



BETHESDA METRO AREA VILLAGE
Your home Your neighborhood Your future

Our vibrant Bethesda Metro Area Village

Our vibrant programs continue to grow - along with your support. Like other villages, our membership fees cover only about 40 percent of operating costs. The board is therefore glad to report that last year's campaign raised \$38,468 in grants and donations from BMAV members, neighbors, merchants and matching contributions from village board members. Your contributions make it possible for us to continue to serve our members through a full array of social and educational programs and direct services provided by vetted volunteers.



It takes a village

In addition to financial support, it takes a village of volunteers to keep BMAV growing and thriving.

The village boasts a robust range of programs, active membership and development efforts, publications and shared interest groups. But they don't happen by themselves. Unlike a retirement community or a cruise ship, which has paid professional staff to produce and manage its programs and activities, BMAV has just one staff member, our part-time executive director Elizabeth Haile. She does an amazing job of initiating outreach and coordinating all our endeavors, but she can't do it all.

BMAV must rely on member volunteers to create and produce programs, expand the membership, garner private support, create shared interest groups and serve to govern our nonprofit organization. We hope we can call on you to help. Please [email Tom Henteleff](#) about your willingness to volunteer.

Special tribute to our volunteers

Mark your calendar! To show appreciation for our many volunteers, there will be a recognition luncheon on April 29. If you're a BMAV volunteer, you'll receive a mailed invitation for this celebration of you. *Watch for it!*

Partnership between the county and senior villages

On February 8, Bethesda Metro Area Village and Chevy Chase At Home village hosted a meeting with County Council members Andrew Friedson and Evan Glass to discuss partnerships between Montgomery County government and senior villages. Directors and board members from ten Montgomery County villages, County Villages Coordinator Pazit Aviv and the mayor of Chevy Chase, Barney Rush, also attended.

The village leaders described for the new council members and their staffs how villages help fill the gaps -- by providing seniors with programming to combat social isolation and in-home services and rides -- thereby enabling seniors to remain in their homes and communities.

Montgomery County has 32 aging-in-place-villages operating or in development. Click [here](#) to read a letter from 18 of these villages to the Council and Executive Marc Elrich.

Interview with member Doris Menache-Aronson

Doris has lived in three parts of the world: 20 years in Egypt, where she grew up, 29 years in Paris and 41 years in Bethesda. As a result, she's tri-lingual – English, French and Arabic – but confesses that with the passage of time, she's lost some of her facility in Arabic.

She earned her medical degree from the Faculty of Medicine at the University of Paris and then specialized in hematology. She later became the first woman professor of hematology-immunology in France. Doris came to the U.S. for her first six-month sabbatical in 1964. It was during her first rotation, at NIH, that she met her future husband, David. He, like she, was hematologist whose specialty was coagulation, with a particular focus on improving the treatment of hemophilic patients. In 1976, she had a second six-month sabbatical, at FDA.



After her first sabbatical, Doris returned to Paris and resumed her career. She moved here when she and David married in late 1977. They looked at 45 houses before finding one they both liked, the one they have lived in since 1978. It's full of natural light and an eclectic, dazzling array of art and artifacts from around the world. They bought many of the items on their work-related trips abroad to make presentations at conferences or teach. After those trips, they usually tacked on a week of pure vacation time. One of their favorite places was Belize, for birding, where they visited 13 consecutive years.

Doris did a lot of work-related international travel before marriage, such as to Australia and Argentina. On the way home, she played tourist in countries along the way, including Thailand, Cambodia, Sri Lanka, Turkey, Brazil and Peru. Her career in the U.S. was entirely with American Red Cross Biomedical Services. She first did research as head of a lab at ARC's facility on Old Georgetown Road, later moving to ARC headquarters in DC, where she became Director Medical Affairs Plasma Operations.

Doris and David love to travel and particularly enjoy travel by train. Memorable trips include the Trans-Siberian Railway from Beijing to St. Petersburg, the Orient Express from Venice to London and on the Trans Canadian Railway. They went to Egypt some 15-20 years ago, Doris's first time back. She especially wanted to see her long-ago home, but the taxi driver didn't know how to find it. He asked several passers-by if they knew, and with their help, found it. However, the home where her grandmother had lived was gone.

In retirement, Doris has enjoyed Osher Lifelong Learning Institute classes at Johns Hopkins University in Rockville, French literature, art and music, especially opera. She is a BIG opera fan. She's a long-time subscriber to the Washington National Opera, has gone on trips for performances of "The Ring" in Seattle, New York, Toronto and Bayreuth, Germany. She also enjoys seeing Met performances on the big screen at Mazza Gallery.

None of their four children lives locally, but Doris and David are delighted that a granddaughter, who recently got her law degree in Minnesota, is clerking for a federal judge in DC and lives in Alexandria. They see her frequently.

Doris and David joined Bethesda Metro Area Village because they clearly are age-in-placers, and because they have so little family around, wanted a support group. Apparently, they've found one. Doris went on the recent BMAV visit to the Phillips Collection to see the Nordic art collection (see below). She wrote afterward to executive director Elizabeth Haile, "This for me was a real treat and now I know that with the help of BMAV, I can do many things that I gave up on doing."

Recent BMAV events of interest



Tour of Nordic Impressions at the Phillips Collection. At the January 9 tour, docent and chief curator of the exhibit discussed how he selected the pieces for the very eclectic exhibit celebrating the diversity of Nordic art and the artists whose work was featured. The artwork ranged from



traditional landscapes to portraits, video and color blocks that could be arranged to suit any venue.

Men's lunch out. Eight men braved frigid temperatures on January 22 for the first men's lunch out in 2019. They never got around to discussing the topic of the day, ideas on good health and how to keep it. Instead, Bob Berish, who had just returned from Vietnam, shared a fascinating compilation of the newspaper stories that were circulating when he was in Hanoi. The stories, which focused on how China views the current global situation, evoked a lively and informative discussion.

At the February 22 gathering, the men talked about where to keep their exercise equipment -- in the bedroom or the basement. All agreed in the bedroom is better, as it is more likely to be used. There was no consensus, however, whether their spouses would agree. At the next men's lunch out on March 26, the topic will be "getting outside your comfort zone."

Ladies lunch out. On January 24, 15 intrepid rain warriors braved a Bethesda downpour to meet for a warm and cozy lunch at Cesco-Osteria. Conversation never lagged, ranging from wildlife to social life. On February 25, high winds blew in sixteen members into Cesco's, and they had an equally enjoyable time. The next ladies lunch out is on March 20.



BMAV's *first board game meetup* was on January 24. Those who attended had such fun playing Scrabble that they've agreed to schedule a meetup monthly at a member's home. The next board game meetup is on March 11. If you're interested in attending or hosting a future board game afternoon, contact [Diane Goldman](#).

This group joins a number of other interest groups initiated by village members, such as knitting, hiking bridge, architecture walks. Currently, we're trying to start a film group. Do you have an idea for another new special interest group? If so, contact programs chair [Elyse Jacob](#).

BMAV West. Elyse Jacob, Bob Metzler, Marylu Carnevale, Connie Hickey and Fred Philips all were in Northern California at the same time recently, and on Valentine's Day enjoyed a lovely lunch overlooking the foothills above Stanford University. One of the topics they discussed was the BMAV tour of the Newseum they were on together last fall. They agreed they were lucky to have gone then, before the museum closes.



Speaker series



Margaret Talev, immediate past president of The White House Correspondents' Association and a Bloomberg News reporter covering the White House, spoke at the Edgemoor Club on January 27 about journalism today. She then opened it up to questions from the audience of 60 BMAV members and friends.

Board?

She said the major concern of the business community and economists is Trump's unpredictability; e.g., what he will do on trade with China? Will he fire the head of the Federal Reserve

Her primary concern is what role the media plays today. There is a growing amount of disinformation, surely more than we know, and that, plus artificial intelligence and rapidly evolving technology make it increasingly difficult for media to validate whether something is true.

In response to the question whether she thought Pence would be worse than Trump as president, Talev responded no, not at all, because Pence wholeheartedly believes in the institutions of government, whereas Trump seemingly does not. No matter how much the public might disagree with Pence's policies, Talev believes he would play by the rules.

All who attended the event were very enthusiastic about Talev's talk. She said she thought the audience was "a very smart group of people."

On February 10, *Bob Levey*, a longtime columnist for *The Washington Post*, and former U.S. Representative *Connie Morella* spoke before a packed room at the Connie Morella library. Several members of the audience said they were thrilled to be in the same room with Levey and Morella and hear what they had to say.

Levey traced the ups and downs of local history and politics and talked about his new novel, "Larry Felder, Candidate." The book is set in Montgomery County and delves into the worlds of local politics and journalism.

Commenting on politics today, Morella lamented the lack of bipartisanship in Congress, so unlike the period when she represented the eighth congressional district (1987-2003). She also said she would like to see more political diversity in the all-Democrat county council.



On journalism today, Levey said because of the utter change in the newspaper/media business -- the 24-hour news cycle, the plethora of social media and the public's ever-increasing reliance on social and electronic media as its primary source of news -- there is a constant tension between patient, careful, unbiased reporting and quick, dirty, edgy reporting. Asked where he thought newspapers will be in 15 years, he said that in *five* years, we will be down to only three newspapers national in scope, including the *New York Times* and *The Washington Post*.

Levey was asked about the survivability of *The Washington Post*. He said that it will never make money in the print end but that Bezos, the owner, expects it to do so at the digital end. He thinks that eventually, Bezos will "tuck the digital *Post* behind Amazon, accessible via Amazon Prime."



The *BMAV Arts Group* visited the National Gallery of Art on February 8 for a self-guided tour of the [Gordon Parks: The New Tide, Early Work 1940–1950](#) photographic exhibition. [It closed February 18.]

During the 1940s, Parks grew from a self-taught photographer making portraits and documenting everyday life in Saint Paul, Chicago and Washington, DC, to a renowned professional shooting for *Ebony*, *Vogue*, *Fortune*, and *Life*. During his early years he photographed for the Farm Security Administration, Office of War Information and Standard Oil (New Jersey).

On February 19, a project developer from CASE and Universal Design Certified Professional led the presentation at the Connie Morella library on universal design, the simple things one can do to adapt a home to make it convenient for people of all ages and abilities. This was one of BMAV's monthly collaborations with the Connie Morella Library to provide the public with free presentations on topics of interest to seniors and adults throughout the community. All are welcome to our next monthly presentation March 19 on advance care planning.]

On February 27, BMAV members had the good fortune to go on a docent-led tour at the GWU *Textile Museum* of the traveling exhibit, [Enduring Ideals: Rockwell, Roosevelt and the Four Freedoms](#), Norman Rockwell's paintings for the *Saturday Evening Post* that depict the Four Freedoms President Roosevelt identified in his 1941 State of the Union address.



Other Rockwell paintings in the exhibit portray the hardships of the 1938 recession, the personal challenges of World War II, women's assumption of work outside the home during World War II, the atrocities and perseverance that accompanied the Civil Rights Movement and the horrors of the Viet Nam War.

As one BMAV member said, "the exhibit reminds us of past events and captures in vivid detail our less than ideal history and our march toward a better world."

Upcoming events

March 5. The BMAV [hiking special interest group](#) will meet at 10 am at Ann Bennet's home and then carpool together to Patuxent Research Refuge, the nation's only national wildlife refuge established to support wildlife research. Hikers will follow the Cash Lake Trail, an easy 2.4 mile loop with scenery of woods, wetlands, shoreline and meadows. BMAV members register [here](#).

March 6, 27, April 5 and 19. *Knitting, Needlework and Friends*, will meet 2-4 pm in a relaxed, fun atmosphere in the home of a member. All levels of expertise welcome. BMAV members and friends.

March 11. *BMAV board game afternoon*, 2-4 pm. BMAV members RSVP to [Diane Goldman](#).

March 12. *Everything you need to know about medical marijuana*, 1:30-3 pm at the Little Falls Library. A doctor and the associate director of medicine at GWU School of Medicine will discuss the benefits of medical marijuana, conditions treated, how medical marijuana should (and should not) be used, and how to get registered and certified to use medical marijuana. Free and open to all. Sponsored by Little Falls Village.

March 14. *The truth about Social Security*, Little Falls library, 11 am-12:30 pm. Free, open to all. Sponsored by Little Falls Village.

March 14. *BMAV happy hour*, 4:30-6:30 pm, at Cesco-Osteria. [RSVP](#) so that we'll be sure to have enough table space for everyone.

March 19. *Advance care planning*, 1:30-2:30 pm at Connie Morella library. Learn about the process of determining your future medical care if you're unable to speak for yourself. Co-sponsored by BMAV and the Connie Morella library. Free and open to the public.

March 20. *Ladies Lunch Out*, noon-1:30 pm, at Cesco-Osteria. BMAV members, RSVP to [Eugenia Covarrubias](#).

March 24. BMAV *Speaker series*: Steve Crocker, an inventor of the Internet, will discuss the origins of networking, historical milestones, explain this complex topic in a very relatable way and answer questions. 3:30-5:30 pm at Battery Park Community Clubhouse. Friends and neighbors welcome. RSVP [here](#) send, an [email](#) to Elizabeth or call her at 240-630-2628.

March 25. *Men's Lunch Out*, noon-1:30 pm, at Cesco-Osteria. The first half of lunch is for catching up and the second half, for a themed discussion, this time on getting outside your comfort zone. BMAV members, register [here](#).

March 31. *BMAV movie night*, 4-6 pm. Join other BMAV members to watch one of the all-time great movies, "The French Connection," in Tim French's home theater, followed by discussion and wine and cheese. [RSVP](#) required, as space is limited.

April 14. *Aging, Death and Dying*, 4-5:30 pm. All BMAV members are warmly invited to this popular and engaging special interest group. Simply let [Chris Palmer](#) know.

April 16. *Can voice recognition devices help you?*, 1:30-2:30 pm, at the Connie Morella library. Paul Burden, founder of Our Voice, a partner of The Columbia Lighthouse for the Blind, will demonstrate how useful Amazon Echo and other voice recognition devices can be for persons

with disabilities or seniors aging in place. Free and open to the public. Co-sponsored by BMAV and the Connie Morella library.

April 16, 23 and 30, 7-8:30 pm. *Design your life for success*, led by BMAV member Chris Palmer. Chris will explore the goals, strategies and tactics necessary to live a successful, fulfilled and productive life. Attendance at all three workshops is encouraged. Free and open to the public, but [registration](#) is required. Co-sponsored by BMAV and Connie Morella Library.

April 25. *Ladies Lunch Out*, noon-1:30 pm, at Cesco-Osteria. BMAV members, RSVP to [Eugenia Covarrubias](#).

April 27. BMAV *Speaker Series*: Maryland Delegate Marc Korman will talk about the past legislative session and its impact on our area. 3:30- 5 pm. Free and open to the public. Co-sponsored by BMAV and the Connie Morella Library.

May 5. *Speaker Series*: Steve Roberts (Cokie Roberts' husband), Maryland journalist, author, and educator, will share highlights of his 2016 book, *Bethesda and Chevy Chase*, 3-4:30 pm, at Connie Morella Library. The event will kick off the newly-established Bethesda Historical Society. Free and open to all. [Registration](#) is recommended.

The Bethesda Historical Society plans to develop events and educational programs focusing on significant locations and important moments in our history and welcomes volunteers and ideas. For further information on the Society, please contact Wendy Kaufman, wwkauf@aol.com.

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).

News you can use

Washington Consumer Checkbook on aging in place

The current issue of *Washington Consumer Checkbook* has a [section on aging in place](#) with useful information on the following topics:

- Make your space work as you age
- Resources and help for seniors
- Getting you to places and getting stuff to your place
- Elder villages (list of villages in our area including, of course, BMAV)
- Maintaining or building relationships while aging in place
- Medical alert devices

Free access to The Great Courses library collection

Library card holders now can sign up to stream films and television series for free by visiting [The Great Courses](#) library collection under a new partnership between Montgomery County Public Libraries and RBdigital. You'll get unlimited access to top university professors and experts from Ivy League and other renowned schools and institutions via RBdigital's streaming service. Subjects cover the gamut, from photography to physics, astronomy, art, history, health and more. There's something for everyone.

For more information, see the [press release](#) or contact Acting Assistant Director James Donaldson, Collection & Technology by [email](#).

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Suggestion box

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Contact newsletter editor Lynn Barclay at barclayda@earthlink.net.

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