



Director's Notes: Monday, June 12th, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

10th Anniversary Celebration - October 14th

Air Quality Explainer

Last week we experienced some of our region's worst air quality in recent memory. Getting into the next-to-worst category of air quality ratings made it dangerous to be outside even if one was healthy. Although we can hope we don't get to the same point in the near future, with the increase in forest fires (the cause of the problem last week) due to climate change, it is only wise to be prepared.

To that end, keep the site AirNow handy. AirNow is compiled by a partnership of national agencies including the Environmental Protection Agency, the Centers for Disease Control, NASA, and others. You can get information on the air quality for over 500 cities in the US, showing both the current rating and projected ratings as well as hour by hour trends. You also track major forest fires and other relevant information on this site.

The "ideal" Air Quality Index (AQI) is 0 to 50. When our area reached the purple level last week it was over 200. People in "sensitive" groups should be cautious when the AQI reaches 100. Sensitive groups include anyone with respiratory concerns, older adults and children. When the AQI is between 100 - 150 it is best for anyone in these categories to reduce or eliminate outdoor exercise, especially any that entails increased respiration rates.

Of course, wearing an N-95 or KN-95 mask helps mitigate problems associated with bad air quality so make sure you keep some on hand. If

you don't have any left from the worst of the pandemic we still have some at the office, so just call 202-333-1327 or send an email to info@fbwevillage.org and we'll get some to you. Above all - stay safe!

Denise



VILLAGE HAPPY HOUR PICS

There were so many excellent pictures from the recent village happy hour that we couldn't share just two. [Click here to see the full album of pictures](#). Thank you as always to Lynn Cates for the tremendous pictures.



HAPPY BIRTHDAY!

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

- Bill Erickson - June 16th
- Deb Neve - June 16th



PROGRAMS

ON THE ROAD AGAIN!

**Tuesday, June 13th, at 2:00 PM
West End Library Large Conference
Room, 2301 L St NW**

Village member Lynn Cates invites you to join her for a photographic presentation about her road trips across America. After she retired, Lynn began exploring this beautiful country by taking cross-country road trips. A couple of years later she became passionate about photography and that has made her road trips even more special. Come and share in her fun, adventures, and the beautiful scenery our country has to offer.

Cost: None



[Click here to register for this delightful presentation](#)

JUNE GUYS ONLY AT LUNCH (GOAL)

**Thursday, June 15th, at 12:30 PM
The Saga, 1190 22nd St NW**

theSaga

The Ritz Carlton's restaurant, formerly known as The West End Bistro, has reopened as The Saga, and is finally available for lunch. Several "GOALies" have been awaiting its reopening, so we'll try it out for June's lunch: "A new restaurant by the team behind Seven Reasons and Imperfecto" where "Spain meets Latin America." The menu is here: thesagadc.com/menu. Please join us for a culinary exploration; the maître d' has promised a large table in the rear of the restaurant. That's the quieter section so we can hear each other's tales, opinions, debating points, and quips.

Note that the *time is back to 12:30pm* now the conflict with another event

is resolved.

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 and their guests.

Registration is required. Please e-mail Trev Neve at tlneve@rcn.com by Tuesday, June 13th, if you plan to attend, so he can get a final headcount for the table reservation.



Essentials of Tai Chi and Qigong: Improve health, reduce stress, create balance.

This series of 8 classes will provide participants with a fundamental knowledge of Tai Chi and Qigong, traditional Chinese health and martial disciplines. Classes will meet in the Atrium at St. Paul's. The first two classes (Friday, June 16th & Friday, June 23rd) will be free to allow folks to see if they are interested in the class.

Each class will introduce a few movements and guide students to practice them. The purpose of each movement for health and/or self defense will be presented, allowing students to identify movements that might address personal health challenges.

Classes are taught by Master Nick Gracenin. Find more information on his website here: www.dctaichi.com/about

Class size is limited to 16 attendees, and is open to participants of all ability levels. Some portions of the class will be done seated, and those who prefer to remain seated will be accommodated.

The class will run from June 16 – August 4 (12:00 – 12:45) with the first two classes free. [Click here to register for the trial classes](#)

Beginning Friday, June 30th there will be a fee of \$70 for the following six classes. That fee is for all 6 classes. This class will be open to non-

Village members in the community, so make your reservation early. [Click here to register for the six week session of paid classes.](#)

Friday Morning Music Club

Free Saturday Concert

**Saturday, June 17 at 2:00 p.m.,
Saint Paul's Episcopal Church, 2430 K St NW**

Join us for a delightful summer musical afternoon (courtesy of the Friday Morning Music Club).

We welcome soprano [Shaina Martinez](#), a graduate of the of the University of Maryland and the Manhattan School of Music for a [varied program of musical selections](#) from composers such as Samuel Barber, Olivier Messiaen, Maurice Ravel, Heitor Villa-Lobos and others. The winner of a growing number of prestigious national music awards, Ms. Martinez enjoys an expanding career of recital and opera venues throughout the country. She will be accompanied by acclaimed pianist [José Cáceres](#).

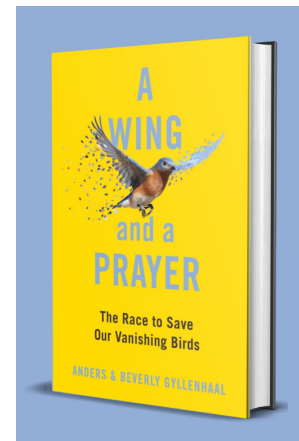


Followed by refreshments in the atrium. [Click here to register for the concert.](#) It is open to the public.

Bev & Anders Gyllenhaal's New Book Talk, "A Wing and a Prayer."

**Friday, June 23rd at 1:30 pm
West End Library large conference room, 2301 L St NW**

For our newer members, Bev & Anders were very active members of the village beginning in 2013. Bev is one of our founders and worked diligently for years on membership. Anders was well known for the book club he ran, not to mention his musical talent.



Here is some information on their program! [Click here to register if you can join us for the book talk!](#) The book, featured recently on Good Morning America, will be available for sale at our program and Bev & Anders will happily sign your copy. Additionally, FBWE Village will get 10%-20% of the sales.

An Untold Story: The race to save our vanishing birds

Anders and Beverly Gyllenhaal will walk through highlights of their new

book, *A Wing and a Prayer: The Race to Save Our Vanishing Birds*. This is the story of what's being done to save birds in the midst of dramatic downturns in North American populations. Their presentation draws on their 25,000 miles of travel across the hemisphere researching the book, interviews with 300 people in every station in the world of birds, complete with photos.

Anders and Beverly are veteran journalists who've worked for decades as reporters and editors. Beverly was a feature writer, then food editor, and finally syndicated columnist and cookbook author. Her *Desperation Dinners* series has a quarter million copies in print. Anders was an investigative reporter at *The Miami Herald*, then went on to lead newsrooms in Raleigh, Minneapolis, Miami and Washington. He's long been active in journalism circles, serving on the board of the Pulitzer Prizes, Society of Newspaper Editors and Journalism Funding Partners. As their work slowed down, they started following birds and photographing and writing about them for magazines and newspapers around the country. They also publish a photo-rich website, FlyingLessons.US: What We're Learning from the Birds

[Here is a link to the detailed description of their new book](#) [Click here to read the Washington Post's in depth review of the book.](#)

PT BOOSTERS FOR: STRENGTH, BALANCE AND BRAIN!

School of Medicine
& Health Sciences

THE GEORGE WASHINGTON UNIVERSITY

Monday, June 26th and Friday, June 30th from 10:00 AM to 10:50 AM

Room B112A (basement), Milken School of Public Health, 950 New Hampshire Ave NW

What: Join an in-person fall prevention session designed especially for our Village by GWU/PT graduate students. The PT Team will introduce key exercises that can improve your strength, balance and cognition in preventing falls. It's open to participants of all ability levels. Seated modifications will be offered.

Come to one or both sessions for additional practice. A short survey will be provided and your feedback is welcome. If you have any questions, please contact: Nadia Taran at nadiataran@mindspring.com

[Click here to register for Monday's class.](#) [Click here to register for Friday's class.](#) You're welcome to register for both.



VILLAGE WOMEN - IT'S TIME FOR LUNCH!

Wednesday, June 28 at 1:00 pm

RIS, 2275 L St NW

DELICIOUS FOOD, CONVERSATION, LAUGHTER AND NO NOISE!

We tried but we like to talk at lunch and now we're going to be able to hear each other at our favorite chef's restaurant, the one and only Ris!

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.

Accessibility: The venue is fully accessible.

Registration required. Please email Chrissy Gardner at chrissy@risdc.com by Monday, June 26, if you plan to attend so she can get a final count for the table reservation.

GWU Older Adult Exercise Program --Summer Session!

Stay active and cool with EARLIER SUMMER HOURS: 10:00 AM Tuesday & Thursday, until August 3rd

Room B112A (basement), Milken School of Public Health, 950 New Hampshire Ave NW



www.shutterstock.com · 266077088

Who: Angela Ingram, Instructor, Department of Exercise and Nutrition Sciences

Tuesdays: Strength Training Thursdays: Dance Conditioning

NEW participants need to:

1. Obtain or renew their GWorld Card
2. Complete a waiver form
3. Complete the Participant Health and Exercise Profile form

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

AFFINITY GROUPS

NATIONAL GALLERY OF ART TOUR IN FRENCH

The French conversation group's next gathering will be Friday, July 7th at 2 pm at the National Gallery of Art where they will have a French-speaking guide to tour: "French Art: Impressionism to the Early 20th Century".

Tour description: In what ways did 19th-century French artists break with tradition and transform French art? Together we will look closely and explore how artists such as Monet, Cézanne, and Cassatt challenged the art establishment through their subject matter and techniques.

The tour will last about one hour, after which the group can gather in one of the NGA eateries for conversation, coffee, and vin peut-etre?

We had done an NGA tour in French a while back that so many of us enjoyed — we thought this might be fun for all. We are also exploring other venues that offer tours en français. If you know of any off hand, please let Lorna know (e.g. Kennedy Center, Hillwood?).

Stay tuned for more information later in June. Please mark your calendars now! Contact Lorna Grenadier at lgrenadier@gmail.com if you're interested in attending, if you have any questions about the French language tour, or if you have ideas for other French language tours!

Parlez-vous français?

We are looking for a volunteer to serve as the new coordinator of the FBWE French club. This affinity group is for members who would enjoy speaking or practicing their French while socializing over a glass of wine. The coordinator will be responsible for arranging the meetings and will determine the day, time, and frequency as best suits the participants. If you speak French moderately well or better, please consider volunteering for this position. Contact info@fbwevillage.org or 202-333-1327 if interested.

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.

- July 5th: 'Visual Thinking' by Temple Grandin
 - August 2nd: "Dress Your Family in Corduroy and Denim" by David Sedaris
 - September 6th: "News of the World" by Paulette Jiles
 - October 4th: "Homage to Catalonia" by George Orwell
 - November 1st: "The Wind Knows My Name" by Isabel Allende
-

BROOKE PINTO AT COFFEE CHAT CANCELED

The Coffee Chat with Council Member Brooke Pinto scheduled for Tuesday, June 13th has been canceled due to a council vote scheduled for the same time. It will be rescheduled for sometime this fall. A regular coffee chat will be held at Bread & Chocolate that morning.

TUESDAYS

COFFEE & COMPANY at 10:00 am (weekly)

Meets at Bread and Chocolate at [2301 M St NW](#) (contact for more information)

Contact: Marianne Taylor at taylmarianne@yahoo.com

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: Sue Headlee at headlee@american.edu

WOMEN'S LUNCH GROUP (4th Wed) at 1:00 pm

Check announcement for monthly location (contact for more information)

Contact: Chrissy Gardner at chrissy@risdc.com

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

Meets at West End Library (contact for more information)

Contact: Adele Gottfried at 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

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 1:00 pm

Various locations (contact for more information)

Contact: Trev Neve at tineve@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

MEDITATION GROUP (weekly) at 3:00 pm

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.

A BIT OF HUMOR

[Click here for this week's laughs!](#)

OTHER PIECES

Smart Moves

Introducing six short, recorded segments developed for our Village by GWU Physical Therapy graduate students. The recordings will be posted on our YouTube channel on a playlist called SMART MOVES 2023, [click here for the playlist](#).

Week 3: Falls Prevention

According to the National Council on Aging, 25% of Americans age 65 and older experience a fall each year. We are focusing our presentation on fall risk prevention in which we will highlight changes you can make to your environment to decrease your risk of falling. We will provide easy-to-use tools you can apply to your daily life to assess your fall risk and other strategies you can use to live a safe and active life!



We are first year PT students (Emily, Makenna, Lexi, and Kevin) that have been working to master the content we've learned in order to provide the best quality care to our future patients. We have experience working with older adult populations in a community wellness activity where we applied our knowledge to help determine fall risks. Working on this project is an invaluable experience for us to apply the knowledge we have learned in a way that will help improve the well-being of the Foggy Bottom West End Village community.

[Click here to view the fall prevention presentation](#)

DCPL SURVEY

DC Public Library seeks West End community members interested in sharing their feedback on how to enhance the customer experience at the library. The focus group/customer research meeting will be on *Wednesday, June 14th from 11:00 AM-12:30 PM* in the Large Meeting Room at the West End Library.

Participants can sign up at here: forms.gle/jprkoyKxZtL9XUEU9. The deadline to sign up is Wednesday, June 7th.

DC PUBLIC LIBRARY

**WE
WANT**

**TO HEAR
FROM
YOU!**



Let us know your experience at
WEST END NEIGHBORHOOD LIBRARY

See if you are eligible by taking a quick survey.

Use your phone to scan the QR code, or type the link below into a browser.

<https://tinyurl.com/ytv824sd>

STUDY TYPE

One hour in-person discussion group

ELIGIBLE PARTICIPANTS WILL MEET

**Wed., June 14, 2023
11:30-1:00 PM**



WEST END NEIGHBORHOOD LIBRARY
2301 L St NW
Washington, DC 20037
www.dclibrary.org/westend
westendlibrarydc.gov



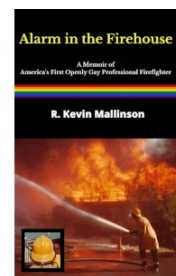
UPDATED WEST END LIBRARY SUMMER HOURS

DC Public Library is shifting hours starting Monday, June 26th. Updated hours for neighborhood libraries, including our West End Library, are listed below.

- Monday - Wednesday | 9 a.m. - 8 p.m.
- Thursday | Noon - 8 p.m.
- Friday - Saturday - 10 a.m. - 6 p.m.
- Sunday | 1 p.m. - 5 p.m.

IN THE COMMUNITY

Alarm in the Firehouse: Kevin Mallinson: On Working in a Traditionally Gendered Field
Monday June 12th, at 7 pm via zoom



In the early 1980s, Kevin Mallinson joined the Key West Fire Department. His dream of being a professional firefighter had come true - yet he hadn't imagined how being gay would threaten his fellow firefighters.

Kevin will describe his experiences as America's first openly gay professional firefighter and will reflect on his steps forward in the face of adversity. His memoir, *Alarm in the Firehouse*, has been praised as "an important story, told with great honesty and frankness."

[Click here to register](#)

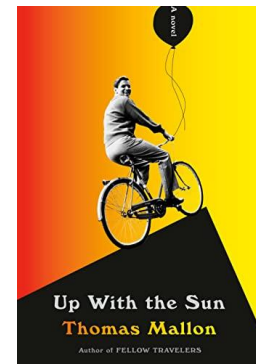
**A Conversation with Brady
President Kris Brown
Thursday, June 13, 10-11am via Zoom**



Since the tragedy in Uvalde, TX a year ago, at least 600 additional mass shootings have taken place across the country. Join AHA for a special presentation featuring Brady Center to Prevent Gun Violence president Kris Brown. She will address the comprehensive work that Brady is doing on the national and state level -in Congress, the courts, classrooms and communities - to combat gun violence. Kris will explain specifics of the organization's current work, along with the research and data that shapes its strategy. Topics will include expanding background checks, closing gaps in current gun laws, ending gun industry immunity, banning assault weapons and much more. Question-and-answer time will follow. Join this compelling conversation to better understand the direct ways to approach this immense challenge facing our country.

Register: aha@athomeinalexandria.org or 703-231-0824

**Author Talk - Up with the Sun with
Thomas Mallon
Thursday, June 29, from 6:30pm - 9:00pm
At the West End Neighborhood, 2301 L St NW**



To wrap up Pride month, join the Library and Little District Books as they host DC's own Thomas Mallon for his new novel *Up With the Sun*. Joined by Jamie Kirchick, author of *Secret City*, Mallon will discuss his new historical fiction telling of the rise and fall of Broadway actor Dick Kallman.

About the Book:

Up With The Sun takes readers on a journey that spans more than thirty years, from the studio lots and rehearsal sets of the 1950s to the seedy streets of 1970s Manhattan. It is a busy, bustling world, peopled by a captivating cast of characters all clamoring for a sliver of the limelight. Readers will bump elbows with Sophie Tucker and gossip about Rock Hudson during intermission at Judy Garland's comeback show.

About the Author:

Thomas Mallon is a novelist, critic and director of the creative writing program at The George Washington University. Mallon is the author of the novels *Henry and Clara*, *Two Moons*, *Dewey Defeats Truman*, *Aurora 7*, *Bandbox*, and most recently *Fellow Travelers*; as well as writing four works of nonfiction.

[Click here for more info and to register](#)

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

fbwe.helpfulvillage.com

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