



Director's Notes: Monday, February 13th, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder





**Village members enjoying the return of Village Yoga classes!
Join us for the next class on Wednesday!**

Turkish Earthquake Relief Collection

In response to the devastating earthquakes in Southern Turkey, the Turkish embassy is collecting desperately needed items to be flown to Turkey. A priority list of items and instructions on how to donate are below. Denise will be taking a car load of items to the embassy later this week. If you can spare items, please drop them off during office hours this week and we will donate them for you.

[Click here for more information on how you can help](#) An updating list of needed items can be found on the **[Embassy's twitter account here](#)**. Note that they no longer need or will be accepting clothing donations.

Announcement regarding in-kind donations for people affected by earthquakes in Türkiye:

Volunteers who are willing to send in-kind assistance to people in need in Türkiye affected by the earthquakes are kindly asked to send the following items to Turkish Embassy and Turkish Consulates across the U.S. by mail or through in-person drop-off:

Required in-kind materials:

- Blankets
- Tents
- Sleeping bags
- Pocket warmers
- Winter clothing (jackets, gloves, headgear)
- Over-the-counter medications for flu, cold and pain killers

Please place your items in clear bags and provide an itemized list of the contents in the bag.

The in-kind donations will be sent to Türkiye through Turkish Airlines in a speedy and prioritized manner.

HAPPY BIRTHDAY!

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

- Barbara Reck - February 14th
- Adele Silver - February 16th
- Ann Franke - February 17th
- Maggie Mahoney - February 17th



PROGRAMS

February Guys Only at Lunch (GOAL)

Thursday, February 16th, at 12:30 pm
At: Ris, on the corner of 23rd and L
Streets, N.W.

The February GOAL will again be at RIS.
Menu is here: www.risdc.com. Hope to see a
lot of regulars and newcomers alike for
another great lunch and discussion with fine
company.



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

Accessibility: The venue is fully accessible. Open to all male members.

Registration is required, as they will want a headcount. Please e-mail Bill
Kincaid at wlkincaid0999@verizon.net by Tuesday, February 14, 2023, if
you plan to attend, so he can get a final count for the table reservation.

GWU Older Adult Exercise Program RETURNS!

Tuesdays and Thursdays from 12:00
PM - 12:50 PM, ending May 18, 2023
(no class March 14 and 16)



Where: Room B112A (basement), Milken School of Public Health, 950
New Hampshire Ave N.W.

Who: Cindy Pavell, Instructor, Department of Exercise and Nutrition
Sciences

Mask Policy: "Strongly recommended" but not required.

Prior to starting, participants need to:

1. [Obtain or renew their GWorld Card](#)
2. Complete a waiver form
3. Complete the Participant Health and Exercise Profile form
4. [Register with the village by clicking here](#)

[For details and forms click here.](#) If you would like printed copies of the forms please let the office know and they can be provided.

Cost: Free to members

Village liaison: Nadia Taran. For questions/information:
nadiataran@mindspring.com

Village Yoga Group Returns!

**Wednesday, February 15th, at
11:00 am**

**In the atrium of St. Paul's Church,
2430 K St NW**



Our first two weeks of yoga have gone very well! We were delighted to welcome 12 members both weeks! We hope you can make it to one of the upcoming trial classes this Wednesday, or next Wednesday, February 22nd. Standing and floor exercises as well as seated options are offered.

The yoga class started on Wednesday, February 1st and will occur every Wednesday at 11:00 am. The class will meet in the atrium of St. Paul's church, 2430 K St NW. Each participant will be asked to sign a release before starting their first class.



TOUR OF THE NEW INTERNATIONAL SPY MUSEUM

Thursday, March 9th, at 11:30 AM

Meet at the Museum: 700 L'Enfant Plaza SW, Washington, DC 20024

The International Spy Museum (SPY) is an independent nonprofit museum which documents the tradecraft, history, and contemporary role of espionage. It holds the largest collection of international espionage artifacts on public display. The Museum opened in 2002 in the Penn Quarter neighborhood of Washington, DC, and relocated to a new, expanded building with all-new exhibitions at L'Enfant Plaza in 2019.

Every nation considers intelligence essential to its national security. The Museum lifts the veil of secrecy on the hidden world of intelligence, exploring its successes and failures, challenges, and controversies.

The Museum's mission is to create compelling exhibitions and other learning experiences that shed light on the shadow world of espionage and intelligence, educating and challenging each of us to engage critically with the complex world around us.

We are fortunate to have been able to arrange a tour by Richard Schroeder a longtime Foggy Bottom Village member and a retired CIA Clandestine Service Officer. A Founding Member of the Spy Museum Advisory Board and Adjunct Professor at Georgetown's School of Foreign Service, Rick enjoys conducting tours for his students and other groups.

Accessibility: The Museum is fully accessible for guests with mobility disabilities or in wheelchairs. A limited number of manually operated wheelchairs may be borrowed at the Information Desk on a first-come, first-served basis.

Transportation: The Spy Museum can be accessed by: (1) Metro – L'Enfant Plaza station serving the Orange, Blue, Silver, Green and Yellow Lines; (2) Bus - Metrobus stops are located on Independence Avenue, SW, and along 7th Street, SW; (3) Walking – two blocks west, on 10th Street, from the Smithsonian Castle and National Mall.

MEET TOUR GUIDE: In the museum lobby by the James Bond car. Please arrive by at least 11:15.

COVID-19 Policies: The Museum requests that guests adhere to its COVID-19 policies including the proper wearing of masks and social distancing.

Cost: \$10.00 per participant. (The Village is underwriting a major portion of the admission fee.) Please note that the \$10.00 fee is not refundable if you cancel at any time. When you register you will find instructions on how to make your payment.

Registration Required. [Click here to register.](#) *The tour is limited to 15 participants so register early!*

AFFINITY GROUPS

JOIN THE FBWEV BOOK GROUP

We hope you will join the group for upcoming discussions. Discussions are held the first Wednesday of every month at 2:00pm in the West End Library. Upcoming books are listed below.

- March 1st: 'The Echo Wife' by Sarah Gailey
- April 5th: 'White Knights in the Black Orchestra' by Tom Daniel
- May 3rd: 'Of Boys and Men' by Richard Reeves
- June 7th: 'Still Life' by Sarah Winman
- July 5th: 'Visual Thinking' by Temple Grandin

Bonjour à tous!

The FBWEV French club will meet on Wednesday, February 22nd, at 4:00 pm at the Fairmont Hotel bar — the outside bar if it is open, otherwise the inside bar. In March, when it is lighter in the early evening, they will switch back to their normal time of 5:00.

TUESDAYS

COFFEE & COMPANY at 10:00 am (weekly)
Meets at Bread and Chocolate at [2301 M St NW](#) (contact for more information)
Contact: Jonas at jfrumkin@fbwevillage.org

CAREGIVER'S SUPPORT GROUP (1st and 3rd Tue.) at 1:00 pm
Online via Zoom (contact for more information)
Contact: Phyllis Kramer at pfkramer38@gmail.com

WEDNESDAYS

BOOK DISCUSSION GROUP (1st Wed) at 2:00 pm
Meets at West End Library (contact for more information)
Contact: Jonas at jfrumkin@fbwevillage.org

FRENCH CONVERSATION GROUP (changing Weds) at 5:00 pm
Location Changes (contact for more information)
Contact: Sally Willis at sally.willis@yahoo.com

THURSDAYS

WALKIE TALKIES at 9:00 am (weekly)
Meets in Washington Circle at the Statue (contact for more information)
Contact: Lorna Grenadier at lgrenadier@gmail.com

GUYS ONLY AT LUNCH (GOAL) (3rd Thu) at 12:30 pm
Various locations (contact for more information)

Contact: Trev Neve at tneve@rcn.com

FRIDAYs

FIRST FRIDAY FILLAGERS (1st Fri) at 11:30 am

Meets in the Dining Room at St. Paul's Church, 2430 K St NW (contact for more information)

Contact: CB Wooldridge at cbwould2003@yahoo.com

A BIT OF HUMOR

Apparently you can reheat pizza by turning your toaster on its side... your welcome

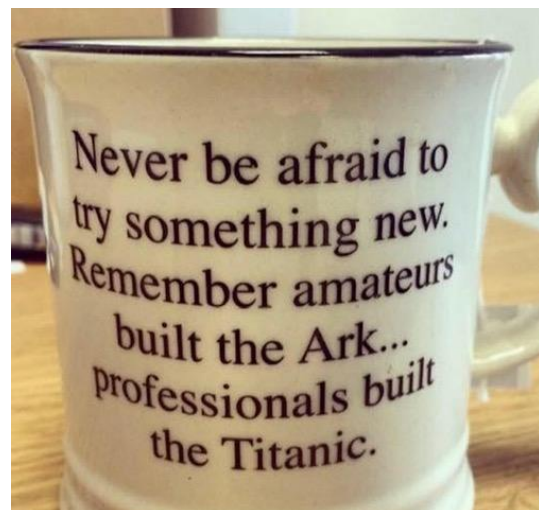


Americans: We walked on the moon

Also Americans:



I pretended to be
asleep and then
I fell asleep. Now
I'm going to pretend
I'm skinny.



Fun things to ponder

OTHER PIECES

Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.



Click on the graphic above to enlarge it

Free GWU Tax Clinic

GW University is offering free tax preparations for individuals with adjusted gross income of \$75,000 or less. The business and law school students who are volunteering in this capacity have been fully trained and are certified to work in a Volunteer Income Tax Assistance (VITA) site.

The services will be offered at 2201 G St., NW (GW's School of Business, Duques Hall). Services are on a first come, first serve basis every Saturday and Sunday from 9:30 - 5:30, running from February 11th through April 16th.

Tax returns will be filed electronically by the volunteers. Please note that persons with complicated tax documents (e.g. reporting rental income, self-employment income, investment income) cannot be served.

And, perhaps most importantly, remember that this is a free service!



Village YouTube Channel Update

Lynn Cate's 'America the Beautiful' tour remains far and away our most popular program on our channel with over 345 views. It is a delightful video, perfecting for virtually escaping the city on a cold day. Click above to watch it. Our YouTube channel [can be found here](#).

IN THE COMMUNITY

Dupont Circle Village Zoom Meditation Group



DUPONT CIRCLE VILLAGE
SHATTERING THE STEREOTYPE
ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

Dupont Circle Village offers mediation twice a week (Monday and Thursday 9:00 a.m. - 9:30 a.m.) All are welcome. If you're interested, [please sign up here](#) in order to receive the zoom link.

The new instructor is Patricia Ullman. She has studied and practiced meditation for almost 50 years with Tibetan Buddhist teachers. She has been an authorized teacher and meditation instructor for most of that time, leading classes and retreats throughout North America and Europe. She currently leads groups at Sibley/Johns Hopkins Hospital in DC and has written two books related to meditation and mindfulness (Eight Steps to an Authentic Life: Ancient Wisdom for Modern Times, and Entering the Mainstream: Cultivating Mindfulness in Everyday Life, both available at Barnes & Noble and other major bookstores). Patricia is also a licensed therapist in the State of Maryland, where she sees individuals and groups virtually and in person. Her specialty is grief counseling, as well as anxiety, depression, and the stress and uncertainty involved with life transitions.



NNV

Virtual Speaker Series

To Tell the Truth: The Life of a Foreign Correspondent

Tuesday, February 14th, at 11:00 AM

Son of a New Jersey butcher. Lewis M. Simons became an intrepid foreign correspondent, covering five decades of wars, revolutions, upheavals and famines throughout Asia and the Middle East. Lew won a Pulitzer Prize for his investigation that led to toppling the corrupt Marcos regime in the Philippines.

In his new book, *To Tell the Truth, My Life as a Foreign Correspondent*, which includes a forward by the Dalai Lama, Lew recollects his adventures while covering more than a dozen countries, including India, Afghanistan, China, both North and South Korea, and the former Soviet Union. With America's free press under unprecedented assault, *To Tell the Truth* appears at precisely the right moment.

Pulitzer Prize winner Lewis M. Simons began his career as a foreign correspondent for The Associated Press, in 1967, at the height of the Vietnam War. He went on to international postings for The Washington Post, Time, and Knight-Ridder Newspapers.

Simons won the Pulitzer Prize for International Reporting in 1986 for exposing the billions that the Marcos family looted from the Philippines. Columbia University Graduate School of Journalism named the series one of the 50 Great Stories of the Century. He was twice more a Pulitzer finalist and has received numerous other journalism awards, including the George Polk, and was an Edward R. Murrow Fellow of the Council on Foreign Relations.

[Register and find other upcoming speakers here](#)

Selected other speakers:

Photos from Beirut to the White House: A Father-Daughter Legacy;
Thursday, February 23rd, at 1:00 PM

Award-winning photographer Harry Naltchayan (1925–1994) was born in Beirut, Lebanon. As a teenager, he sold his photographs to local newspapers and later freelanced for Time, Newsweek, and several European magazines. Naltchayan came to the United States in 1958 as a refugee during the Lebanese Civil War and almost immediately began working for The Washington Post. During the 35 years he was with the newspaper, Naltchayan covered nine U.S. presidents, from Eisenhower to Clinton.

His daughter, Joyce Naltchayan Boghosian, continued his legacy by photographing six U.S. presidents. Boghosian has worked on both sides of the velvet rope as an official White House photographer as well as a member of the White House Press Corps for Agence France-Presse (AFP), an international wire service. She will share stories going back to her father's early days photographing historic events in Lebanon and the

Middle East and his experiences at The Washington Post that inspired her own photographic journey through the White House spanning more than two decades from 1988 to 2021.

Caregiving Support Group for Men

Wednesday, February 15th, at 3 pm on Zoom




Capitol Hill Village is running a discussion group for men who are serving in a caregiving role for a loved one with an illness or disability, whether spouse, sibling, parent or other loved one.

[Click here to register](#)

Caregiving can be lonely and stressful. Even when we deeply love the person we're caring for, the role of caregiver can challenge us in myriad ways. With the physical, emotional and practical demands, there's no question that caregivers need support to be able to take care of themselves while they care for another.

According to AARP, 40% of the family caregivers in this country are men, and men often have a different experience of caregiving than women. We would like to create a space for men to share their caregiving experiences and find support from other men. If the meeting is enjoyable or helpful, those attending may decide they'd like to meet again.

This event will be facilitated by Tim Rogers, a therapist certified in Somatic Integrity who has years of experience in group work.





The African American Music Association
in association with Westminster Presbyterian Church (DC)
and the DC Legendary Musicians, Inc. presents...

A BLACK HISTORY MONTH PROGRAM
FREE ADMISSION

DC DOO-WOP
From The
STREET CORNER
To The
STAGE
A Musical Journey

SATURDAY FEB. 18th 2023 1PM-4PM

PANEL DISCUSSION FEATURING

 **RON MILES**
ORIGINAL Member of The Rainbows "Mary Lee"
 **GLORIA JOLIVET**
Vocalist With The Bo Diddley Band "Hey, Bo Diddley"
 **JIMI SMOOTH**
An "Entertainer's Entertainer"
 **JAY BRUDER**
Moderator Historian & Author "R&B in DC"

Moderator: **JAY BRUDER**


LIVE VOCAL PERFORMANCES BY

RON MILES with SOUNDS OF HARMONY
GLORIA JOLIVET with MIKE O'HAVER, PHIL BADELL
JIMI SMOOTH & The DC LEGENDARY MUSICIANS BAND
Hand Dance Showcase By THE NATIONAL HAND DANCE ASSOCIATION CLASSIC HAND DANCERS

WESTMINSTER PRESBYTERIAN CHURCH
400 I (EYE) STREET, SW WASHINGTON, DC 20024

This program is funded, in part, by a grant from HumanitiesDC with contributions from Westminster Presbyterian Church and DC Legendary Musicians, Inc.

For Further Information Contact:
Beverly Lindsay-Johnson, Executive Director AAMA: **202-552-0000**



Diabetes, Obesity, and Health Equity – Discussing the Facts
Wednesday, February 22nd, from 7 to 8 p.m.
Free Zoom Webinar



Overweight and obesity are risk factors for the development of type 2 diabetes. These conditions disproportionately affect minority populations in the United States. This discussion will focus on the recognition, prevention and management of obesity in the context of diabetes mellitus. There will be plenty of time for questions and answers.

[Register here](#), email hprecou1@jhmi.edu, or call 202-364-7602 before February 20.

WAVE Shared Calendar of Village Events

The Washington Area Villages Exchange shared calendar contains a number of interesting upcoming community



programs. They are all free and open to the wider village community. The Shared Calendar is available at wavevillages.org/sharedevents.

You also might have interest in upcoming Village to Village Network programs. [You can find the full VtoV calendar on their website here](#). Please contact the office if you would like to register for any VtoV event.

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 FOR THIS EVENT** button and follow the prompts.
- Finally, click **REGISTER FOR THIS EVENT AGAIN ON THE NEXT 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.

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

fbwe.helpfulvillage.com

FBWE Village | 2430 K Street NW, Washington, DC 20037

[Unsubscribe info@fbwevillage.org](mailto:info@fbwevillage.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by info@fbwevillage.org powered by



Try email marketing for free today!

