

**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
Advanced Registration Required – Space is Limited**

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. The presentation will be followed by a book sale and signing.

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 Cohen, a former Foreign Service officer, and **Carolyn Miller Par**, a retired judge, have been mediating together for more than 15 years. They offer their practical and personal experience to help navigate the two most difficult transitions, from midlife autonomy to increasing interdependence. Based upon their clients' true stories (identifying details changed), 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, <http://toughconversations.net/blog/> 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.

Since he became an American citizen in 1998, **Pierre Larroque** has been a dedicated student of early American History and of the Colonies’ struggle for independence as premised on the ideals of the Age of Enlightenment. Pierre has developed a deep interest in the life of the Marquis de Lafayette, including the Marquis’ close friendships with, and influence on, our Founding Fathers. His study of Lafayette’s critical role in the birth of America and the advent of democracies in France and Europe was facilitated and enriched by his joining the American Friends of Lafayette, an historical and patriotic society dedicated to the memory of Major General Gilbert Motier, Marquis de Lafayette.

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

“**The Un-doing & Re-doing of Food**” 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. Honest Tea is the nation’s top selling organic bottled tea and is carried in more than 130,000 outlets.

Seth will talk about the two big trends in food, which are the un-doing of food – a movement toward simplicity, and transparency (embodied in brands like Honest Tea) and the growth of the re-doing of food, which uses science and innovation to re-create certain categories (embodied in brands like Beyond Meat). Both are growing quickly as empowered consumers demand healthier, authentic and more sustainable options.

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. Following the presentation there will be a sale of All Things Olive products and gift packs at the Little Falls Village office from 3:00 – 4:15 pm.

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. Research has shown the many benefits of dance parallels what is needed for positive aging.

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. She will also share the ways in which the benefits of the dance parallels what is needed for positive aging and 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. According to Dr. Beck’s philosophy of dance, “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 a review of what it took to build the expanded Glenstone Museum in Potomac, with an emphasis on ideas to use at home and in your community. Glenstone’s expansion, including the planting of 8,000 trees on its nearly 300 acres, has four main sustainability areas of concentration that

include waste reduction and recycling, organic landscaping and stream restoration, promoting the nexus between health and ecosystem health, and public transportation. 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.

THURSDAY, FEBRUARY 13, 2020 1-2:30pm

“Aging Wisely – Living Joyfully” with Jane Kerschner, a Retirement Options(TM) Coach and facilitator of Wise Aging Seminars. She started KR Coaches with Fran Randolph to focus on living life fully at any age, particularly with those 50 and older.

As we age, we feel more driven to uncover and reveal our authentic selves. This rich stage of life is an opportunity for growth, discovery, and new meaning – to do some of the most important inner work of our lives. **Jane Kerschner** will explore many aspects of aging wisely including ageism and limiting beliefs, changes and transitions, cultivating nourishing relationships, forgiveness, interdependence, and legacy.

WEDNESDAY, FEBRUARY 26, 2020 1:00 – 2:30 pm

“From Iwo Jima to Fallingwater: 30 Years as a Sculpture, Decorative Arts and Historic Conservator” with Connie Stromberg, Art Conservator and owner of Stromberg Conservation, LLC.

Connie Stromberg is a conservator specializing in the assessment and conservation of sculpture, outdoor sculpture, decorative arts and historic objects for museums, government agencies and private collectors mainly in the DC and Baltimore area. Some of her clients include the Smithsonian Institution American History, African American History and culture and Hirshhorn Museums; Baltimore Museum of Art and the U.S. House of Representatives. She has also undertaken projects at Frank Lloyd Wright’s Fallingwater and at the Ringling Museum in Sarasota, Florida.

THURSDAY, MARCH 12, 2020 1:00-2:30 pm

“Washington D.C. History” with Jane Levey, Consulting Curator at the Historical Society of Washington, D.C., and Managing Editor of Washington History, the magazine of the Historical Society of Washington, D.C.

Jane Levey is also founder of Summit Historians, a corporate history group, and co-author of *Washington Album: A Pictorial History of the Nation’s Capital*. Jane holds a Master’s degree in American Studies from George Washington University and is a native Washingtonian.

WEDNESDAY, MARCH 25, 2020 1:00-2:30 pm

“How to Age with Vitality, Dignity, and Humor and Live Your Life with No Regrets,” with Chris Palmer, a teacher, speaker, author, and environmental/wildlife film producer. Chris served on American University’s full-time faculty as a professor and, in 2004, founded AU’s Center for Environmental Filmmaking at the School of Communication. Additionally, he served as Distinguished Film Producer in Residence until his retirement in 2018. Mr. Palmer created a highly popular course called *Design Your Life for Success*, which he offered every semester free to students, faculty, staff, and the public.

Chris Palmer will give an entertaining and interactive workshop on how to get the most out of life and live with more joy, success, and fulfillment. He will discuss what’s really important, how to find purpose and meaning, and how to live fully regardless of your stage in life. The workshop is about actively designing our lives rather than simply drifting forward reacting to what happens to us, and how to behave in ways that are true to our most honorable, generous, and best selves.