



Thanks to the Trawick Foundation

Our co-occupancy in the beautiful Trawick office suite on Old Georgetown Road ends April 30. We are so thankful to the Jim and Carol Trawick Foundation by providing us with office space for two years and for the support they gave us as we launched and grew. Carol, Executive Director Anne Cantrell and Operations Manager Jane were unfailingly gracious and helpful with their advice and support.

Note that our phone number, email and mailing addresses will remain the same after April 30. If you know of other foundations BMAV could reach out to for future funding or have ideas for office space for us, please send an email to [Elizabeth Haile](mailto:Elizabeth.Haile@bma.org).

New on our website

If you haven't visited the BMAV website lately, you're in for a treat. On the homepage www.bmavillage.org there's now a slide show of members engaged in various BMAV activities, such a garden party, happy hour at a local restaurant, providing a service to a fellow member and men's lunch out gatherings. [Take a look](#).

Our volunteers help out

We now have 27 individuals who've been trained and are ready, willing and able to provide services to any full BMAV member who makes a request. Recently they helped out by doing such things as moving heavy suitcases, walking a member to lunch, and cutting up brush for curbside pickup.

Not all of our volunteers belong to BMAV. For example, we have high schoolers who are eager to help in our Tech Tutor sessions, where any BMAV member can get one-on-one help with his or her cell phone or other electronic device. [The next Tech Tutor session is on April 9.]

Join our new welcome team

Would you like to connect with other members? Here's a great way you can do it: join our new welcome team! We're looking for members to call to say hello to new members. This takes

minimal time. Ideally, you'd invite a new member to an event you're already planning to attend and introduce her or him to other members. Let us know if you'd like to be another friendly face on our team by emailing [Elizabeth Haile](mailto:Elizabeth.Haile@bma.org) or calling 240-630-2628.

Interview with BMAV members Kyu Sik and Jai Eun Lee

Kyu Sik and Jai Eun Lee spent their growing-up years in Korea but came separately to the US to attend college, he in 1959, she in 1961. They are retired economists and have lived in their Bethesda home since 1984, after stints in New York, Detroit, Seoul and then again in New York.



Kyu's first time in the US was in 1956, when he was one of five Korean Boy Scouts who participated in an exchange program sponsored by the US Department of State and the Air Force. He stayed with a host family in Twin Falls, Idaho. He and the family apparently hit it off, because they later invited him back to attend College of Idaho on scholarship. He accepted and graduated with a degree in economics. He went to the University of Wisconsin for his Ph.D. and met Jai there, who was studying for her MA in economics.

They married in 1964 and moved to Manhattan. Kyu taught economics at NYU's graduate school and Jai did research at the National Bureau of Economic Research. After three years they moved to Detroit, where Kyu taught at Wayne State University. They expected to be there indefinitely, but after a short period, Kyu was recruited by the Korea Development Institute, a new think tank in Seoul, to work on economic planning and development. He, Jai and their young daughter lived for two years in Seoul. During that period, Jai taught economics part-time at two universities.

Kyu then accepted The Conference Board's offer of a position back in New York to do research on productivity. Jai worked there as an economist in the energy sector at National Economic Research Associates. Kyu's work drew the attention of the World Bank, which offered him a position in Washington. He was at the bank for 25 years doing work on research, policy and evaluation in two dozen countries, including Nigeria, Thailand and Colombia. He retired from the bank almost 20 years ago, followed by consulting work.

When they moved to this area, Jai worked for a year at the DC office of National Economic Research Associates, followed by seven years off to be a stay-at-home mom. She then resumed her career, working as a data base manager at the General Accounting Office (now Government Accountability Office) until retirement.

Since they retired, Kyu and Jai have travelled for pleasure at least twice a year, including trips to Korea. Most recently, they went to Greece. Both like going to art museums and attending performances at the Kennedy Center. Kyu particularly enjoys classical music. His first exposure to it was when he was growing up in Korea and listened to it on the U.S. Armed Forces FM radio station.

Both Jai and Kyu read for pleasure to learn things that pique their curiosity and “round out” their liberal arts education, exploring fields new to them. Jai, for example, who refers to herself as a bookworm and has quite a library, is reading a book on astrophysics. Kyu is reading one on Buddhism and psychology. What also gives them pleasure is having their daughter and her family living nearby.

Asked why they joined BMAV, Kyu said they’d been thinking about the future and retirement homes. Then they heard about Bethesda Metro Area Village and realized aging in place could be an option. They signed up.

A week in the life of an active age-in-place village

Variety, they say, is the spice of life. One of the benefits of membership in Bethesda Metro Area Village is having a variety of activities available -- to socialize, explore, expand the mind or simply be entertained -- all of which you’ll find on the BMAV [event calendar](#). In April, for example, there are currently two dozen possibilities listed. Let’s take a look at a week’s worth, from April 8 to 15.

The week begins with a walk in the Greenwich Forest neighborhood to explore the architecture of the homes there, led by an architect who’s also a BMAV member. That same afternoon is our monthly aging, death and dying gathering in a member’s home to hear from someone who works as a death doula. The next day is the monthly Tech Tutor session, in this one tech-savvy high school students will help members one-on-one with their electronic devices. Our monthly happy hour at a local restaurant is the following afternoon. The last BMAV event of that week is our speaker series, when we’ll hear author Steve Ross on his best-selling book, “Hitler in L.A.: How Jews foiled Nazi plots against Hollywood.”

Other BMAV activities in April include a three-session writing workshop, the monthly men’s lunch out and a garden party at a member’s home. Further afield, in May we have docent-led tours of the Textile Museum, the Holocaust Museum and the Kreeger Museum.

We hope you enjoy reading about our village and the activities available to its members. If you're not yet a social or full member and are considering joining but want to learn more, or maybe sample an event, program or shared interest group, send an email to [Elizabeth Haile](#). If you *are* ready to join, [click here](#).

Recent BMAV events of interest

Men’s lunch out

This monthly lunchtime gathering of BMAV male members is proving to be very successful, with anywhere from 10 to 14 BMAV gents participating. At the February lunch out at Cesco Osteria, the conversations were about health-related matters and elements that contribute to a productive and rewarding retirement. Examples ranged from volunteering to serving on boards, helping out at Bethesda Cares or other non-profit organization of interest, and getting

involved in things that many of men don't commonly do, such as gardening and cooking. And, of course, there are BMAV activities to participate in, including being a volunteer service provider.

Discussion at the men's lunch out in March focused on current events, especially those related to China, North Korea and Russia.

If you'd like to be part of a congenial group for good conversation, you'd be a welcome addition. Just show up. The next men's lunch out is on April 17, same time (noon), same place.

Home safety presentation

On February 28, Jim Resnick of the Montgomery County Fire and Rescue Service gave BMAV members a dynamic presentation on smoke alarms, which under Maryland law must be either hard-wired or sealed and battery-operated and entirely replaced every ten years.

Resnick explained where to place your smoke alarms, what to have near your bed when you go to sleep (a flashlight) and what to do if you hear the alarm go off. First, turn on the light or use your flashlight and check for smoke before walking or crawling to the nearest exit. He said if there is a fire in your home, DO NOT try to put it out with a fire extinguisher. Instead, "JUST GET OUT." Call 911 from your cell phone after you're outside.

County residents can get free home safety checks from the Fire and Rescue Service by calling 311 or 240-777-2430. Firefighters will come to your home, review your current smoke and carbon monoxide alarms and if necessary, install new batteries in your existing alarms or put in new, ten-year-battery alarms. They will review escape planning with you. They'll also give you a magnetized File of Life packet for your medical and emergency contact information to put on your refrigerator door, where rescue EMTs can find it. [If you'd like a File of Life packet, contact [Elizabeth Haile](#), who has some to give out.]

For more information on smoke alarms, click [here](#). For more, much more, information on other aspects of fire and home safety, visit the [MCFSR website](#).

Upcoming events of interest

April

- April 5: [Fraud prevention tips](#), presented by AARP, at the new 2nd district police station, 1-3 pm.
- April 8: [Architecture walk in Greenwich Forest](#), 2-3:30 pm.
- April 8: [Aging, death and dying special interest group](#); presentation by a death doula, at the home of a member, 4 pm.
- April 9: [Tech Tutors](#): One-on-one help with your devices, Bethesda-Chevy Chase Regional Services Center, 2-3:30 pm. RSVP required by April 2.

- April 10: [Knitting and Friends](#), 2-4 pm.
- April 12: [Live longer and better](#). Hear from a life coach on how simple, powerful habits and creating the right community can improve well-being and add years of robust living, The Woman's Club of Bethesda, 2-3:30 pm.
- April 12: [Happy hour](#), Black's Bar & Kitchen, 4:30-6:30 pm.
- April 15: [Speaker series](#); author Steve Ross on "Hitler in L.A.: How Jews foiled Nazi plots against Hollywood," Battery Park Community Clubhouse, 3-5 pm. RSVP by April 9.
- April 17 and 24: [Writing workshop](#). Learn how to present your memories and help others to probe theirs. 10:30-noon.
- April 17: [Men's lunch out](#), noon, at Cesco Osteria.
- April 19: [Movie at the Avalon](#), 10:30 am (10 am if you want to meet up and have coffee with other BMAV members). \$5.
- April 28: [BMAV social](#), a garden party at a member's home to welcome new and renewing members, 5-7 pm.

May

- May 1: [New member orientation](#) at La Madeleine, 10:30 am.
- May 1: [Introduction to the new tax reform law](#), presented by AARP of Maryland, 1-2:30.
- May 2: [Senior movie at ArcLight Bethesda](#), with safety information from Montgomery County Police Department, 10 am. Free.
- May 7: [Textile Museum docent-led tour](#) of the exhibit "Vanishing Traditions: Textiles and Treasures from Southwest China," 11 am-1 pm.
- May 8: [BMAV happy hour](#) (check calendar for location), 4:30-6:30 pm.
- May 13 & 14: [Bethesda Fine Arts Festival](#), live music, Woodmont Triangle, 10 am on.
- May 17: [Movie at the Avalon](#), 10:30 (10 am if you want to meet up and have coffee with other BMAV members). \$5.
- May 17: [Photography workshop](#) on how to get the best photos using your smartphone, BCCRSC, 2-3:30 pm.
- May 21: [Tech Tutors](#) for Android users on the ins and outs of some of the most used Google apps, including Google Maps, Google Drive and gmail. Little Falls library, 10:30 am-noon.
- May 22: [Tour of the Holocaust Memorial Museum](#), led by docent Margit Meissner, who spoke to BMAV members last summer about her experiences escaping the Holocaust, 1 pm. [To view a recent video (in English) of Margit that was made by German TV for Holocaust Remembrance Day, [click here](#).]
- May 31: Docent-led tour of the [Kreeger Museum](#), 2-4 pm. \$8-\$10.

*Click on the links above for details and to **RSVP**. You can also RSVP by [email](#) to Executive Director Elizabeth Haile or call 240-630-2628. See the [events calendar](#) for even more things going on in our community.*

Shared interest groups

Ageing, dying and death. The group usually meets monthly, 4-5:30 pm, at the home of Chris Palmer. The next meeting is April 8. For more information, contact Chris at 202-716-6160 or palmer@american.edu.

Birding. David Moulton, moulton.davidh@gmail.com, 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. Contact Elizabeth Haile, director@bmavillage.org, for dates.

Knitting and Friends. The knitting and conversation group meets about twice a month in a relaxed and fun atmosphere in a member's home. All levels of expertise are welcome. The next meeting is April 10. Contact [Hanne Caraher](#) for 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

Too much stuff and how to get rid of it

In January, BMAV member and author Margaret Engel gave an oh-so-informative talk at our Ladies Night Out gathering about how those of us who have *way* too much stuff can find new homes for it (beyond Goodwill) when we're moving, downsizing or just want to clean out the excess.

All the tips Margaret gave that evening, and much more, are in "Too Much Stuff," the feature article she wrote for the March-April issue of *Bethesda Magazine*. In it, she explains where and how to sell or donate many categories of items, as well as how consignment shops have changed in past few years. For example, they've become picky about what they will accept, making it a less-likely place to offload your things but resulting in a better quality of merchandise they offer for sale.

Even if you're not ready to weed out what you don't want, the information in the article would be a good resource to have on hand when you are ready. Unfortunately, an online version of the article isn't on the *Bethesda Magazine* website (yet). However, we've put it in PDF; click [here](#) for the black-and-white version. If you want the original, color version, the March-April issue still may be available at newsstands.

All those stashed-away mementos

Here's another approach, as explained in a recent [TED talk](#), for thinning out those boxes of mementos you've accumulated over the years.

The TED talk speaker found himself in that just situation but then had an “aha!” moment. He put out a few of the many photos and other items he’d saved over his life and encouraged family members and others to ask about any of them they found interesting. They did, and in sharing the story behind each item and then giving it to the person who asked, he forged deeper bonds with people important in his life. Worth considering, isn’t it?

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Suggestion box

Do you have an idea for an article, a suggestion or question about BMAV or our community? Contact Editor Lynn Barclay at 301-320-4962 or by email at barclaylg@earthlink.net.