



### **Bethesda Metro Area Village to celebrate five years together**

On May 23, BMAV members, donors, and volunteers will gather to celebrate the success of our engaged, caring community that helps its members remain in their homes with dignity as they age. Since BMAV's launch in November 2016, we have grown from 60 pioneer members to 125 members and over 40 volunteer service providers. We hold hundreds of events and activities each year, quite a contrast from our initial goal of four speaker events a year! Just as notable, the village has a sustainable business model and is on solid financial footing.

We hope you will join us on this memorable occasion. [RSVP](#) and full covid-19 vaccination are required, masks optional. Indoor and outdoor space will be provided.

### **Not yet a member of BMAV? Consider a trial membership**

You probably have friends and neighbors who are BMAV members. You may even have thought about joining BMAV yourself but haven't gotten around to it. There's no time like the present to join and experience the community and support our neighborhood village offers, make new friends and feel connected. You can put your toe in the water with BMAV's one-month free-trial, reduced-fees membership. We offer subsidized memberships for those with a need. Inquire for more information.

If you'd like to volunteer to help neighbors with rides, light home repair, shoveling snow or giving technology assistance, visit [our website](#), email [info@bmavillage.org](mailto:info@bmavillage.org), or call 240-630-2628 for more information.

### **BMAV's revamped website**

Check out our re-vamped website at [www.bmavillage.org](http://www.bmavillage.org), which now has an easier-to-navigate format and more photos. You can still access all the information you need on membership,

volunteering, and resources. Many thanks to the members who volunteered their time to help improve the site, and to Run My Village, our website host.

### **Village events, virtual and in person**

The pandemic has eased and most restrictions have been lifted, but Bethesda Metro Area Village continues to offer online programming for those who prefer participating in that way. We're also increasing the number of in-person events to keep members connected. Check the [events calendar](#) for what's coming up this spring in both categories. We look forward to meeting you, virtually, in person, or both, at one or more of our events.

### **Recent events of interest**

***Baby shower.*** Village members who are sponsoring a young Afghan refugee family held a baby shower for them in April. At right is a photo of the diaper "cake" prepared by Executive Director Elizabeth, a woman of many talents. The family is doing well, studying English hard, and with the help of BMAV members, settling into their new community.



***Flower arranging.*** On April 6, Barbara Wiss, a whiz at flowers, shared her expertise on Zoom with nine other village members. She shared tips on how to use spring flowers from the grocery store in a variety of glass jars and other containers to make attractive arrangements and have fun at the same time.

***Coffee talk.*** Seven members braved frosty weather to meet outdoors at the Bethesda Streeterly for coffee and conversation on April 28. Within two small conversation groups - and warming as the sun came out - we covered a range of topics. Coffee talk, which started in the first weeks of the pandemic as a weekly meetup on Zoom, will now be alternating between in-person and Zoom chats.



***Men's, ladies' luncheons.*** The men's and women's regular lunches have gone from entirely on Zoom to dining out occasionally. The men alternate between meeting virtually and at a local restaurant. They met at Silver Diner in March and the Irish Inn at Glen Echo in April, after which they went on a walk on rocks along the Potomac. The women ate on the Bacchus patio in March and at Spanish Diner in April.



### Interview with members Dan and Maureen Jais-Mick



Dan Mick and Maureen Jais-Mick, he from Kansas City and she from Chicago, met during the Vietnam War era and married after he got his undergraduate degree from Georgetown University. While a student there, Dan also worked on Capitol Hill as the “least tenured” employee of Sen. Stuart Symington.

After graduation, Dan completed basic and military police training as a National Guardsman before returning to Missouri to earn a law degree from the University of Missouri. In law school, he interned with the regional solicitor’s office of the U.S Department of Labor in Kansas City. He continued there for several years as a full-fledged attorney.

During his undergraduate years at Georgetown, Dan took a liking to the history and scenic variety of the Mid-Atlantic region. Thus, when offered, he readily agreed to transfer to DOL headquarters in Washington, where he did appellate litigation and regional trial coordination until he retired in 2007.

Shortly before the transfer, DOL brought Dan and Maureen here for *one day* of house-hunting. They were shown six houses and had to choose one by the end of the day. They picked one in Bethesda that they thought would be their starter house. Forty-six years later, they’re still in it. Pretty good starter house.

Before retirement, Dan read up on how to retire successfully and knew exactly what he was looking for: volunteer opportunities that offered structure, purpose, and community. He has found just that, doing work that could hardly be more different from his career as an attorney.

Dan's first volunteer job, which he still has, was horse care and farm maintenance at a horse sanctuary in Howard County. At about the same time, he became a crew member and "driver" on the mule-drawn boat rides offered at the C&O Canal National Historical Park at Great Falls. He's also been a roving park interpreter for park visitors on canal history, natural history and geology, and has worked with other volunteers on a variety of installation, repair and clean-up projects in the park. In addition, he tackles non-native invasive plants as part of the park's and Montgomery County's Weed Warrior programs.

For several years, Dan was part of a park-related interpretive program on Amtrak's Capitol Limited train to Chicago. His Civil War interest stems in part from finding stories to tell on the train about the exploits of Confederate raider John Singleton Mosby.

Maureen's interests and perspective led her on quite a different career path. As a performing musician on the organ and harpsichord, her first job was church organist and choirmaster at an Army base chapel in Missouri, followed by 13 years at a Lutheran congregation in DC. During that period, she was active in professional organizations and a founder of the Association of Lutheran Church Musicians. In 1990, she began work at an economic think tank in DC and also volunteered at a DC church that was active in the homeless community. She helped raise money for the shelter and then became the paid development director for the N Street Village capital campaign.

About that time, she decided that from then on, she would work at an organization for just five years as hard and as well as she could, leaving "before they got tired of me." True to her word, she left the development job after five years. The next five years she devoted her energy to Green Door, a nonprofit organization working with people with mental illness, and then five years at St. Elizabeth's as director of community outreach and volunteer services. She retired in 2013 but still volunteers there in the archives department.

In retirement, Maureen, like Dan, has taken up a wide variety of activities. She's volunteered at Bethesda Cares, was a docent at the Frederick Douglass House and served as a judge for the Frederick Douglass House oratorical contest for kids. She currently volunteers one day a week at the gardens of the National Museum of the American Indian. She's also taken up beekeeping in a big way, at home and at Brookside Gardens, where she manages the apiary, teaches beekeeping and has an online program for beginning beekeepers. She's currently giving English lessons to the wife in the Afghan refugee family whom members of BMAV are sponsoring.

Maureen says she has a community no matter where she volunteers, just as Dan has found in his volunteer jobs.

Maureen was in on the setting-up stage of Bethesda Metro Area Village. She and Dan are committed to the village concept and see BMAV as a great way to engender a sense of community. She thinks the best thing the village has done is sponsor the Afghan refugee family, helping them in so many ways get settled in their new community and country.

## Upcoming events



*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.*

***Beginners' chess club***, Sundays, May 1-15, 4-5 pm. BMAV members and volunteers are invited to free online chess classes, taught by high school chess expert and tutor Uday. Students will pair off and play practice games live on screen. Uday will also delve deeper into chess theory and explain openings. RSVP to [director@bmavillage](mailto:director@bmavillage) so Elizabeth can get you setup on chess.com. Owning a chess board is not required.

***Washington DC Temple visit***, Tuesday, May 3, 3 pm

For the first time in nearly 50 years, the Washington D.C. Temple in Kensington will be open for public tours for a limited time. The temple, which first opened in 1974, closed in March 2018 for a significant renovation. This is a rare opportunity to come inside and view the architecture and art which are normally closed to the public. Tours are free and self-guided. Parking passes are required. BMAV has reserved passes for 4 cars. [RSVP](#).



***McCrillis Gardens walk***, Wednesday, May 4, 3 pm



Join other BMAV members for a walk through the wonderful spring plantings at McCrillis Gardens in an almost-hidden spot in a Bethesda neighborhood. The gardens offer a shady woodland and garden paths that wind through a remarkable collection of ornamental trees and shrubs, bulbs, groundcovers and shade-loving perennials that add year-round color and texture. A pavilion and benches provide restful vantage points. [RSVP](#).

***TED talk Thursday***, May 5, 4-5:30 pm

Join hosts Paul Thorn and Barbara Reese for our last TED Talk Thursday in this series. This month we will discuss "My Stroke of Insight - a brain scientist's personal journey" with Jill Bolte Taylor, and "The brain-changing benefits of exercise" with Wendy Suzuki. After watching

together, participants will discuss their reactions and the most important takeaways. Come for what is sure to be an enriching conversation with other BMAV members.

**Tech Tuesday**, May 10, June 14, 12-1 pm.

Join us the second Tuesday of every month at noon to talk tech with BMAV volunteer Tony Mastria. He can answer your questions about computers, smartphones, anything tech-related. Note that this will be not be a one-on-one session, but a good way to get advice on general problems and questions. Open to full and social members. You can drop in to as many sessions as you'd like, but send an RSVP by the day before with your question to give Tony time to prepare.

**Armchair travel: Morocco**, Tuesday, May 10, 4-5 pm

This month, BMAV member Barbara Wiss will share photos from her trip to Morocco. Do you have photos from a past trip you'd like to share? Contact [Diane Goldman](#), who can help you prepare and show photos onscreen for you.



**Tech Tutors - BMAV website orientation**, Wednesday, May 18, 2 - 2:45 pm.

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

**BMAV garden tours**, Thursday, May 19 and Wednesday, June 29, 10 am-12 pm

BMAV members RSVP for tours of members' gardens. For these in-person events, attendees are limited to 12 people on a first-come, first-served basis. RSVP to [Ann Labriola](#) for more information.

**BMAV fifth anniversary celebration**, Edgemoor Club, Monday, May 23, 4-6 pm

Join us for music, food and drinks to celebrate the success of our village! There will be space available indoors and out, and the doors will remain open for airflow. Vaccinations required, masks optional. Dress: casual to dressier, anything you have not had occasion to wear for the last two years! Members and volunteers, RSVP to [director@bmavillage.org](mailto:director@bmavillage.org) by May 9.

**Slavery in the President's Neighborhood**, Wednesday, June 1, 3 - 3:45 pm

Many people think of the White House as a symbol of democracy, but it also embodies America's complicated past and the paradoxical relationship between slavery and freedom in the nation's capital. The White House Historical Association's Slavery in the President's Neighborhood initiative explores this history and shares the lives of the enslaved workers who

built, lived, and worked at the White House. Join White House Historian Sarah Fling as she shares this research and highlights a few of these fascinating individuals. Co-hosted with the Connie Morella Library. Free and open to the public. Zoom information will be provided on the library website.

***Picasso: Painting the Blue period, Phillips Collection, Saturday, June 4, 10 am***

This groundbreaking exhibition, which closes June 12, provides new insight into the creative process of Pablo Picasso (1881–1973) at the outset of his career. It is the first exhibition in Washington, DC, in 25 years to focus on the early works of this 20th century icon, just as he was beginning to define himself on the international stage. RSVP by May 28 to purchase timed tickets (\$12 for seniors). We will meet at 10 am to carpool to the museum.



***Kayaking/canoeing on the Potomac, Tuesday, June 13, 1-3 pm, Fletcher's Cove***

Did you used to canoe or kayak? Join [Elyse Jacob](#) and other BMAV members on a slow, easy paddle in a calm section of the Potomac. \$18 per boat for one hour, single or double. RSVP to Elyse by June 1 so that she can reserve boats/kayaks. There's free parking, and carpooling can be arranged.



Do you enjoy fishing? Elyse can coordinate a meetup to fish together. Contact her for details. No need to travel far -- shad are running now on the Potomac.

***Glenstone Museum, Friday, June 17, 11:45 am***

BMAV has reserved a block of 5 tickets to Glenstone Museum. The indoor and outdoor pavilions are now open, as is outdoor dining. Enjoy the large and spectacular expanded exhibition space, including sculptures in fabulously landscaped spaces designed for the collection. The Gallery is showing a traveling exhibition of works by Faith Ringgold. The Pavilions feature new installations by Glenn Ligon and Tacita Dean. [RSVP](#) required. Tickets will be emailed to you. We can arrange for carpooling. Full service members, contact us for a ride. Free.

***In-person trivia night***, Tuesday, June 21, 5-6:30 pm (rain date June 22)

Trivia night is back, but this time in person, at the home of Gail Shearer and Chris Palmer. Attendees will gather on the patio to enjoy drinks, nibbles, and a trivia competition. Everyone comes with 3-4 trivia questions (and answers) that they think might stump other guests. If you can't think of questions, come anyway! Chris will have extra questions in his back pocket. RSVP required.

***Kenilworth Park and Aquatic Gardens***, Monday, June 27, 9-11:30 am (rain date June 29)

Join BMAV member Andrea Brown on a visit to Kenilworth Park and Aquatic Gardens. We will meet at her home at 9 am and carpool to the park, returning by noon. Full service members, contact us for a ride.

**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. There's an ongoing need for volunteers to drive family members to medical appointments. If you would like to help in this or other ways, contact [director@bmavillage.org](mailto:director@bmavillage.org) and she will put you in contact with the right person in our Afghan refugee assistance group.

***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 May 22. Hosted by [Chris Palmer](#).

***Armchair travelers.*** Our next trip is May 10, 3 pm, to Morocco. 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 next outing will be May 23, 10 am, when we will bike the flat and scenic C&O canal. Approximate distance 20 miles depending on riders' interest. RSVP to Elyse Jacob by May 19. Carpools can be arranged. 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 May 10. 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. On May 26 we are discussing are top funny film picks - *Planes, Trains and Automobiles* and *Annie Hall*. All are welcome.

**Gardening.** [Ann Labriola](#) and Jan Bill host a group that meets to share gardening tours, tips, questions and answers. There are two garden tours scheduled for May 19 and June 29. 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. Join us on our next outing on May 13, 10 am. Contact Ann for more details.

**Knitting, Needlework and Friends.** Members of this group work on their own projects or on a charity project. This year is "the year of the hats." Meetings have been over Zoom (and occasionally in-person) throughout the pandemic to share tips, patterns and socialize. Contact [Sandi Ross](#) for more information. All skill levels welcome.

**Ladies' lunch.** Members meet monthly at noon for lunch, conversation and camaraderie at an area restaurant or a member's backyard. The next lunch meetups are on May 25, at Columbia Country Club, and June 28. RSVP to [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 May 3 (virtual) and May 19 (at a local restaurant).

## News you can use

### ***Free digital access to the Washington Post, Consumer Reports***

Did you know that now you can have free, [unlimited digital access to the Washington Post](#) with your library card? You'll get a seven-day license to access to Washington Post.com and can

renew your license as many times as you like. Our library system also allows readers full [digital access to Consumer Reports](#).

Visit the [MCPL website](#) to discover other resources you may not know about, digital and otherwise.

### ***Easy ways to dispose of old medications***

You've probably heard of the semi-annual [National Prescription Drug Take Back Day](#), when law enforcement agencies, hospitals, pharmacies and others accept residents' prescription and some over-the-counter medications that either are expired or that individuals no longer want.

But maybe the limited hours on that one day don't work for you. Fortunately, there are easy ways you can dispose of unwanted meds safely *whenever it's convenient for you*.

The first way is to put them in the medication disposal drop box at CVS's 7809 Wisconsin Avenue location. (Some other pharmacies, health clinics and other easily accessed sites also have drop boxes.) The second way is to remove the meds from their containers and mix them with something unattractive to kids and pets, such as coffee grounds or used kitty litter. Put the mixture in a bag or other sealed container, then toss it in the household trash.

See the [Washington Post article](#) for information on how to safely dispose of syringes, illicit drugs, chemotherapy drugs, and other medical items.

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