

Spring awakening

The signs of spring are all around us: furled tulip leaves poking through the soil, camelia buds starting to open, and daffodils coming into their own.



Another awakening is the recent end of the county's indoor mask mandate. That means we can go bare-faced in stores, restaurants, non-government offices, entertainment venues and the like that permit it. The county still requires that masks be worn in hospitals and other health care settings.

Even better, the BMAV board of directors today changed its policy to again permit village-sponsored mask-less in-person indoor events. We continue to follow CDC and Montgomery County guidelines and masks will be optional at all BMAV events, including events that are held indoors. Full vaccination will continue to be required to attend in-person events. Individual shared interest groups have the option to modify the policy as they desire, e.g., by holding some events on Zoom or by requiring masks to be worn.

It will be such a treat to see each other face-to-face at village activities once more. The village will continue to have several Zoom events for those who want to participate that way. Check the [events calendar](#) often for new in-person and Zoom activities that will be added this spring.

BMAV delivers

Montgomery County library branches continue to give out free Covid-19 test kits and face masks. You can get them at the Connie Morella branch Monday-Thursday, 5-7 pm, Friday and Saturday, 3–5 pm, and at the Little Falls branch Monday-Saturday, 12 noon-2 pm.



But if you're homebound or find it difficult to get to a library, the village can help. Upon request, a BMAV volunteer will pick up two test kit boxes (containing four tests) and bring them to your home. If you need masks, the village has N95 masks from a trusted source and will deliver them to members and volunteers who need them. Contact director@bmavillage.org if you'd like some delivered to you.



Sharing our interests, hobbies and camaraderie

When BMAV was founded in 2016, we had an array of village-sponsored programs, events, and activities. At the same time, individual members took the initiative to gather others who shared their interest or hobbies, connecting small groups of members to enjoy these endeavors together.

Today the village boasts a dozen shared interest groups that focus primarily on hobbies. They include knitting and needlework, hiking, biking, book club, birding, armchair travelers, visits to art museums, viewing movies, bridge, and gardening. Our non-hobby shared interest groups include "Aging Well," which addresses topics that seniors face as they age and the Afghan refugee assistance group. These members provide much-needed support to a growing young Afghan family, such as introducing them to Bethesda resources, the Metro, the library, driving them to medical appointments, and giving English lessons to the husband and wife.

Finally, we have member-led gatherings that meet regularly primarily for social interaction and conversation: coffee hour, happy hour, women's lunch and men's lunch.

Join us for some outdoor fun and exercise!

BMAV's biking shared interest group is open to bike enthusiasts of all levels. Biking is a great way to have fun with other BMAV members and get some exercise while enjoying scenic bike trails. All you need are a bike, helmet, and some previous biking experience.



Last year we biked the Capital Crescent Trail, the C&O Canal, the Anacostia and Rock Creek Park trails as well as several neighborhood areas. This year we plan to offer several organized bike rides, from easy to difficult and some “pop-up rides” -- “the-weather’s-great-so-who-wants-to-ride-tomorrow?” We often break for a picnic lunch, a favorite part of the ride for many.

On April 19, we’ll go on an easy ride on the Capital Crescent Trail to the Dalecarlia Tunnel. We do hope you’ll join us for some riding fun. Contact leads [Steve](#) or [Stephanie Sutton](#) or [Elyse Jacob](#) for more information.

**Eating out, walks, movies, or
arranging a play date for your dog**

If you’re looking for someone among our members to join you in one of these pursuits, send an email to membership chair [Hanne Caraher](#) and she’ll send you the list of members who are interested in doing that, too.

Interview with member Evelyn Sweet



Evelyn Sweet was born in Washington, DC, but spent only her first year in the area before she and her family moved because of her father’s Navy career. They moved a lot. First it was to Panama when she was only a year or so old, and then, serially, to New London, CT, Newport, RI, Long Beach, CA, Hawaii, San Francisco, and finally, back here. All those moves meant Evelyn went to six different elementary schools.

She has wonderful memories of Hawaii and hated to leave, but the timing of the family’s departure could not have been more fortuitous: two days before the Japanese struck Pearl Harbor. Her father was at sea and unharmed. However, he died in 1944 when a kamikaze- piloted plane crashed into his ship. After his death, Evelyn, her mother and her two sisters lived in San Francisco, where their mother worked for the Department of the Navy. The family moved back to Northern Virginia in 1945.

After graduating from William & Mary, Evelyn taught at a Fairfax elementary school for one year, then decided to move to a warmer climate. She ended up in La Jolla, CA, where she taught three years before returning to Virginia to be closer to her family. She, her La Jolla roommate and another friend rented a house in Georgetown. Evelyn is still in touch with those and other friends from her Georgetown days.

Evelyn taught for six years at the same Fairfax elementary school where she started her teaching career. During that time, Montgomery County beckoned, both the school system and Bethesda, which, Evelyn said, was “the place to be” even then. She taught in county schools the rest of her career and bought a house near Western Avenue, where she lived until she married in 1979. She’s lived ever since in the Battery Park house she and her husband Bill bought that year.

Evelyn enjoys travel. Pre-marriage, she went with a group on a 40-day trip to Asia: ten days in Japan, six days in Hong Kong, and several days each in Taiwan, Manila and Bangkok, stopping in Hawaii on the way home. She said the sights they saw were extraordinary, and word has it there was lots of shopping. One of the memorable trips she and Bill went on, with the Smithsonian, was a river boat cruise on the Seine.

In 1967, Evelyn joined the Women’s Committee for the National Symphony Orchestra. The committee started a new event, a “petting zoo” of instruments, held for children before concerts. It was very popular and fun for both the children and organizers. The Women’s Committee also produced the annual NSO Washington Decorators’ Showhouse, a major fundraising event. It mobilized 1000 volunteers and enlisted the talents of dozens of decorators who lavished their skills on a notable Washington house. Evelyn was chairman of the project one year and later served as president of the Women’s Committee. She termed it all “a wonderful experience.”

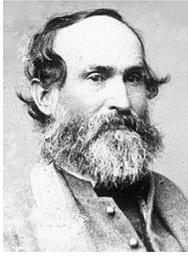
Evelyn has a lot going on in retirement. In addition to keeping up with things around the house, and news of her family (especially her 10-month-old great niece), she reads the Washington Post cover to cover and works sudoku puzzles, to which, she confesses, she’s addicted. She’s active in a book club, a garden club, and the Chevy Chase Women’s Club. She and fellow BMAV member Jane Boynton attend ballet, theater, opera, and NSO performances at the Kennedy Center. She normally visits Duck, NC, once a season and is joined by her sisters and other family members. Evelyn is looking forward to the next time, two weeks at the end of March.

She heard about Bethesda Metro Area Village when it was still in its conceptual stage and joined its first year of operation. She says the members are “such a nice group” and expressed gratitude for everything the village (especially Executive Director Elizabeth Haile) has done to make life pleasant here. She particularly enjoys the social events and get-togethers. Evelyn concluded, “I’m very thankful for the village.



Upcoming events of interest

Registration by members for virtual events is not required. The Zoom link is sent to members by email for each event. For BMAV events that are open to the public, registration instructions for non-members are noted below.

[Jubal Early's 1864 Maryland raid](#), Tuesday, March 1, and March 15, 3-4 pm

Neighbors and friends are invited to join us for this two-part presentation on Jubal Early's 1864 Maryland raid. BMAV member Dan Mick will tell us about clever tricks, ransomed towns, Medal of Honor bravery, killer July weather, Washington incompetence, and the Battle of Bethesda. There'll even be an appearance by Abraham too-curious-for-his-own-good Lincoln.

Mick will provide a look at how Confederate Jubal Early's invading army threw the North into a panic in the summer of 1864. In Part 1 on March 1, Mick will describe Early's moves through Shenandoah Valley to Maryland and a crucial clash on the outskirts of Frederick with Union General Lew Wallace, the future author of [Ben Hur](#).

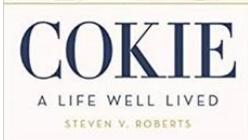
Part 2 of Mick's presentation on March 15 will cover Early and his tired army's drive down what today are Rte. 355/Rockville Pike and Georgia Avenue toward the fortifications of Washington at the same time Union troops were making desperate efforts to put defenders inside those fortifications. RSVP for Zoom link.

[Trivia night](#), Thursday, March 3, 4-5 pm

BMAV members, bring three to four trivia questions (and answers) you think may stump other guests, but not too hard! You can find ideas online for questions in the world of sports, history, anything that interests you. For example, what's the largest mammal in the world? Which actor played the first James Bond? If you can't think of any questions, come anyway. Host Chris Palmer will have extras in his back pocket you can use. We'll keep score and declare a winner for the night.

[Cokie: A Life Well Lived, with Steve Roberts](#), Monday, March 7, 2-3 pm [rescheduled from February 14]

Join us to hear Steve Roberts reflect on the life and journalism career of his late wife Cokie Roberts. In this loving tribute, Roberts, Cokie's husband of 53 years and bestselling co-author, reflects on her many accomplishments and how she lived each day with a devotion to helping others. For Steve, Cokie's private life was as significant and inspirational as her public one.



Co-sponsored by MCPL and Bethesda Metro Area Village and open to the public. Note that the library has changed its security setting; you must be

logged in to your Zoom account. Join the event [here](#) or dial in 301 715 8592, meeting ID 881 7524 5245

[Tech Tuesday](#), March 8, April 12, 12 – 1 pm

Join us the second Tuesday of every month to talk tech via Zoom with BMAV volunteer Tony Mastria. He can answer your questions about computers, smartphones, anything tech-related. Open to full and social members. You can drop in on as many sessions as you like, but [email](#) your question(s) by the day before with to give Tony time to prepare. Open to BMAV members only.

[TED talk Thursday](#), March 10, April 7, 4-5:30 pm

BMAV members join hosts Paul Thorn and Barbara Reese for our TED Talk Thursday series. This month we will watch Dr. Ken Robinson in the most-watched TED Talk of all time - "Do schools kill creativity?" and "How to escape education Death Valley." Then we will discuss our reactions and the most important takeaways. Come for what is sure to be an enriching conversation with other BMAV members. On April 7 we will watch and discuss Monica Lewinsky's 2015 TED Talk "The Price of Shame."

[Tech Tutors](#), March 11, 2 pm, Connie Morella Library

Do you have a question about using your iPhone or Android smartphone? Want to learn how to add or use apps or how to text? Bring any of your portable devices (phone, iPad, Kindle, laptop) and get your questions answered by tech-savvy area students. You'll be paired up with a student volunteer who can help diagnose and fix almost any trouble with your devices. BMAV has set up this special session for members only – social or full service. [RSVP](#) required by March 7 so that we can match you up with a student.



[Living \(and aging\) well with technology](#), Monday, March 14, 2-3 pm

Technology can be so frustrating, especially if you have physical or cognitive limitations. This session, led by a TechMoxie representative, will review the many ways you and your family can use existing everyday technologies -- with much less frustration -- to improve your quality of life. For example, Intelligent assistants such as Amazon Echo and Apple's Siri can help keep you stay connected by using simple voice commands to send text messages, make phone calls, turn lights on/off, unlock doors, listen to radio and even play audio books. The devices can even be controlled from distant locations. Privacy considerations will be discussed. Free and open to the

public. [Register in advance](#). You'll receive a confirmation email and information on how to join the virtual meeting.

[Josiah Henson Museum & Park](#) visit, Saturday, March 19, 11 am

Josiah Henson Museum & Park tells the story about the life and challenges of Reverend Josiah Henson, who was enslaved on the plantation that is now the site of the museum and park, enslavement in Maryland, and the ongoing struggles of racial equality and justice. The park is part of the National Park Service National Underground Railroad Network to Freedom program.



BMAV members will meet at the museum just before 11 am to begin the self-guided tour and view the orientation film. [RSVP](#) by March 14 is required so that timed tickets can be purchased. Carpooling and rides can be arranged.

[A wide place in the road: Bethesda begins](#), Tuesday, March 22, 1-2:15 pm

Have you ever wondered how and why Bethesda came to be where and what it is today? Hank Levine of the Bethesda Historical Society will take us through how, between 1750 and 1920, a fall line, a ridge line, a turnpike, a trolley line, rail lines, automobiles and Chevy Chase set the stage for the development of Bethesda into the affluent suburb and urban center it is today. You'll hear about early Bethesda churches, stores, and real estate moguls; the time Bethesda was bypassed and almost died; the experimental animal farm that struck many as less than heaven-scent; and the founding of our first neighborhoods. There will be lots of pictures and ample time for questions. Open to friends and neighbors. RSVP to director@bmaavillage.org for the Zoom link.

[Tech tutors -- BMAV website orientation](#), Wednesday, March 23, 2- 2:45 PM

Via Zoom, Executive Director Elizabeth Haile will go over how to use the BMAV website and access the member directory, access the Forum, enjoy photos, find events, use the event calendar, and RSVP for events. We also can do a short refresher on Zoom, such as how to rename yourself or use the chat function. Elizabeth also will answer any other BMAV-related questions. New and longtime members welcome.

[Armchair travelers: Ecuador](#), Thursday, March 24, 3-4:30 pm

Friend Ralph Blessing returns, this time to take BMAV members on a tour of Ecuador. His photos will cover trips dating back to the mid-1970s through this year. We'll visit the country's highland cities, villages and vistas and enjoy a few shots of coastal venues.

[Smithsonian American Art Museum highlights](#), Tuesday, March 29, 4- 5:30 PM

In this virtual tour for BMAV members with volunteer docent Bob Ferguson, we will discuss and compare works by widely respected American artists, representing some of the highlights of the Smithsonian American Art Museum collection. Via Zoom.

[Virtual cherry blossom viewing](#), Monday, April 4, 2-3 pm

The revered *sakura*, or cherry blossom, has been celebrated in landscapes, figure paintings, and prints by artists from medieval Japan to Katsushika Hokusai and beyond. BMAV members are invited to embrace *hanami*, the traditional Japanese custom of “flower viewing,” by going cherry blossom viewing (via Zoom) in the museum’s Japanese art collections. Presentation for BMAV members by a docent for the Freer and Sackler, the Smithsonian's National Museum of Asian Art.

[County Executive candidate forum](#), Sunday, April 24, 4-6 pm; [at-large County Council candidate forum](#), Sunday, May 1, 4-6 pm

Bethesda Metro Area Village, Bradley Hills Village, Chevy Chase At Home, Friendship Heights Neighbors Network, Little Falls Village, and Silver Spring Village are hosting two forums on Zoom for candidates to discuss their proposed policies on issues of importance to the county’s older adults. This is the first countywide forum dedicated exclusively to issues relating to seniors. You can register to attend and submit possible questions to be proposed to candidates [here](#).

David Blair, Marc Elrich, Tom Hucker and Hans Reimer are confirmed to attend the forum for candidates for the office of county executive. Candidates Gabe Albornoz, Brandy Brooks, Evan Glass, Scott Goldberg, Will Jawando, Dwight Patel, and Laurie-Anne Sayles, are confirmed to attend the forum for County Council at-large members.

Membership renewal

Thank you to our pioneer members, not only for starting this wonderful village, but also for your recent membership renewals. Thanks, too, to all of our members for your continued membership and contributions to building this active, vibrant village of friends, old and new.

Are you wondering if it's time to renew your BMAV membership? Or did you receive an email reminding you to renew but have since deleted it? Here's how you can find out about your renewal status on our website and then, if you choose, how to complete your renewal electronically.



- Log in to our [website](#) by clicking on “Member Login” at the very top right of the screen. Once you log in, if your renewal is due, you'll see one of these symbols next to your name:



Click on the circle with the arrows to renew your membership. If you have a pending payment due, click on the dollar sign, which then will walk you through the payment steps. Elizabeth can also take your payment over the phone at 240-630-2628, or you can mail a check to Bethesda Metro Area Village, P.O. Box 30525, Bethesda, MD 20824.

Shared interest groups for members

Afghan refugee assistance. Since last fall, some BMAV members have been helping a young Afghan refugee family get settled in Bethesda. The biggest need now is for a volunteer to research and coordinate employment leads for the father, who worked as a plumber for the U.S. Army. The best option may be a position in plumbing or other field (e.g., local restaurant work) where a Farsi-speaking co-worker could help him with on-the-job training. He's smart, energetic, and literate in Farsi. He's learning English and uses Google Translate to communicate. If you're willing to help, contact [Barbara Wiss](#).

Aging well. Each session focuses on an interesting question or topic. Written summaries of members' contributions from these meetings are on the BMAV website in the [Forums](#) section (accessible to members only). The group meets via Zoom monthly on Sundays at 4 pm. The next meeting is March 27 on how to manage a serious illness. Hosted by [Chris Palmer](#).

Armchair travelers. Our next trip is March 24, 3 pm to Ecuador. Do you have photos from trips you've taken? Armchair Travelers would love to hear about your travels. [Diane Goldman](#) can help with the presentation if you don't know how to screen share; you just send her digital photos ahead of time. Please contact her if you're interested.

Biking. Our first organized trip for 2022, on April 19, will be an easy ride on the Capital Crescent Trail to the Dalecarlia Tunnel. This is a perfect ride for those who might not have ridden for a few years but want to try biking again, or for those who packed their bikes away last fall and are looking for an easy warm-up ride. Contact leads [Steve](#) and [Stephanie Sutton](#) and [Elyse Jacob](#) with questions and to learn about pop-up rides.

Birding. [David Moulton](#) hosts birdwatching sessions online and sends email updates with photos and descriptions of birds to keep a lookout for. Contact him to be added to his list.

Book club. Meets monthly on Zoom on Tuesdays at 7 pm to recommend and discuss favorite works in any genre. Rather than all reading the same book and discussing one book, the group discusses whatever they have read and enjoyed. Authors occasionally join the Zoom events to discuss their books. The next meeting is Tuesday, March 8. Hosted by [Jane Boynton](#).

Bridge. Meets daily for afternoon games via computer program or in person. If you'd like to join, contact lead [Marilyn Kerst](#) for more information.

Coffee talk. Members meet on the second and fourth Thursday morning by Zoom or in-person to share tips, activities, and inspiration. Hosted by [Ann Labriola](#) and [Naomi Collins](#).

Film fans. [Diana Kitt](#)'s film group shares names of recommended films and holds monthly Zoom meetups to review films together. Our next meeting is March 17, 4 pm, where we will be discussing our 2021 Oscar-nominated favorites. All are welcome.

Gardening. [Ann Labriola](#) hosts a group that meets to share gardening tours, tips, questions and answers. Garden tours are being planned for this spring. Contact Ann to be added to the email list.

Happy hour. BMAV members meet online or in person for lively conversation and good cheer the first and third Friday afternoons. All topics welcome. Coordinated by Stephanie Sutton, [Susan Gorman](#) and [Barbara Brown](#).

Hardy Hikers. [Ann Bennet](#) leads the BMAV hiking club on monthly weekday morning hikes at locations throughout the metro area. For our next hike on March 21, we'll carpool to Bladensburg Park to hike on a section of the Anacostia River Trail. Contact Ann for more information.

Knitting, Needlework and Friends. Members of this group work on their own projects or on a charity project. This year, the project selected for donation is blankets for children. Meetings have been over Zoom (and occasionally in-person) throughout the pandemic to share tips, patterns and socialize. Soon, the group hopes to gather in person regularly when it is safe to do so. Contact [Sandi Ross](#) for more information. All skill levels welcome.

Ladies' lunch. Members meet monthly at noon for lunch, conversation and camaraderie. The next meetups are on March 30 and April 29. Hosted by [Lynn Barclay](#).

Men's lunch. [Bob Metzler](#) and [Reid Detchon](#) host lunch and discussion every other Thursday at 1 pm on Zoom or at area restaurants. Themed discussions are held the first half of the lunch, and the second half is for catching up. The next lunches are on March 3 and March 17.

News you can use

Lifelong learning opportunities for seniors

Are you looking for ways to learn new skills, a new field or subject area? Our region is rich organizations that offer life-long learning. Here are several, with links in the names:

- [Washington Metro OASIS](#). Has classes on general subjects, computer and technology classes geared to seniors, and health and wellness programs. Most classes are \$12 or \$18, sometimes more, sometimes free.
- [OLLI/Osher Lifelong Learning Institute](#) at AU. Offers peer learning and teaching in many subjects. No tests, no grades. Membership fees: \$300 for one semester, \$550 for both fall and spring semesters.
- [Lifelong Learning Institute, Montgomery College](#). Students 60+ pay fee only for courses, not tuition.
- [Live & Learn Bethesda](#). Offers a few ongoing exercises classes and many one-session classes on a wide variety of topics. \$15 or \$20 per class, occasionally free.
- [Senior Planet Montgomery](#). A technology training program designed for county learners 50 and older. Online classes focus on how to thrive at home and enhance a wide variety of skills. Free.

A win-win charitable donation to BMAV

If you have a traditional IRA and have to take a required minimum distribution this year, wouldn't you like to avoid paying taxes on it? You can and do a good deed at the same time. Here's how: by making a qualified charitable distribution (QCD) to a 501(c)(3) charitable organization. Guess what? BMAV is just such an organization. The QCD is made directly by the trustee of your IRA to BMAV. You will not have to report the distribution as taxable income or pay taxes on it unless it exceeds the maximum allowable amount. Even better, you'll benefit an organization you support and enjoy. Win-win.

This is a simplified explanation of the IRS rules and regulations. IRA administrators also have many procedures that must be followed. Be sure to consult your tax advisor to see if this QCD strategy is appropriate for your situation.

From Board President, Jeanne Parker: "I am delighted to announce that BMAV executive director, Elizabeth Haile, has been selected by the Montgomery County Commission for Women and the Montgomery Women Organization to be recognized as A Woman Making History. She will be one of 31 women recognized each day in March, which is Women's History Month. On March 24 at 7pm, all the winners will be honored at the 2022 Women Making History event. Details to follow for those who want to participate via Zoom."

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Suggestion box

Do you have an idea for an article or a comment about the newsletter? If you do, please email newsletter editor [Lynn Barclay](mailto:Lynn.Barclay).

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