



BETHESDA METRO AREA VILLAGE
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Message from BMAV's new chair, Tom Henteleff

As I assume the chair of Bethesda Metro Area Village's board of directors through 2020, I want to congratulate Gail Shearer on her excellent leadership of BMAV during its formative years. I am very pleased that she will continue to be an active member of the board of directors.

The transition has been very smooth, thanks to Naomi Collins, who agreed to serve as co-chair through June of 2019, and a dedicated and talented board of directors and executive director Elizabeth Haile. In my opinion, BMAV is extremely fortunate to have her as executive director. Her commitment and leadership have been an integral part of the success of BMAV.

I am pleased to report our village is well positioned to continue to serve its ever-growing membership, which now numbers 94. BMAV currently has over 30 volunteers to help assist full members to age in place by providing an array of useful services. BMAV's diverse special interest groups and robust programs offer a wide variety of social, educational, recreational and cultural activities. In 2018 there were more than 100 such events, and we expect to exceed that number in 2019.

These diverse and interesting activities provide opportunities to mutually enjoy and become friends with other members of the village, as they have for me. I have met and conversed with very interesting individuals whom I hadn't known, despite having lived in this community for almost 50 years.

In conclusion, I'm honored to serve as chair of BMAV's board and thrilled that our village is such a thriving organization. I look forward to working with my fellow board members, Elizabeth Haile, our volunteers and members to continue to provide the type of services and activities that are rewarding to our members and help allow them to remain in their homes as they age.

How you can help increase our membership

If you love being a member of BMAV -- attending events in neighbors' homes, seeing familiar faces now when you shop or take a walk, making new friends, knowing you have company and are not alone -- tell your friends, neighbors and acquaintances about the benefits of joining BMAV and encourage them to join.

If each current member succeeds in bringing in just one new member, we'll double our membership. Not only will the new members enjoy being part of our community, we'll have more hands on deck for social events, travel to museums, special interest groups, ladies' and men's lunches and all the rest that make our village so vibrant.

Local businesses' support integral to BMAV's success

Support from local businesses plays an important role in our success. Would your business like to become a supporter of the village? Supporters are displayed on our website for a year following their contribution, and a link to the business' website is included in our village newsletter, which is sent to over 400 people in Bethesda. Various levels of recognition begin for as low as \$300. Visit our [website](#) for more information.

Interview with member Barbara Wiss

Barbara Wiss grew up in New Jersey, went to college in Virginia and Colorado, moved to New York City, where she worked at a bank, then went to Duke University for an MBA. She continued in the banking world, first in Charlotte and then in New York, but when she turned 40, she decided life in NYC working at Chase wasn't for her any longer. Things took a turn when she ran into a high school friend, sister of Gail Shearer (BMAV member and recent chair), who suggested Barbara contact Gail in Bethesda. She did.

Gail was persuasive. Barbara liked Bethesda, especially Edgemoor. She moved here, initially staying with relatives. A short time later, she started her career at the U.S. Treasury Department, where she worked primarily on fiscal policy issues. She bought her current house in Edgemoor about the same time.

After working at Treasury for many years, Barbara was ready for new chapters and new paths in her life. She retired on May 31, 2017, her 25th anniversary with the department and just two days after her 67th birthday.

Since she retired, Barbara has relied on serendipity and says "yes" to new experiences that combine her interests in travel, flowers, dogs and being outside in the fresh air and sunshine. She also wants to meet new people, especially neighbors, follow her passion for hiking and travel to far-off interesting places. She's been successful so far.

Last year, for example, she went to Rwanda to hike in the jungle and see mountain gorillas, and afterward, to Tanzania to climb Mt. Kilimanjaro. She and the small group of women she was with -- supported by a crew of 72 porters and guides -- hiked ever so slowly up Kilimanjaro in rain and fog until they got to Camp Barafu at 15,200 feet, the last camp below the 19,341-foot summit. At Barafu they encountered a white-out blizzard and 80 mph winds that closed the mountain and sent everyone scrambling back down.



As if the hike up Kilimanjaro weren't challenging enough, there were a couple of added factors that made it even more difficult for Barbara: she had a cold and a very sore arm that she brought with her from Rwanda. In Rwanda she'd tripped on a piece of bamboo, fallen and, it turns out, broken her arm, although neither she nor the staff nurse thought it was more than a sprain. She refused to let either the cold or her bum arm jeopardize the opportunity to ascend Kilimanjaro. Fortunately, it didn't bother her much on the climb.

Barbara loved that trip, not only for the experience, but also for the sharing among the hikers of just about everything and the caring and kind support the hikers, porters and guides gave each other. She said she learned some good life lessons: being prepared is key, particularly as one gets older; believe in yourself -- you can always do more than you think you can; set mini-goals throughout the day; be in the moment; trust the knowledge and expertise of others; and learn to ask for help when you need it, accept it when it's offered.

On a whim, Barbara took another, very different trip last year, to Paris, for a week-long flower-arranging class. As much as she enjoyed that, Barbara loved wandering through the streets of Paris for hours after class, visiting lovely boutiques and sightseeing. She admits she got lost occasionally, even when looking for the Eiffel Tower, but considered it all part of the fun.



What, you may wonder, did she do with the lovely flowers from her arrangements at the end of class each day? She happily gave them away to the concierge at her hotel and the gracious ladies in the boutiques along Rue Saint-Honoré who let her try on bangles, baubles, clothing and fragrances that she rarely purchased.

[You can read more about Barbara's travels last year in the May/June issue of *Bethesda Magazine* in the article entitled, "Well-traveled."]

As for future travel plans, Barbara is going to Lake Tahoe for a large family reunion in July and to Morocco in September. In 2020, she's hoping to attend a reunion with high school friends in Normandy. She's up for other journeys and adventures, too.

Barbara said, "Being part of BMAV has been and is a pleasure" and offered a host of good reasons why she joined:

- to meet her neighbors;
- feel a sense of belonging to a community;
- participate in neighborhood and BMAV activities. She's one of the hardy, happy BMAV hikers. She's also playing and, she hopes, improving her bridge game.
- learn how to successfully navigate the aging process. The Aging, Dying and Death interest group was the first one she joined. She finds the group informative not only for

the experts who have led various sessions, but also for the information and experience that the members share with each other.

Recent BMAV events of interest

In appreciation

On March 12, the board of directors met at what outgoing chair Gail Shearer thought would be a regular board meeting. But the other board members had a surprise for her: recognition for her contributions to the founding of our village, getting it up, running and thriving.



Gail's biggest surprise was an appearance by Maryland Comptroller General Peter Franchot, who presented her with a framed certificate of appreciation. He was followed by Ken Hartman, director of the B-CC Regional Services Center, who had kind words and a certificate for Gail. Others who recognized Gail for her service (but could not be there) were Congressman Jamie Raskin, County Executive Marc Elrich, and on the state level, District 16 representatives Marc Korman, Ariana Kelly, Susan Lee and Sarah Love. Finally, as a token of their appreciation, the BMAV board members gave Gail an engraved crystal clock.

Speaker series

On March 24th, BMAV members and others in the community heard from Steve Crocker, one of the creators of Arpanet, which laid the technical foundation for today's Internet. He talked about his involvement in the development of the Internet from his graduate student days in the late 1960s and guided listeners through the history of computers and their networking.



A comment by a visitor in the audience capped the event, noting that Crocker is a "legend in his own time" in the development of networks that totally changed our lives.

Cherry blossom walk

On a perfect spring day in early strolled in Kenwood under over the streets, creating a not have been better.



April, a group of BMAV members blooming cherry trees that arched magical fairyland. Their timing could

Board game afternoon



Our board game special interest group is thoroughly enjoying getting together monthly at a member's house to challenge their minds and socialize. More members welcome! If you'd like to join the fun, contact [Diane Goldman](#).

Men's lunch out

A day after tax-filing day, eleven BMAV men met for lunch at Cesco Osteria and were delighted to have Bob Emmett and Art Bill join them for the first time. Newcomer Dan Mick enlightened the other diners about mules that pull the boats on the C&O Canal and about the bee hives he keeps in his back yard.



The group didn't get to the topic of the day because at least one diner was eager to get to a BMAV event at the library on how Alexa (a.k.a. Amazon Echo) could make his life better. The next men's lunch out is scheduled for noon on Monday, May 20, when the topic for discussion will be members' favorite countries to visit.

This group joins a number of other interest groups initiated by village members, such as knitting, hiking bridge, architecture walks. Do you have an idea for another new special interest group? If so, contact program chair [Elyse Jacobs](#).

Tech Tutors



On April 16, Paul Burden, founder of [Our Voice](#), gave a free presentation at Connie Morella library on the astounding variety of uses for Amazon Echo and other voice recognition devices. He then answered questions from interested BMAV members and others on how to integrate new technology like Nest, Ring and more in our homes to help us age in place.

Upcoming events

*Sunday, May 5, 3-4:30 pm, [Speaker series: Steve Roberts](#). BMAV and the Bethesda Historical Society are pleased to present Steve Roberts, journalist, author and educator, who will talk about the fascinating but little-known history of Bethesda. He will share highlights of his 2016 book, *Bethesda and Chevy Chase*, to kick-off the activities of the newly-established Bethesda Historical Society. Free and open to the public, at Battery Park Community Clubhouse. [RSVP](#) required, as space is limited.*

[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, check out bethesdahistoricalsociety.org.]

Wednesday, May 8, 2 pm. Connect with other members for a relaxing afternoon of socializing over board games. Bring your favorite if you have it, or partake in Scrabble or card games. RSVP to [Diane Goldman](#) for address.

Friday, May 10, 10:30 am, [free tour of Hillwood](#). BMAV members have generously donated ten free passes to see the Hillwood temporary exhibit, "Perfume and Seduction." Arrive by 10:30 am for a docent-led tour of the gardens, followed by an 11:30 tour of the mansion, if desired. The exhibit is toured individually. If time allows we can also stay for lunch in the newly-reopened café. [RSVP](#) to reserve your spot (admission for additional guests is \$18). Let us know if you would like to carpool to the free parking lot onsite and whether you plan to stay for lunch so that we can make a reservation for you.

Wednesday, May 15, noon, [ladies lunch out](#) at Clyde's of Tower Oaks Lodge, 2 Preserve Parkway, Rockville. RSVP to [Eugenia Covarrubias](#).

Thursday, May 16, 4:30-6:30 pm, [BMAV happy hour](#) at Black's Bar & Kitchen, 7750 Woodmont. [RSVP](#) so that we'll be sure to have enough table space for everyone.

Friday, May 17, 2:30 pm, [BMAV Tech Tutors](#), one-on-one help with your devices. [For BMAV members only.] Bring any of your portable devices (phone, iPad, Kindle, laptop). You'll be paired up with a tech-savvy student volunteer who can help diagnose and fix almost any problem you're having. Be sure to know your logins for your email, App Store or other accounts. At Connie Morella Library. [RSVP](#) by May 14.

Saturday, May 18, 9:15 am, hiking special interest group, two-hour guided tour of the [Sandy Spring Underground Railroad Trail](#) (\$8 fee), followed by a picnic lunch. Open to all BMAV members and potential members. Participants will carpool. Contact [Ann Bennett](#).

Sunday, May 19, 4 pm, Aging, dying and death special interest group meeting at the home of Chris Palmer. BMAV members are invited to hear "What firefighters want you to know" from a member of the Montgomery County Fire and Rescue Service. You'll learn about trends, top fire risks and what you can do to be safe in your home. You'll also learn how MCFRS is working with villages to help residents age in place. RSVP to [Chris](#).

Monday, May 20, noon, [men's lunch out](#) at Cesco Osteria. The first half of lunch is for catching up; the second half is for a themed discussion. RSVP so we can make a reservation for you.

Tuesday, May 21, 1-2:30 pm, [Potomac: The River Runs Through Us](#), a documentary about the Potomac, followed by a discussion on how to keep this natural gem beautiful. At Connie Morella library. Co-sponsored by BMAV and Connie Morella Library.

Thursday, May 23, 1:00 pm, [BMAV returns to Glenstone Museum](#). Enjoy the large and spectacular expanded exhibition space and the outdoor sculptures in beautifully landscaped spaces designed for the collection. Of the several tickets we had reserved, one remains. [RSVP](#) to reserve it or be placed on the waitlist. Carpooling recommended.

Sunday, May 26, 5-6:30 pm, BMAV [wine and cheese social](#) at the home of Marilyn Kerst and Sam Sipe. BMAV members are invited to a casual get together to socialize over wine and cheese at a member's home. Come meet new members and say hello to old friends. [RSVP](#).

Thursday, May 30, 4:30-7:30 pm, [start of summer meetup](#). Meet for drinks or a bite at Thelo Greek Grill (8009 Norfolk Ave) and then walk over to hear the folk/rock "19th St Band" free summer concert at Veteran's Plaza at 6 pm. [RSVP](#) so we can make a reservation and know to look for you.

Sunday, June 2, 4-5 pm, [Old Edgemoor walking tour](#). Led by Fred Berner, author of the new book "Old Edgemoor – The Heart of Bethesda," walkers will see most of the oldest Edgemoor homes, built between 1912 and 1918, and learn of their architecture, architects and families, as well as about the trolley that ran through Old Edgemoor. BMAV members and friends welcome. Meet at the corner of Edgemoor Lane and Exeter Road. The tour will be cancelled in the event of rain.

Friday, June 7, 1-3 pm, [Tour of Dumbarton Oaks](#). Join member Lynn Barclay for a museum highlights tour at 1 pm, followed by a 30-minute introductory garden tour. Please [RSVP](#) to arrange carsharing. \$8 for seniors.

Tuesday, June 11, 10 am- 1 pm, BMAV Arts Group at [National Museum of Women in the Arts](#) for a docent-led tour of Ursula von Rydingsvard's massive wooden sculptures in "The Contour of Feeling." We will meet up for shared transportation and can enjoy lunch at the Mezzanine Café after the tour. RSVP to [Sylvia Winik](#).

Wednesday, June 12, noon-1:30 pm, ladies lunch out at Cesco Osteria, 7401 Woodmont Avenue, Bethesda. RSVP to [Eugenia Covarrubias](#).

Tuesday, June 13, 4:30-6:30 pm, [BMAV happy hour](#) at Black's Bar & Kitchen, 7750 Woodmont. [RSVP](#) so that we'll be sure to have enough table space for everyone.

Tuesday, June 18, 1:30-2:30 pm, [Exploring the World of Montgomery](#), at Connie Morella library. Bruce Adams, former director of Montgomery County's Office of Community Partnerships, will take us on a virtual tour of Montgomery County's five sister cities: Morazán, El Salvador; Gondar, Ethiopia; Xi'an, China; Hyderabad, India; and Daejeon, South Korea. Co-sponsored by BMAV with the Connie Morella Library. Free and open to the public.

Wednesday June 19, 5:30 pm, [Improve your bird identification skills](#). BMAV member, bird photographer and ornithologist David Moulton will discuss how bird identification techniques have changed and improved in the digital world, providing exciting new ways to enjoy and understand birds in

your own back yard and surrounding parks. At the home of BMAV members Marren and Tom Meehan. [RSVP](#).

Thursday, June 20, 10:30 am, [National Geographic Museum, Queens of Egypt exhibit](#). Get to know Egypt's mighty queens, travel in the footsteps of women through their daily lives and into their tombs on their journeys to reach the afterlife. \$12 admission. [RSVP](#).

Wednesday, June 26, 7 pm, [BMAV movie night](#). BMAV members and potential members are invited to a showing of "Green Book," the 2019 Academy Award winner for Best Picture. Popcorn and candy will be served. At Sunrise of Bethesda, 4925 Battery Lane. [RSVP](#). [If you're interested in helping choose movies and locations for future film showings, please contact [Elizabeth Haile](#).]

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 for BMAV members

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

Arts interest group. Contact [Sylvia Winik](#) if you're interested in meeting up to take a class or paint together or visit galleries and museums.

Aging, dying and death. This popular and engaging special interest group usually meets monthly, Sundays, 4– 5:30 pm, at the home of Chris Palmer. 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.

Board games. All members are welcome to join the group for games of Scrabble (or bring your favorite) at monthly afternoon meetups. Hosts rotate. Contact [Diane Goldman](#) for more information.

Bridge. A beginners 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.

Hiking club. Ann Bennet leads the BMAV hiking club on monthly weekday morning hikes at locations throughout the metro area. Contact [Ann](#) for more information on the next hike or if you would like to plan a weekend meetup.

Knitting, needlework and friends. The 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.

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

Free access to online streaming movie service

Montgomery County library card holders now can have free access to more than 8,000 high-quality shorts, features, documentaries, classic TV shows and Web series from 85 countries via [IndieFlix](#), the online streaming movie service. Programming includes comedies, dramas, horror, documentaries, animations, classic TV, short films and more than 40 other channels and genres. They are are searchable by language, genre and film length. Additional details [here](#).

Playaway®

Here's something else nifty from the library -- [Playaway®](#), the easiest way yet to listen to recorded books. A Playaway® is about half the size of a deck of cards and has a permanently installed single audio book of up to 20 hours long. You need to supply your own headphones and AAA battery. The library system has [titles](#) for adults, teens and children. Like most books, Playaway® can be checked out for three weeks.

Pretty convenient, whether you're here or on a trip.

Cheap rides to NYC

You probably know about Vamoose Bus and maybe Tripper Bus, both of which offer comfortable rides to New York City several times daily from convenient locations in downtown Bethesda at oh-so-affordable fares. Tickets typically range from \$15-\$50 one way, depending on the day of the week, time of day and other factors. The bus service is so popular that two new competitors have popped, with stops near White Flint Metro station and in Rockville.

If you're considering going to New York el-cheapo, you may want to use one of the websites that provides prospective travelers with comparison ticket prices, schedules, specials and online booking. Here are two of them: [busbud.com](#) and [gotobus.com](#).

Tax warrant and seizure scam

There's a [new scam](#) in our area, a mailing purporting to be a notice of warrant and State of Maryland tax lien action. It warns the recipient of imminent foreclosure and seizure by the state. An online search shows that this scam has been reported all over the United States. [See a [sample](#) of the tax-scam letter.]

The letter is NOT from the comptroller of Maryland or from Montgomery County government. It's advertising from a tax law firm based in California that vaguely offers either a workout or other service to pay off the liens.

If you get this letter scam or one like it, you should contact the following:

- U.S. Postal inspectors: USPS [website](#), or call 1-800-ASK-USPS
- Comptroller of Maryland [website](#), or call 410-260-7388
- Federal Trade Commission [website](#)

A plant sale you won't want to miss

Bethesda Community Garden Club's annual plant sale is Thursday, May 9, at Farm Women's Cooperative Market. The sale offers wonderful buys on a variety of perennials for shade and sun, herbs, annuals, native plants and shrubs. This year's selection will be particularly fine. 7 am-1 pm, rain or shine. [Note: no parking at the market; park in the county lot behind it.]

Many of the plants were grown in club members' well-tended gardens. Some were dug up (with permission, of course) from the yards of houses that were going to be torn down. See, for example, a [recent article](#) from the *Washington Post* about just such a dig in Chevy Chase. Proceeds from the plant sale will benefit various community projects, including landscaping at the Connie Morella and Davis libraries.

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Suggestion box

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

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