



BETHESDA METRO AREA VILLAGE
Your home Your neighborhood Your future



BMAV villagers

The value of being a village member, in their words

“I’ve met so many people through BMAV that I feel as if I’ve lived here for decades, when it’s only been four years. I’ve developed new friendships and have been able to participate in many educational programs, tours, socials and have enjoyed volunteering.”

“I have for decades been active in Edgemoor tennis, but through BMAV have had the very pleasant opportunity to meet very interesting individuals who live in the neighborhood or adjoining neighborhoods whom I otherwise unlikely would have met.”

“I’ve lived alone in my house for 30 years and never met anyone I knew at the local Giant or CVS. Now I’m constantly bumping into people I know through BMAV.”

“Through our BMAV membership, my husband and I are now running into many more familiar faces at local stores, neighbors we did not know just a few years ago. We enjoy the sense of having this larger circle.”

Support Bethesda Metro Area Village

As is the case with most age-in-place villages, membership fees cover only about 50 percent of BMAV’s operating budget. We now are launching our annual fundraising campaign to make up the difference. If you, like the members quoted above, find value – social or otherwise – in belonging to the village, we hope you will show your support by donating to the campaign.

This year we are pleased to tell you that your donation can be doubled. Members of the BMAV board of directors have collectively pledged up to \$7600 as a match to donations from members and the community for all gifts made by December 31. If you would like to help build and grow our village with a financial donation, go to www.bmavillage.org/donate.

Your generosity will ensure that BMAV is sustainable and grows and strengthens over time, so that it can continue to provide you and your neighbors with access to village programs and services that are vital as we age in place.

And members, please consider joining the membership committee, which recruits new members, or the development committee, which identifies businesses and other potential donors. If those areas aren't of interest to you, give a thought to which other committee you might like to participate in: communications, programs, volunteers/services or finance.

Or perhaps you have another area of interest and would be willing to think about leading a special interest group of your own. We encourage everyone to get involved. It takes a village to run a village!

Interview with BMAV members Maureen and Frank Valcour

Maureen and Frank Valcour love to travel. In fact, they met aboard a ship from Cape Town, South Africa to Southampton, England, although each grew up in different parts of the world: she in South Africa, he in Boston.



Maureen is 9th generation South African. Her “stem father” emigrated from the Netherlands to South Africa in 1708 to work for the Dutch East India Company. She grew up in Cape Town and had long wanted to see other parts of the world. After finishing her education, she taught grade school for 18 months and saved enough money to begin an adventure abroad. One Friday in June 1961, she and four girlfriends left by ship for Southampton. Little did she realize that on that 14-day journey she'd meet the man she was going to marry: Frank. It was 'like' at first sight.

After graduating from college in Boston, Frank followed the footsteps of his best friend and went to Basutoland, a British protectorate in southern Africa, to teach English to high school students for a year of a Peace Corps-like experience. He then hitchhiked across South Africa and caught the same ship Maureen got on to begin his way back home.

In furtherance of the budding relationship with Maureen, Frank stayed a couple of weeks in London. While there, he met Maureen's mother, a physician, and Maureen's siblings from South Africa, who were in London during her mother's sabbatical year at a children's hospital in London. Frank then took off with his friend for Denmark and points north before heading back to Boston. Maureen and her girlfriends found a place to live in London and later spent three months touring Europe by car.

Frank and Maureen corresponded in the months that followed, and he came back to London for a visit at Christmas. Between their correspondence and their few times together – on shipboard and twice in London – they developed an understanding that they would marry.

Back in Boston, Frank was in an MA program at Harvard. He was doing quite well until Maureen came for a visit – during exam week. He turned all his attention to her, to the detriment of his studies, and that didn't end well. His education over, he entered the Navy as an officer, rather than be drafted.

Frank and Maureen had big plans to marry in London in October 1962, but the Cuban Missile Crisis intervened. All military leave was cancelled. Not deterred, Maureen flew to Boston and three days later they got married in a much smaller ceremony on, of all days, Halloween.

Frank's three-year assignment with the Navy was Honolulu, where they lived on a houseboat. Their daughter Rachel was born while he was at sea. He returned for 18 months and then went back out to sea. Once again, he was away when their second child, James, was born. James was a blue baby and had significant heart problems throughout his life. He died as a young adult 23 years ago.

When Frank's three-year stint with the Navy was over, he decided to get a medical degree. They moved to this area, and he entered medical school at Georgetown University. They've lived in Bethesda ever since, except for a year in San Leandro, CA, while Frank did his internship at Oakland Naval Hospital. When that was over, they drove back cross-country in a VW camper with two kids and two cats. It was a crowded, fun adventure.

Frank retired from his psychiatry practice in 2003. However, that didn't end his practice of medicine. Through a global medical placement agency, he accepted two six-month assignments overseas: one in New Zealand, where they had a wonderful house with exceptional views, and one in Australia, where they had a 14th floor apartment overlooking the river and ocean in the city of Maroochydore, on the Sunshine Coast of Queensland. He and Maureen loved the experience, especially in New Zealand. That they didn't have to pay taxes didn't hurt either.

Since then, they have gone on several Road Scholar trips, including to the Panama Canal, national parks in Utah, a Baltic cruise with stops in Leningrad and Copenhagen, and to Italy. On their trip to Italy – Rome, Venice and Florence – they took their daughter, her husband and their children. It was an especially memorable time together. They often visit their daughter and her family in San Antonio.

Most recently, family members came to them. On October 21st, their daughter, son-in-law, grandchildren and Frank's brother came here for an early celebration of Frank's 80th birthday and a life well-lived.

Recent BMAV events of interest

Speaker series: Maria Olsen, author

Author Maria Olsen spoke to a full house on September 16th at Battery Park Community Clubhouse about her new book, 50 after 50: Reframing the Next Chapter of Your Life, and the unfortunate events in her life that prompted her to write it. She said the book was a way to surface her pain and secrets and to heal.



BMAV member with author
Maria Olsen

Based on what she found worked for her, Olsen's advice was to travel, learn new things, such as at free seminars and by listening to TED talks, try new social, physical and spiritual experiences, and do only what you want to do -- say no to things you don't.

Olsen spoke at the invitation of BMAV's aging, death and dying special interest group.

BMAV social

On September 22nd, Naomi and Jim Collins hosted a lovely wine, cheese and other goodies social at their home for 35 BMAV members (including two new ones), and guests who mingled, chatted and enjoyed the fare. If you'd like to host such an event, contact Elizabeth Haile at 240-630-2628 or directorbmavillage@gmail.com.



Hosts Naomi and Jim
Collins



Men's lunch out

Gold was first discovered in the United States not in California but in North Carolina. Who knew? Bob Berish knew that and many other interesting points about the history of gold and its links to national and international economic and monetary developments. He shared this knowledge at the monthly men's lunch gathering on October 16, attended by 11 interested BMAV'ers.

Each month the group gathers for lunch and good conversation and then turns the floor over to one of the group for a discussion of a subject of interest. Next month the gathering will be on November 20 and, appropriately, conversation will focus on lessons and observations about the November elections.

Visit to Glenstone Museum

October 19 was a spectacular day for a visit to Glenstone Museum, with full sunshine, crisp blue skies, no wind, all allowing us to feel much warmer than the 40 degree temperature. Seven BMAV villagers, including a brand-new member, visited all 13 rooms of the museum, including the grand new exhibit space opened on October 4. Rooms of varying sizes, configurations and light conditions surround a magnificent, landscaped water area with water grasses, called the Water Court, which brings a contemplative, serene and very relaxing atmosphere to all who view it. Most rooms house very large single-artist installations, although one features some 60 smaller works from the Glenstone collection.

After a break for lunch in the reasonably-priced museum café, the group joined many other visitors for a purported tour of the outdoor sculptures, but because of numbers, they were taken in small groups instead to three huts to see dried clay objects. Rather than going off on their own for a self-guided tour of the outdoor sculptures, the tired BMAV villagers went home, saving the sculptures for a future visit.



Speaker series: David Stewart, author

Members and guests of the BMAV gathered at the Battery Park Community Clubhouse on October 20th to hear David Stewart talk about his book, Impeached: the Trial of Andrew Johnson and the Fight for Lincoln's Legacy. The speaker was especially well-qualified, having served as principal defense counsel in an impeachment case tried by the U. S. Senate.



Stewart presented the issues underlying the attempt to remove President Andrew Johnson from office and described the behind-the-scenes influences on senators to vote one way or another, including the amassing of a large slush fund for bribes. In

fact, the senator who cast deciding vote that kept Johnson in office was paid well for it. Due to the alphabetical nature of the Senate roll call, it meant that the senators who voted after him could vote to convict, which was more likely to help them get re-elected. If they were bought, they didn't need to stay bought, but could keep the bribe and their office in the upcoming election.

Visit to the Newseum

On October 28, eight BMAV members toured the Newseum, whose mission is "to increase public understanding of the importance of a free press and the First Amendment." As one member said, how timely and important, in these times of often contentious news.

The group started on the top floor, where they got a beautiful view of DC and a history of presidential inaugural parades on Pennsylvania Avenue. They concluded their visit with a photo in front of a section of the Berlin Wall. [The group extends its thanks BMAV board member Bob Meltzer for his generous donation that paid for their admission to the museum.]



Upcoming events

November 1. Free tour of [Glenstone Museum](#), 1 pm. This is our second outing to the newly re-opened Glenstone Museum of art architecture and landscape. Members only. The event is full. However, spring tours are a real possibility, so keep your eyes open for notices of future visits.

November 7. [Tech Tutors](#): one-on-one help with your devices. Bring in your cellphone, smartphone, I-Pad, Kindle or laptop and get your questions answered by tech-savvy students. Members only. Bethesda-Chevy Chase Regional Services Center, Room A, at 1 pm. [RSVP](#) to the office required by November 1 so that we can match each of you up with a student.

November 8. [BMAV happy hour](#) at Guardados (4918 Del Ray Avenue), 4:30-6:30 pm. [RSVP](#) is helpful so we can reserve a table.

November 12. [Ladies Lunch Out](#) at Cesco Osteria (7401 Woodmont Avenue), noon-1:30 pm. For members and guests. RSVP to [Eugenia Covarrubias](#) so she'll know how large a table to reserve.

November 14. [Behind the scenes with Chris Palmer](#). Film producer and BMAV member Chris Palmer will show extensive clips from his IMAX film "Whales" and reveal what goes on behind the camera when wildlife films are made. Connie Morella library, 10 am-noon. Open to the public, so feel free to bring a friend.

November 15. BMAV president Gail Shearer will lead a [training session](#) for BMAV members to learn how to shop for a new Medicare Part D prescription drug plan during the open enrollment period. You'll also learn how to use Medicare's online tool. 3 PM. [RSVP to Gail](#) for the address.

November 20. Men's Lunch Out at Cesco Osteria, noon. For members and guests. [RSVP](#) so we'll know how large a table to reserve.

November 28. [Docent-led tour](#) of three exhibits at the American University Katzen Arts Center: contemporary photography from the Arab world; "Ian Jehle: Dynamical Systems"; and "Finding a Path" by two senior artists who use blow torches, forges and chainsaws to create large-scale works. 2-4 pm. [RSVP](#) to register, meetup or to carpool together.

December 8. [Speaker series](#): deputy chief of mission in Kabul, 3:30-5:30 pm, in a BMAV member's home. Annie Pforzheimer, Acting Deputy Assistant Secretary of the State Department Bureau of South and Central Asian Affairs, will talk about life in Afghanistan and America's involvement. Open to members and guests. [RSVP](#) for address.

Save the date! January 13. [Speaker series](#): Margaret Talev, past president of the White House Correspondents Association and senior White House correspondent for Bloomberg News, will speak about her travels around the world on Air Force One. Edgemoor Club, 3-5 pm. Open to members and guests. [RSVP](#).

Be sure to check our [calendar of events](#) for recent additions, including non-BMAV community events. Full service members, remember, you can ask for a ride to any event by calling or emailing the office (240-630-2628; directorbmavillage@gmail.com).

Shared interest groups

Arts club. Based on the enthusiastic response to visits to the Freer and Kreeger museums and the newly expanded Glenstone Museum, the art club is planning more museum visits in the next few months. [See, for example, the one to AU's Katzen Art Center on November 28, above.] If you're interested in meeting up to visit galleries or museums or to take a class or paint together, contact [Sylvia Winik](#).

Aging, dying and death. This popular and engaging special interest group meets monthly on Sundays, 4-5:30 pm, at the home of [Chris Palmer](#). The next meeting is December 2. 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. We have two groups playing regularly – one for beginners and one intermediate. If you'd like to learn more or form another group, contact [Sandi Ross](#).

Hiking club. The club visits area destinations on monthly morning hikes. The next hike is on November 19. Contact [Ann Bennett](#) if you'd like to learn more or be added to the list for future outings.

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. Next meeting is November 9. Contact [Sandi Ross](#) for the location and time.

News you can use

Consumer protection at the state level

You already know about Montgomery County's [Office of Consumer Protection](#), but did you know that Maryland has one, too, in the Office of the Attorney General? It's called the Consumer Protection Division. It provides mediation services to consumers to help resolve complaints against businesses and health insurance carriers. It also provides information about complaints that have been filed against businesses, information regarding new home builder or health club registration to help consumers make good decisions in the marketplace.

The Division's [website](#) has a host of useful resources, including an FAQ page, information on how to file a complaint, dozens of publications on a variety of topics that you can read online or request free copies, and helpful links to other organizations.

Finally, on the site you can subscribe to receive the news and updates from the Maryland Attorney General, such as on the latest scams affecting consumers.

Another source of local information

The Bethesda-Chevy Chase Regional Services Center (where BMAV's workshops are often held and Live & Learn holds classes) puts out a twice-weekly newsletter, *Neighborhood News*. It's free, of course, and sent out by email, usually on Tuesdays and Thursdays. To sign up, [click here](#). [Note: Your BMAV newsletter writer-editor also writes *Neighborhood News*.]

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