You do not want to miss it! Open to members.



[Old Bethesda and its neighborhoods](#), Monday, April 12, 2 pm. Long-time Edgemoor resident Fred Berner will trace the history of downtown Bethesda and its environs, from an impenetrable forest and narrow trail in the 18th century to a way station and trolley stop in the 19th century and a civic center and bedroom community in the 20th century. Co-sponsored by

Bethesda Metro Area Village and Connie Morella Library. Open to the public. Join on [Zoom](#) or dial in at 301 715 8592, meeting ID 965 3606 6600.

[Arts of Afghanistan](#), Tuesday, April 27, 2 - 3 pm. The ancient Near East, a region extending from the eastern shores of the Mediterranean Sea to present-day Afghanistan, was home to several of the world's oldest civilizations. Smithsonian's National Museum of Asian Art docent Vandana Pamecha will highlight one of the finest holdings of Achaemenid and Sasanian silver vessels, folios of calligraphy, miniature paintings from famous poets and philosophers, and ancient Iranian ceramics. For BMAV members.

[!Printing the Revolution! the rise and impact of Chicano graphics](#), Friday, April 30, 2 - 3 pm. Volunteer docent LeeAnn Lawch will help BMAV members explore Chicano graphics from the Smithsonian American Art Museum (SAAM) collection. For BMAV members.

Frida Kahlo (September) by Rupert García, from Galería de la Raza 1975 Calendario, 1975, screenprint on paper, SAAM



Shared interest groups for members

[Aging Well](#). This group meets monthly via Zoom. Each session focuses on an interesting question, such as what is the most important lesson you learned from your grandparents, or parents, and what are some of your most treasured memories. Written summaries of members' contributions from these meetings are on the BMAV website in the [Forums](#) section (accessible to members only). Upcoming Aging Well meetings are on March 28 and May 2, 4 - 5 pm. Hosted by [Chris Palmer](#).

[Armchair travelers](#). Travel virtually via Zoom with BMAV friends the second Wednesday of each month. Our next adventure is Wednesday, March 17, 4 - 5 pm, when we'll travel virtually via Zoom to ...Ireland. Where else on St. Patrick's Day? Melissa Watts will guide our tour, supplemented by the singing innkeepers of Doolin.

Do you have photos from an interesting travel experience? Let [Diane Goldman](#) know if you would be willing to talk about it at a future meeting of our newest shared interest group. Diane is willing and able to help you share any photos you have to illustrate your trip.

[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 every other week on Tuesday mornings to discuss favorite works in any genre. Authors also join the Zoom events to discuss his or her books. Hosted by [Jane Boynton](#).

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

Coffee talk. Members gather weekly on Thursday mornings by Zoom, mugs in hand, to share tips, activities, and inspiration. Hosted by [Ann Labriola](#) and [Naomi Collins](#).

Film fans. Wednesday, March 10, 3 – 4 pm. [Diana Kitt](#)'s film group shares names of recommended films and holds monthly Zoom meetups to review films together. All are welcome. This month's choices are "First Cow" and "Sunder" with Cicely Tyson. Watch ahead of time and we'll review them together.

Gardening. [Ann Labriola](#) hosts a discussion group to share gardening tours, tips, questions and answers. Be on the lookout for possible in-person garden tours this summer.

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](#).

Knitting, needlework and friends. Members meets every other Friday on Zoom to share what they are working on. Contact [Sandi Ross](#) for login information.

Ladies' lunch. Members meet monthly for lunch, conversation and camaraderie. The next virtual lunches will be on Wednesday, March 31, and Friday, April 26. Hosted by [Lynn Barclay](#).

Men's lunch. A dozen or more men join [Bob Berish](#) 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. The group is currently full, but if you would like to start another group, contact [Elizabeth Haile](#)

Getting the most out of BMAV's website



Are you wondering if it's time to renew your BMAV membership? Or did you receive an email reminding you to renew but have since deleted it? Here's how you can find out about your renewal status on our website and then, if you choose, how to complete your renewal electronically.

- Log in to the [website](#) by clicking on “Member Login” at the very top right of the screen. Once you log in, if your renewal is due, you will see one of these symbols next to your name: 
- Click on the circle with the arrows to renew your membership. If you have a pending payment due, click on the dollar sign, which then will walk you through the payment steps. (Elizabeth can also take your payment over the phone at 240-630-2628, or you can mail a check.)

Our website has answers to these other commonly asked questions:

What events have been added since our last newsletter?

- Click on the “[Event Calendar](#)” tab on the left to see monthly calendars—it will show you the current month, but also give you the chance to click on the next month (and keep clicking).
- Click on the event title to read all the details. BMAV events are in red. Local educational and cultural events of interest are in other colors.
- If you are logged in, you will see a button to the right of the event description to RSVP for an event.
- Perhaps you want someone to walk over with, share a Lyft with, or just want to see if anyone you know is going to be there. Underneath the “Register Now” or RSVP button, there is a button called “Registrants.” Click on it for a list of everyone’s name who is attending and click on their name to see their contact information.

What have villagers been up to?

- Our website has photos from many of our events – click on “[Photo Albums](#)” on the left. (We are always looking for MORE good photos – if you are at a BMAV event, snap some with your phone and email them to director@bmavillage.org.)

Which village serves the area where my friend lives?

- On the home page, there is a map of BMAV’s boundaries for Full Service members. Bethesda residents who live both inside and outside our boundaries can join our village as social members.
- You can also navigate to the county’s villages website by clicking on the BMAV “[Helpful Links](#)” tab. Then, on that page it says “Click [here](#) to find out which Montgomery County village boundary you may live in.” Once there, you type a street address into the small white search bar within the map. A marker will show on the map, listing a website and contact information for whichever village covers that area.

What BMAV committees can I get involved with, and who is on the board of directors?

- Click on the “[About Us](#)” tab, which shows everyone on the board. You can contact anyone listed there with questions about village committees and leadership.

Where can I learn about becoming a volunteer?

- Click on “[Learn About Volunteering](#)” to read all the details, including a copy of the volunteer handbook.

How do I find a phone, email or address for another BMAV member?

- If you are logged in, you will see a tab on the left that says “[Member Directory](#).” Once you click on that, then click the button to search for individual members of the village or see a list of all members. On the next page, click the "Search" button  to see the full list of members.
- If you want to look up a particular member, enter the person’s first or last name in the search bar. Individual names, emails and phones are shown on each card. When you click on an individual's name, the full address is also viewable.

Where can I find an article from the newsletter?

- All of BMAV’s past newsletters are posted on the “[Newsletter](#)” tab on the left of the home screen.

Questions? Elizabeth can help with any of this, just ask! Call her at 240-630-2628 or send an email to director@bmavillage.org.

Supporting BMAV with your IRA distribution

Are you turning 70 this year? Already passed that milestone? Do you know about the new way you can be charitable now?

Tax legislation enacted in December 2019 increased the age at which the holder of a traditional individual retirement account (IRA) must begin taking a required minimum distribution. However, it did not increase the age at which the IRA holder can take advantage of a qualified charitable distribution (QCD). The age remains 70½.

The QCD is a tax benefit that has become of increasing importance to people who at one time itemized their deductions but have switched to the standard deduction after the deduction was increased in 2017. Generally speaking, *a QCD is a tax-free distribution made directly by the IRA administrator to a qualified charity, such as BMAV.* The QCD allows a person to contribute to a

qualified charity from funds in his or her traditional IRA without having to pay income tax on the funds that are distributed.

If you're thinking of taking advantage of this important tax benefit, you should consult your tax advisor to make sure it's right for you and that you comply with all of the requirements for a QCD.

If you'd like to make a donation in another way 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, call the office 240-630-2628 to make a payment over the phone or have a form mailed to you.

Thank you to our generous corporate supporters

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Suggestion box

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

Bethesda Metro Area Village contact information:

www.bmavillage.org

240-630-2628

info@bmavillage.org