



## Director's Notes: Monday, February 27th, 2023

Phone: (202) 333-1327

[fbwe.helpfulvillage.com](http://fbwe.helpfulvillage.com)

Executive Director: Denise Snyder



Village members are loving the return of the free GW exercise classes! Join the Village for some of the upcoming classes on Tuesdays and Thursdays. See the announcement below for more info.

If any member is interested in joining our Village meditation group please call the office or email us.

-Denise

### DC Health Announces End of Test Kit Distribution



DC Health announced that beginning tomorrow, Tuesday, February 28th they will suspend the COVID-19 Test Yourself DC self-service kiosk program as well as rapid test distribution at libraries and senior centers.

This means that you have until the end of the month to load up on rapid test kits from the library before they stop giving them out. We encourage all Village members to collect test kits before then to ensure the Village and its members have an adequate stockpile of test kits.

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## HAPPY BIRTHDAY!

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

- Mary Bernstein - February 27th
- Sally Willis - March 1st



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## PROGRAMS

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### Village Art Show

FBWE Village will be hosting an art show, "Art in the Atrium", on April 17. We will showcase all the member artists we have in our village and the public will be invited. The show will display art works in various mediums and will give each artist an opportunity to briefly present their piece. And, of course, the show will include wine and light refreshments.

Currently, we want to invite any member who is interested in learning more about the show and who might have some art they have made that they would like to include. The display will include everything from photos to jewelry to paintings and collages, etc. *Please note that we need to know by 2/28 if you are interested in displaying anything you've made.* If you're interested in participating please email [info@fbwevillage.org](mailto:info@fbwevillage.org) or call the office at 202-333-1327.

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### DISCUSSION AND TOUR OF THE COMPANION EXHIBITS "EMMETT TILL AND MAMIE TILL-MOBLEY: LET THE WORLD SEE" AND "MOTHERS OF THE MOVEMENT"

Tuesday, March 7th, at 2:00 PM

MLK Library, 901 G St NW, Washington, DC 20001

Emmett Till, who was Black, was visiting family in Mississippi when he was kidnapped, beaten, and killed by white men who accused the 14-year-

old of whistling at a white woman. When the perpetrators tried to cover it up, Emmett's mother, Mamie, insisted that there be an open casket funeral and said "let the world see what they did to my boy." The killing of Till in the Mississippi Delta became a catalyst for the Civil Rights Movement.

The Martin Luther King Jr. Memorial Library is sponsoring a traveling exhibit titled "Emmett Till and Mamie Till-Mobley: Let the World See" which tells the story of Emmett Till and his mother in the context of the larger Civil Rights Movement as well as an exhibit, Mothers of the Movement, which highlights women in our region who lost their children to violence and raises the awareness of this ongoing issue.

Susan Haight, a Founding Member of the FBWE Village, Co-President of the DC Public Library Foundation, and an active docent, will provide background on the exhibit and outline why this case is relevant today. Lorna Grenadier, also a Founding Member of the FBWE Village, will provide background on civil rights racial violence prosecutions and why the Till case is still being litigated. Lorna spent 35 years at the U.S. Department of Justice enforcing civil rights laws involving hate crimes and police misconduct.

The introductions and ensuing discussions will be followed by self-guided tours of these well-documented incidents.

Attendees will meet in Marianne's café of the Great Hall on the first floor of the library.

Cost: MLK Library is free to all.

[Click here to register](#)

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**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**

#### **4 SPOTS REMAIN FOR THIS EXCITING TOUR!**

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.](#)

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**TO TEACH OR NOT TO TEACH  
“BLACK STUDIES” AS AN ELECTIVE**



## CLASS IN HIGH SCHOOLS: A CURRENT EVENTS DISCUSSION

Friday, March 17th, at 2:00 PM

West End Library Large Conference Room, 2301  
L St NW



Governor Ron DeSantis has rejected the College Board's Advanced Placement course in African American Studies for all of Florida's public high schools. At least 18 states have laws or policies that restrict the teaching of race. Is this a threat to freedom of speech? Is it censorship? Is racism systemic in America or is it a matter of individual prejudice?

Florida is one of 12 states that mandate Black History in public schools. Is Black History American History? Would we need a separate course in Black History if we included it in American History classes? Should paying attention to Black history be limited to one 28-day month? What are the political aspects of this controversy? Is this debate evidence of our atrophying democratic culture?

Sue Headlee and Bill Kincaid will be the moderators.

[Click here to register for the discussion.](#)

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## Discussion and tour of the “Entertainment Nation” Exhibition

Wednesday, March 22, 2:30 pm

Where: National Museum of American History (on the Mall at  
Constitution Avenue, NW Between 12th and 14th Streets)

Members of the Foggy Bottom/West End Village are invited for a private tour of the new exhibit, “Entertainment Nation”, at the National Museum of American History.

Seena Bryan, an experienced docent at the American History Museum, will be leading the tour.

Through the National Museum of American History's extraordinary collection of theater, music, sports, movie and television objects, the exhibition Entertainment Nation features a powerful, ever-changing

selection of objects and interactive experiences. Through the objects and their stories, the exhibition explores how, for over 150 years, entertainment has provided a forum for important national conversations about who we are, and who we want to be.

No other museum can tell the story of the country's common entertainment experiences like the National Museum of American History. The museum's collection of 1.8 million objects documents the careers of such influential figures as Selena, Roberto Clemente, Kristi Yamaguchi, Mia Hamm, Prince, Cyndi Lauper, Judy Garland, Frank Sinatra, Bette Davis, and Muhammad Ali. Its' Broadway, television, and film collections document productions such as Hamilton, Rent, The Handmaid's Tale, M\*A\*S\*H, Sesame Street, Star Wars, and many more.

Registration Required: [Please click to register.](#)

Meet: At the information Desk on the Constitution Avenue side

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## **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 or B112B (both next door to each other in the 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](mailto:nadiataran@mindspring.com)

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## **AFFINITY GROUPS**

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### **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
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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: Jonas at [jfrumkin@fbwevillage.org](mailto: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](mailto:pfkramer38@gmail.com)

## WEDNESDAYS

VILLAGE YOGA GROUP (weekly) at 11:00 am

*Meets in the atrium of St. Paul's Church, 2430 K St NW (contact for more information)*

Contact: Denise at [dsnyder@fbwevillage.org](mailto:dsnyder@fbwevillage.org)

BOOK DISCUSSION GROUP (1st Wed) at 2:00 pm

*Meets at West End Library (contact for more information)*

Contact: Jonas at [jfrumkin@fbwevillage.org](mailto: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](mailto: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](mailto: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](mailto:tneve@rcn.com)

## FRIDAYS

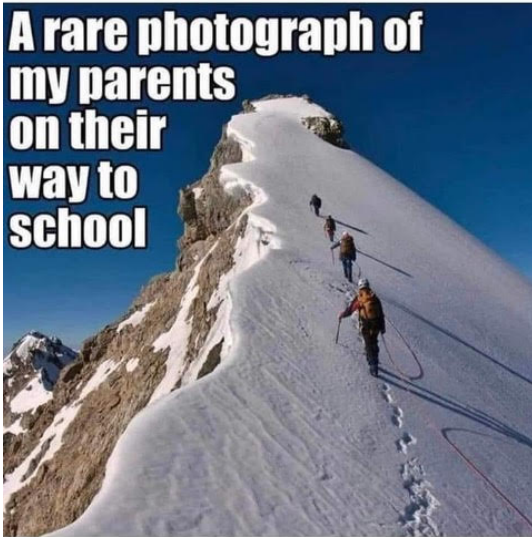
FIRST FRIDAY FILLAGERS (1st Fri) at 11:30 am

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

## A BIT OF HUMOR

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**A rare photograph of  
my parents  
on their  
way to  
school**



**Bed and Breakfast**



**Most people are at the age  
where they are using their  
phones to document the good  
times in their lives. I'm at  
the age where I use my phone  
to take pictures of labels  
that I can't read and use my  
phone to enlarge the print  
so that I can read it.**







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## OTHER PIECES


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## What To Know About High Blood Pressure as You Age

Points to remember:		What you can do:	
	The chance of having high blood pressure increases as you age.		Get your blood pressure checked frequently.
	Most people with high blood pressure don't have signs or symptoms.		Eat a healthy diet and exercise regularly.
	Serious health problems can develop if high blood pressure is left untreated.		Ask your doctor if you need medication to manage your blood pressure.

Learn more about high blood pressure and older adults at [www.nia.nih.gov/high-blood-pressure](http://www.nia.nih.gov/high-blood-pressure).

 National Institute on Aging

Click on the graphic above to enlarge it

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## 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!

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## Local Restaurant News

Matera has opened in the River Inn hotel space on 25th St. From the hotel; "Dine at our on-site restaurant, featuring contemporary reinventions of American classics, open daily for breakfast and from Tuesday to Saturday for dinner... Relax with views of tree-lined streets or sip a martini or glass of wine by the glow of our fireplace. Our cozy Foggy Bottom restaurant offers a relaxed ambiance and a residential neighborhood vibe that's perfect for every occasion." [Click here for more info](#)

You may have heard that Ris restaurant in the West End was nominated for a James Beard award for outstanding restaurant recently. It was also

just put on "Tom Sietsema's 6 favorite places to eat in February." [Click here to read](#) the glowing write up from the Washington Post's food critic.

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## **Village YouTube Channel Update**

Another popular topic on our channel are the variety of virtual zoom tours. A excellent example of which was village member Lorna Grenadier's tour of two pieces in the National Portrait Gallery's collection. This virtual interactive tour focused on portrayals of Gwendolyn Brooks (20th century poet) and Henry George (19th century political economist). Click above to watch or rewatch this fascinating tour. Our YouTube channel [can be found here](#).

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## **IN THE COMMUNITY**

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### **CAREGIVING SUPPORT GROUP FOR MEN**

**Monday, March 6th, at 3:00 PM on Zoom**



This will be 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.

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 hosted by CHV Founder Geoff Lewis, and facilitated by Tim Rogers. Tim is certified in Somatic Integrity and has years of experience in group work, including as a volunteer for Dupont Circle Village.

[Click here to register](#)

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## **RISE Webinar Program**

### **Thursday, March 9th at 2:00pm**

Do you care about the threats associated with global climate change, but you're not sure what to do about it? V to V has an amazing opportunity for you to transform your concern into learning more about the issues and taking action!



Through a new arrangement with Village to Village Network, the Retirees in Service to the Environment (RISE) Program – developed by researchers at Cornell University – offers evidence-based environmental education and leadership training to adults over 60. This educational program will inform you about the science of climate change and other key environmental issues. The knowledge and skills gained during the program will prepare you to make a real difference in your community.

[Click here to register.](#) If you have trouble registering please reach out to the village office.

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## **The Aftermath: The End of the Baby Boom's Effect on Politics and the Economy**

### **Tuesday, March 14th, at 11:00 AM**

Washington Post columnist Philip Bump's book, *The Aftermath: The Last Days of the Baby Boon and the Future of Power in America*, is a sweeping assessment of how the baby boom created modern America, and where power, wealth, and politics will shift as the boom ends. How much longer will Boomers control wealth? Will millennials get shortchanged for jobs and capital as Gen Z rises? What kind of pressure will Boomers exert on the health care system? How do generations and parties overlap? When will regional identity trump age or ethnic or racial identity? Who will the future GOP voter be, and how does that affect Democratic strategies? What does the Census get right — and wrong?

Writing with a light hand and deft humor, Bump helps us navigate the flood of data in which our sense of the country now drowns. He fits numbers into a narrative about who we are (including what "we" really means), how we vote, where we live, what we buy—and what predictions we can make with any confidence. We know what will happen eventually to the baby boomers. What we don't know is how the boomer legacies might reshape the country one final time. Mr. Bump will share with us some answers that will help us manage the historic disruption of the American state we are now experiencing.

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

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## **National Cherry Blossom Festival's Opening Ceremony**

**Saturday, March 25th, at 5:00 pm**  
**At the Warner Theater, 513 13th St NW**



The DC Villages have been invited to the National Cherry Blossom Festival's opening ceremony. The event is on March 25 at the Warner Theater from 5:00 p.m. through 6:30 p.m. We will be getting 50 tickets from the event committee. If you're interested in a ticket please email [info@fbwevillage.org](mailto:info@fbwevillage.org) or call 202-333-1327.

The National Cherry Blossom Festival's signature Opening Ceremony is an artistic celebration of the 1912 gift of trees from Tokyo to Washington, DC, and an annual tribute to the longstanding friendship between Japan and the United States. This unique, one-time-only performance will feature special performances from acclaimed artists with ties to both countries. [Click here to find out more information on the opening ceremony and to see the list of performers.](#)

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## **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](http://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.

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## **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 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.

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

**[fbwe.helpfulvillage.com](http://fbwe.helpfulvillage.com)**

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