



## Director's Notes: Monday, April 3rd, 2023

Phone: (202) 333-1327

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

Executive Director: Denise Snyder

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## Outside Volunteer Opportunities

Many villages offer volunteer opportunities for their members, outside of the village itself. For FBWE Village, we have an opportunity to support St. Paul's mission to feed the hungry in our community. St. Paul's prepares hundreds of meals every Friday to be distributed over the weekend, when other free food options may not be available.

FBWE Village is invited to help with this effort the First Friday of every month in the dining room on the second floor of St. Paul's. CB Wooldridge, a village founder, is also a member of St. Paul's and a faithful worker for the bag lunch preparation. First Friday for Fabulous FBWEFillagers is his name for the folks from our village who help out once a month to assist with filling the paper bags given to the unhoused over the weekend.

So please consider taking one hour a month to help with this vital outreach to folks who count on St. Paul's for weekend meals. And, enjoy yourself chatting with other villagers and members of St. Paul's. Hope to see you on April 7th and every first Friday after that!

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## HAPPY BIRTHDAY!

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

- Abbey Griffin - April 3rd



# PROGRAMS

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## **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 [myrna@fawcettlaw.com](mailto:myrna@fawcettlaw.com) prior to the meeting.

Cost: None

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

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## **New Meditation Group**

**Friday, April 14th, at 3:00 pm**

**Undercroft Room, St. Paul's Church,  
2430 K St NW**



A new affinity group for meditation will be meeting every Friday, beginning on April 14th, at 3 pm in the Undercroft Room at St Paul's. The group will use phone apps for guided meditations. Participants are welcome to share their favorite apps.

All are welcome to join - whether you already meditate regularly or want to give it a try for the first time. Some people report that meditating with others enhances their experience.

Please join us on 4/14 or any Friday after that!

For more information, please contact Lucia Pollock at 202-716-7401 or [luciapollock@yahoo.com](mailto:luciapollock@yahoo.com).

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**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. [Find more info and register here.](#)

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**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.



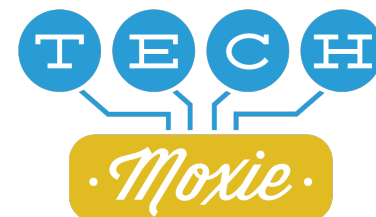
Dr. Sophia Janson has almost 30 years of experience as a physical therapist. She is board certified in Geriatric Physical Therapy and understands how the aging process impacts balance and falls risk. The majority of her clinical experience is in home health care which includes home safety assessments 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.](#)**

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**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 pop-ups 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

**Cost:** Free.

**Registration Required:** [Please click here to register](#). **FIVE SPOTS REMAINING!**

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## **Our Neighborhood Firehouse Tour**

**Tuesday, April 25th, at 2:00 p.m.  
Washington DC Fire Station 1: 2225 M  
Street, NW**



**We have been invited to visit our West  
End Firehouse!**

If you have been curious about the modern firehouse in our midst, now is your opportunity to see the interior as well as to interact with some of the men and women who live in, and work out of, this architecturally striking building.

**The 30-40 minute visit will include:**

- Meeting with firefighters, paramedics, and emergency medical technicians
- Fire station presentation
- Engine house tour
- Apparatus display
- “Stop, Drop, Cover your Face and Roll Demonstration” with firefighter
- Questions and Answers.

**Attendees will meet on M Street in front of the firehouse.**

**Cost:** This tour is free.

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

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**CALLING ALL VILLAGE WOMEN - IT'S TIME FOR US**

# TO RECONNECT AND MEET AGAIN LET'S "DO" LUNCH!

**Wednesday, April 26th, at 12:30 pm**  
**North Italia, 2112 Pennsylvania Ave NW**

**WE'LL KEEP IT SIMPLE. FOOD, CONVERSATION, AND LAUGHTER.  
WHAT COULD BE BETTER?**

**Cost:** Each participant is responsible for the cost of her own lunch. Separate checks will be provided. The reservation is under the name FBWE Village. A Village member will be there to greet you.

**Bring along your restaurant suggestions for next month!**

**Accessibility:** The venue is fully accessible.

**Registration required.** [Please register here](#) by Monday, April 24.

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## **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 and Cynthia 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.

- 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: Barbara at [barbarareck@gmail.com](mailto:barbarareck@gmail.com) or Adele at [agphd2@gmail.com](mailto:agphd2@gmail.com)

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)*

Contact: CB Wooldridge at [cbwould2003@yahoo.com](mailto:cbwould2003@yahoo.com)

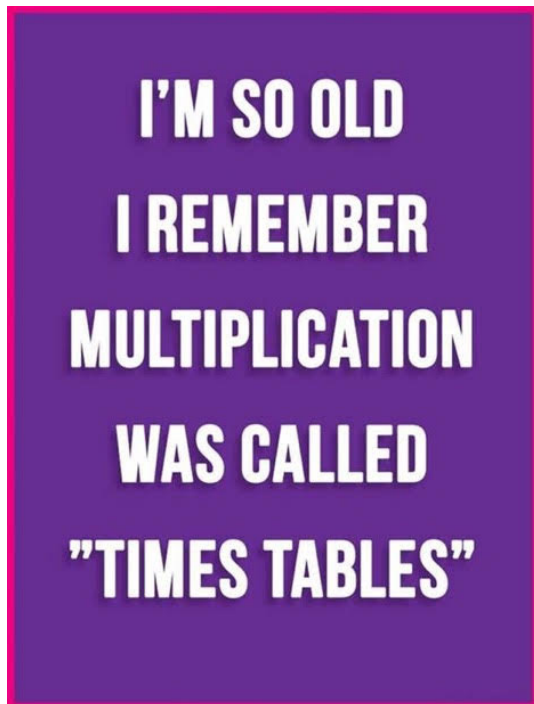
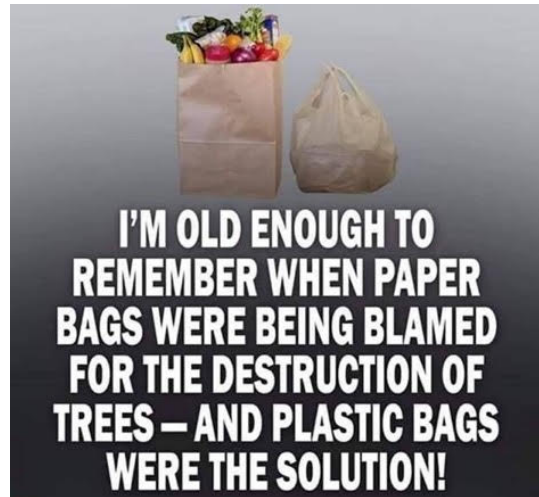


MEDITATION GROUP (weekly) at 3:00 pm starts 4/14  
Meets in the Undercroft Room at St. Paul's Church, 2430 K St NW  
(contact for more information)  
Contact: Lucia Pollock at 202-716-7401 or [luciapollock@yahoo.com](mailto:luciapollock@yahoo.com).

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## A BIT OF HUMOR

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## OTHER PIECES

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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!

A member 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!"

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### **Women of the WIRE: Stories of D.C.'s Formerly Incarcerated Women DC Oral History Collaborative**

The Women of the WIRE oral history project documents and explores the unique challenges that women from D.C. face while incarcerated and after they return home, as well as the long-term impact of their incarceration on them, their families and communities. In gathering these stories, the project sought to amplify the voices of women from D.C. in conversations and policymaking about mass incarceration and criminal justice reforms in our city. The Women of the WIRE oral history project contains five video interviews conducted by Kristin Adair in 2018. Transcripts are included for all interviews. [Click here to explore the project.](#)

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## Village YouTube Channel Update

Another special author talk was our conversation with Leo Waring, author of 'The Foggy Bottom Gang: the Story of the Warring Brothers of Washington, DC.' A local documentarian found this interview on our channel this week and reached out to the village to set up a followup interview with Leo. Our programs continue to inspire others in the community! Click above to watch or rewatch this fascinating talk. Our YouTube channel [can be found here](#).

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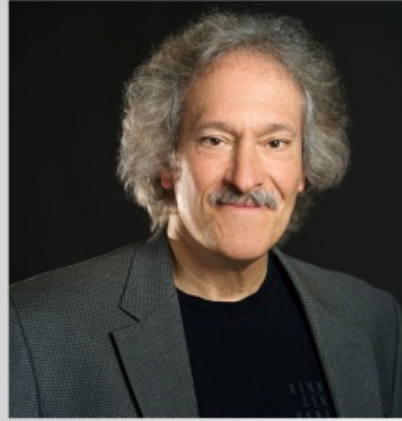
## IN THE COMMUNITY

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## WE INVITE YOU TO THE WEST END NEIGHBORHOOD LIBRARY FOR AN EXCITING NEW LECTURE SERIES!

From death and devastation to glory and enduring poetry, the Trojan War has held the Western imagination in its thrall for over three millennia.

In this four-part, in-person lecture series, renowned Georgetown professor **Ori Soltes, PhD** will lead participants on an unforgettably illuminating journey. Join him as he traces how—and why—the Trojan War cycle has managed to fire the Western imagination and seep into a startlingly diverse array of media—from ancient Greek tragedy to James Joyce's *Ulysses*, and all the way to contemporary Hollywood's own Iliad-based film, *Troy*.



### LECTURE DATES

#### **Session One: The Iliad. (Monday, April 10)**

A fragment of the Great War and its engagement of men, gods, and fate. The tragic, noble, and irony-filled quest by mortals for immortal glory.

#### **Session Two: The Odyssey. (Monday, May 1)**

The delayed homecoming of Odysseus—and the yearning for home—in shaping the great adventure. The weaving of tales within the weaving of a tale of monsters and goddesses—and the wonder of the hero's future articulated at the edge of the Underworld.

#### **Session Three: Preludes and Aftermaths to Homer. (Tuesday, May 30)**

From Aeschylus' *Agamemnon* to Euripides' *Iphigenia Among the Colchians*: What happened to others after the taking of Troy and why? What happened before the War to make it happen?

#### **Session Four: Echoes of Troy and Its Meanings in Modern Media (Monday, June 26)**

From James Joyce's epic novel, *Ulysses* (1922); to Nikos Kazantzakis' epic poem, *Odyssey: A Sequel* (1938); to Joseph Strick's 1967 film, *Ulysses* and Wolfgang Peterson's 2004 film, *Troy*—how and why have key aspects of the dramatic story been re-shaped and re-directed with verve, passion, and poignancy?

*All lectures will meet in the  
Large Meeting Room at  
West End Neighborhood  
Library from 7:00-9:00 PM.*

Click on the flyer to enlarge it

## Free Around Town DC Walking Tour of East Georgetown Tuesday, April 11th, from 10:00 am - 12:00 pm

Jane Khoury, Certified Guild Guide, Washington DC, will be leading the tour.

10 am, Meet in front of the Starbucks at 1810 Wisconsin Avenue, NW. (Accessible by Metrobus ## 31,33: disembark the bus at the 34th and Wisconsin Avenue stop and walk downhill 350 feet.)

The tour will meet in upper east Georgetown, learning the history of Georgetown and some its famous and notorious residents. The walk will include the exterior of Dumbarton Oaks, Oak Hill Cemetery, Dumbarton House, the Mt. Zion/Female Union Band Cemetery, Tudor Place,



Jacqueline Kennedy “mourning house,” Old Stone House and many other notable sites. The walk will end at Baked and Wired bakery, 1052 Thomas Jefferson St., by the C&O Canal at approximately Noon.

**Note:** Tour may include walking on narrow, uneven cemetery paths. Good shoes, hats, sunscreen and water bottle recommended.

[Click here to register](#)

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## **What is an End-of-Life Doula?**

**Wednesday, April 12th from 7-8pm on Zoom**



In this Zoom presentation, Laura Lyster-Mensh, who is currently “Death Doula in residence” at Congressional Cemetery in DC, will describe her path to becoming an end-of-life doula, explain what that means, how to find one, and why you might want to have one on your team. Laura is a writer, podcaster, and mental health advocate in her 60s who believes that talking about death won’t kill you, but avoiding the topic may be unhealthy.

[Register here for the Zoom link](#) (do not login) or call (202) 658-5958 for assistance.

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## **Maryland Freedom Seekers on the Underground Railroad**

**Thursday, April 13th, at 2:00 PM**

Maryland was the starting point of many unsung heroes of the Underground Railroad. Freedom seekers embarked on the perilous journey from slavery to freedom in whatever way they could. John Thompson signed onto a whaling ship. James Watkins sailed to England and became a lecturer on slavery. Hester Norman fled, was caught and was rescued by the Black community in her husband’s Pennsylvania town. They used ruses and found allies to elude slave catchers but lived in constant fear until they obtained their freedom papers. In their adventures, these freedom seekers used initiative, determination and courage. These qualities served them well as they achieved freedom. In her book, *Maryland Freedom Seekers on the Underground Railroad*, Jenny Masur tells the tales of these and other freedom seekers. Join Jenny to hear some of their stories.

Jenny Masur is a native Washingtonian. She worked for 17 years for the National Park Service as national capital region manager for the National

Underground Railroad Network to Freedom. Her doctorate is in anthropology, and her interest in individual lives dates from the book *Jewish Grandmothers*, which she coedited while in graduate school. Her respect for the heroes of the Underground Railroad continues to grow.

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

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## **Caregiving Discussion with Paula Stone, the Playwright of “Because She’s My Mother”**

**Friday, April 14 from 12:00 – 1:15 pm on Zoom**

[Click here to register](#)

Caregiving is one of the most difficult experiences many of us will ever have. On Friday, April 14th at noon, Cleveland & Woodley Park Village will host a Zoom program about the challenges of caregiving based on *Because She’s My Mother*, a poignant yet humorous play about an adult daughter’s bittersweet journey to care for both her aging mother and herself. The program will be facilitated by the playwright, Paula Stone, who will discuss the issues facing the caregiver as well as the care recipient and how to navigate each of these roles with more wisdom and compassion.

A videorecording of a “Table Read” of the play is now available as an unlisted youtube and was produced by the online theatre company, PlayZoomers, Inc. The video is available for streaming at no charge as a community service. You are encouraged to view the video at your convenience in advance of the program. [You can watch it here](#)

Paula began writing plays after retiring from a technical career. Her plays have won competitions and been featured in play festivals, broadcast on radio theatre, published and produced. Before covid, *Because She’s My Mother* had several in-person public readings in the Washington area, and Paula was leading workshops under the auspices of Montgomery County’s Caregiver Support Program for adult children who are caring for aging parents. She has practiced mindfulness for many years; and her education includes a PhD from MIT.

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## **WAVE Quarterly Meeting: Exploring Multigenerational Ideas**

**Wednesday, April 19th, 9:30 - 12:00  
Via Zoom**



We're living in the most age-diverse society in history--and yet, one of the most age-segregated. As our villages increasingly become an integral part of our local communities, what opportunities can we explore to connect our members to a younger population for their mutual interaction and learning? We'll hear from some villages that have added a multigenerational project to their offerings with positive results, as well as from villages whose mission is centrally built around an intergenerational model. Together, we'll discuss some simple ways to enhance our village offerings with intergenerational components. Break out sessions will follow up on these and other topics. Winners of the 2023 \$1000 Founders Awards will also be announced. Don't miss this rich set of discussions!

[To register, click here.](#)

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## **FREE POETRY & MUSIC CONCERT! "It Was Always"**

**Wednesday, April 19th, at 7:30 pm  
Arts Club of Washington**



Join for a symphony of spoken word featuring the poetry of award-winning journalist and Rose Theatre Poet Laureate Tom Squitieri, including performances by musician and composer David Kowal, acclaimed vocal artist Christopher Lane and Helen Hayes award-winning actor Rick Foucheux.

The evening will also feature the debut of poems submitted by artists from DC and around the globe in celebration of National Poetry Month.

**Reservations Strongly Encouraged | Limited Seating**

Save Your Free Seat at [www.rosetheater.net](http://www.rosetheater.net)

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## **WHAT? You still have a landline? Thursday, April 20th, at 3:00 pm on Zoom**

Victor Rezmovic, a technology educator, will provide a talk on an internet-related topic every other month in 2023. This will give us an opportunity to examine how we can use this omnipresent force for good in our lives.





Thursday, April 20 at 3:00 pm – WHAT? You still have a landline?  
Changes in Technology and how you can benefit from the latest updates.

We use technology in our daily lives. Once a technology meets our needs, we tend to stay with it. Technology, however, changes dramatically and we may benefit from examining what's new and incorporating these new technologies. Adding or upgrading to new options will enable us to do more, be more productive and often save money. In this class we will examine computer hardware, software, the Internet/Cloud and online safety and how to incorporate these technologies.

[Click here to register](#)

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## **We Who Believe in Freedom: Black Feminist D.C.** **Mar. 30, 2023 – Sep. 2024 | MLK Library, First Floor West (near 10th & G Streets NW)**

DC Public Library is proud to host *We Who Believe in Freedom: Black Feminist DC*, presented as part of a groundbreaking partnership with the National Women's History Museum. *We Who Believe in Freedom: Black Feminist DC* traces Black feminism in Washington, D.C. from the turn of the 20th century through the civil rights and Black Power movements to today.

*We Who Believe in Freedom: Black Feminist DC* will trace Black feminism in Washington, D.C. from the turn of the 20th century through the civil rights and Black Power movements to today.

Curated by renowned historians Sherie M. Randolph and Kendra T. Field, the exhibition will focus on the stories and voices of Black feminist organizers and theorists—including Anna Julia Cooper, Eleanor Holmes Norton, Mary Treadwell, and Nkenge Touré—whose expansive work made a difference in the lives of Black women in their Washington, D.C. communities and for all people throughout the United States. Standing at the intersection of race, class, and gender, Black feminists fought for a definition of freedom and liberation that extended beyond their individual circumstances—work that remains unfinished today.

Visit the exhibition in person at the MLK Library and explore further learning resources on Black Feminist DC at the [National Women's History Museum's website](#).

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## **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.

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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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