



CHEVY CHASE VILLAGE CRIER

THIS MONTH IN THE CRIER

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IMPORTANT INFORMATION

Monday, September 14, 2015 at 7:30 p.m.
 Board of Managers' Meeting
Chevy Chase Village Hall

Every Monday: Toddler Play Group
 9:30-10:30 a.m. *(Tuohy Conference Room)*

September 7: Labor Day; Village Office and
 Public Works Department Closed

September 19, 22 & 27: Chevy Chase@
 Home Events *(See page 6 of this issue for more
 information)*

October 1: Flu Clinic 3:00-7:00 p.m.

October 18: Fall Social 3:00-5:00 p.m.

October 29: Annual Halloween Party
 5:30-7:00 p.m.

**October Appeal/Variance Deadline:
 9/21 by 5:00 p.m.**

5906 Connecticut Avenue
 Chevy Chase, Maryland 20815
 phone: 301.654.7300
 fax: 301.907.9721
 email: ccv@montgomerycountymd.gov
 website: www.chevychasevillagemd.gov

IT'S SO EASY TO FALL IN LOVE...WITH COMPOSTING!

BY: OLLIE DAVIDSON *(OLIVER STREET)*



The trek through the wet grass to our old compost pile seems longer these days. The Compost Crew bucket under the back porch, protected from the rain and snow, is so much more convenient. The process for handling composted material in our home starts in the sleek stainless steel pail with a charcoal filter that sits in the trash drawer. The daily collection of banana peels, fruit rinds, table scraps and other food waste disappears into the pail and then into the larger Compost Crew bucket. It is easy. Our garbage disposal will last much longer and the plumber must look elsewhere to unclog drains! WSSC guidance is NOT to put food waste into the disposal. As a result of composting and recycling, we have greatly reduced our trash.

Continued on Page 2

CHARTER REVISION COMMITTEE REPORT

The Charter Revision Committee, formed by the Village Board in December 2014 to comprehensively review the Village's Charter, will issue its final report and introduce proposed amendments to the Board of Managers at its regular meeting on Monday, September 14, 2015. The meeting will begin at 7:30 p.m.

The Committee's report, including the recommended amendments to the Charter, will be available online by Friday, September 11. A Public Hearing will be scheduled for a subsequent meeting.

ANNOUNCING THE LITTLE FREE LENDING LIBRARIES!

The Chevy Chase Village Community Relations Committee is excited to be the steward for the Village Hall Libraries on behalf of our neighbors and community! With its three-tiers, designed and built by Village resident and Board Treasurer Mr. Gary Crockett, the outdoor library allows residents to have a separate section for Children (bottom), Adolescents (middle) and Adults (top).

For additional titles, residents can now also visit the indoor little free lending library, located in the Village Hall Reception Area next to the bulletin board.

The idea is to take a book that interests you and leave a book that you have completed and want to share with your neighbors. No library card needed. See page 3 for photos of our two new Village Lending Libraries.

Continued from Cover Article, "It's So Easy to Fall In Love with Composting..."

"Each week we read about the amount of food waste and compostable material that enters the trash and landfills. Estimates are that "Food accounts for one fifth of what goes into municipal landfills ..." (*The Atlantic* July/August page 24). Experts say that most of the food waste can be used for an increasing number of useful products from fuel to pet food. Throwing food into the trash is the most wasteful because it is too labor intensive to separate it for other uses. Composting is a low cost and effective means of saving space in landfills. Our household trash has been reduced by about 25 - 30 pounds a week.

The composting process starts in the Compost Crew's bucket which is collected weekly. Green clad Compost Crew members whisk the biodegradable bags into a sleek small truck with a stainless steel bed. They deposit the bags at a waste processing facility in Prince George's County where it is ground into small particles to be transformed into compost. A portion of this material can be returned to long term subscribers to become nutrients for their gardens.

The list of compostable material seems endless and a bit unusual, anything that grows or is made from the earth can go into the compost. In addition to the common items such as meat, dairy, egg shells and grains, the half-eaten pizza and the box, paper towels and napkins as well as dryer lint can be composted. (See CompostCrew.com for the entire list - it will amaze you). One week we cleared the kitchen of outdated spices, grains, and outdated frozen food.

The annoying things which seem to last forever in the home compost pile - corn cobs, avocado and mango seeds, even seafood shells disappear into the compost bucket and are gone. Now I apologize to the raccoons and other rodents who must search elsewhere for their snacks. However, grass trimming, leaves and yard waste have more room and still make nice compost for my garden.

NATIONAL NIGHT OUT

The Village held its third annual National Night Out on Tuesday, August 4 at Newlands Park. Representatives from the County's Department of Fire and Rescue Services Station 6, Bethesda-Chevy Chase Rescue Squad, and Montgomery County Police K-9 units were on hand. Residents enjoyed being able to sit on-board the fire truck and ambulance and peer inside the Rescue Squad's heavy rescue truck, along with a demonstration by the K-9 units.

There were plenty of hot dogs, chips, popsicles, and drinks on hand and everyone left with goodie bags. This event would not have been possible without the many hands that came together to make it a success. If you missed the event due to the rain, plan to attend our fourth annual National Night Out on **Tuesday, August 2, 2016!**

*Rent the Village Hall
for your Next Event!*

Sign-up TODAY for the Chevy Chase Village Food-Waste Recycling Program (Composting)

COST? Thanks to the over 40 residents who have already signed up, the price for subscribing has dropped to only **\$20/month** or you can sign-up for a full year for **\$222/year**. All services will be directly billed by The Compost Crew to the participating household.

TO SIGN-UP? Visit the Village's dedicated page on The Compost Crew website located at compostcrew.com/chevychasevillage. If you have any questions regarding the program, please do not hesitate to contact The Compost Crew directly at (301) 202-4450 or via e-mail to info@thecompostcrew.com.

SIGN UP FOR EMAIL BLASTS!

The Village operates two email distribution lists to deliver information to residents:

Urgent News Alerts are emergency alerts that are sent out only on an as-needed basis.

General News Alerts, which are geared toward community events, Board Meetings, etc. will be sent out weekly.

To subscribe, please visit the Village's website at www.chevychasevillagemd.gov and click on the "white envelope" located under the Village logo.

Note: To sign-up for the email services you must be a Village resident and have registered for access to the Village's website.

OUR KEY PROGRAM ONLY WORKS IF WE HAVE YOUR KEY!

If you have not already done so, please return your house key in case you or a family member gets locked out and so the Village Police can access your home in an emergency.

VILLAGE HALL LENDING LIBRARIES

Outdoor Library

(front porch off of Laurel Parkway)



Indoor Library

(Reception Area Next to the Bulletin Board)



RESTRICTIONS ON POWER LANDSCAPE EQUIPMENT

As we enter the fall 2015 leaf collection season, residents are reminded that the Village has limited hours during which landscape power equipment can be operated.



Power landscape equipment is permitted only:

Weekdays between 8:00 a.m. & 6:00 p.m.

Weekends & Holidays between 9:00 a.m. & 6:00 p.m.

RESIDENTS INVITED TO THE MANY HANDS KICK-OFF MEETING IN THE VILLAGE HALL: THURSDAY, OCTOBER 15TH AT 7:00 P.M.

Many Hands, Inc is a local grant making organization dedicated to making a lasting impact on the lives of Washington, DC area women and families in need, while helping its members become well-informed donors. Since beginning in 2004, the generous women of Many Hands have impacted our community with grants totaling over \$800,000. Find out more about our work and how you can join us. Please contact Village residents and board members, Elizabeth Bausch at epibausch@yahoo.com or Noni Lindahl at nvlindahl@aol.com or 301-656-1966 for more information or with questions. New members welcome. Together, we can make a difference!

BUILDING PERMITS ISSUED JULY & AUGUST 2015

5506 Western Ave	Replace and expand existing driveway
5506 Western Ave	Construct new retaining walls alongside expanded driveway
3927 Oliver Street	Install one new and one replacement air conditioner in the rear (north) yard
5510 Grove Street	Install new fence in side yards and replace one panel in rear yard
3920 Oliver Street	Expand rear stoop; construct stepping stone walkways
5409 Grove Street	Utility permit
5507 Grove Street	Install replacement fencing in the rear (south) yard
104 Newlands Street	Construct new house
35 West Lenox Street	Install replacement air conditioner in the west (side) yard
5508 Center Street	Construct rear addition
5616 Grove Street	Replace existing walkway and stoop in the same location
130 Hesketh Street	Install replacement heat pump in the east (side) yard
7 Magnolia Parkway	Install a replacement a/c unit in the rear (east) yard
29 West Kirke Street	Relocate three air conditioners, replacing one of the units as well
104 Hesketh Street	Construct 12" stone retaining wall along the east side of the driveway
5604 Montgomery St.	Install a new railing over an existing one-story garage
3927 Oliver Street	Construct new fence
3927 Oliver Street	Install swimming pool
9 Hesketh Street	Construct side and rear addition
6315 Broad Branch Rd.	Install catch basin, drainage pipe & chambers
5910 Cedar Parkway	Install three-bore geothermal system
33 Oxford Street	Install new a/c condenser in the east (side) yard
2 Magnolia Parkway	Replace a/c unit
5508 Park Street	Replace fence in rear yard

2015 RESIDENT DIRECTORY

Copies of the recently released 2015 Directory are now available. Residents can pick up one copy per household from the Village Office.



BOARD ACTIONS

JULY 13, 2015 BOARD OF MANAGERS' MEETING

Approval of Previous Meetings' Minutes:

June 8, 2015 Executive Session - *approved*; June 8, 2015 Regular Monthly Meeting - *approved*

Special Permit Request

- **A-6741 (Special Permit Request): 5611 Kirkside Drive** - Modify and maintain two (2) structures along either side of a rise and walkway that were installed in the Kirkside Drive public right-of-way - *approved*

Matters Presented for Board Discussion and Possible Action

- **Proposed changes to the requirements for adult classes in the Village Hall** (to reduce resident participation requirement to one student per class) - *approved*
- **Tree Planting Program-Native Tree Policy** - *continued to the September 14, 2015 Board Meeting for further discussion.*
- **Resolution No. 07-01-15: FY2016 Budget Amendment:** Village Hall Landscaping (new line item under the capital budget, \$5,900); Refuse & Recycling Contract (increased expense in the operating budget, \$36,000); Repaving of West Newlands Street (additional revenue (reimbursed by Chevy Chase Club) and expense in the "Street Maintenance" line item of the capital budget, \$30,000) - *approved*

Contract Authorization Requests

- Staff Benefits Insurance Contracts
 - Medical: *CareFirst BlueCross BlueShield* - *approved*
 - Dental: *Principal* (retroactive to July 1) - *approved*

Purchase Authorization Request

- Computer Server in the amount of \$6,140 - *approved*

Staff Report on Pending Negotiations to Develop a Memorandum of Understanding:

- Maryland National Capital Park & Planning Commission for the development and operation of the Western Grove Park -
- *no action taken*

Board Appointments

- Charlotte Jones Carroll (East Irving Street) as a member, term ending July 2019, and as Chair, term ending July 2016 - *approved*
- Norm Asher (East Melrose Street) as a member, term ending July 2019 - *approved*

Board Reappointments of Chairs to Village Committees (All 2-Year Appointments)

- Environment & Energy Committee: Dr. Marilyn Bracken (Magnolia Parkway)- *approved*
- Environment & Energy Committee: Dr. Marea Hatzios Grant (West Irving Street) - *approved*
- Parks & Greenspaces Committee: Judy Elliott (West Irving Street) - *approved*
- Parks & Greenspaces Committee: Susan Kilborn (Oliver Street) - *approved*
- Seniors Committee: Betty O'Connor (Grafton Street) - *approved*
- Traffic Committee: Porter Wheeler (Oxford Street) - *approved*

This is a synopsis of the Board's actions. To view an archive of the approved minutes, please visit the Village website: www.chevychasevillagemd.gov by clicking Governance, Board of Managers, Board Meeting Minutes. To listen to audio recordings of the most recent Board Meetings, please visit the Village website: www.chevychasevillagemd.gov by clicking on Governance, Board of Managers, Board Meeting Recordings.

Next Regular Board of Managers' Meeting: Monday, September 14, 2015 at 7:30 p.m.

DID YOU KNOW?

Grass trimmings and leaves left in the street can clog storm drain inlets, contaminate local waterways and cause water to pool in roadways.

THE POLICE BEAT

E-mail Police Chief John M. Fitzgerald: john.m.fitzgerald@montgomerycountymd.gov

BACK TO SCHOOL SAFETY TIPS FOR PARENTS & CHILDREN

It's that time of year; summer has ended and children are headed back for another year of school. To ensure every child's safety, please remember and practice the following important tips:



- Don't drive distracted. Put aside the electronic devices and fully focus on driving. Using a handheld cell phone while the vehicle is in motion will earn you a citation.
- Don't drive distracted. Five seconds is the average time your eyes are off the road while reading or sending a text. When traveling at 55mph, that's enough time to cover the length of a football field blindfolded. (www.distraction.gov)
- Don't drive distracted. Don't let anything divert your attention and scan the road ahead for pedestrians and bicyclists.
- Failure to stop for a stopped school bus with flashing red lights carries a \$570 fine and three points. Village officers will be increasing patrol of school bus stops to catch violators.
- Parents of children who ride the bus to school should take an active role in ensuring that children are transported to and from school safely and promptly, and that discipline and safety are maintained at bus stops.
- Please check the times, locations, and route numbers for your child's bus. Make note of any schedule changes which have been implemented for this year. Route numbers are displayed on the side window of each bus.

If you have a concern regarding the operation of a Montgomery County school bus, please contact the MCPS transportation office at (301) 840-8130 or the Safe Schools Hotline - (301)-517-5995.

If you witness an unsafe driver in the Village, note the tag number and report it to the Village Police Department.

If you were out of town during the summer months, please remember to visit the Communications Center to collect your mail and packages.

PLEASE LOCK YOUR VEHICLES

The vast majority of our thefts are those from unlocked cars. We make it far too easy (and inviting) for thieves. The Village Police Department urges you to lock your car doors every time you park. Remove all valuables—or hide them at the very least. Please do your civic duty and reduce the opportunities for thieves and discourage them from taking things from your vehicle.



SAFE WALKING HABITS PEDESTRIAN SAFETY IS A SHARED RESPONSIBILITY

We often see residents walking in the streets of the Village. To increase pedestrian safety, please familiarize yourself with the below 'rules of the road' for pedestrians:



State law requires pedestrians to use the sidewalk where one is provided and otherwise available. Please use our newly refurbished sidewalks whenever you can.

When a sidewalk is absent (or its use is impractical for any reason) and pedestrians must walk on the roadway, state law requires that pedestrians walk on the left side of the street—facing oncoming traffic. It is not only the law, but it is common sense for your safety. This is an especially important rule for those who listen to electronic devices as they walk as these devices reduce a walker's ability to hear and perceive approaching cars, trucks, bicycles, and the like.

VILLAGE POLICE SPONSORING MEDICATION TURN-IN DAY



Your Village Police Department is participating in a national medication take-back day on **Saturday, September 26 from 10:00 a.m. until 2:00 p.m.** Law enforcement agencies throughout the region are participating.

Simply bring your unused prescription or OTC medication (no liquids or needles, please!) to the Village Hall and drop it in the box that will be attended by a police officer. The Police Department will dispose of the medication properly.

COMMUNITY NEWS

THE SENIOR CORNER

Fall is around the corner and we have some very interesting and informative programs planned. Please join us and bring your neighbors and friends. Refreshments will always be served.

Saturday, September 19 – 11:00 -1:00 p.m. Alan Fern, Director Emeritus of the National Portrait Gallery, will present his lecture on Cartoons and Caricatures. Through his slides and stories, we will be treated to a very informative lecture on these unique forms of art. He will also leave time for your questions.

Tuesday, September 22 –10:30 a.m. Mary Gorman will teach a class on jewelry crafting – making bracelets, earrings, purses, beaded watches and many other treasures. Come to the first session and she will have samples to show you. If you join her, she will go with you to purchase the materials for your selections.

Sunday, September 27 – 2:00-4:00 p.m. *The Sum Total of Our Memory* is an award-winning film about coping with memory loss due to Alzheimer's and other forms of dementia. As we grow older, we will all face this personally or with family or friends. In the film, couples affected by a recent diagnosis of a partner's dementia discuss their changing roles with prominent experts in the field. After the movie (57 minutes), we will have a panel of experts to discuss some of the points covered in the film. Members of the audience will be able to add their own experiences, and there will be time for questions. This film is currently being shown across the nation and we are very fortunate to be able to bring it here.

SAVE THE DATES

Wednesday, October 21 – 7:30-9:00 p.m. Age-Related Macular Degeneration – New Strategies for Managing Vision Loss. More information to follow in the October *Crier*.

Sundays: October 25, November 22, January 24, February 21, March 13 and April 10 – 1:00 - 4:00 p.m. Guitar Master Classes. More details coming soon.

Tuesdays: November 10 & 17 – 2:00-4:00 p.m. Millie Shott will hold two special workshops. Save your broken pieces of ceramic and glass. Millie will help you create a "masterpiece".

*Betty O'Connor
Chair, Village Committee for Seniors*

THE COMMUNITY CORNER

Summertime is moving time and as such we have several new neighbors! We are pleased to welcome the following families who have recently moved into the Village:

- James & Ashley Cassidy - 8 Quincy Street
- David & Mary Nikodem - 3917 Oliver Street
- Neel & Monica Sukhatme - 5600 Western Avenue
- Roman & Dace Martinez - 2 W. Melrose Street
- Ian & Vicky Twinn - 5503 Center Street
- Ernst Kernmayer & Martha Morino Trujill - 5607 Belmont Avenue
- Beau & Kiersten Pearce - 5800 Connecticut Avenue
- Ericka Markman & Joshua Horwitz -30 Grafton Street

Please reach out to welcome your new neighbors.

To help welcome these new residents and also to give everyone a chance to visit with one another, there will be a Fall Social at the Village Hall on **Sunday, October 18th from 3:00 to 5:00 p.m.** There will be refreshments for all ages and a moonbounce for the younger set.

This will also be your opportunity to find a costume for Halloween! The Community Relations Committee will have a costume swap during the party. Bring in your old Halloween costume(s) and walk away with another.

The Toddler Group will be back in full swing this Fall. Parents/caregivers and their toddlers are welcome to come visit and play every Monday morning at 9:30 a.m. in the Village Hall's Tuohey Conference Room.

It takes a Village. Join us! Please consider joining our committee and help us enrich our connections as a community.

*Karen Spangler Chair, Community Relations Committee
karen.e.spangler@gmail.com*

TENTH ANNUAL ELLEN'S RUN

On Sunday, September 27, 2015, friends and neighbors of Chevy Chase Section 5 resident Ellen Vala Schneider will hold the 10th and final 5K run/3K walk for adults, students, and children in her memory at Candy Cane City in Rock Creek Park. Participants may race as individuals or in self-formed teams. To donate, register, and to get additional information, go to www.EllensRunOnline.org.

CHEVY CHASE VILLAGE

ESTABLISHED 1890
5906 Connecticut Avenue
Chevy Chase, MD 20815

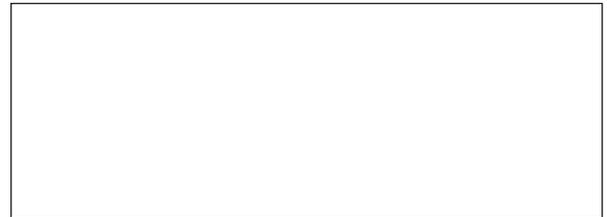
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BOARD OF MANAGERS

Michael L. Denger - *Chair*
Elissa Leonard - *Vice-Chair*
Richard M. Ruda - *Secretary*
David L. Winstead - *Assistant Secretary*
Gary Crockett - *Treasurer*
Robert C. Goodwin, Jr. - *Assistant Treasurer*
Minh Le - *Board Member*

VILLAGE MANAGER

Shana R. Davis-Cook



HOLIDAY COLLECTION SCHEDULE FOR REFUSE AND RECYCLING Week of Labor Day: September 7, 2015

IF YOUR NORMAL COLLECTION DAY IS...	YOUR COLLECTION DAY WILL BE...
Monday	Tuesday
Tuesday	Wednesday
Wednesday	Thursday
Thursday	Friday
Friday	Saturday

*Special Pick-ups NOT affected.

**MARK YOUR CALENDARS FOR
THE VILLAGE'S ANNUAL
HALLOWEEN PARTY ON
THURSDAY, OCTOBER 29 FROM
5:30 P.M. TO 7:00 P.M.**

TRASH & RECYCLING COLLECTION; SPECIAL PICK-UPS



Resident input regarding the contracted services for trash and recycling collection is an important factor during the evaluation of these services. Please contact the Village office to provide your feedback.

The Village provides rear door collection of refuse and recycling as a convenience to our residents. Please leave your gates unlocked to allow access to your receptacles and remember to contact the Communications Center if either your refuse or recycling were not collected.

Special Pickups of bulk items are collected on Wednesdays. Requests must be submitted either by phone or the Village website by 2:00 p.m. on the preceding Tuesday to ensure collection.



The mobile service bus will visit the Friendship Heights Village Center along Friendship Boulevard on **Monday, September 28 from 10:00 a.m. to 2:00 p.m.**

For more information, call (301)-656-2797 or visit

www.FriendshipHeightsmd.gov



Chevy Chase Village Announces Classes for Fall 2015



Chevy Chase Village is pleased to announce the following classes that will be held in the Village Hall this Fall. Please complete one registration form for each class and return with a **check** for the fee as noted under the class description **made payable to the instructor** to:

Chevy Chase Village, 5906 Connecticut Avenue, Chevy Chase, MD 20815.

Children's Classes

Creative Movement (2yrs) - 10/1—12/10

Thursdays: 10:00—11:00 a.m.

\$120 per 10-week session—Residents

\$150 per 10-week session—Non-residents

Instructor: Paula Brassfield

Minimum enrollment: 6 students

NO CLASS: November 26

Make check payable to: Paula's Fantasy Theater

Drama & Dance (5-7yrs) - 10/1—12/10

Thursdays: 4:00—5:00 p.m.

\$120 per 10-week session—Residents

\$150 per 10-week session—Non-residents

Instructor: Paula Brassfield

Minimum enrollment: 6 students

NO CLASS: November 26

Make check payable to: Paula's Fantasy Theater

Pre-Ballet (3 yrs) - 10/1—12/10

Thursdays: 12:30—1:30 p.m.

\$120 per 10- week session—Residents

\$150 per 10-week session—Non-residents

Instructor: Paula Brassfield

Minimum enrollment: 6 students

NO CLASS: November 26

Make check payable to: Paula's Fantasy Theater

Music for Toddlers (1-4 years) - 9/29—11/17

Tuesdays: 10:00—11:00 a.m.

\$140 per 8-week session—Residents

\$175 per 8-week session—Non-residents

Instructor: Amber Dutton-Hanlon

Minimum Enrollment: 5 students

Make check payable to: Meadowlark Music

Power-Tots (18 months—12 yrs) - 9/25—11/13

Fridays: Two sessions between 10:00—11:00a.m.
(Depending on the number of enrollments)

REVISED PRICE!

\$96* per 8-week session—Residents

\$120* per 8-week session—Non-residents

Instructor: Caroline Thigpen

Minimum Enrollment: 12 students

Make check payable to: Power-Tots

***Tuition payable by credit card on the first day of class to this instructor**





Adult Classes



Body-Balance Yoga - 9/23—11/18

A unique approach to yoga that combines a cutting-edge yoga therapy system based on deep awareness of body-mind integration and applies structural integration (connective tissue work), breathing and mindfulness to help reduce stress, improve concentration, develop strength and flexibility and relieve pain.

Wednesdays: 5:30—6:45 p.m.

\$105 per 8-week session—Residents

\$130 per 8-week session—Non-residents

Instructor: Maria Doherty

Minimum enrollment: 5 students

NO CLASS: November 11

Make Check Payable to: Maria Doherty

Demonstration Class: \$20.00/hour

Saturday, September 12—11:00 a.m.-1:00 p.m.

*Two one hour demonstrations will be offered.
Interested participants may stop in either
at 11:00 or 12:00 for a one-hour demonstration.*

Tai Chi - 9/23—11/18

This internal martial arts class consists of step-by-step instructions and therapeutic stretch exercises, which enhance internal health & unblock the meridians in the body. To activate qi and balance yin and yang, a combination of rhythmic breathing and slow, fluid movements contribute to a serene, but aware state of mind. Students feel more grounded and balanced. Regular practice relieves insomnia, arthritis, headaches, and stress.

Wednesdays: 1:30—2:30 p.m.

\$150 per 8-week session—Residents

\$190 per 8-week session—Non-residents

Drop In: \$35—Residents; \$44—Non-residents

Instructor: Louise Liu

Minimum enrollment: 7 students

NO CLASS: November 11

Make Check Payable to: Louise Liu

Art Splash - 9/29—11/17

Relax and have fun painting your own original masterpiece. At least four of the projects in this series have a “teamwork” component for couples that would result in twinned projects, which, when hung together, would complete the other.

Tuesdays: 4:30—6:30 p.m.

\$200 per 8 - week session—Residents

\$250 per 8 - week session—Non-residents

Couples must enroll individually

Drop In: \$24—Residents; \$30—Non-residents. **ADVANCED NOTICE TO THE VILLAGE OFFICE REQUIRED!** Email: ccv@montgomerycounymd.gov to register for drop-ins.

Instructor: Teresa Lunceford

Minimum enrollment: 7 students

Make Check Payable to: Abrakadoodle

****Price includes all materials and an apron will be provided****





Zumba® Gold/Zumba Level One Class **Wednesdays, 11:45 am – 12:45 pm, Beginning September 16**

Zumba Gold/Zumba Level One is designed for the active older adult, the true beginner, and people who need or want Zumba at a much lower intensity. The same great Latin styles of music and dance are used and just as fun as the regular Zumba classes. Zumba Gold classes strive to improve balance, strength, flexibility and most importantly, the heart. We use “very easy to follow” steps, which includes Salsa, Cha Cha, Merengue, Cumbia, Salsa, Rock & Roll (including Twist and Charleston), Belly Dance, Flamenco, Folk Dance and Tango.

Instructor Sharon Gelboin-Katz

Sharon Gelboin-Katz is licensed to teach Zumba/Gold. She has a strong background in folk dancing and teaching Israeli/International folkdance and movement to children and older adults. Sharon loves incorporating some of the fantastic movements she has learned from Israeli/International folkdance into her Zumba/Gold classes.

Please consult your physician before registering for any exercise class.

Your Computer is Your Friend **Thursday, October 22 & 29, 1:00-2:30 p.m.**

Would you like to be on better terms with your computer or electronic device? Then this class is for you! Learn about virus software; how to better manage your email (including creating files, deleting old messages and unsubscribing from junk mail); how to organize and creatively store important personal information (including user names, passwords and account information); and how to share special moments, including photos, with family and friends. Also covered: understanding social media, including Facebook, LinkedIn and Twitter. *This offering consists of two 90-minute classes. Bring your device to class if it is portable.*

Instructor Pam Sislen:

Pam is a CC@ H volunteer computer coach, a certified aging in place specialist and a real estate professional who uses technology extensively in her work. Her background is in business and marketing. Pam enjoys teaching yoga in her spare time.

Interested participants may register and pay online for either class at <http://chevyCHASEathome.org>, OR complete and return the form on the reverse. Please make your **check payable to Chevy Chase At Home (CC@ H)**. Payment and registration may be returned to CCV Office or mailed to P.O. Box 15102, Chevy Chase, MD 20825.

Please note: You must sign and return a completed registration form and waiver/release (on the reverse) to complete registration. **Participants who register online still need to submit the form.**



Registration Information



Zumba® Gold

Registration deadline is **September 9**. Class size limit: **10***.

Please check the price that applies:

___ CCV Resident or CC@H Member (\$70 for the 7 week session, from 11:45 am to 12:45 pm each Wednesday, beginning September 16, 2015). **OR**

___ Community (\$84 for the 7 week session, from 11:45 am to 12:45 pm each Wednesday, beginning September 16, 2015).

PLEASE NOTE: There is no class **WEDNESDAY, SEPTEMBER 23**

Your Computer is Your Friend

Please check the price that applies:

___ CCV Resident or CC@H Member (\$45 for the 2 week session, from 1:00 pm to 2:30 pm, Thursday, October 22&29) **OR**

___ Community (\$55 for the 2 week session, from 1:00 pm to 2:30 pm, Thursday, October 22&29)

Please indicate the device you want help with: ___ PC ___ MAC ___ Android ___ iPad ___ iPhone

Describe computer issues you currently have and what you hope to get out of the class: _____

Participant: Please Print Full Name

Street Address

Email Address

City, State, Zip Code

Daytime Telephone Number(s)

Chevy Chase Village Waiver and Release

In consideration of being permitted to participate in the following course/activity, sponsored by Chevy Chase Village and provided through Chevy Chase At Home (CC@ H):

1. I recognize that Chevy Chase Village and CC@ H are not responsible for the content or teaching of this course/activity and makes no warranties, and specifically disclaims any warranties, with respect thereto.
2. I am participating in the course/activity upon the express agreement and understanding that I am hereby waiving and releasing Chevy Chase Village, its officers, managers, employees and agents and those of CC@ H from any and all claims, costs, liabilities, expenses or judgments including attorneys' fees and court costs (herein, collectively referred to as "claims") arising out of my participation in the aforesaid course/activity and any illness injury or death resulting therefrom, and hereby agree to indemnify and hold harmless Chevy Chase Village, its officers, managers, employees and agents and those of CC@ H from and against all such claims except claims proximately caused by the gross negligence or willful misconduct of Chevy Chase Village or CC@ H.
3. As a participant in any program or class offered at Chevy Chase Village, I recognize and acknowledge that there are possible risks of physical injury, and I agree to assume the full risk of injuries, including death, damages or loss that I may sustain as a result of participating in any activities connected or associated with such program or class.
4. I am over the age of eighteen years and competent to enter into this waiver and release. I hereby execute and deliver this waiver and release voluntarily and with full understanding of the contents and consequences thereof and to induce Chevy Chase Village to permit me to participate in the program at Chevy Chase Village Hall.

Signature of Participant

Printed Name

Date

*If space is available, Drop-ins welcome for \$14 for CCV Residents/CC@ H members or \$16 for Community.

Chevy Chase Village
2015 Fall Class Registration Form

Student's Name _____

Name of Parent/Guardian (if child) _____

Address _____

Telephone _____ *Email* _____

Class _____ *Payment* _____ *Village Resident? Yes* ___ *No* ___

Waiver of Liability and Release

Signature required for all classes!

I, individually and/or as the parent/guardian of the minor child named above recognize that Chevy Chase Village is not responsible for the content or teaching of this course/activity and makes no warranties, and specifically disclaims any warranties, with respect thereto.

I/my minor child, am participating in the course/activity upon the express agreement and understanding that I am hereby waiving and releasing Chevy Chase Village, its officers, managers, employees and agents from any and all claims, costs, liabilities, expenses or judgments including attorneys' fees and court costs (herein, collectively referred to as "claims") arising out of my or my child's participation in the aforesaid course/activity and any illness injury or death resulting therefrom, and hereby agree to indemnify and hold harmless Chevy Chase Village, its officers, managers, employees and agents from and against all such claims except claims proximately caused by the gross negligence or willful misconduct of Chevy Chase Village

As a participant in any program or class offered at Chevy Chase Village, I, or my minor child, recognize and acknowledge that there are possible risks of physical injury, and I, or my minor child agree to assume the full risk of injuries, including death, damages or loss that I, or he/she may sustain as a result of participating in any activities connected or associated with such program or class.

I am over the age of eighteen years and competent to enter into this waiver and release. I hereby execute and deliver this waiver and release voluntarily and with full understanding of the contents and consequences thereof and to induce Chevy Chase Village to permit me, or my minor child to participate in the program at Chevy Chase Village Hall.

Signature of Participant OR Participant's Parent/Guardian
(if under the age of 18 years)

Date

For Office Use Only:

Amount Received: _____

Date Received: _____

Received By: _____

Flu and Pneumonia Clinic

Chevy Chase Village Hall
5906 Connecticut Avenue
Chevy Chase, MD 20815

Thursday, October 1, 2015

3:00 p.m. to 7:00 p.m.



Flu Vaccine \$ 30.00

FluMist is available for ages 9–49. Please call to register in advance. FluMist is an additional \$5.

High-Dose Flu Vaccine \$ 55.00

Pneumonia Vaccine \$ 100.00

Recommended for persons 50 and older with long-term health concerns, limited mobility, and/or a weakened immune system.

Prevnar 13 \$ 190.00

(pneumococcal bacterial pneumonia vaccine)

Please call the Village Hall to register:

(301) 654-7300 or ccv@montgomerycountymd.gov

IMPORTANT! Checks and exact cash only will be accepted. Vaccinations are free to participants using Medicare Part B (if not a part of an HMO). The card must be presented at the time of the vaccination for the fee to be waived. Please make checks payable to MedStar Health VNA.

*All vaccinations are available for children
9 years of age and older with parental consent.*

For more information:

Flu vaccine:

<http://www.cdc.gov/flu/protect/keyfacts.htm>

<http://www.cdc.gov/flu/protect/vaccine/>

<http://www.flu.gov/prevention-vaccination/vaccination/#>

Pneumonia Vaccine:

<http://www.cdc.gov/features/pneumonia/>