



Director's Notes: Monday, April 18th, 2022

Village Phone: (202) 333-1327

Executive Director: Denise Snyder

Reminder about the Village to Village Network

Foggy Bottom West End Village is a member of the Village to Village Network (VtoV), an umbrella organization for the hundreds of villages spread across the country. VtoV offers support for villages including issue-related resources, a forum for discussion of ideas or concerns, and an annual conference. They also regularly conduct programs on topics of interest to village staff and members.



As a VtoV member, FBWEV is entitled to have up to 20 people register at any time for their programs. We will begin to include a link to their calendar at the end of our weekly Director's Notes and encourage you to check it out to see if anything piques your interest. If you do find something you'd like to hear, just email us at info@fbwevillage.org and we'll make sure you can access it.

And by the way, our very own Bill Kincaid now sits on the board of VtoV. Not only does he lend his expertise to that organization, but he's able to bring back insights and ideas to our village from that national vantage point. Bill would like to draw the village's attention to the VtoV advocacy training program that will be held on Wednesday, May 4th, at 2:00pm. [You can find more info in this flyer](#)

[You can find the full VtoV calendar on their website here](#)

-Denise

HAPPY BIRTHDAY!

This week we are wishing a very Happy Birthday to four amazing people!

- Adele Gottfried - April 21st
- Yolanda Buran - April 22nd
- Janet Abowd - April 22nd
- Louise Sagalyn - April 24th



PROGRAMS



Alma Thomas Through the Lens of her Art **Monday, April 18th, from 2- 3pm**

Alma Thomas is considered to be one of the greatest painters of the 20th century. Having spent her life

as an art teacher, she became a full-time artist in her sixties. Her paintings focused less on realism and instead favored accidental beauty and color abstraction.

With the world and space as her inspiration, the colors and shapes in her painting symbolize life itself. Her signature abstractions are world renowned, recognized for their simplicity in style and power in symbolism. Join us on April 18th via Zoom from 2-3pm for a discussion on the life of Alma Thomas and her symbolic, abstract paintings.

[Register for the Art Introspection program here](#)

If you have any questions, please contact Laura, our art therapy intern at lauramahon@gwmail.gwu.edu or contact your DC Village office.

**FOGGY BOTTOM HISTORIC
DISTRICT WALKING TOUR**
TUESDAY, APRIL 19th, AT 2 PM
**LOCATION: meet at corner of I St NW and
New Hampshire Ave (yellow house)**

**3 SPOTS REMAIN FOR THIS INTRIGUING
TOUR!**



Join us for a fascinating trip down the memory lanes of our neighborhood with FBWE Villagers Frank Leone and Denise Vogt as our guides. As residents of the Historic District with longtime family ties to the neighborhood, they are delighted to share what they've learned

as Co-Chairs of the Foggy Bottom Association History Project.

Declared an historic district in 1987, our neighborhood uniquely showcases a 19th century working class community, with 130-year old alley dwellings, and streets lined with 12'-wide distinctive brick row houses. Learn about the area's history, how it changed over time, what remains, and what was lost. Listen to stories of the lives of Irish and German immigrants and African American residents who made the area their home. See a reputed underground railroad stop, German brewery worker houses, one of DC's most notorious alleys, and a 100 year old livery stable. And, you'll learn why it's called Foggy Bottom.

ACCESSIBILITY: Brick sidewalks and alleys are accessible.

REGISTRATION REQUIRED. Tour is open to fully vaccinated and boosted FBWE Village members only. Tour can accommodate 15 people.

[Register for the tour here](#)

If you are not able to join the tour on the 20th, The History Project also has a self-guided walking tour available 24/7. The tour can be viewed from the comfort of your armchair. With its 19 stops, it's rich with backstories and images of the Historic District. <https://theclio.com/tour/2098>

RAINDATE: Wednesday, April 20th at 2 pm



April Guys Only at Lunch (GOAL)

Thursday, April 21st at 12:30 pm

Location: Ris, on the corner of 23rd and L Streets, N.W.

Chrissy at Ris has made the reservations for "The Boys From The Village" and put us in the roundtable room again. Menu is here: <https://www.risdc.com>. Hope you're ready for another fine lunch with sparkling conversation amongst delightful lunch-mates.

Cost: Each participant is responsible for the cost of his own lunch. Separate checks will be provided. The reservation is under the name Neve.

Accessibility: The venue is fully accessible.

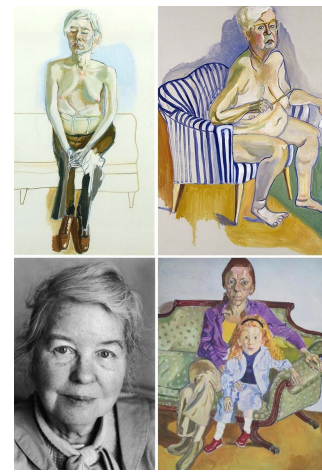
Open to all fully vaccinated and boosted male members. Please have vaccination status registered with the village prior to attending GOAL.

Registration is required. Please e-mail Trev Neve at tneve@rcn.com by Tuesday, April 19th, if you plan to attend, so he can get a final headcount for the table reservation.

Alice Neel Through the Lens of her Art

Thursday, April 28th, from 12-1pm

Alice Neel was a rebel in a time of Abstract Expressionism, favoring expressive portrait painting in the 1900s. As an American portrait painter, the subjects of her work reflected the New York scene around her, focusing on her family, friends, and neighbors. Observing each subject with a fresh eye, she looked beyond their gender, age and social status and instead painted each person with empathy, reflecting the whole person.



In this online program, we will take a closer look at the life of Alice Neel, as told through her portrait paintings. When all eyes were focused on the Abstract Masters, Alice Neel paved her own path by bringing the people around her to life in her paintings.

Join us on April 28th from 12pm-1pm on Zoom for an inter-village discussion on the life of Alice Neel, as told through her work.

[Register for the Art Introspection program here](#)

If you have any questions, please contact Laura, our art therapy intern at lauramahon@gwmail.gwu.edu or contact your DC Village office.

Four Wars, Five Presidents with Terence Smith

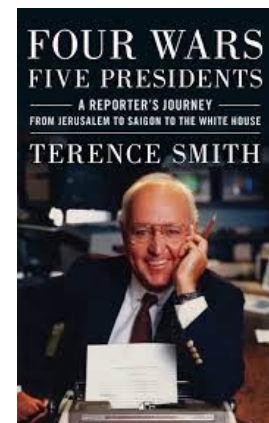
Thursday, April 28 at 1 pm Via Zoom

Terence Smith is an award-winning journalist who has worked as a political reporter, foreign correspondent, editor and television analyst over the course of a four-decade career.

In his new riveting and fun memoir, he recounts his adventures as a globe-trotting correspondent for the New York Times and on-air with CBS and PBS, covering national and international issues including four wars, many presidents, and media issues. His work earned him numerous awards, including two Emmys, Pulitzer Prize nominations, and inclusion in the Society of Professional Journalists' Hall of Fame.

In addition to continuing to speak, write and broadcast on national politics and international affairs, Smith is committed to environmental issues involving the Chesapeake Bay and ocean policies.

Please join us for this amazing adventure story that takes us around the world and home again. [Register for the book talk here.](#)



MEDICAL MARIJUANA: Dr. Kogan's Evidence-Based Guide to the Health Benefits of Cannabis and CBD

Friday, April 29th, at 1:00 pm



While marijuana has been used as medicine for millennia, it has long been illegal in the United States. As more and more states legalize marijuana for medical use, healthcare providers and consumers are exploring marijuana as a safe and effective treatment for chronic pain, chemo side effects, sleep and mood disorders, MS, and Parkinson's disease, among others. Still, there is a lot of disinformation about marijuana. While doctors have limited knowledge on best practices for marijuana use, your friendly neighborhood budtender lacks medical training.

Thankfully, Mikhael "Misha" Kogan, M.D., a renowned expert on medical marijuana, is here to help. In **MEDICAL MARIJUANA: Dr. Kogan's Evidence-Based Guide to the Health Benefits of Cannabis and CBD**, Dr. Kogan, along with medical sociologist Dr. Joan Liebmann-Smith, demystifies marijuana and other forms of cannabis, equipping readers with the needed tools to take charge of their health.

In this one hour Zoom talk Dr. Kogan will review the most important aspects of use of medical cannabis for a variety of medical conditions associated with aging as well as providing practical details of how to obtain the best products as well as some of the side effects and pitfalls of working with dispensaries.

Dr Kogan is a leader in the newly-established field of Integrative Geriatrics. He is the chief editor of the first definitive textbook of the field entitled "Integrative Geriatric Medicine", and is frequent speaker at a variety of international conferences on the topics of Integrative Medicine, Geriatrics, healthy aging, as well as medical cannabis.

[Register for the talk here](#)



FILM-MAKING in FOGGY BOTTOM With NANCY BRESLIN (Photographer/ Writer)

Thursday, May 5th, at 2 pm

After leaving academic medicine to pursue an art career in photography, Nancy Breslin has explored alternative photographic processes and other forms of expression, including turning her apartment into a *camera obscura* that became a Tik Tok video with 1.9 million views.

She will share her vision and creativity in one of her most recent

ventures, talking about and demonstrating the various steps involved as the story moved from an idea to a script to drawn designs to actual sets and puppets with sounds and colors.

Join us on Zoom for this behind-the-scenes discussion to learn about film-making first hand and view clips from her 8 minute short to be released this summer. (The yellow and blue bikes above are among the stars.)

[Click here to read more about this extraordinary artist.](#)

REGISTRATION REQUIRED. [Click here to register](#)

Visit to the United States Institute of Peace

**Wednesday, May 11th, from 2:00
PM until 3:00 PM**

**Where: US Institute of Peace, 2301
Constitution Ave NW**



In this one-hour session, villagers will hear from USIP staff about the U.S. Institute of Peace and how it achieves its mission to prevent, mitigate, and resolve violent conflicts abroad. The session will be interactive, and visitors will be able to engage with USIP staff on issues of specific interest. Visitors will also learn about the Institute's headquarters and how it supports the organization's mission.

Confirmation of vaccination is required. Please register by May 1st as USIP needs a list of registrants in advance of the talk.

[Register for the interactive visit here](#)

AFFINITY GROUPS

BOOK DISCUSSION GROUP UPDATE!

The Book Discussion Group met for the first time on April 4th and is happy to share the following information with all Villagers who enjoy reading, and urge them to come to any or all three of the next planned meetings.

The Book Discussion Group will meet the first Wednesday of every month at the West End Library from 2:00 – 3:30 p.m.

The following books were selected:

May 4: Born A Crime (Trevor Noah) June 1: What Makes Olga Run (Bruce Grierson), July 6: A Man Called Ove (Fredrik Bachman)

All interested Village members are invited to come with their covered drink of choice to the smaller conference room. And don't forget to bring a suggested title of a book for the August 3rd meeting as it is the group that selects the books! Look forward to seeing you there.

All participants are required to be fully vaccinated and boosted and to have that status registered with the village before attending a discussion.

TUESDAYS

COFFEE & COMPANY at 10:00 am (weekly)

Meets at Bread and Chocolate at [2301 M St NW](#) (contact for more information)

Contact: jfrumkin@fbwevillage.org

CAREGIVER'S GROUP (1st and 3rd Tue.) at 1:00 pm

Online via Zoom (contact for more information)

Contact: pfkramer38@gmail.com

THURSDAYS

GUYS ONLY AT LUNCH (GOAL) (3rd Thu) at 12:30 pm

Various locations (contact for more information)

Contact: tlneve@rcn.com

TAKE FOUR AT TAZZA at 4:00 pm (weekly)

Meets at Tazza Restaurant at [600 New Hampshire Ave NW](#)

Contact: jfrumkin@fbwevillage.org

A BIT OF HUMOR



As we are in another lockdown, why don't they train all the Amazon delivery people to give the vaccine. The entire population would then be immunized by Saturday. Wednesday if you've got Prime.



OVERFLOW HUMOR

[More excellent memes](#)

[Clever word play jokes](#)

[OTHER PIECES](#)

FOGGY BOTTOM FARMERS MARKET IS BACK!

The Foggy Bottom Farmer's Market on the I Street plaza officially returned on April 6! "What a wonderful return and a special thank you to FRESHFARM for curating a wonderful group of stands and GWU for their orchestration of the return of the Farmer's Market. Gone for 2 years, we're so glad for the return... now until November 23, 2022 every Wednesday 3:00 pm - 7:00 pm." (From the Foggy Bottom Association)



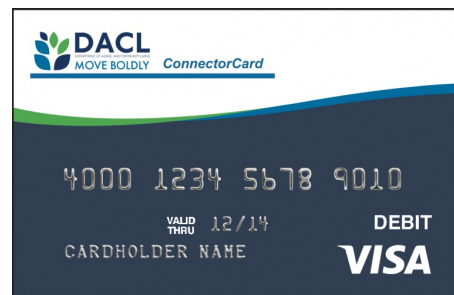
Gas Station Safety

The Metropolitan Police Department would like to raise the public's awareness about a common crime tactic perpetrated by thieves. These thieves target unsuspecting vehicle owners when they are pumping gas or paying the tab in the station. Purses and other valuables, which are often visible or easily accessible from passenger side of a vehicle, are the main targets. To simplify things for the thief, the vehicle is often left unlocked. The thefts normally take place when the victim is most distracted – when he or she is pumping gas or going into the station to pay for a purchase. A suspect vehicle will drive up next to the victim's auto, quickly open the unlocked door, and grab any easily-accessible items. Then they will just as quickly drive off. It happens in a matter of seconds.

You can find more info in the video above or on [their awareness page here](#).

DACL CONNECTOR CARD

The ConnectorCard program is an income-based cost-share program that is funded by the Department of Aging and Community Living (DACL) and managed by Yellow Cab Co. of DC Inc. The program operates through a Visa-logo debit card which you will be able to use for a variety of ground transportation services. This would allow you to obtain subsidized transport trips. The card cannot be used for air travel and any other goods or services. It can be used for any form of ground transportation including inter-city trains and buses.



[You can find more information on the dedicated connector card website here](#) (this link was not run last week). You can apply directly through that site. If you need any help filling out an application or would like a paper application form, please contact the office.

IN THE COMMUNITY

ANC 2A MEETING

Wednesday, April 20th, at 7:00pm

The agenda for next Wednesday's ANC 2A regular April meeting can be found [here](#). The meeting will be on Wednesday, April 20th at 7:00 pm.



The ANC will be offering the ability to attend this meeting in-person. The in-person meeting will take place in room 650 of GW's Duques Hall at

2201 G Street NW. Please note that the entrance to Duques Hall is along 22nd Street NW, just north of G Street NW.

Per [GW's current COVID protocols](#), all in-person attendees will be checked for proof of vaccination (including proof of vaccine booster) and will be required to wear masks during the meeting.

Additionally, the meeting will also be held online via Zoom and can be accessed at the following link: <https://bit.ly/ANC2AApril2022>

If you do not have a computer or access to the internet, you may join the meeting via phone at (301) 715-8592 or (646) 558-8656 with meeting ID 857 9112 3634 #.

Hearing Loss, the Pandemic and Mental Health

Saturday, April 23rd, at 2 p.m.



A few months ago, the HLAA District of Columbia Chapter sponsored a program looking at a major public health concern – the association between hearing loss and cognitive decline. This one will be related but will consider more specifically the impact of the pandemic, especially the effects of distancing and of facial masks on communication and in turn how these affect the mental health of people living with hearing loss.

Presenter for this meeting, Kristel J. Scoresby, MSW, LCSW, is currently working with University of Tennessee colleagues on a study of this topic. She has 17 years of direct experience as a licensed clinical social worker in a variety of settings – focusing on general mental health, grief and loss, trauma and residential treatment.

Please note they are asking for RSVPs by Tuesday April 19. To do so, [please click here](#).

2022 DC Attorney General and Mayoral Candidates Forums

The George Washington University, in partnership with the League of Women Voters DC, will host two public candidates forums featuring candidates for the upcoming 2022 Washington DC Attorney General and Mayoral elections.



GW and the LWVDC, both nonpartisan entities, encourage informed and active participation in democracy through education and advocacy. These forums will give District voters an opportunity to hear candidates' priorities and issues of importance in this upcoming election, as well as answer question submitted by audience members. Registration is required through the links below. Event information can be found on the [website](#).

Attorney General Candidate Forum
Tuesday, April 26 2022 - 6:00 - 7:00 p.m.
Doors open at 5:30 p.m.

[REGISTER HERE](#)

Danya Bowen Matthew, Dean of GW Law School, will moderate the forum.

Mayoral Candidate Forum
Wednesday, April 27, 2022 - 6:00 - 8:00p.m.
Doors open at 5:30 p.m.

[REGISTER HERE](#)

Cheryl W. Thompson, NPR Investigative correspondent and senior editor for investigations and GW associate professor of media and public affairs, will moderate the forum.

The George Washington University
Media and Public Affairs Building
Jack Morton Auditorium (ground floor)
805 21st St., NW
Washington, D.C.

Please share the event and registration with your friends, family, and neighbors who may be interested in attending. If you are unable to attend in-person, both candidates' forums will be livestreamed via GW's Facebook. More information and a link to the livestream will be shared closer to the event. Event details and updates can be found on the [OGCR Website](#).



Navigating Diversity, Equity and Inclusion Issues Globally

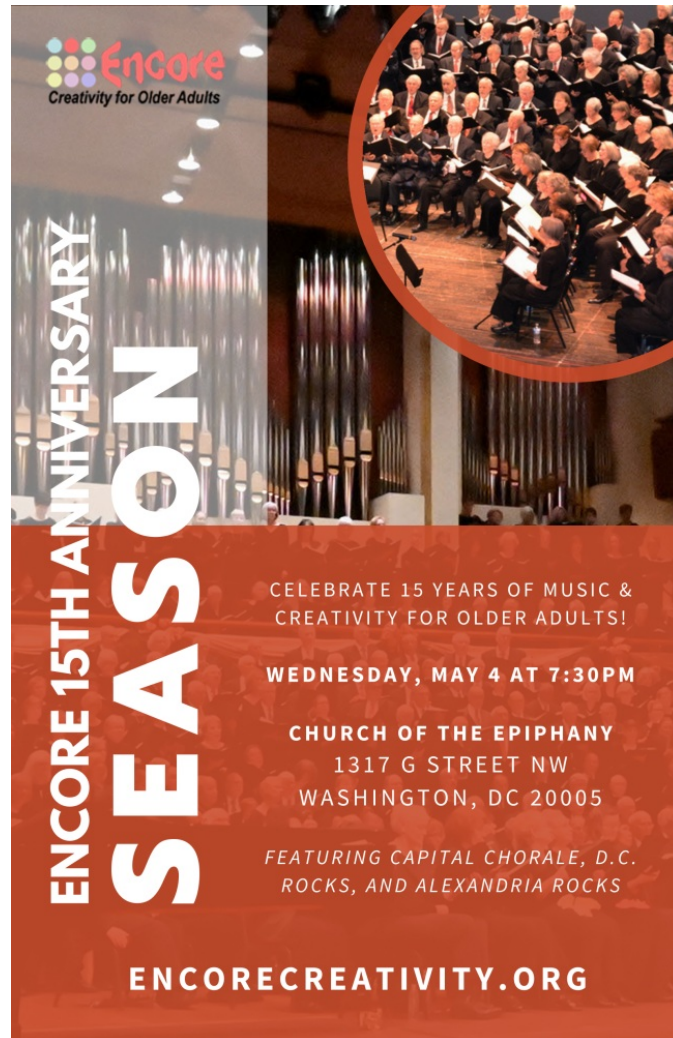
Tuesday, April 26th, at 11:00 AM

Urgent challenges relating to diversity and inclusion are universal. The global #MeToo and #BlackLivesMatter movements as well as the push for LGBTQI rights are all emblematic of a growing interest in and focus on how to better embrace and capitalize on diversity. Yet these social movements exist alongside renewed efforts to constrain minority rights and stem immigration around the world. Carla Koppell will join us for a conversation discussing how to understand and navigate these countervailing forces so that we can build a more peaceful and inclusive world.

Carla Koppell, editor of the newly released Oxford University Press volume *Untapped Power: Leveraging Diversity and Inclusion for Conflict and Development*, currently teaches and serves as a distinguished fellow and senior advisor with the Georgetown University School of Foreign Service. Carla has an extensive career in international affairs. She served in the Clinton and Obama Administrations with the U.S. Agency for

International Development, and as a vice president with the U.S. Institute for Peace. She writes and speaks widely on global affairs issues and has worked in over 30 countries globally.

[Register and find more upcoming speakers on the NWN site here](#)

A poster for the 'Encore 15th Anniversary Season'. The top left features the 'Encore Creativity for Older Adults' logo. The top right is a circular inset photo of a large group of older adults singing in a choir. The background of the poster shows a church interior with organ pipes. The text 'ENCORE 15TH ANNIVERSARY SEASON' is written vertically on the left. The right side contains event details in white text on a dark red background.

ENCORE 15TH ANNIVERSARY SEASON

CELEBRATE 15 YEARS OF MUSIC & CREATIVITY FOR OLDER ADULTS!

WEDNESDAY, MAY 4 AT 7:30PM

CHURCH OF THE EPIPHANY
1317 G STREET NW
WASHINGTON, DC 20005

FEATURING CAPITAL CHORALE, D.C. ROCKS, AND ALEXANDRIA ROCKS

ENCORECREATIVITY.ORG

FBWEV members Lorna Grenadier, Deb Neve, Bari Bienia, and Nadia Taran sing in this group as well as members of other villages.



UPCOMING ZOOM AROUND TOWN DC PROGRAMS

***Four Freedoms: the Spirit of Democracy Today and Tomorrow-
Wednesday, April 27 from 1:00 pm - 2:30 pm***

Freedom lies at the heart of democracy, but what does it mean? Please join us for this four-event discussion series, where we'll help each other explore what freedom means to us today—and into the future. To start our

discussions in each session, we'll view one of Norman Rockwell's iconic "Four Freedoms" paintings coupled with a modern interpretation by visual artist Maggie Meiners. April 27: Freedom of Speech. What does it mean, and what could it mean? What concerns do you have as you look to the future? [Register here](#).

Online Alzheimer's Education Programs conducted by Sheila Griffith - Thursday, April 28 from 3:00 pm - 4:00 pm

DEMENTIA CONVERSATIONS: DOCTORS VISITS, DRIVING, LEGAL AND FINANCIAL. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care. [Register here](#).

WEBSITE FOR PUBLIC WAVE EVENTS



The Washington Area Village Exchange has a website for area villages to list their public programs. It includes many fascinating programs from a number of area villages. Check out their site, <http://www.dmvvillageevents.org/>, to see what might interest you

How to Register for Village Programs

Village programs and events will generally be announced only in the weekly Director's Notes, published on Monday morning.

- To register, first make sure you are logged into your account on the Village website. From the listing at the end of each program invite, click on the link.
- Then simply click the **REGISTER NOW** button and follow the prompts.
- Finally, click **COMPLETE REGISTRATION** (located at the top and bottom of the registration page).
- **You will receive an event confirmation email.** If you do not get this email, you are not registered. Please call the Village office at (202) 333-1327 and someone will be happy to help.
- **For some programs, you will use a personal email to register. Just email the person listed and let them know you plan to attend.**
- If you have any problems with registering for an event online, please call the Village office at (202) 333-1327 and someone will be able to register you for the event.

All FBWE programs take place on Zoom unless otherwise indicated.

Foggy Bottom West End Village
2430 K Street NW
(202) 333-1327

www.fbwevillage.org