

Director's Notes: Monday, March 20th, 2023 Phone: (202) 333-1327

fbwe.helpfulvillage.com

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Executive Director: Denise Snyder

Change in Board Leadership

Bill Kincaid, who has been serving as both the board president and treasurer, has decided to move off the board to pursue his interest in working at the national level for villages across the country. Bill has been serving on both the FBWEV's board and the board of the national umbrella group for villages, Village to Village Network where he would like to focus his attention now.

The board has appointed Mark Budd, a long-time active volunteer with FBWEV to serve as treasurer. Mark has recently joined the board of the village, coming with over a decade of experience on the board of the Columbia Residences, where he has served as treasurer for a much larger operation than ours.

Founder and previous board president, Myrna Fawcett, is stepping in as acting President. Myrna, of course, has been on the board since our founding 10 years ago and readily steps into that familiar role.

Bill has done a yeoman's job in his dual role, taking on more work than any one board member should. We wish him the very best in his future focus and know that he'll be as appreciated in the Village to Village Network as he has been with us.



SPY MUSEUM TOUR

A couple of weeks ago a group of members was led on a tour of the new International Spy Museum by Rick Schroeder a longtime Foggy Bottom Village member and a retired CIA Clandestine Service Officer. Rick is also a founding member of the Spy Museum advisory board. Village members reported enjoying the detailed tour Rick provided of the beautiful new museum. We hope you can join the village for other upcoming personal tours.

HAPPY BIRTHDAY!

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

• Mary Ellen Spiegel - March 25th

PROGRAMS

GWU/PT Department Mobility Screening

School of Medicine & Health Sciences

Tuesday, March 21st or Tuesday,THE GEORGE WASHINGTONMarch 28thAt: 2000 Pennsylvania Ave NW, 2nd Floor, Physical TherapyDepartment

All slots are full. Stay tuned for more information on future screenings if you were unable to secure a slot.

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

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.

Covid Communal Quilt Friday, March 31st, 2023 from noon to 1:15pm NEW TIME!! 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 31st, 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

Discussion: Plowing through the Red Tape of Estate Planning Friday, April 14th, at 1:00 p.m. St. Paul's Church, 2430 K St NW, Undercroft Room in Basement

The Foggy Bottom West End Village is

sponsoring a discussion led by Myrna Fawcett, Esq, regarding preparation and details for estate planning. Too often survivors are left with a variety of red tape issues to navigate through, even though the documents have been prepared. Myrna has extensive experience as an elder law attorney and will be supported in this conversation by her colleague, Robin Derwin, MSW, a social worker who can offer an additional perspective.

Please join us and feel free to submit your questions to <u>myrna@fawcettlaw.com</u> prior to the meeting.

Cost: None

Registration Required. Please click here to register.

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. Pre registration is highly encouraged. <u>Find</u>

more info and register here.

Oh, My Aching Back! with Dr. Janson Tuesday, April 18th from 2:30-3:30 PM (on Zoom)

If you want more long lasting pain relief than Ben Gay can offer, then consider this session with Dr. Janson. She will provide an overview of common back ailments, cover posture correction and body mechanics. Then Dr. Janson will demonstrate simple stretches and strengthening exercises that can restore



mobility, reduce pain, and help keep your back healthy. You'll see that little changes can have a big impact! Have a chair nearby in a cleared space.

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 the George Washington University.

Cost: Free to Village members

Registration required. To register, click here.

ABCs of Staying Safe Online Wednesday, April 19, 2:00 p.m. Where: West End Library, Small Meeting Room



As we conduct so much of our personal lives online, especially as we strive to stay safe

from Covid, it is so important to understand the best practices for staying safe online. It seems that the fraudulent telephone calls, emails, and popups never cease. Join us for an informative discussion lead by TechMoxie on how to recognize phishing (fraudulent) emails, avoid computer viruses and scams, and how to find trustworthy information online. The presentation will include a review of actual fraudulent emails and scam "pop up" computer virus warnings. Note: this will be a PowerPoint presentation rather than a hands-on workshop, but Erin will have time for questions at the end of her presentation.

Presenter: Erin Byrne of TechMoxie

Erin graduated from the University of Wisconsin, Eau Claire with a B.S. in Education. She has taught in many different environments, including Wisconsin public schools and nonprofit organizations. Erin is an enthusiastic educator and training professional who is particularly passionate about bolstering the cognition and technological skills of older adults. Erin has worked with Tech Moxie for many years supporting her clients with in-home coaching visits, community talks, and courses tailored to meet the specific tech needs of seniors.

Cost: Free.

Registration Required: <u>Please click here to register</u>. Class is limited to 12 participants.

GWU Older Adult Exercise Program

Tuesdays and Thursdays from 12:00 PM -12:50 PM, ending May 18th Room B112A or B112B, Milken School of Public Health, 950 New Hampshire Ave NW



Who: Angela Ingram, 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

<u>For details and forms click here</u>. 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: <u>nadiataran@mindspring.com</u>

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.

- <u>April 5th</u>: 'White Knights in the Black Orchestra' by Tom Daniel
- <u>May 3rd</u>: 'Of Boys and Men' by Richard Reeves
- June 7th: 'Still Life' by Sarah Winman
- July 5th: 'Visual Thinking' by Temple Grandin

FRENCH CLUB MEETING

The FBWEV French club will meet on Wednesday, March 22nd at 5:00 pm at the Fairmont Hotel bar — the outside bar if it is open, otherwise the inside bar. Contact Sally Willis, <u>sally.willis@yahoo.com</u>, for more information.

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>ifrumkin@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 <u>pfkramer38@gmail.com</u>

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 <u>dsnyder@fbwevillage.org</u>

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 <u>sally.willis@yahoo.com</u>

THURSDAYS

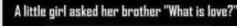
WALKIE TALKIES at 9:00 am (weekly) Meets in Washington Circle at the Statue (contact for more information) Contact: Lorna Grenadier at <u>lgrenadier@gmail.com</u>

GUYS ONLY AT LUNCH (GOAL) (3rd Thu) at 12:30 pm Various locations (contact for more information) Contact: Trev Neve at <u>tlneve@rcn.com</u>

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 <u>cbwould2003@yahoo.com</u>

A BIT OF HUMOR





He replied:"Love is when you steal my chocolate from my lunch bag everyday... and I still hide it In the same place."

I need everyone to wish me luck. I have a meeting at the bank later and if all goes well, I will be out of debt. I'm so excited I can barely put on my ski mask.

Neil Diamond used to be called Neil Coal... until the pressure got to him.



OTHER PIECES

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!

A member who went last weekend had this stellar review of the service:

"I wanted to tell you of my experience getting my taxes done at the GWU Tax Clinic. Since we have one month to go and it's a free service, I arrived 5 minutes early - no need, I was seated immediately and actually enjoyed doing my taxes with Melissa. They are really looking to spread the word - I was there for a little over an hour and 2 desks never had a "client". The professor there said they can do taxes for people from anywhere, not just DC in case you want to spread the word to other villages. There are doughnuts and fruit for snacks. 3 blocks from Foggy Bottom Metro. Great experience!"

Women's History Month Playlists on Freegal

Set your Women's History Month to music! Freegal Music+, a free online resource available through your DC Public Library card, has all the sounds you could want for your Women's History Month celebrations. Choose from playlists celebrating The Queens of Classical Music, Women Who Rock, Women in Music, and iconic groups like Destiny's Child and Gladys Knight & the Pips. Unlimited streaming available with up to three downloads. <u>Explore all that Freegal Music+ has to offer</u>!



Village YouTube Channel Update

Another great zoom talk was our interview and Q&A with journalist, author, radio host and Foggy Bottom Resident Scott Simon. Click above to watch or rewatch this fascinating talk. Our YouTube channel <u>can be</u> found here.

IN THE COMMUNITY

Managing Concerns About Falls

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, A Matter of Balance: Managing Concerns About Falls is the program for you.

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. A Matter of Balance can help people improve their quality of life and remain independent.

A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

The DC Department of Aging and Community Living's Safe at Home Program is offering A Matter of Balance on Saturdays this spring and is free to Village members. The course will be hosted online via Zoom and consists of 9 two-hour sessions. Each session will be facilitated by graduate students from The George Washington University's physical therapy program.

The course will begin in late April. If you're interested please email <u>info@fbwevillage.org</u> to note your interest. We will follow up with more details on the classes.

NNV Virtual Speaker Series

The Carter Barron Amphitheater: History, Present, and Future

Tuesday, March 21st, at 11:00 AM

The Carter Barron Amphitheater is a historical and cultural landmark located within Rock Creek Park in Washington, DC. From 1950 to 2017, the 4,200-seat outdoor amphitheater brought diverse communities together to celebrate the confluence of urban outdoors, nature, and the performing arts. As a federally-owned and operated venue, it was fully integrated in the 1950s, which was unique at a time when other concert venues were segregated.

Due to structural issues and long-term rehabilitation needs, the amphitheater has lain dormant for the past 5 years. Join us for a virtual presentation that will explore the past, present, and future of the Amphitheater and hear from Tony Richardson about the ongoing efforts to support the National Park Service in reopening this iconic venue and ways that the community can get involved.

Tony Richardson is the Senior Manager of Justice, Equity, Diversity and Inclusion Initiatives at the Rock Creek Conservancy. In this role, he leads efforts to increase awareness, engagement, access, and stewardship throughout Rock Creek Park. Born and raised in Washington DC, Tony is intimately aware of the barriers that communities can face when trying to connect with nature. He seeks to use his personal and professional experiences to make Rock Creek Park more welcoming and inclusive for all Washingtonians.

Register and find other upcoming speakers here

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, <u>click here to make a reservation</u>

Live at DC Public Library: Morehouse Glee Club Thursday, March 23rd at Noon MLK Library, 901 G St St NW



In celebration of the 50th Anniversary of the modernized Martin Luther King Jr. Memorial Library, we're excited to host

the Morehouse College Glee Club's return during their Spring Break Tour for their annual midday performance.

Before the library's renovation, The Morehouse Glee Club, performed at the historical Martin Luther King Jr Memorial Library in downtown Washington D.C. each year. Now, we are inviting them back to continue this cultural tradition and would love to invite you and your family for an afternoon concert to kick off the spring season. Join DCPL in the auditorium of the Martin Luther King Jr. Memorial Library for their performance alongside the Morehouse College Quartet.

Find more info here



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!

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

Click here to find other upcoming DCPL Author Talks

JOIN THE FBA AT THE DC HISTORY CONFERENCE Friday, March 24th, from 1:15 pm to 3:15 pm



At the Martin Luther King Public Library. The DC History Conference is a FREE interdisciplinary, community conference with presentations about the past, present, and future of the District.

The FBA History Project will have a table as part of the ""History Network" session, Friday, March 24 from 1:15-3:15 pm. The Foggy Bottom Association History Project will launch its new initiative—its unique Historic District House History Map. For more information: foggybottomassociation.org/house-histories

For more Conference details: <u>conference.dchistory.org</u> Registration is now open!

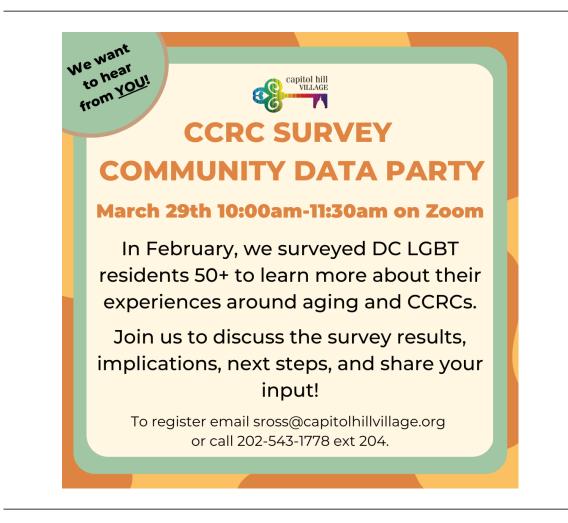
National Cherry Blossom Festival's Opening Ceremony



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. <u>Click here to find out more information on the opening</u> <u>ceremony and to see the list of performers</u>.





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

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

"Organic Magic" An Organ Concert with Charles Reardon, Organist Saturday, April 1st, at 7 pm THE UNITED CHURCH, 1920 G St NW



The program consists of music in the full range of classical to swing to blues and more! Free will donations to support the Foggy Bottom Food Pantry and to help Charles pay for a summer organ workshop. Please join us for a reception following the concert and meet the artist.

Our Verse in Time to Come at DC Public Library Part of Searching for Shakespeare

Various Dates, times, and venues between Mon, Apr 03 — Sun, Apr 23



Venues:

DCPL - Lamond-Riggs; DCPL - Anacostia; DCPL - Francis A. Gregory; DCPL - Southwest; DCPL - Petworth; DCPL - West End; DCPL - Shepherd Park; DCPL - Tenley-Friendship; DCPL - Mt. Pleasant; DCPL - Georgetown; DCPL - MLK Memorial

Tickets: Free, Duration: 90 minutes with no intermission

Find more information and book specific dates here

Inspired by the works and words of Shakespeare, Our Verse in Time to Come bridges the past with the present through verse, song and memory, and interrogates whose stories remain and whose role it is to ensure they survive.

An aging emcee, affectionately known as SOS, gets out of prison after 25 years only to be diagnosed with early onset dementia. Realizing it's his last chance to reconnect with his children, he engages an old family friend and legal ally to arrange his estate and ensure his now grown twins, Vi and Will, accept it before his memory slips away for good.

Reuniting to sort out their father's inheritance, the estranged siblings uncover more than they bargained for. Along their journey, they meet storytellers who hold pieces of the puzzle that unlock their hearts and offer renewed connection to their heritage, community and father.

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 <u>wavevillages.org/sharedevents</u>.

You also might have interest in upcoming Village to Village Network programs. <u>You can find the full VtoV calendar on their website here</u> 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

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