



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

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

How You Can Make a Difference for the Village

Villages succeed because the members have a stake in that success. Villages are the best example of being "of the people, by the people, for the people" because members create, guide, and sustain the organization.

As FBWEV moves forward we are turning to you, our members, to extend your investment in our operations. Specifically, volunteer opportunities abound and we invite you to join in the operations and functions of our beloved organization.



Committees:

Committees are key to keeping the Village moving forward. There are several standing committees including Finance, Membership, and Program. While all of them could benefit from more member involvement, the Membership Committee, which helps with member recruitment and retention, is a priority this year. If you're a people person, this would be a great spot for you.

Program and finance also do great work and are looking for new members. Additionally, we are re-starting a Volunteer/Services Committee which has been dormant for many years.

For more information or to volunteer, contact Denise at dsnyder@fbwevillage.org.

Board of Director Positions:

Because of the pandemic and more, at this time, we are a very small but caring Board and later this year we will have more turn over as terms are ending. We are looking for individuals who want to help guide the organization as we continue to grow. Whether you're a people person or love numbers, if you have old-fashioned business sense, or like the idea of helping with outreach/marketing you're needed and can contribute to the board.

If you have want to play a role in helping to move FBWE Village forward please talk with Phyllis Kramer, chair of the Village's Governance Committee, at pfkramer38@gmail.com.

10th Anniversary Gala Planning/Marketing:

The Board needs help in planning this important celebration. Three years have passed since we have had a Gala so we are a bit rusty and need your ideas to make this Gala a resounding success. Experience in event planning is not required – just a desire to increase awareness of the Village's good work and some time to help with specific tasks. Please contact Myrna Fawcett at myrnafawcett@gmail.com.

HAPPY BIRTHDAY!

This week we are wishing a very Happy Birthday to one amazing person!

• Chrissy Gardner - March 17th



PROGRAMS

Guys Only at Lunch (GOAL)

Thursday, March 16th, at 12:30 pm At: The Garden Café, in the State Plaza Hotel, 2116 F St, NW.

We'll dine on the Foggy Bottom side of the Village's territory this month. The venue is the Garden Café in the Plaza



Hotel, 2116 F Street, NW, and it's one of the few suitable lunch places on that side.

Their menu is here. Hope you can make it and enjoy the discussion, storytelling, and banter of a GOAL lunch.

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 male members.

Registration is required. Please e-mail Trev Neve at tlneve@rcn.com by Tuesday, 14 March 2023, if you plan to attend, so he can get a final headcount for the table reservation.

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.

Covid Communal Quilt

Tuesday March 21, 2023 from noon to 1:15pm At the Village Office, 2430 K St NW

Since 3 years ago, the Covid pandemic has created a profound impact on the world, communities, groups, and individuals. Most of us have experienced a great deal of change. We may have also learned new ways of coping and problem solving.

Perhaps you now have new skills, hobbies, or even beautiful new memories and stories to cherish and share. Art making can be both a coping strategy, and a way to celebrate and tell your pandemic story, even as the pandemic continues.

We would like to provide you time, space, art materials, and togetherness to reflect and make art around your pandemic experience, as we create a Villages community quilt. The finished art product will be displayed after

the program concludes. No artistic experience is required. If you feel uncomfortable joining in person, or are not able to be physically present, we can provide you with art materials for at-home artmaking, after you register. The program will take place at our office in St. Paul's Episcopal Church, located at 2430 K Street NW, DC.

Our first and introductory session will be: Tuesday March 21, 2023 from noon to 1:15pm. Two sessions will follow, to focus on artmaking and conjoining quilt pieces for a finished communal quilt.

If you are interested in joining, please click here to register.



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

GWU/PT Department Mobility Screening

School of Medicine & Health Sciences

THE GEORGE WASHINGTON UNIVERSITY

Tuesday, March 21st or Tuesday,

March 28th (individual one hour appointments)

At: 2000 Pennsylvania Ave NW, 2nd Floor, Physical Therapy Department

What: You will receive an individual assessment of your current mobility based on balance, strength, cognition, and endurance. It can be a useful first step in detecting mobility or balance issues.

Member testimony: "I've been participating in the mobility screenings since 2013. I look forward to it. Unlike medical appointments, there's a sense of engagement and discovery with the students. My scores have given me useful information and motivated me to continue balance, strength and flexibility activities. Thank you."

Who: The screening will be conducted by a team of PT students supervised by PT faculty.

Limit: 45 one-hour appointments are available

To register: <u>calendly.com/gwupt/gwu-pt-community-mobility-screening</u>

Questions/more information: Jason Dring, 202-994-0935, jdring@gwu.edu

Foggy Bottom West End Village Presents Art in the Atrium Monday, April 17th, from 2 pm - 4 pm St Paul's Church atrium, 2430 K Street NW



Come join us for tasty refreshments and a review of some of the amazing art works made by Village members including paintings, photography, sculptures, and collages. <u>Find more info here</u>.

ONE LIFE: MAYA LIN
NATIONAL PORTRAIT
GALLERY TOUR

Thursday, March 30th, at 11:30 am At the National Portrait Gallery

"I feel I exist on the boundaries, somewhere between science and art, art and architecture, public and private, East and West. I am always trying to find a balance between these opposing forces, the place where opposites meet." —Maya Ying Lin



Maya Lin's work has been well known in our neighborhood for over 40 years. In 1981, after her design for the Vietnam Veterans Memorial was selected from 1,421 entries, Lin was unwittingly thrust into the limelight. Four decades later, she remains one of the most influential artists and architects of our time. Best known for her large-scale, site-specific installations, architectural works, and memorials, Lin also creates intimate studio artworks. The common thread, she notes, is "the love and respect I have for the natural world."

You might be surprised what you'll learn and you'll have a chance to share your thoughts with her as part of her effort to raise awareness and find solutions to the loss of our natural world through 'What is Missing.' Lorna Grenadier, Villager and NPG docent, will be our guide.

Click here to register

Accessibility: There are two ramps on either side of the 8th and G St. entrances. Wheelchairs and camp stools are available.

Transportation: NPG can be reached via Metro (either to Metro Center and walk from 11th St NW east 2 blocks or transfer to Red Line which is directly below the museum. The Circulator bus (Union Station) has a stop at 9th St. and New York Ave NW; then walk south 3 blocks to G St.

Please meet in the 8th and G St. lobby using the entry doors on the right side. Note: NPG has installed security scanners inside. Doors will open at 11:30 am.

No GWU Exercise Classes this Week

GWU is off this week for Spring break and the exercise classes will not be held this week. They return on Tuesday, March 21st. Hopefully, these pictures of members having fun in the classes will encourage you to give the classes a shot when they return!





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.

- 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

TUESDAYS

COFFEE & COMPANY at 10:00 am (weekly)

Meets at Bread and Chocolate at <u>2301 M St NW</u> (contact for more information)

Contact: Jonas at <u>jfrumkin@fbwevillage.org</u>

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

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

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

Meets at West End Library (contact for more information)

Contact: Jonas at <u>jfrumkin@fbwevillage.org</u>

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 tlneve@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

Bottom Three Graduates of the Tow Truck Academy







OTHER PIECES

Foggy Bottom Family Activity Sheet

Denise Vogt and Frank Leone have created a family activity sheet for families with young children, your relatives and grand kids to let them have fun exploring the history of the area, find the playground, the alleys and more. Now you don't have to rush your guests to the Smithsonian -- you can share our local attractions right here in Foggy Bottom.



The activity sheet is one page (front and back) designed for adults to accompany their kids ages 5-15. Those who complete the sheet can receive a Junior Historian Certificate.

We hope you agree the activity sheet a nice complement to their History and Art/Artists on-line self-guided walking tours.

The Foggy Bottom Association website has a link to the family fun activity sheet so you can print in advance. You can find the activity sheet here.

THE ROSE April 2023 Spoken Word Concert at the Arts Club

THE ROSE is calling for submissions of poetry to be included in their upcoming Spoken Word Concert at the Arts Club of Washington on April 19, 2023.



We seek poems that celebrate the musicality of language and dive deep into the human experience. We lean towards poetry that is free form, unpublished, and new. Create something special. Just for us. We thrive on that energy. Perhaps your jam is clever verse. Channel your inner Dorothy Parker or Ogden Nash and send it along. We look forward to reading your work!

DEADLINE: SUNDAY MARCH 26, 2023. Click here to make a submission.

Fun Podcasts to Look Out For

A great podcast is "70 Over 70:" an insightful show hosted by Max Linsky featuring interviews with prominent people over the age of 70. But now the

great Julia Louis-Dreyfus of "Seinfeld" and "Veep" fame is coming along to upstage Max. Her new podcast is called "Wiser Than Me" and is about spreading the wisdom of women over 70 (Dreyfus herself is only 62 but Jerry Seinfeld is about to turn 69, ponder that). Announced guests include Jane Fonda, Isabel Allende, Ruth Reichl, and Fran Lebowitz. Here's how Dreyfus explains the project:



"In our culture, older women are rarely seen or heard. What a shame. We are missing out on the wisdom and experiences of a huge portion of the population. I want to hear from these older women. I want to talk to them. I want to know how they navigate aging and their tips for a life well lived. How they did it, how they do it and everything in between."

The podcast is expected to debut this spring. We think it's going to be a big success, unless Julia Louis-Dreyfus turns out to be some kind of low talker.

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.

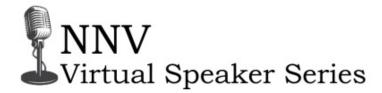
And, perhaps most importantly, remember that this is a free service!



Village YouTube Channel Update

Another great zoom talk was our chat with Molly Smith, artistic director of Arena Stage. Click above to watch or rewatch this fascinating talk. Our YouTube channel can be found here.

IN THE COMMUNITY



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

GW CPAC Meeting

Tuesday, March 14 at 6:30 pm, Hybrid Meeting

GWU neighbors to join them on campus for the first quarter Campus Plan Advisory Committee meeting scheduled for Tuesday, March 14, 2023, at 6:30 pm in the Ric and Dawn Duquès Hall Room 250 (2201 G St NW). This meeting will be hybrid, with a virtual option via ZOOM for



The Campus Plan Advisory Committee Meeting will cover the following topics:

1. Spring 2023 Semester Updates

community members not able to join.

- 2. Foggy Bottom Campus Plan & Campus Development Updates
- 3. Public Comment
- 4. Register prior to the meeting to receive the calendar invite. The login information will be sent 24 hours prior to the meeting and will contain information to allow community members to connect to the online meeting by computer or phone.

If you have any questions, please reach out to Kevin Days (kdays@gwu.edu). Click here to register for the in-person or virtual option.



Click here or on the flyer to enlarge it



Women's History Month at DC Public Library

During Women's History Month 2023, DC Public Library is "Celebrating Women Who Tell Our Stories." This theme honors all women, including trans women, and femme individuals who have made it their life's work to capture our stories and reflect them back to us with their words, their art or their actions. You are invited to immerse yourself in the power of these stories through a series of DC Public Library special events:

Click on each event below for more details and to register

In Conversation: Angela Davis | Wednesday, Mar. 15, 7 p.m., Martin Luther King Jr. Memorial Library

The Public Square with Michelle Miller | Thursday, Mar. 16, 6:30 p.m., Martin Luther King Jr. Memorial Library

An ASL Tribute to Women's History and the Arts | Thursday, Mar. 16, 7 p.m., Martin Luther King Jr. Memorial Library

We Who Believe in Freedom: Black Feminist DC | Thursday, Mar. 30, 5 p.m., Martin Luther King Jr. Memorial Library

Discrepancies and Disparities in Healthcare for Women

Tuesday, March 21st, at 1 pm



The GW Resiliency & Well-being Center will present a lecture

on "Discrepancies and Disparities in Healthcare for Women"with Esther Choo, MD MPH, professor of Emergency Medicine, Center for Policy and Research in Emergency Medicine, Department of Emergency Medicine, Oregon Health & Science University.

Dr. Choo is known as a bold and innovative voice on gender and racial equity in healthcare and an advocate for new frameworks for building positive and productive workplaces. She is an NIH-funded health services and health policy researcher who takes a data-driven approach to organizational change.

She is a founding member of TIME'S UP Healthcare, which advocates for safety and equity in the healthcare workforce, serves on the board of TIME'S UP, and co-founded Equity Quotient, a firm that assesses organizational culture to help create a culture of equity, safety, and respect.

This R&W Center event is co-sponsored by the <u>Clara Bliss Hinds Women</u> <u>in Medicine and Science Society</u>. The Women's Well-Being Lecture Series is supported by the Rosemary Bowes, PhD, Women's Mental Health Fund. Learn more about the center's <u>women's well-being initiative</u>.

Click here to register for the lecture

Free Play at the Arts Club Tuesday, March 21st, at 7:30 pm Washington Arts Club, 2017 I St NW

14 DAYS written by Ingrid De Sanctis and directed by Christopher Lane. "Estranged

sisters come together to fulfill their mother's last request." Featuring Raven Bonniwell, Allyson Currin & Chris Stezin.

WHEN & WHERE:

Tuesday, March 21, 2023 at the Arts Club of Washington; Doors open 7pm, Performance begins 7:30pm, Free Admission!



Wednesday, March 22, 2023 at 1st Stage in Northern Virginia; Doors open 7pm, Performance begins 7:30pm, Free Admission! *1st Stage may require patrons to be masked while inside the facility.

SAVE YOUR SEAT, Reservations Strongly Encouraged, Limited Seating, click here to make a reservation



March Author Talks at DC Public Library

Step into March with a calendar chock full of author talks! DC Public Library is excited to host a variety of speakers throughout the month to share their latest works and passions with the DC community. Topics range from the relationship between social media and narcissism, the history and movement of Go-Go, personal belonging and so much more. Take a look at our lineup and reserve your seat now!

- Nine Liars: Author Talk with Maureen Johnson | Thursday, Mar. 23 at 6 p.m., Cleveland Park Library
- Clint Smith and Elizabeth Acevedo: Above Ground Tuesday, Mar. 28 at 6:30 p.m., Martin Luther King Jr. Memorial Library

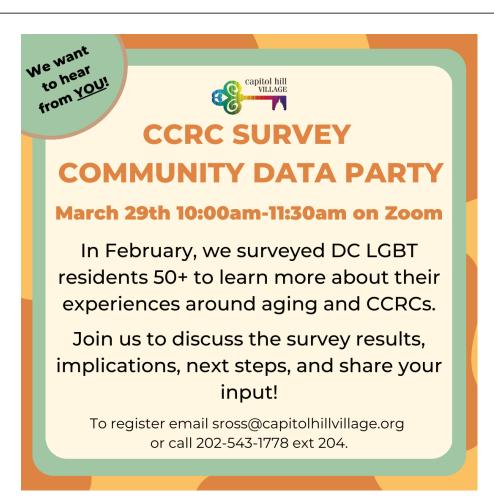
Click here to find other upcoming DCPL Author Talks

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 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.



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

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