



## Director's Notes: Monday, March 28th, 2022

Village Phone: (202) 333-1327

Executive Director: Denise Snyder

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### NOTES REARRANGEMENT

We're trying something a little new with our Director's Notes this week. We've moved up our programs section to further draw your attention to some of our excellent upcoming programs. We also make sure you have the opportunity to register for our two upcoming in-person museum tours before we open those up to other villages.

If you're looking for our always popular humor section don't worry, we've simply moved it down the page.

Let us know what you think of our new look!

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### PROGRAMS

#### **Announcing March PT Shorts: Physical Therapy in only 15 minutes!**

**Dates: March 29th**

GWU/Physical Therapy Department graduate students will design and conduct 5 special PT SHORT sessions to keep you STRONG, ACTIVE, and SAFE. While there are only 2 programs left, you can find the first 3 PT Shorts on our [YouTube channel here](#).



March 29th, 12:30 pm - 12:45pm: KEEPING ARTHRITIS JOINTS HEALTHY AND HAPPY

Are you sitting out some of your favorite pastimes? Join Renee, Roberto, Brian and Chloe for a brief overview of arthritis and learn some do's and don'ts. The team will show you exercises you can do at home to improve your range of motion safely.

[To register click here](#)

### March 29th, 1:00 pm - 1:15 pm: EXERCISES/STRETCHES AFTER LONG SEDENTARY PERIODS

They say that "sitting" is the new smoking. If you can't break yourself from the habit of sitting for long periods at the computer, or watching TV, then this session is for you. Join Devni, Caro, Tesia, and Caroline for a short but much needed stretch break. Warning: the exercises may be habit forming.

[To register click here](#)

If you have any questions please contact Nadia Taran,  
[nadiataran@mindspring.com](mailto:nadiataran@mindspring.com)



### **The Musical CABARET at GWU**

**Sunday, April 3rd, at 2:00 PM**

**Dorothy Betts Marvin in the GW University  
Student Center - 800 21st St NW**

Willkommen! Bienvenue! Welcome!

Join Villagers to experience a live theater performance produced by the Corcoran Programs of Music and Theatre & Dance at George Washington University.

Set in Berlin during the waning days of the Weimar Republic as Nazis ascended to power, this dazzling musical focuses on the hedonistic nightlife at the seedy Kit Kat Klub and recalls when Bohemian living yielded to fascism. The events depicted are derived from Anglo-American writer Christopher Isherwood's semi-autobiographical tales of his colorful escapades of that era. The original 1966 Kander and Ebb musical won 8 Tony awards, including Best Musical. The 1972 film version was also a commercial and critical success, receiving 8 Academy Award Oscars.

The Village has reserved a limited number of reservations for this 2 1/2 hour matinee performance. Masks are required. These nonrefundable discount tickets are \$10.00 each and must be paid to the Village in advance. (Reduced fee members may attend for free.) The theatre has open seating and is fully accessible. The registration deadline is March 31.

[Secure your ticket by registering here.](#)

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**Phillips Collection Tour of  
"Picasso: Painting the Blue**

## **Period”**

**Thursday, April 7th, at 1:00 p.m.**

**On Site Tour: Meet in the lobby on the main floor of the Goh Annex, 1600 21st Street, NW**

**REGISTRATION WILL OPEN TO OTHER VILLAGES STARTING ON WEDNESDAY, APRIL 30TH. PLEASE REGISTER NOW TO SECURE YOUR SPOT ON THE TOUR.**



The Foggy Bottom West End Village is very pleased to announce another private, guided tour for our Village members of a special exhibit, “Picasso: Painting the Blue Period,” at The Phillips Collection.

The Phillips notes that the exhibit Picasso: Painting the Blue Period “... is a groundbreaking exhibition that provides new insight into the creative process of Pablo Picasso (1881–1973) at the outset of his career. It is the first exhibition in Washington, DC, in 25 years to focus on the early works of this 20th century icon, just as he was beginning to define himself on the international stage.

### **Cost:**

- If you are a member of The Phillips you will receive free admission. (Please have your proof of membership available at entry to the museum.)
- If you are not a member of the Phillips the cost to you will be \$5.00. (The Village will underwrite the remaining cost of the ticket for its members. Please note that the \$5.00 fee is not refundable if you cancel at any time.) When you register you will find instructions on how to make your own payment.

### **COVID 19 protocols:**

- Facemask: Phillips Collection encourages all visitors to wear N95, KN95, or KF94 masks during their visit.
- Proof of vaccination: The Phillips Collection requires that museum visitors show proof of vaccination or a same-day negative COVID-19 test from a health care provider upon entry, along with a government-issued photo ID. However, please note that the Village requires that all members attending on-site programs be fully vaccinated (including a booster shot) and proof of vaccination must be on record at the Village office. If it is not on file already you will be contacted before the tour.

**Registration Required:** Please click below to register. The tour will have a limited number of participants so register early. You must be logged onto your member account on the website to register. When you register you will have to select either Phillips member or non-Phillips member.

**[Click here to register](#)**

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**Dr. Janson is back! - New topic:  
Nutrition and Exercises that help  
maintain muscle mass in arms and legs.  
Tuesday, April 12th, from 2:30-3:30 PM (via  
zoom)**

The Bad news: we all lose muscle mass as we age. The rate of loss is increased with inactivity. The Good news: exercise slows down age related muscle mass loss and reverses strength loss due to inactivity.

Dr. Janson will cover nutrition and demonstrate specific exercises that prevent age-related muscle mass loss in arms and legs. The session will use therabands and/or light weights. The village has therabands available if you would like to collect one before the class.

Dr. Sophia Janson has almost 30 years of experience as a physical therapist. She is board certified in Geriatric Physical Therapy and understands how the aging process impacts balance and falls risk. The majority of her clinical experience is in home health care which includes home safety assessments and falls prevention instruction. She is a clinical instructor for physical therapy with George Washington University.

[Registration required. To register, click here](#)

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## TOWN HALL MEETING

FBWE Village will host a Town Hall meeting on Wednesday, April 13th at 2:00 which will feature our Councilmember, Brooke Pinto. The Councilmember will speak to our members briefly and then be open for questions, comments, and concerns. Pinto has been our ward's representative for almost two years and while there is disagreement about how she is doing as a city council member, she has been open to meeting with us and the other Ward 2 villages. She has attended two of our Coffee Chats and has done similar meetings with both Dupont Circle Village and Georgetown Village. This is the first time she has been invited to speak to our whole village.



The second half of the meeting will be a planning discussion for our village as we move out of the grips of the pandemic. The March planning retreat of the board and senior staff was very useful in terms of solidifying our priorities for the next several years. We want to share some ideas and get feedback from you.

I hope to see everyone at the Town Hall on April 13th!

-Denise



## **1000 YEARS OF INDIAN TEXTILES: Textile Museum Curator Tour just for FBWEV.**

**Thursday, April 14th, at 10 am**

**Meet at the George Washington University Museum and the Textile Museum. 701 21st St NW (21st & G)**

India is known for its vibrant textiles and its long and rich textile tradition. This show brings together 150 of the best works from the collections of the Textile Museum and of Karun Thakar, one of the world's great textile collectors. The pieces come from all over India and were created from the 9th to the early 20th century. They include costumes and decorative textiles and range from court weavings to folk embroideries. Their designs also provide a window into the wide range of religious beliefs across South Asia.

Our tour will be led by a Village favorite, Curator Lee Talbot. He has guided a number of our visits to the Textile Museum including the opening show and most recently textiles and costumes of minorities in Southwest China.

**Accessibility:** The venue and exhibits are accessible.

**Members Only. Limited to 20 participants. Registration required.** [Please click here to register.](#)

COVID policies of FBWEV and of the Museum at the time will apply. We will inform attendees closer to the date.

## **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)



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*

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## **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](#)

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# **AFFINITY GROUPS**

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## **New Book Discussion Affinity Group Starting April 4th**



The FBWE Village is pleased to announce that a planning meeting will take place to discuss the new Book Discussion Group commencing this spring. Affinity groups are groups of village members, sharing a common interest, self-directed by members, and under the auspices of the Program Committee.

All interested members are invited to attend the first meeting on April 4th in the West End Library to talk about when the group will meet, how often, where, book selection and any other ideas as we move forward.

All village members who love reading are invited to participate. Barbara Reck will take participants through the initial process of formation, however there will be no formal leader for the group as there has been in previous village books clubs. It's informal - so come one, come all to our meeting on Monday, April 4th at 2:00 pm at the West End Library.



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## **TAKE FOUR AT TAZZA IS BACK**

This Thursday, March 31st, marks the return of our popular 'Take Four at Tazza' affinity group. This group meets at Tazza Restaurant, see below for address, every Thursday afternoon at 4:00 pm. Come mark the beginning of Spring on Tazza's lovely outdoor patio with your fellow villagers.

The group will meet outside, weather permitting. Per village policy for in-person gatherings, masks are required while not actively eating or drinking. Attendees are required to be fully vaccinated and boosted and have that status registered with the village.

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## 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](mailto: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](mailto: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](mailto: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](mailto:jfrumkin@fbwevillage.org)

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## HAPPY BIRTHDAY!

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

- Kate Clinton - March 30th
- Phyllis O Bonanno - March 31st
- Linda Mazzochi - March 31st
- Abbey Griffin - April 3rd



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## A BIT OF HUMOR







**Did some  
financial planning  
and it looks like I can  
retire at 62 and live  
comfortably for  
eleven  
minutes.**

I hate telling people I'm a taxidermist.  
When they ask what I do everyday, I  
say:  
"Y'know. Stuff."

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## OVERFLOW HUMOR

[Extra Memes to Brighten your Day](#)

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## OTHER PIECES

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### Articles to Read and Videos to Watch

- [Health tips: How loud is too loud?](#) - From the Mayo Clinic
  - Little Amelia, seven, who melted hearts singing Frozen hit in a Kyiv bunker makes it to Poland - [click here for the story and the video](#)
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## IN THE COMMUNITY

**CAPITOL HILL VILLAGE DISTRICT  
DIALOGUES - DR. ANNETA ARNO,  
DC DEPARTMENT OF HEALTH  
EQUITY  
Monday, March 28th, at 7:00 pm**



DC's Black citizens have a significantly lower life expectancy than its white population. This Spring CHV is inviting speakers who can help us understand the health disparities that exist in our city and what can be done about them. In February we heard from Ambrose Lane, Jr. and Dr. Valda Crowder about some of the causes of these disparities which included an informative discussion of the systemic issues with insurance and health care coverage. On March 28 we will hear about the city's program to address health disparities from the Director of DC Health's Office for Health Equity, Annetta Arno, PhD, MPH.

Despite the many health resources in the District, health outcomes continue to reflect significant health inequities among residents. Attaining health equity requires a sustained, multi-sector, 'health-in-all-policies' (HiAP) approach, wherein health equity is embraced as everybody's work!

The DC Department of Health (DOH) established the Office of Health Equity (OHE) in 2015, within the Office of the Director. OHE will collaborate with other government agencies, community partners, and all DOH Administrations to ensure a multi-pronged cohesive strategy is developed to identify and address the social determinants of health, which are the key drivers of inequities in health outcomes.

[Find more info and register here](#)



**Author Talk With Ann Satterthwaite  
on Local Glories: Opera Houses on  
Main Street Where Art and  
Community Meet  
Thursday, March 31st, at 1:30 pm**

For most people, the term opera house conjures up images of mink-coated dowagers accompanied by tuxedo-clad men in gilded opera houses like the Met in New York and La Scala in Milan. However, the opera house in the United States has a far more varied- and far more interesting- history than the stereotype implies. In Local Glories, Ann Satterthwaite explores the creative, social, and communal roles of the thousands of opera houses that flourished in small towns across the country. By 1900 opera houses were everywhere: on second floors over hardware stores, in grand independent buildings, in the back rooms of New England town halls, and even in the bowels of a Mississippi department store. With the newly expanded rail system, thousands of actors, regional troupes, and minor league magicians,

lecturers, and lyceums along with well-known actors like Sarah Bernhardt, lecturers like Mark Twain and Charles Dickens were performing in towns large and small all over the country. This was the golden age of live entertainment.

[Register for this Palisades Village talk here](#)

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## **Warhol's Women**

**Thursday, March 31st, at 2:00 PM**

Some people may have heard about Andy Warhol's close, lifelong relationship with his mother, but that relationship was about more than just love and blood. New research shows that Julia Warhola played an important role in her son's artmaking, as did several female colleagues who influenced him. Blake Gopnik is the author of *Warhol*, the first comprehensive biography of the Pop artist. He has been the staff art critic at the Washington Post and Newsweek and is now a regular contributor to the New York Times. He has a PhD in art history from the University of Oxford.

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

Other talks in the next two weeks:

### ***The Artists of Washington: A Virtual Tour at the Smithsonian American Art Museum***

**Thursday, April 7th, at 1:00 PM**

Washington, D.C. may not spring to mind when you think about cities that have nurtured great artists, but in fact, visual artists have been making exciting art in Washington since the birth of our nation's capital. Washington is even renowned for its own branch of abstract impressionism, dubbed The Washington Color School. The Smithsonian American Art Museum (SAAM) has many fine examples of works by D.C. artists, including Alma Thomas, Morris Louis, Sam Gilliam, Gene Davis, Lois Mailou Jones, and Charles Bird King, to name just a few. SAAM Docent Amy Sabrin will lead us on a virtual tour of works by artists who lived or worked in the District of Columbia from 1820 to the present.

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# UPCOMING ZOOM AROUND TOWN DC PROGRAMS

## ***Maintaining Your Memories As you Clear Out Your Clutter with Dale Brown***

***Wednesday, April 6th, from 3:00 pm - 4:00 pm***

Many of us live with unfinished projects, piles of papers, and disorganized drawers. It's spring which can motivate us to get started. But how do we get the job done? And how do we let go of items with good memories attached? Dale will tell you her success story and share the tips she learned from experts. Learn to let go of your things and keep the memories and comfort that they provided. [Register for the talk here.](#)

## ***The Science and History of the Shroud of Turin***

***Wednesday, April 13th, from 3:00 pm - 4:00 pm***

The Shroud of Turin is perhaps the most studied and argued over ancient artifact that is, or has ever been, in existence. In 1978, a team of elite scientists from the Jet Propulsion Lab, Los Alamos, and other institutions made the first true examination of the Shroud, which yielded extraordinary results. Since then, other testing has given us more clues to its origin. Is the Shroud a fabricated medieval fraud, or the actual burial cloth of Jesus? D.C. resident Dr. Sal Selvaggio has had an interest in the Shroud for many years, and will present a compilation of information, including known facts and speculations on its authenticity. [Register here](#)

## ***Tips for Improving your Money Management Skills with Christine Dolan***

***Tuesday, April 12th, from 3:00 pm - 4:00 pm***

Christine Dolan, a daily money manager who will meet with us to discuss some tips you can use to better manage your funds. Christine is a Daily Money Manager with a passion for assisting clients who feel stressed and overwhelmed navigating their financial matters, or who are simply too busy to handle it all. Clients include seniors struggling to keep up with their financial paperwork; adult children of those seniors trying to help their parents cope while remaining independent; high net worth individuals; busy professionals juggling careers and families; and organizations without the time, staff and expertise to manage these monthly challenges themselves. [Register here](#)

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## **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

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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.

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

[www.fbwevillage.org](http://www.fbwevillage.org)