



BETHESDA METRO AREA VILLAGE
Your home Your neighborhood Your future

Message from BMAV chair Tom Henteleff

I recently heard an excellent lecture by Dr. Julianne Holt-Lunstad at the Aspen Institute on the public health impact of social isolation. She and her colleagues conducted two meta analyses of hundreds of clinical studies that confirmed social connections have a profound effect on the risks of mortality.

Specifically, they found that there was a 50 percent increase of survival in the population who had had “social connections.” They also found that social isolation had a greater effect on premature mortality than did smoking, excessive drinking, lack of physical activity, obesity and air pollution.

The impact of social isolation is not just personal. It also has significant public health costs. In a study by AARP and Stanford University published in November of 2017, researchers found that the Medicare costs of social isolation among older adults were \$6.7 billion per year.

These studies reinforce why the village movement is so important in enhancing physical and mental health and reducing the public health costs associated with aging. A major benefit of Bethesda Metro Area Village is its very active and robust programs that are designed to increase social interaction and reduce the risks of social isolation. Elyse Jacob, our superb programs chair, consistently schedules interesting and captivating events each month that bring our members together. BMAV’s eight special interest groups also promote social connections, as do volunteers’ friendly visits (upon request) to the homes of full members. BMAV connects neighbor with neighbor to help them become engaged participants in our village community.

Supporting BMAV

The board of directors is pleased to report that BMAV was awarded two community grants from Montgomery County for fiscal year 2020, our fourth year receiving county support. We are also recipients of a \$2000 contribution from the Friends of Edgemoor. Our strong record of garnering contributions as well as 100 percent board giving contributed to our success in winning the county grants in a competitive process. While we have been fortunate so far, we recognize that future grants are not guaranteed during tight budget times.

Like other villages, our funding sources include membership fees and individual donations, which support our professional operations, insurance and other necessary costs. We are grateful to all who have donated thus far to Bethesda Metro Area Village.

We continue to diversify and strengthen our funding sources. We want to remind readers that in addition to making a cash contribution to BMAV via mail, phone or our website, there are several other ways to make gifts to BMAV:

- *Remember BMAV in your will.* An excellent way for you to support BMAV's mission is to leave the village a bequest in your will, living trust or with a codicil.
- *Donate a portion of your required minimum distribution to BMAV.* Those of you who have turned 70½ and must make minimum distributions from an Individual Retirement Account (IRA) can have your IRA administrator transfer up to \$100,000 per year *directly* to an eligible charity.
- *Donate stock directly to BMAV.* Publicly traded stock may be donated directly to the Village. Our executive director can provide you with information to assist you in making a stock donation.
- *Donor-advised funds.* Donor-advised funds are designed to allow a donor to make a charitable contribution to a qualified public charity and receive an immediate tax deduction in the year of the contribution.

We hope you'll consider one of these options. [Contact us](#) with questions and, as always, consult your advisor about which one is best for your situation.

Interview with member Ann Bennet

Ann Bennet and her husband moved here from the Bronx in 1958, starting out in Silver Spring. They loved the DC area so much that they decided to stay rather than move back to New York. However, they found their apartment too small for their growing family and in 1963 moved to a house in Bethesda. Ann has lived there ever since.



When her youngest child started first grade, Ann began a career working with dyslexic children. On the non-work side of life, she took up art, building on what she'd learned at the High School of Music & Art in New York City. Her husband had both an interest in and a talent for art and took it up "with a passion" when he retired. They both were artists, he in acrylics, she in pastels. Their work has been exhibited in galleries and bought for display in private homes.

In earlier years, Ann was a marathon runner, tennis player, skier and hiker. She still plays tennis and is an avid hiker. She was delighted when she met BMAV members who love hiking. Once she became a member herself, she started our hiking special interest group and now leads it. The group's most recent hike was on the Underground Railroad Experience Trail at Sandy Spring.

Ann takes her love of hiking with her when she travels. She recently returned from Lake Tahoe, where she hiked with her son and his family. She has two other summer hiking trips planned, to England's Lake District and Acadia National Park in Maine. In the past, she hiked extensively in Italy and Switzerland.

She recently developed a new passion: pickle ball, a combination of tennis, ping pong and badminton. In case you're wondering, the game was named after one of the creator's dog, Pickles.

Ann had wanted to join BMAV but wondered if she could because she lives just outside our boundaries and was so pleased when she learned that she could join as a social member. She's enjoying expanding her circle of friends and participating in BMAV activities and outings. Said Ann, "What gives me pleasure is having friends and doing interesting things. That's why I love BMAV. It takes a village."

Recent BMAV events of interest

Design Your Life for Success. BMAV member [Chris Palmer](#) presented three 90-minute workshops to packed houses in late April and early May. His lively, interactive presentation explored the goals, strategies and tactics necessary to live a successful, fulfilled and productive life. Those who attended found it very worthwhile. Said member Elyse Jacob, "With the knowledge I gained, I have become more productive and focused on meeting my life goals." The class was co-sponsored by BMAV and Connie Morella Library.

Talk by Marc Korman. On April 27, Marc Korman, Bethesda's representative in the Maryland House of Delegates, spoke to BMAV members and other constituents at the Connie Morella Library in a program sponsored jointly by the BMAV and the library. He covered some of the issues considered in the legislature in the recent session, noting that a bill was passed for a grant program to villages.



Volunteers at recognition luncheon

Volunteer recognition luncheon. Twenty-nine BMAV volunteers attended the recognition luncheon at Elyse Jacob's home on April 29. We celebrated their time and effort volunteering for the village: all volunteers who provided services, or led, set up and hosted events and special interest groups, worked on committees or served on the board of directors.



Over 50 individuals -- members and non-members -- volunteered for the village in 2018. Everyone at the luncheon enjoyed the wonderful food, camaraderie and conversation with new and long-term BMAV friends.

Hanne Caharer, Bob Metzler, Elyse Jacob, Tom Henteleff

Speaker series. Bethesdan Steve Roberts -- author, journalist, syndicated national columnist (with his wife Cokie Roberts) and political commentator -- spoke to a large gathering of BMAV villagers and friends on May 5 at the Battery Park clubhouse. He was introduced by Wendy Kaufman, president of the brand-new [Bethesda Historical Society](#).



Steve Roberts, Wendy Kaufman, Tom Henteleff

Roberts, who wrote the widely-available *Images of America: Bethesda and Chevy Chase*, said he's been interested in the history of Bethesda for a long time and has written a Bethesda-focused column in *Bethesda Magazine* for ten years.

Until the 1860s, the area around what became Bethesda was made up of slave-owner tobacco plantations, most of which had about ten slaves. Roberts said Bethesda was "barely, unenthusiastically" in the Union and saw little significant Civil War activity. By the 1870s, it was a sleepy hamlet of only 20 residents on Wisconsin Avenue at the junction of the now Old Georgetown Road.

Bethesda became "a much wider spot in the road" after the arrival of the trolley on Connecticut Avenue from the DC line to Bradley Lane, making it possible for workers in DC to live outside the city. That was followed by more economic activity by investors and land developers who saw Bethesda's potential, the advent of the automobile, and the growth of the federal government during and after World War I and World War II.

Roberts is a believer of the age-in-place concept, saying "What in the hell do you think I've been doing all these years?"

Men's lunch out. As usual, the food was good and conversation even better at the men's luncheon on May 20. The topic was their favorite country to visit, but there was no consensus. In fact, no country received more than a single vote, despite some strong pitches for Norway and Brazil.

Potomac: The River Runs through Us film showing. Film co-producer Peggy Fleming introduced a screening of her film. She noted that most of the six million people living in the Potomac River watershed do not realize that their drinking water comes from that river. Attendees learned about the history of the cleanup of "the nation's river." Although much improved,

Fleming said, it is still considered endangered. Why? Many new contaminants from cleaning products, pharmaceuticals and personal care products end up in the river, which affects wildlife and our drinking water. You can view the film and learn more [here](#). If you listen carefully, you'll hear BMAV member Chris Palmer narrating.

Old Edgemoor walking tour. Forty people gathered on Sunday, June 2, for a jointly sponsored Edgemoor/BMAV walking tour of the historic homes of "Old Edgemoor." Fred Berner, author of a thorough, illustrated history by the same name, provided captivating stories of Edgemoor's earliest homes and the trolley line that served the community way back when.



Wine and cheese social. Members Marilyn Kerst and Sam Sipe hosted a wine and cheese social at their home on a beautiful spring day in late May. Some two dozen BMAV members enjoyed mingling with others, conversing in the beautiful back yard and trying to spot Nikki, the resident 27-year-old, 40-pound tortoise.



Eugenia Covarubbias, Marylou Carnevale, Maureen Valcour, Bob Metzler



Nikki



Lynn Barclay, Barry and Susan Gorman, Melissa Watts

Dumbarton Oaks. BMAV members took a docent-led tour of the stately Dumbarton Oaks museum and gardens on June 6. The 1801 Federal-style building that houses the museum was privately owned by the Blissés, who bought the 53-acre site in 1920 and developed the extensive terraced gardens. They gave the building and upper 16 acres, including the gardens, to Harvard University in 1940 to support scholarship in Byzantine and pre-Columbian studies.

Ladies Lunch Out. Conversation at the June 11 ladies luncheon was varied and lively. It concluded with what it was like in the '60s, '70s and '80s for the few female graduate students in medicine, law and architecture and then in their careers. Several at the table gave vivid examples of what they experienced. All agreed that they want to continue the luncheons during the summer. The next one will be on July 19 and the one after that, August 21, at Cesco Osteria on Woodmont Avenue. Mark your calendars!

BMAV at Bethesda Central Farm Market. On June 16, several members were at Bethesda Elementary School talk to farm market shoppers about the village movement and joining BMAV. Among those who staffed the BMAV table were Pretzel, a long-haired dachshund, and her human, Hanne Caraher. No surprise, Pretzel got a lot of attention.



Ann Bennet, Alice Padwe



Pretzel, Hanne Caraher

National Museum of Women in the Arts. Three intrepid village members visited the exhibit featuring Ursula von Rydingsvard's massive wooden sculptures in "The Contour of Feeling." Some were upright, some were horizontal. One of the horizontal ones was hollow, which made for an interesting photo opportunity (see below). The BMAV members also enjoyed works by other artists, including 19th century actress Sarah Bernhardt's sculpture, *Après la Tempête*, which appeared to be based on Michelangelo's *Pieta*.



Lynn Barclay



Jane Boynton, Sylvia Winik

The World of Montgomery. On June 18, Bruce Adams, former director of Montgomery County's Office of Community Partnerships (and BMAV member), took attendees on a virtual tour of the county's five sister cities: Morazán, El Salvador; Gondar, Ethiopia; Xi'an, China; Hyderabad, India; and Daejeon, South Korea. Those cities were chosen because they represent the five top

countries of origin of our county's immigrant population. In fact, one-third of the county's one million-plus residents were born in other countries. Check out montgomerysistercities.org to learn more.

Improve your bird identification skills. On June 19, BMAV member, bird photographer and ornithologist David Moulton discussed how bird identification techniques have changed and improved in the digital world, providing exciting new ways to enjoy and understand birds in one's own back yard and nearby parks.



David Moulton

National Geographic Museum's Queens of Egypt exhibit. Four villagers found the *Queens of Egypt* exhibit at National Geographic on June 20 very worthwhile. They learned about Egypt's lesser-known queens and what life was like for them, including what rights they did and didn't have and about the religion, burial rituals, grooming and hieroglyphics. The 3-D experience of exploring a queen's tomb made them feel as if they were there, then. The exhibit runs through September 2. Learn more in the [Washington Post review](#).



Naomi Collins, Jane Boynton,
Lynn Barclay, Bob Metzler



Bob Metzler

Men's lunch out. At the monthly luncheon on June 2, eight men enjoyed an excellent meal and even better conversation. Morris Klein, a newly-appointed member of the Montgomery County Commission on Aging who also serves on the Board for the Coalition for the Capital Crescent Trail, joined the group. He gave an informative introduction to the work of the council as well as an update on the status of several matters relating to the CCT, including the crossing at Little Falls Parkway. The next lunch is scheduled for noon on Monday, July 22, at Cesco Osteria.

Upcoming events

[Google 101](#), Thursday, July 11, 10:30-11:30 am. Sunrise Senior Living (4925 Battery Lane) is inviting BMAV members and friends to learn how to set up and manage bookmarks, synchronize accounts, security concerns and more. Bring your laptop or tablet and your questions to get the most out of the session. [RSVP](#) to save a spot.

BMAV happy hour, Thursday, July 11 and August 8, 4:30- 6:30 pm, at Cesco Osteria, 7401 Woodmont Avenue. Meet other BMAV members and friends. Please [RSVP](#) so we can hold a table.

Free Great Courses, ebooks, magazines and more, Tuesday, July 16, 1–2 pm, at Connie Morella library. Learn how to use RBDigital to access ebooks, audiobooks, magazines and the Great Courses. Librarians will walk you through it all and answer your questions. Bring your own device or use one of the laptops provided. Co-sponsored by BMAV and the Connie Morella Library. Free and open to the public, but [RSVP](#) requested.

Ladies Lunch Out, Friday, July 19 and August 21, noon, at Cesco Osteria, 7401 Woodmont Avenue. [Register here](#) so we'll be sure to reserve enough seats.

Men's Lunch Out, Monday, July 22, noon, at Cesco Osteria, 7401 Woodmont Avenue. [Register here](#) so we'll be sure to reserve enough seats.

Lily and lotus tour at Kenilworth Aquatic Gardens, Wednesday, July 24, 10–11 am. Early summer mornings are prime time to see the famous water lilies and large lotus flowers before they close up during midday heat. The tour begins at 10 am and the departure from Bethesda at 9 am via private car(s). BMAV members, [RSVP](#) to reserve a space in the tour and the car.

Hardy Hikers go to Great Falls, Thursday, July 25, 9:30-11:30 am. The Hardy Hikers special interest group will meet at Ann Bennet's home and drive to Great Falls, VA, for a flat and shady hike on the River Trail. [RSVP here](#).

Potluck supper, Sunday, July 28, 6-8 pm, at a BMAV member's home. Join BMAV friends for a casual potluck supper. Potential members also are welcome. [RSVP by July 22](#) and let us know whether you would like to bring an appetizer, salad or dessert. Main meal and drinks will be provided.

Tech Tutors, one-on-one help with your devices, Tuesday, July 30, 1-2 pm, at Connie Morella Library. For BMAV members only. Bring any of your portable devices (e.g., phone, iPad, Kindle, laptop) and get your questions answered by tech-savvy area students. You'll be paired up with a student volunteer who can help diagnose and fix almost any troubles with your devices. Be sure to have your logins for your email or app store, etc., accounts. [RSVP](#) to the office by July 25 so that we can match you up with a student.

William Jefferson Clinton federal building tour, Wednesday, July 31, 10:30 am-noon. This beautiful New Deal-era building at 1200 Pennsylvania Avenue NW, now the home of EPA, houses 22 WPA murals and is usually closed to the public. The 90-minute docent-led tour is for up to 15 BMAV members and friends. [Registration](#) is required no later than July 22, so that names of attendees can be sent in time to building security. ID will be required on site. Elevator-accessible, but no seating is available during the tour.

Wings of Fancy butterfly exhibit, Thursday, August 1, 10-11:30 am, Brookside Gardens, south conservatory. You'll enjoy being surrounded by hundreds of brilliant live butterflies from North

America, Costa Rica and Africa. Tickets are \$8 and can be purchased at the gift shop upon entry. BMAV members and friends, [RSVP](#).

BMAV movie night, Wednesday, August 7, 7 pm. BMAV members and potential members are invited to a showing of 2019's *Apollo 11*. Popcorn and candy will be served. At Sunrise of Bethesda's movie room, 4925 Battery Lane. [RSVP](#).

Visit to the newly re-opened Spy Museum, Thursday, August 15, 10 am- 1pm, 700 L'Enfant Plaza, S.W. This new location has room for over 10,000 artifacts and new exhibits. Admittance is \$19.95 for seniors. We'll meet at Connie Morella Library at 10 am to walk to the Metro station.

Bowling with friends, Tuesday, August 20, 1-3 pm, Pinstripes Pike and Rose, North Bethesda. Did you bowl as a child? Did you take your children bowling but haven't been in decades? Come bowl with us, or just come for the good food and conversation while you watch. BMAV members and friends will carpool to Pinstripes. [RSVP](#) so we can reserve lanes.

Shared interest groups for BMAV members

BMAV members are invited to come to any special interest group meetup. Just let the lead know that you would like to join.

Arts interest group. Do you enjoy drawing or painting from a model? The Arts SIG now has a model offering to pose for us free of charge. Contact [Sylvia Winik](#) if you're interested in meeting up to paint together.

Aging, dying and death. This popular and engaging special interest group usually meets monthly, Sundays from 4 – 5:30 pm, at the home of Chris Palmer but is on hiatus this summer. The next meetup is September 8. Contact [Chris Palmer](#) 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.

Board games afternoon. We've had a fun season and are grateful to those who generously hosted these meetups in their homes. After a break this summer, we'll start up in the fall, with the hope that others of you will join us, share the fun and be willing to offer your home in turn for our meeting place. If you have interest in this group or questions, please contact [Diane Goldman](#).

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

Chess. Bob Berish is teaching beginners how to play chess in a series of sessions at his home. [Contact us](#) 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. Contact her for more information on the next hike or if you would like to plan a weekend meetup.

Knitting, Needlework and Friends. This knitting and conversation group meets the first and third Friday of every month in a relaxed and fun atmosphere in members' homes. All levels of expertise are welcome. Contact [Sandi Ross](#) for the 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](#).

News you can use

Consumer Reports available online

It used to be that if you didn't have a paid subscription to *Consumer Reports*, you *might* find the issue you wanted at the library and *might* be able to check it out. Then the library made past issues of CR available online with your library card. Now you can get CR's digital newsletters for free by simply signing up on the *Consumer Reports* [website](#).

Even if you decide not to sign up, the website is a great resource for the latest consumer news. It also has a product review section with several clickable categories, such as appliances, cars, electronics, health, money and home and garden.

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Contact newsletter editor [Lynn Barclay](#).

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