

October 2023 Newsletter

Everything Green – All Year Long launched in September with five events centered around nature. 45 BHV members and friends attended these events.

What Is Everything Green--All Year Long?

Since the beginning... Bradley Hills Village (BHV) has distinguished itself by offering programs outside and having fun with nature. From neighborhood garden walks, to having a contest of who could grow the tallest sunflower, to the book group that read several books about nature, to tending to the beautiful Triangle Garden, we seem to stay connected when we get outside.

Why do we have these outdoor activities?

Because many of the members enjoy nature and found that being out of doors makes them happy, especially during the height of COVID. We leveraged these events and were recently awarded a grant from the Maryland Department of Aging to intensify and deepen a variety of programs that bring nature more directly and more routinely into members' lives, especially as a way to increase members' well being. This new initiative aims to incorporate more accessible and year-round activities focused on nature and the outdoors, and it will include more hands-on activities with more entry points and levels of engagement that will allow BHV to reach more people. This will be accomplished by expanding the number of ways that BHV members learn about and increase social connections through enjoying nature. The grant will also improve BHV's website and materials about the program so members and other interested parties can learn about and share information about the program.

Below are upcoming events from our interest groups like Environment, Book, and Coffee & Conversation, and we also have added our Green Events with asterisks. We will send Green Updates every other week to highlight our events and we encourage you to sign up. We would love to see all of our members engage with one or more Green events this year.

Events At-A-Glance

October 2, 7:00 - 8:00 PM - Environmental Group: Food Safety and Healthy Environment

October 5, 1:00 - 3:00 PM - Curated Tour of NIH Grounds Focus Sustainable Landscape & Herb Garden*

October 7, 9:00 - 10:00 AM - Asahi Demonstration & Class*

October 18, 7:00 - 9:30 PM - Book Club reads David Grann's *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*

October 19, 10:30 - 11:30 AM - Coffee and Conversation - Travel Tales in person

October 24, 10:00 - 11:30 AM - Sketching in the Triangle Garden*

October 25, 9:30-10:30 PM - Walk to Neighborhood Parks w/ Bagel Finale*

October 27, 6:30 - 9:00 PM - Potluck Friday Dinner, RSVP

Event Details

October 2, 7:00-8:00 PM. Environment Interest Group - "The Link between Food Safety and a Healthy Environment" - Our speaker Carl Custer, one of our Environmental Group and long-time Bradley Hills Village members, is a food microbiologist formerly with USDA's food inspection service who has undertaken extensive research on the topic.

When we buy meat, poultry and fresh produce at the supermarket we assume that they are safe to eat. But are they? Recent research shows that our food supply is increasingly threatened by contamination of the environment by pathogens from a variety of sources. And government regulation has not kept pace. Join us on Zoom to learn more about this challenging problem and what you can do to protect yourself and your family from food-related infections.

Registration for event, email bhvenviron@gmail.com

BHV: Environmental Interest Group

Join Zoom Meeting

<https://us02web.zoom.us/j/81585159050?pwd=UE5ESFZzME54MmhDVXRYeHVVUFNDdz09>

Meeting ID: 815 8515 9050

Passcode: 937783

October 5, 1:00 - 3:15 PM. Curated Tour of NIH Grounds With a Focus On Sustainable Landscaping. Tour with NIH Landscape Architect. Tour will highlight the sustainable landscape practices on the NIH campus. Participants will learn about the streams and the native flora and fauna found on the NIH campus. The guide will point out current and future sustainability efforts that allow NIH to continue being a responsible steward of the environment. The tour will end at the NIH Herb Garden.

You need to be comfortable walking for an hour and will cover about 1.5 miles. Meet at 1 PM at the home of Betsy Carrier at 5805 McKinley. We will form carpools to drive to NIH and go through security. You must bring a government issued photo ID such as a Maryland License. RSVP: info@bradleyhillsvillage.org

October 7, 9:00 - 10:00 AM. Asahi Lesson in Margaret Hilton's Backyard - Asahi is a fitness program from Finland that is easy to start and learn and can be practiced indoors or outdoors without any special equipment or weights. Movements and breathing are synchronized at a slow tempo to warm up, exercise, and relax the whole body, strengthen the legs, arms, and back, and develop balance and mindfulness.

Learn more here: <https://issuu.com/rpublish/docs/asahibrochure2018>. Please register by emailing: info@bradleyhillsvillage.org

October 18, 7:30 - 9:00 PM. Book Group meets to discuss David Grann's *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*. The Book Group had a wonderful turnout in September with 16 members in attendance. They were excited to welcome three new members to the group and are happy to welcome more.

October 19, 10:30 - 11:30 AM. Coffee and Conversation - Armchair Travel With Intrepid Village Travelers. Come hear first hand about Syma and Marty Mendelsohn's 117 days at sea and Dianne McCutcheon and husband Jeff Siegel recent 14-day guided tour of Greece including Crete and Santorini. Dianne will share their experience of Greece from the heights of the Acropolis to the depths of a Bronze Age city buried for almost 4,000 years as well as the charms of modern-day Greece. Dianne McCutcheon's trip to Greece. They will describe their itineraries, what was fun and what surprised them. At the home of Dianne McCutcheon's 8204 Moorland Lane. RSVP: info@bradleyhillsvillage.org

October 24, 10:00 - 11:30 AM. Sketching in the Triangle Garden. Discover your inner artist or just test the studies that say practicing art improves your overall health! We will meet-up at the Triangle Garden at 10:00 AM and walk for @ 20 minutes to collect leaves and take photos. When we return to the Triangle Garden at 10:30 AM, we will try our hands at art exercises. Supplies and suggestions will be available on site. Artist Lisa Grande Murphy will escort us on this excursion and guide us through some simple exercises. Lisa is a teacher and artist who lives in Montgomery County. You can see her work here <https://www.instagram.com/theartistworkshop365/>. This event is open to anyone who is willing to slow down and look a little closer - previous art experience is NOT necessary. Registration required: email info@bradleyhillsvillage.org. Afterwards some of us will head for coffee or a light lunch at Lilet Cafe 7921 Old Georgetown Road, we hope others will join.

October 25, 9:30-10:30 AM. Walk to the neighborhood parks. BHV loves the Triangle Garden. But did you know that there are 5 other parks in our village area? Some bigger and some smaller than our Triangle Garden. Come join the hunt. We will walk 2.miles. For those ready for a snack at the end of the walk an optional bagel stop at *Call Your Mother* on Old Georgetown Road. Meet up at the Triangle Garden - the area between Roosevelt and Garfield.

October 27, 6:30 - 9:00 PM - Potluck Friday! Join our first BHV Pot Luck dinner at Erna's house. Bring a main dish or salad/ side dish and meet new friends. Due to limitations on the space, we can only reserve spots for 20 people so RSVP today! info@bradleyhillsvillage.org

If you want to take part in Potluck dinners and you have a large house that can accommodate more than 20 guests, please let us know. We can open to a larger group if we have the space.

Also, if you can't make this Potluck Friday event but you want to be added to future events like this, please email info@bradleyhillsvillage.org.