

UPCOMING PROGRAMS PRESENTED BY LITTLE FALLS VILLAGE
at the Little Falls Library, 5501 Massachusetts Avenue, Bethesda MD 20816
RSVP by Email to info@littlefallsvillage.org or Call (301) 320-3267

Thursday, August 8, 2019 - 1:00-2:30 pm

“The Golden Era of the Washington Post,” with Bob Levey, award-winning journalist, columnist, and radio talk show host, whose works include *Washington Album: A Pictorial History of the Nation’s Capital*, a 200-page illustrated history of the local city and his first novel, *Larry Felder, Candidate*.

Bob Levey will recount his most memorable moments throughout his 36 years working for The Washington Post, including being hired by Ben Bradlee and being seated between Bernstein and Woodward during Watergate. He will also discuss his newest publication, *Larry Felder, Candidate*, which details the story of a famous Washington newspaper columnist (Felder) who abandons journalism to run for congress in Maryland’s 8th District, Montgomery County. For 23 years, Levey wrote a daily column, “Bob Levey’s Washington,” for The Washington Post. The column looked at all aspects of life in the nation’s capital and won major awards from the Society of Professional Journalists and The Washington Journalism Review. Levey was voted the 1994 Radio Talk Show Host of the Year in the Washington Market and was named one of the most important radio talk show hosts in America by Talkers Magazine in 1996. In 1999, Levey was also named Washingtonian of the Year by Washingtonian magazine in recognition of his community service through his column and hands-on volunteer work. The presentation will be followed by a book sale and signing.

Wednesday, August 21, 2019 @ 1:00 – 2:30 pm

“The Washington, D.C., Area Ecosystem: A Book and Photo Essay,” with Edward Barrows, Professor of Biology at Georgetown University and author of several publications, including books such as *Animal Behavior Desk Reference*, *A Dictionary of Animal Behavior*, *Ecology*, and *Evolution*, and *Nature, Gardens, and Georgetown*, as well as scores of scientific papers.

Earth’s Biosphere is the only known planetary ecosystem in our Cosmos of billions of celestial bodies and more. Within our Biosphere are many smaller ecosystems including the Washington, D.C., Area, Ecosystem (WDCAE) — our fragile home. It contains Washington, D.C., and its four surrounding counties. **Edward Barrows** will talk about the WDCAE and his book-in-progress with the same name. He will cover some basic ecosystem concepts and show many original photos of the WDCAE, in an interactive, lecture-discussion format.

Thursday, September 12, 2019 @ 1:00 – 2:30 pm

“Hearing Loss Association of America,” with Russell Misheloff, president of the DC Chapter of the Hearing Loss Association of America and Lon Rosenman, Vice President and Advocacy Coordinator for the DC Chapter of the Hearing Loss Association of America.

Russell Misheloff and Lon Rosenman have given presentations about hearing loss at several area Villages over the past few years focusing on recognition, sources of support, and the technology and strategies that people with hearing issues have found useful in maintaining relationships and continuing to function and thrive in the wider hearing world. This is a program designed for people who have (or suspect they may have) hearing loss, as well as their communication partners, such as family, friends, and colleagues. Rosenman has worked with city/federal governments and commercial organizations as an advocate for HLAA-DC and policy changes that would improve the accessibility of public and private facilities and services. At the end of the presentation, attendees will have the

option to express any questions or concerns about hearing loss and have them addressed by Misheloff and Rosenman.

Wednesday, September 25, 2019 @ 1:00 – 2:30 pm

“Home Safety Check,” with James Resnick, Program Manager of Senior Outreach and Education for Montgomery County Fire and Rescue Service.

James Resnick develops and provides fire safety and injury prevention education and outreach programs through Training Outreach’s contract with Fire and Rescue Services. This presentation will explore reasons why home safety has never been more important than it is today and cover tips that residents can use to keep themselves safe both in and out of their home. It will also examine techniques and tools ranging from smoke/carbon monoxide alarms to fall prevention that can aid homeowners in maintaining a safer lifestyle. Resnick retired in 2014 as the Operations Battalion Chief, Montgomery County Fire Rescue Service. This presentation will be followed by scheduled Home Safety Checks for LFV Members & Volunteers, that will include installation of smoke/carbon monoxide alarms on 4 selected dates in October.

Thursday, October 10, 2019 @ 1:00 – 2:30 pm

“The Shadow President: The Truth about Mike Pence,” with award-winning foreign correspondent and author Peter Eisner, whose books include *The Pope’s Last Crusade*, *The Italian Letter*, *The Freedom Line*, and his most recent publication, *The Shadow President: The Truth about Mike Pence*.

In his latest book, co-authored with Pulitzer Prize-winner Michael D’Antonio, **Peter Eisner** delves into the life of Mike Pence, including his path from Catholic Democrat to conservative evangelical Republican, and how he built connections to focus on his own pursuit of power. *The Shadow President* reveals that Mike Pence is the most important and powerful Christian Right politician America has ever seen. Eisner has been an editor and reporter at the *Washington Post*, *Newsday* and the *Associated Press*. He was also correspondent and consulting producer at the PBS programs *Newshour Weekend* and *World Focus* and was nominated for a News and Documentary Emmy Award in 2010.

Wednesday, October 23, 2019 @ 1:00 - 2:30 pm

"Talking Through Differences in Adult Families" with Carolyn Miller Parr and Sig Cohen, authors of *Love's Way: Living Peacefully with Your Family as Your Parents Age*.

Sig, a former Foreign Service officer, and Carolyn, a retired judge, have been mediating together for more than 15 years. Based upon their clients' true stories (identifying details changed), and their own experiences as family caregivers, they will reveal traps to avoid and techniques that heal families as both generations navigate the shoals of parental aging: role-reversal, safety vs. autonomy, sibling competition, planning and transparency, care partnerships, grief and the pain of inevitable loss. Carolyn and Sig can be reached at their blog, www.toughconversation.net. *Love's Way* is available wherever books are sold. The presentation will be followed by a book sale and signing.

Thursday, November 14, 2019 @ 1:00 – 2:30 pm

“Lafayette and the Birth of America,” with Pierre Larroque, member of The American Friends of Lafayette, a historical and patriotic society dedicated to the memory of Le Marquis de Lafayette and to the study of his life.

Pierre Larroque will share information on the life and achievements of Le Marquis de Lafayette, a French aristocrat who fought in the Continental Army during the Revolutionary War and helped shape

France's political structure before and after the French Revolution. Larroque will also discuss Marquis' unwavering support of liberty and America, as well as his close friendships with, and influence on, the Founding Fathers of America. His presentation will focus on the birth of America and include readings from the National Woman's Party in front of the White House in Lafayette Square in 1918.

Thursday, November 21, 2019 @ 1:00 – 2:30 pm

“Future of Food / The Honest Tea Story,” with Seth Goldman, co-founder and TeaEO emeritus of Honest Tea, the innovation catalyst for Coca-Cola North America's Venturing and Emerging Brands unit, and Executive Chairman of Beyond Meat.

Seth Goldman co-founded Honest Tea out of his home in 1998 with his former professor, Barry Nalebuff of the Yale School of Management. His goal was to sell a healthier, less sweet iced tea, setting standards that would become major features of the future of the iced tea market. In 2016, Goldman joined Beyond Meat, a company on the cutting edge of plant protein research and development, with a goal of providing plant-based protein foods without sacrificing the taste, chew or satisfaction of animal meat. Goldman will discuss the ways in which he built the Honest Tea company and what lessons he learned from that business that have been applicable to Beyond Meat's strategy. As a prominent leader of the plant-based and clean meat industries, he will also discuss the paradigm-shifting foods of today. Honest Tea is the nation's top selling organic bottled tea and is carried in more than 130,000 outlets. Under Goldman's leadership, Honest Tea has developed innovative partnerships with its organic and Fair Trade Certified™ suppliers. Goldman is a Henry Crown Fellow of the Aspen Institute. Goldman and Nalebuff are the authors of the New York Times bestseller *Mission in a Bottle*, a business book told in comic book form, which was published in September 2013. In 2015, Goldman was named the #1 Disruptor by Beverage World, and Beverage Executive of the Year by Beverage Industry magazine; he was also inducted into the Washington DC Business Hall of Fame. He has also been recognized by the United States Healthful Food Council with a REAL Food Innovator Award for helping change the food landscape by providing options that are healthier for both the body and the planet.

Thursday, December 12, 2019 1-2:30 pm

“The Olive: From Tree to Table, a Presentation and Tasting” with Keith Voight, founder and owner of All Things Olive, and member of the California Olive Oil Council (COOC). Since founding All Things Olive (www.allthingsolive.com) in 2004, Keith and Lynn Voight have sold certified extra virgin olive oils sourced from small family-owned farms in California. They have given olive oil tastings throughout the Washington, D.C. area.

Join Keith on a captivating journey that explores this noble fruit from the tree to the table. You'll discover how the olive has travelled beyond the Mediterranean, learn how olive oil is produced, gain insight into the controversy surrounding the marketing of olive oil in the U.S., and find out how a true virgin olive oil differs from a supermarket extra virgin olive oil. A tasting of several olive oils will be part of the program.

Thursday, December 19, 2019 @ 1:00 – 2:30 pm

“Sacred Circle Dance: The Integration of Mind, Body, and Spirit,” with Evelyn Torton Beck, Ph.D., Professor Emerita of Women's Studies, University of Maryland, author, experienced dancer and teacher who aims to connect mind, body, and spirit through the practice of sacred circle dance. In addition to teaching, she brings this dance practice to a variety of professional conferences.

Dr. Beck will share the history and long-term benefits of sacred circle dance, which are moving meditations that embody and integrate mind, body, and spirit. These simple, gentle dances have

special meditative qualities and ancient roots in music and dance from around the world. No dance experience is necessary. Dr. Beck will also share the ways in which the benefits of the dance parallels what is needed for positive aging. She will engage in an optional sacred circle dance demonstration at the end of the lecture. Dr. Beck is the recipient of the Outstanding Woman of the Year Award der University of Maryland, the Distinguished Scholar/Teacher Award der University of Maryland, and the Frieda Fromm-Reichmann Dissertation Award. Dr. Beck's philosophy of dance is, "There are no mistakes, only variations."

THURSDAY, JANUARY 9, 2020 – 1:00-2:30 pm

"A Primer on the Primaries," with Steve Roberts, Professor of Media and Public Affairs at George Washington U., columnist, TV and radio analyst, best-selling author, and lecturer. Mr. Roberts has been a journalist for more than 50 years, covering some of the major events of our time. He is an author, nationally-syndicated newspaper columnist, chief policy analyst for ABC radio network, and Shapiro Professor of Media and Public Affairs at George Washington University.

The 2020 election will be the 14th presidential campaign **Steve Roberts** has covered as a Bureau Chief for the New York Times, and as a Congressional and White House correspondent. As a journalist, he tries to use his experience to help folks understand the underlying trends and issues that, as he says, "don't always show up in the latest Twitter tussle." He considers himself, "an analyst not an advocate." Mr. Roberts has won many awards, including the Dirksen Award for covering Congress and the Wilbur Award for reporting on religion and politics, the Bender prize as one of GW's top undergraduate teachers and six honorary degrees. He is also the author of multiple books including *Bethesda and Chevy Chase (Images of America)*, which traces the transitioning of our communities' from farming societies to modern suburbia.

WEDNESDAY, JANUARY 22, 2020 – 1:00 – 2:30 pm

"Sustainable Glenstone: Lessons Learned from Building an Earth Friendly Museum," with Chief Sustainability Officer **Paul Tukey**. Mr. Tukey is an internationally recognized and honored sustainability consultant, entrepreneur, author, publisher, lecturer, filmmaker, television host and producer. A dynamic leader of several high-profile organizations in both the for-profit and non-profit sectors, and a sought-after consultant and public speaker, he currently develops sustainability protocols for the Glenstone Foundation near Washington, D.C.

Join **Paul Tukey** for an overview of what it took to build the expanded Glenstone Museum in Potomac including the planting of 8,000 trees on Glenstone's nearly 300 acres. Mr. Tukey notes, "We are by no means done. This is a work in progress." He presently works with over 140 people, assisting them in not only making their day-to-day operations green but also encouraging them to inspire visitors to take steps to protect their environment. Glenstone's four main sustainability areas of concentration include waste reduction and recycling, organic landscaping and stream restoration, promoting the nexus between health & ecosystem health, and public transportation. Mr. Tukey will present ideas for sustainability to use at home and in your community.