



## Director's Notes: Monday, January 8th, 2024

Phone: (202) 333-1327

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

Executive Director: Denise Snyder

### Renewing Our Food Pantry Support

Foggy Bottom West End Village will restart its support of the Foggy Bottom Food Pantry during the first month of each quarter of 2024. In January, April, July, and October we will collect nonperishable food items in our office which we'll deliver to the Food Pantry for use in our community.



Food items can be dropped off in our office (see image of the basket from our last drive) or a volunteer can stop by your home to collect your donations. Just email us at [info@fbwevillage.org](mailto:info@fbwevillage.org) or call the office at (202) 333-1327.

Items particularly needed include the following:

- Canned tuna, salmon, or chicken
- Peanut butter
- Lentils, beans, and rice
- Canned vegetables and fruits
- Hot & cold cereals
- Flour, sugar, spices, cooking oil

Consider making it your practice to pick up one or two items to donate each time you go to the grocery store and thank you in advance for helping to address food insecurity in our neighborhood.

Denise

## New Office Hours

Beginning this week staff will be working from the office Monday-Thursday from 10:00 – 3:00. We will, of course, be around at other times as needed. However, given there are only two of us and we have many responsibilities that limit our availability, we strongly encourage you to contact us prior to stopping by. While working from the office, we may be out running an administrative errand, helping a member or in a meeting.

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## Office Closed

The Village office will be Monday, January 15th for MLK Jr Day.

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## HAPPY BIRTHDAY!

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

- Abraham Avidor - January 12th
- Judith Hunter - January 12th



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## PROGRAMS

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### Calling All Artists

Again this year, the Foggy Bottom West End Village will present an art exhibit, "Art in the Atrium" on March 14, 2024, at St. Paul's Parish. We'll showcase artists who are members of our Village. The public will be invited and everyone will have an opportunity to meet the artists and discuss their work.

We want to invite any member of the FBWE Village who would like to have their art included in our show to contact us to learn more about this event. Whether you express yourself in painting or drawing, photography, sculpture, jewelry, mobiles, weaving or needlework - we'd love to have you join us to display your artwork.

If you are interested, please contact Lynn Cates at [klynncates@aol.com](mailto:klynncates@aol.com) or call the office at 202-333-1327.

*Please note that we need to know by Wednesday February 14 if you are interested in having your artwork included.*

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## Spring GW Exercise Classes

**Wednesdays and Fridays, see times below  
At Milken School of Public Health, 950 New  
Hampshire Ave NW**



Classes start January 17th and run to May 3, 2024 (no classes week of March 11 for Spring break)

New schedule:

- Wednesdays at 12:00-12:50 PM; Room B112A (Basement); Angela Ingram, Instructor, Department of Exercise and Nutrition Sciences, [for instructor's bio click here](#)
- New! Yoga Fridays at 1:00-1:50 PM; Location TBD; Instructor: Meg Artley

A GWorld Card is required to enter the building. For information on how to obtain a GWorld card, [click here](#).

New participants should provide the instructor with a completed class waiver form and Participant Health/Exercise Profile form on your first day. For forms, [click here](#). If you've filed out the forms previously you don't need to fill them out again. Contact the office if you'd like paper forms.

Cost: Free to members, Village liaison: Nadia Taran. For questions/information: [nadiataran@mindspring.com](mailto:nadiataran@mindspring.com).

## **JANUARY GUYS ONLY AT LUNCH (GOAL)**

**Thursday, January 18th at 12:30 PM  
At Juniper in the Fairmont Hotel, 2401 M  
St NW**



As usual, the restaurant has confirmed that separate checks will be issued for each participant. [Click here to see their current menu](#).

To confirm participation, please R.S.V.P. to [john.abowd@gmail.com](mailto:john.abowd@gmail.com) (Trev is out of town) by Monday, January 15th (MLK day).

Hope to see many of you there.

Happy new year,  
John

**BYTE BACK LAPTOP  
GIVEAWAY AND TRAINING**  
**Monday, January 22nd, from 11:00 am  
to 2:00 pm**  
**At St. Paul's Church, 2430 K St NW**



**THIS EVENT IS NOW FULL.** The waitlist has been closed due to intense demand as well. If you signed up for this event please let us know if you can no longer make it and we will release your spot to the waitlist.

This event is for any dc village member needing a laptop computer. The first 17 people to sign up will receive a free laptop. The give-away session will include basic instruction on how to use the computer and additional training sessions will be offered in February. This event is sponsored by Byte Back through a grant from the Washington Home Foundation.

There is also a second opportunity to secure a free laptop See the details below:

## **BYTE BACK LAPTOP GIVEAWAY AND TRAINING**

**Byte Back DC Office, 899 North Capitol St., Suite 850**

Limited Capacity: 3 spots available.

This event is for any DC Village member needing a laptop computer. The first 23 people to sign up will receive a free laptop. The give-away session will include basic instruction on how to use the computer and additional training sessions will be offered in February. This event is sponsored by Byte Back through a grant from the Washington Home Foundation.

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

If the event is full, a waitlist will be created and laptops will be given out to waitlisted people on a first registered basis.

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## **WOMEN'S LUNCH AT RIS**

**Wednesday, January 24th at 12:30 pm**  
**At Ris Restaurant, 2275 L St NW**

We'll now be gathering every month at Ris with great food, a quiet place to talk, and very accommodating staff.



Cost: Each participant is responsible for the cost of her own lunch. Separate checks will be provided for everyone. The reservation is under the name FBWE Village.

Registration required. Please register by Monday, January 21st, if you plan to attend. [Click here to register for the January women's lunch](#)

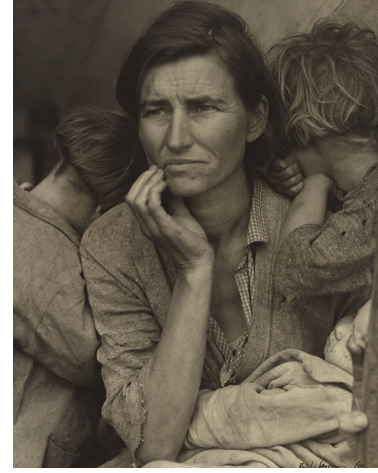
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## **TOUR OF "DOROTHEA LANGE: SEEING PEOPLE" EXHIBIT**

**Thursday, January 25th at 2:30 PM**

**At the National Gallery of Art, Constitution Ave NW, Washington DC 20565**

We hope you can join us for a tour of the memorable and moving exhibit at the National Gallery of Art, "Dorothea Lange: Seeing People." During her long, prolific, and groundbreaking career, the American photographer Dorothea Lange made some of the most iconic portraits of the 20th century. "Dorothea Lange: Seeing People" reframes Lange's work through the lens of portraiture, highlighting her unique ability to discover and reveal the character and resilience of those she photographed.



Featuring some 100 photographs, including the iconic "Migrant Mother," the exhibition addresses her innovative approaches to picturing people, emphasizing her work on social issues including economic disparity, migration, poverty, and racism. For more information about the exhibit go to [www.nga.gov/exhibitions/2023/dorothea-lange-seeing-people](http://www.nga.gov/exhibitions/2023/dorothea-lange-seeing-people).

After the tour you can explore The National Gallery of Art.

Cost: Free

Registration limited to FBWEV members only. There is a firm limit of 20 members for the tour. If the tour is full you can join the waitlist for the tour in case someone drops out.

**[Click here to register.](#)** Please register by Monday January 22, 2024. **ONLY 5 SPOTS REMAINING.**

Please enter the West Building of the National Gallery of Art through the 6th and Constitution doors. Meet the docent on the Ground Floor of the West Building in gallery G39 which is near the entrance to the Dorothea Lange exhibition.

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**NEW AFFINITY GROUP\* -  
ANIMAL LOVERS**  
**Meets at the West End Library, 2301 L  
St NW**  
**Saturday, January 27th, at 2 pm**

Are you an animal lover? Do you have a feline, canine or other creature living with you — or wish you did? Or perhaps you enjoy greeting pets when out and about or search for birds and squirrels? Do you get a boost out of watching animal videos or collect stuffed critters?



However you engage with animals — in person or virtually — FBWEV invites you to join us at the West End Library on Saturday, Jan. 27, 2024 at 2 pm to share your interest and to explore possible activities and



resources. Please contact Lorna Grenadier at [lgrenadier@gmail.com](mailto:lgrenadier@gmail.com) about creating a new affinity group as animals are our friends and neighbors, too. Please also contact Lorna to RSVP if you plan on attending the initial meeting of the new group.

\* affinity groups bring together villagers with shared interests and are self-guided

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## **AFFINITY GROUPS**

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### **Foggy Bottom-West End Village Strength and Stability Yoga – January classes**

This standing/chair yoga class allows you the choice of practicing entirely in your chair or practicing with optional floor poses and standing poses where the chair can be used for support, if desired. The class will provide you with opportunities to improve your strength, balance, flexibility, and mobility, as well as practice breathwork and short meditations. This class is perfect for those who have been cleared by medical professionals to exercise but want a gentler practice, have no yoga experience, or have practiced yoga but need poses adjusted to account for injuries and/or mobility challenges. This class is taught by Delores Simmons, RYT-200 (Registered Yoga Teacher, 200 training hours), who has extensive training and experience working with persons of varying ages, abilities, sizes and experience levels.

Classes will start Wednesday, January 3. The January series will be 5 sessions; January 3, 10, 17, 24, and 31, at 10:30am. The cost is \$63 for the 5 classes. Note that the monthly fee is higher for January because there will be 5 classes instead of 4. The class will be held at St. Paul's Parish, 2430 K Street, NW. Deadline to sign up is Tuesday, January 2.

Contact Karen Hamrick, [kshamrick@verizon.net](mailto:kshamrick@verizon.net) or 202-384-3790, for more information and to sign up.



# 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. All are welcome to attend!

The book group is soliciting book recommendations from all Village members. Recommended books will be reviewed by the regular members of the book group, and if accepted will be added to the book list with a date for discussion. The person recommending the book will be asked to attend the meeting on which the book is scheduled as a guest book group member, and lead the group discussion of the book.

Upcoming books are listed below.

- February 7th: All the Beauty in the World by Patrick Bringley

Contact: Adele Gottfried at [agphd2@gmail.com](mailto:agphd2@gmail.com) with your book suggestions and if you have questions about the book group.

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## MONDAYS

Spanish Conversation Group at 5:00 pm (varies, contact for more info)  
*Meets at 1099 22nd St NW, Apt 1007 (contact for more information)*  
Contact: Anna Chisman at [achisman1@verizon.net](mailto:achisman1@verizon.net) or (202) 452-1996

## 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](mailto: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](mailto:pfkramer38@gmail.com)

## WEDNESDAYS

YOGA FOR STRENGTH & STABILITY at 10:30 am (weekly)  
*Meets in the dining room of St. Paul's Church, 2430 K St NW (contact for more information)*  
Contact: Karen Hamrick at [kshamrick@verizon.net](mailto:kshamrick@verizon.net)

WOMEN'S LUNCH AT RIS (4th Wed) at 12:30 pm  
*Meets at At Ris Restaurant, 2275 L St NW*  
Contact: Janet Farbstein at [jgfarbstein@icloud.com](mailto:jgfarbstein@icloud.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](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)

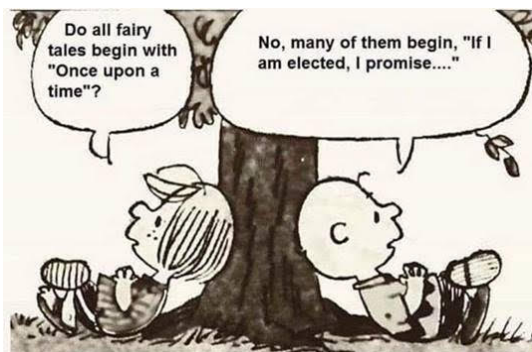
ESSENTIALS OF TAI CHI AND QIGONG (weekly) at 12:00 pm  
*Meets in the atrium of St. Paul's Church, 2430 K St NW (contact for more information)*  
Contact: Ann Franke at [AnnFranke@wiseresults.net](mailto:AnnFranke@wiseresults.net)

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](mailto:luciapollock@yahoo.com).

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## A BIT OF HUMOR

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**Felt  
uncomfortable  
driving into the  
cemetery. The  
gps blurted out  
you have reached  
your final  
destination.**

Thank God they put a cone up...I would've drove right into this mess...



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## **OTHER PIECES**

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### **Senior Smartrip Updates**

This week, Metro's Board of Directors approved the elimination of the \$2 fee on Senior SmarTrip cards. Beginning Tuesday, January 16, 2024, Senior SmarTrip cards will be issued at no cost [other than the amount they will need to load onto the card in advance of use] to customers age 65 and older.



As part of Metro's ongoing commitment to expand access and affordability to public transit, the Senior SmarTrip program will now join all other Metro reduced fare programs in offering SmarTrip cards at no additional cost. Today, customers must pay [an additional] \$2 to receive the card.

Because of this change, Metro is working to expand the number of distribution outlets in the new year. A list of locations where Senior SmarTrip cards are available will continue to be updated at [wmata.com/reducedfares](https://www.wmata.com/reducedfares).

Currently the most convenient option to get a card is to take the metro to Rosslyn and apply at the commuter store at the entrance to the station. Rosslyn is one stop away from Foggy Bottom on the blue, orange, or silver lines. The Rosslyn commuter store is open on weekdays from 7:00am - 7:00pm and closed on Saturday and Sunday.

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### **Rose Theater Podcast**

Episode 54 | Ring Out, Wild Bells!

[Go to Podcast](#)

Poetry by Alfred, Lord Tennyson, said to have been inspired by the “wild bells” of Waltham Abbey in Essex, England, when the bereaved poet threw open his window on New Year’s Eve to hear the peal of bells ringing out the old year and ringing in the new. Featuring the vocal artistry of David Bryan Jackson and Leslie Kobylinski, alongside the holiday classic, “Carol of the Bells” by Ukrainian composer and conductor, Mykola Leontovych.



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## Be in the DCPL Virtual Audience in 2024



We know schedules don’t always allow you to be in the room for all of the events you want to participate in. This year, consider joining our virtual audience so you don’t miss out! The DC Public Library YouTube channel often live streams our events but the channel is also a great way to catch events that may have passed already. Check out 2023’s top three YouTube videos and get ready for 2024:

### Courtney B. Vance & Dr. Robin L. Smith Discuss "The Invisible Ache"

Actor Courtney B. Vance and Dr. Robin L. Smith tackled the effects of generational trauma and racial oppression on Black men's mental health. Vance shared his family's experiences and his mother's decision to seek therapy. Dr. Smith pointed out the often silent suffering caused by stoicism and harmful masculinity norms. Both speakers underlined the need for culturally competent support and normalized mental healthcare for Black men.

### Michelle Miller of CBS News, "Belonging: A Daughter's Search for Identity Through Love and Loss"

CBS journalist Michelle Miller reflected on her memoir "Belonging: A Daughter's Search for Identity Through Love and Loss." Miller's book details her life as the daughter of a Black surgeon and a Hispanic hospital worker, born from an affair in 1960s Los Angeles. She shared her struggles with identity and belonging. Miller emphasized the power of voicing untold experiences and her journey towards self-acceptance.

### Clint Smith debuts "Above Ground: Poems" in conversation with Elizabeth Acevedo

Acclaimed poets Clint Smith and Elizabeth Acevedo talked warmly and witty about Smith's new poetry collection "Above Ground." Smith read poems on varied themes, including a father-son dance party and school shootings. Acevedo explored Smith's use of humor and Ross Gay's influence on his work. Smith discussed how parenthood shaped his writing, emphasizing capturing fleeting moments and using poetry to pay attention to life's complexities.

## Great Advice Opinion Piece from the Washington Post

"At 91, I feared falling. But I couldn't bring myself to get a walker. I thought walkers were a crutch for weak old ladies — not me. Then I discovered that getting one would set me free." [Click here to keep read this uplifting piece.](#)

If you have any questions about accessing the article or advice on what walker to choose please contact Jonas, [jfrumkin@fbwevillage.org](mailto:jfrumkin@fbwevillage.org) who found the article.

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## IN THE COMMUNITY

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## DC Public Library Celebrates the 50th Anniversary of Home Rule

Since the earliest days of our nation, residents of the capital city have fought for the right to self-government, also known as home rule. For decades, Washingtonians rallied both successfully and unsuccessfully around the hope of governing their own city. In 1965, after a tumultuous journey of having home rule and then losing it and on the coattails of a charged March on Washington, D.C. leaders wrote to their friend and ally, Dr. King, to recruit him for their cause. In 1973, Congress finally passed the Home Rule act and the following year D.C. elected its local government for the first time in more than 100 years.

This year, celebrate 50 years of Home Rule by exploring DC Public Library's many collections on this historic decision. [View iconic photos and paraphernalia](#) that tell the story of the "Last Colony", learn how leaders from the civil rights movement helped to win self-government in D.C. in the [D.C. Wins Home Rule online exhibit](#), and [visit Up from the People](#) at the Martin Luther King Jr. Memorial Library. For more information and a curated reading list on D.C. voting rights and home rule, [visit the DCPL website](#).

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## State Laws, Abortion and New

## Technologies

Tuesday, January 9th, at 7 pm via Zoom



Join Capitol Hill Village on Tuesday evening when Stephanie Pell will discuss some state laws that make it possible to prosecute women for self-managing abortions (i.e., with medication). She also will explore how modern technologies and data trails that did not exist pre-Roe will enable these investigations. Pell has written a forthcoming article on the subject for the Duke Journal of Constitution Law and Public Policy.

Pell is a Fellow in Governance Studies at the Brookings Institution and a Senior Editor at Lawfare. Prior to joining Brookings, she was an Associate Professor and Cyber Ethics Fellow at West Point's Army Cyber Institute. She served as a Majority Counsel to the House Judiciary Committee and was a federal prosecutor for over fourteen years, working as a Senior Counsel to the Deputy Attorney General, as a Counsel to the Assistant Attorney General of the National Security Division, and as an Assistant U.S. Attorney in the U.S. Attorney's Office for the Southern District of Florida.

Please join us, via Zoom, for what is sure to be a fascinating look at a controversial topic. [Click here to register for the talk](#).



## 2024 MLK Holiday DC Annual Peace Walk & Parade

Monday, January 15, from 11am - 2pm

At the R.I.S.E. Demonstration Center, 2730 Martin Luther King Jr Ave SE

[\\*\\*If you are looking to participate / march in the parade click here to register](#)

Participants are committed to continuing this strong tradition started more than 40 years ago by radio talk show host and community activist Ralph Waldo "Petey" Greene, Washington Informer publisher and philanthropist Dr. Calvin W. Rolark and former Ward 8 Councilmember Wilhelmina J. Rolark when they organized the annual Martin Luther King



Day Parade (on one of the nation's first streets named in honor of the civil rights leader, following his death in 1968). The parade began in 1979, six years before King's birthday became a federal holiday. We continue the tradition and celebration that the Rolarks and Petey Greene started, as we honor Dr. King and keep his message alive.

Across the nation and the world, Dr. King's life and legacy is commemorated by a day of service and promoted as A Day On and Not a Day Off. The Martin Luther King Jr. Parade symbolizes the need to continue Dr. King's work and reinforces the idea reflected in his words, "Human progress is neither automatic nor inevitable... every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals. Those who believe in Dr. King's message are considered members of the Coalition for Peace and are invited to join the Martin Luther King Jr. Memorial Parade every year.

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**Higher Education for African Americans 1850 to 1954: A little about attendance at HBCU's and PWI's**  
**Wednesday, January 17th, at 11 a.m.**  
**In person at GV Square | 1801 35th St. NW**

Georgetown Village and Northwest Neighbors Village are delighted to work together to bring this informative, in-person program to you!

Thanks to Vice President Kamala Harris, former Representative Stacey Abrams and others, the term "HBCU" is in the news more now than ever before.

Just what is an HBCU? Local resident Linda Crichlow White will provide a bit of history about Historically Black Colleges and Universities and about some African Americans who attended Predominantly White Institutions beginning in the early 1800s. Linda Crichlow White is the Immediate Past-President of the Afro-American Historical and Genealogical Society, James Dent Walker Chapter-DC, and co-author of *Back There, Then*, a Historical and Genealogical Memoir.

[To register click here](#) or contact the GV Office: 202-999-8988 or [lynn@georgetown-village.org](mailto:lynn@georgetown-village.org)

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**Play Bocca Indoors!**  
**Thursdays, at Noon, starting**  
**January 18th**

The Arlington Neighborhood Village is inviting several area DC Villages to join them for bocca and lunch in Georgetown over the winter. Beginning January 18th their bocca group





moves indoors to Pinstripes (1064 Wisconsin Ave, NW). The bocca games are free as long as participants stay and enjoy lunch, [click here to see Pinstripes' lunch menu](#). If you think you might be interested, please call the office (202) 333-1327 or email us at [info@fbwevillage.org](mailto:info@fbwevillage.org) and let us know. We'll connect you to the their group for some light exercise, great food, and fun folks.

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## REGISTRATIONS ARE OPEN FOR FEBRUARY SHORTS AND SPRING SEMESTER!



OLLI at AU. The possibilities are endless with 36 February Shorts and 98 highly affordable lifelong learning courses in the spring semester ranging from “The Ethics of Democracy” to “21st-Century Art” and from “The Neuroscience of Conflict” to “The Harlem Renaissance“! The February Shorts will be held for two weeks: February 5-9 and February 12-16.

The spring semester holds classes weekly starting March 4 typically for 7 to 10 weeks. Choose your lottery selections for [February Shorts](#) before January 18 and for the [spring semester](#) before February 20 for the best chance of getting the courses you want for each session. Many of the in-person courses will be recorded for your convenience! To choose your lottery selections or obtain a catalog, go to their website: [olli-dc@american.org](http://olli-dc@american.org) or call 202-895-4860.

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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 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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