

FACES OF FRIENDSHIP

FEBRUARY 2022



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Friendship Terrace does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, elderliness, familial status, or handicap in the admission or access to, and/or treatment and employment in, its federally assisted programs and activities. Occupancy is open to all persons who meet the facilities' eligibility criteria, regardless of the aforementioned federal and state statutorily protected classes.



FEBRUARY 2022 VIRTUAL

ACTIVITIES

Feb 3rd	2:00 PM	 Black History Program
Feb 4th	1:00 PM	BINGO W/ Cindy
Feb 7th	11:00AM	Fun Fitness w/ Saja
Feb 10th	2:00 PM	Black History Program 
Feb 11th	1:00 PM	The Pettets Variety Show Zoom ID: 825 1072 8888 Passcode: 930067
Feb 12th	10:00AM	Sticks & Stitches Zoom ID: 893 5162 7765 Passcode: 894028
Feb 14th	11:00AM	Fun Fitness w/ Saja 
Feb 14th	1:00 PM	Tenleytown Book Club  Zoom ID: 850 4576 8640 Password: Passing
Feb 14th	2:00 PM	Valentine Concert w/ Jeffery Levin 
Feb 16th	11:00 AM	Coffee Chat w/ Rahell & Saja
Feb 17th	12:00 PM	Black History Program 
Feb 17th	2:00 PM	Consumer Matters & Scams
Feb 18th	3:00 PM	Valentine Trivia w/ Payton DeAndrea
Feb 23rd	11:00 AM	Coffee Chat 2.0 w/ Rahell & Saja
Feb 24th	12:00 AM	Black History Program 
Feb 25th	2:00 PM	Terrace Talk w/Semira

You can join any of the activities listed above by video also activities will be shared as they are scheduled

ZOOM ID: 588 529 4839 or Call in at 301-715-8592

Art History Lecture class-TBD, Tenleytown Book Club & Sticks in Stitches class info is located above.

PUZZLE PAGE

Valentine's Day

Find the words on the list in the word search below!

X Z N E I H
 H Z B M S W Q X F
 Z Q J F O O A A M C S
 C B I G L R R R T A F D X
 Q G E A O H T U S X E I B B W D X A C S H D W W G O D H
 U P P J W E T W A F U P D J J U C E U V T M Q A H V U Z
 U R F Q E B Q E Z H R U C B U B X H U L I J X F D E D A
 I A J W R R E N U Y S C E B Q E F O O R D B F E X W Z Y
 W G S S S E N D N I K P T S K Z A T W C L G R P H N K M
 T J U W O E S E R V I C E C S N O F R J O U A Q M U C E
 L K C O T M B L U F T H G U O H T C P Q L L Q T M F N U
 D O I Y B Q D Y G H A P P I N E S S T O S Z A H G E Z Y
 J Z Z H D U V Q P D R P I H S D N E I R F G R T N I T
 D E T S N R P E E P C D W H R M S Q D T L F O E S C
 F M J W A G H O B T O K L W U P O D F O Z A P J
 A Z K V C V H O R X X P X J C L E T T E R S
 T G I F T S R M H S F E K N I P P T I A
 D I R D A W G D C A X R G T B F K H
 E I T B B P J K C V B A Z I M D
 Q F P V I O Z Z I N C H Y J
 J S Q Y D D Z M H E Y S
 H T B V S H H I X Q
 W I K L Z F M Z
 B O T G P J
 L V I R
 V R

ARROWS
 CUPID
 FUN
 HEARTS
 LOVE
 RED
 SHARE

CANDY
 FLOWERS
 GIFTS
 KINDNESS
 NICE
 ROSE
 SWEET

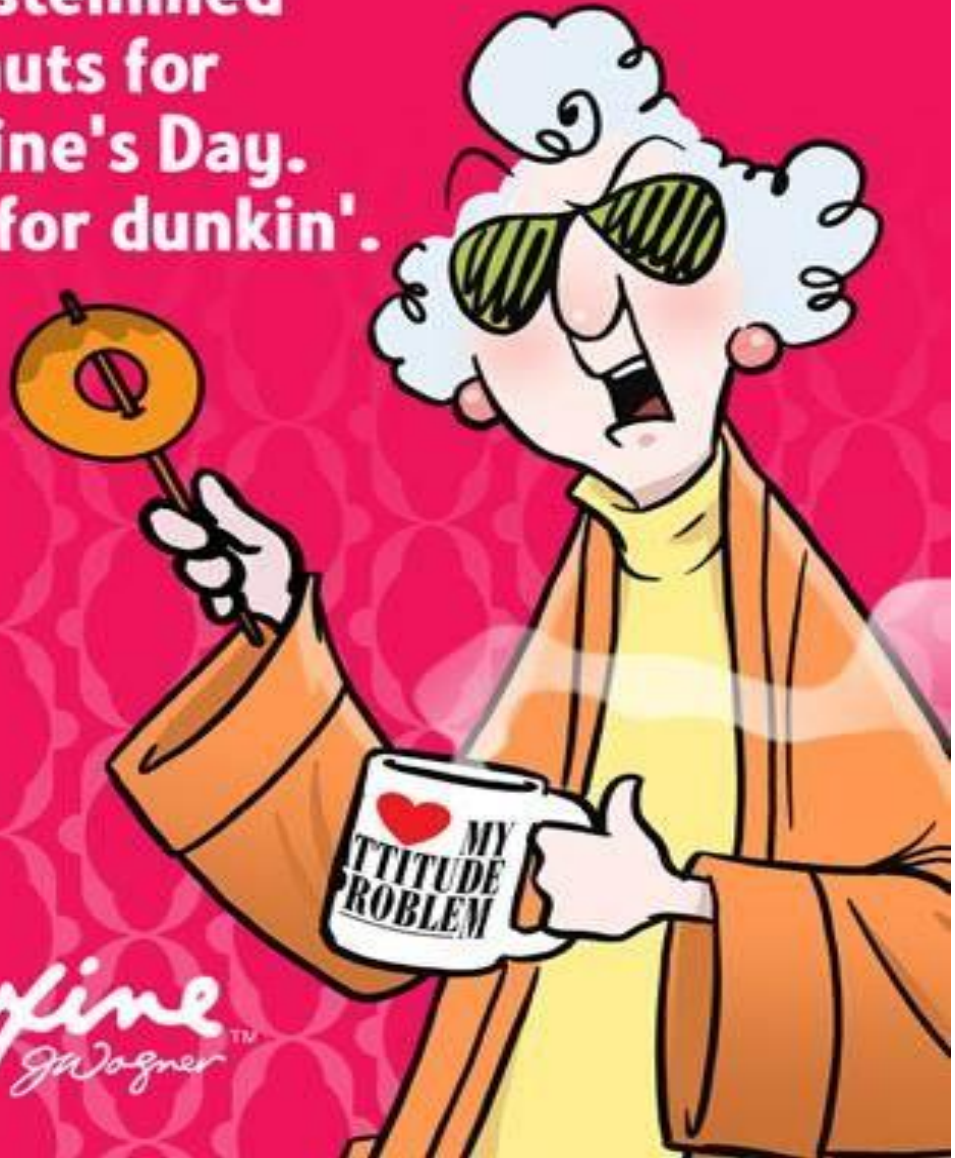
CHOCOLATE
 FRIENDSHIP
 HAPPINESS
 LETTERS
 PINK
 SERVICE
 THOUGHTFUL

© HMK. LIC.

I'd prefer a dozen
long-stemmed
donuts for
Valentine's Day.
Perfect for dunkin'.

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G. Wagner™





FEBRUARY BIRTHDAYS

Birthstone: Aquarius **Flower:** Violet **Zodiac:** Aquarius/ Pisces

Roth, Johanna	2/02	Williams, Ellen	2/24
Strong, Joyce	2/03	Helper, Gary	2/26
Wright, Cynthia	2/05	Josen, Felicia	2/27
Thomas, Caesar	2/08	Tang, John	2/28
Loughrin, Michael	2/13		
Coleman, Madeline	2/15		
Briody, Charles	2/18		
Dickerson, Mary	2/21		
Schilling, Joan	2/24		



CENTER FOR DISEASE CONTROL INFORMATION

We will continue to keep you informed of any new changes regarding the COVID-19 pandemic, as they relate to Friendship Terrace or the greater District of Columbia area.

If you have any questions about COVID-19, Friendship Terrace recommends you check out the following resources:

- DC Corona virus Website: [Coronavirus.dc.gov](https://www.coronavirus.dc.gov)
- Centers for Disease Control Website: [CDC.gov](https://www.cdc.gov)
- State Department Website: [State.gov](https://www.state.gov)
- DC Health Website: [Dchealth.dc.gov](https://www.dchealth.dc.gov)
- Muriel Bowser, DC Mayor Website: [Mayor.dc.gov](https://www.Mayor.dc.gov)

Name: _____

BLACK HISTORY MONTH!

C	O	O	R	P	M	I	G	O	N	P	Y	S	W	Y	V	J	R	V	A	T	O	L	S	Q	Y	Y	L	R	R
G	L	S	X	F	F	A	P	P	P	A	R	K	S	V	E	Q	G	D	V	L	Z	U	C	E	Y	H	D	Z	Y
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N	D	B	F	C	A	U	D	U	Y	M	V	T	O	Q	L	U	C	R	X	J	A	E	O	C	P	T	X	P	C
H	D	Y	E	O	Y	R	P	S	N	L	A	E	P	O	I	R	H	E	V	Y	C	R	V	C	R	O	U	A	A
V	E	H	B	F	O	S	X	X	B	X	O	H	B	T	R	S	G	J	N	J	P	K	J	A	L	R	C	K	V
B	F	N	R	R	Z	S	H	T	P	X	K	C	I	L	Y	L	G	U	Z	U	I	I	E	S	Q	Y	G	Z	B
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V	J	E	A	E	W	B	R	R	A	C	I	S	M	Q	F	J	V	I	S	T	N	G	Q	Q	Y	U	L	E	Q
J	D	H	R	D	V	R	I	Q	U	H	S	I	R	P	T	H	C	M	I	Y	J	M	A	D	P	U	K	C	
E	Q	A	Y	O	M	X	T	I	Z	Z	G	P	V	C	P	I	S	E	S	C	B	R	S	D	Q	B	N	Q	C
J	J	W	K	M	A	Z	A	M	Q	B	Q	V	I	E	W	Q	E	D	Y	E	H	C	H	N	S	F	N	Y	T
J	F	P	L	V	R	G	G	Q	J	I	O	K	I	O	B	G	V	C	O	G	X	C	Z	D	N	J	B	F	C
E	K	I	S	A	C	C	E	C	Z	F	C	F	W	J	N	E	U	H	D	F	T	K	V	A	P	O	J	Y	Q
G	A	R	V	E	H	K	N	Z	J	D	W	U	J	K	V	B	X	Q	P	R	I	O	T	S	T	M	N	L	R
C	J	D	T	M	W	C	T	R	B	O	Y	C	O	T	T	K	Q	J	K	Z	G	D	P	B	B	I	Y	V	B
V	I	K	B	J	R	A	P	N	P	K	D	I	S	C	R	I	M	I	N	A	T	I	O	N	C	B	Z	N	Z
R	D	S	J	R	A	E	K	V	V	W	L	J	G	Z	H	Q	T	Y	P	S	L	G	M	C	A	O	V	I	F
F	V	W	C	D	W	S	W	H	T	M	I	V	D	M	R	H	X	D	P	Y	R	L	N	R	R	K	M	K	C
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V	A	N	V	K	V	A	K	S	U	L	V	W	Q	M	F	H	Z	Z	V	J	O	Z	Y	T	E	I	Q	E	V
Y	M	E	D	S	I	V	I	G	O	C	Q	C	P	P	V	C	Z	N	D	I	W	P	W	B	R	E	T	Q	H
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F	E	F	P	Y	Y	D	T	Z	R	F	T	A	E	W	Y	L	M	Z	S	N	F	S	U	M	O	H	V	G	J
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H	R	H	C	M	E	L	P	B	R	G	H	I	V	Z	M	X	C	N	V	C	N	C	Q	F	N	A	D	Y	I
F	R	T	O	W	J	M	C	R	W	X	P	V	L	B	B	L	V	A	A	F	R	I	C	A	N	R	Q	A	P
V	M	R	X	Q	Y	U	D	S	S	E	G	R	E	G	A	T	I	O	N	Y	S	H	N	O	E	C	T	N	F
G	N	R	U	I	X	U	B	X	W	I	U	O	F	D	O	U	G	L	A	S	Z	K	M	H	L	Z	F	A	S

AFRICAN
BOYCOTT
BUS
CARVER
CIVIL WAR

DISCRIMINATION
DOUGLAS
EQUALITY
FEBRUARY
FREEDOM

HERITAGE
HISTORY
JUSTICE
LUTHER KING JR
MARCH

NAACP
PARKS
PREJUDICE
RACISM
RIGHTS

RIOTS
SEGREGATION
SLAVE
TUBMAN
VOTE

From the Service Coordinator

A monthly publication to keep you informed about wellness programs and events

FEBRUARY 2022

Hello Friendship Terrace Family!

The month of February is known for HEARTS, Valentine's Day and American Heart Awareness. This is a time where people should focus on their cardiovascular health and all things that are good in general for their health to bring awareness. People with poor cardiovascular health are at risk for severe health issues. Cardiovascular disease, which is better known to the public as "heart disease" is the number one leading cause of death in the United States of America.

Focusing on your heart is extremely important and we should all adopt a healthy lifestyle to prevent getting heart disease. Not stressing, exercising regularly, monitoring your intake of salt and avoiding smoking are all basic things that we are able to do when it comes to preventing heart disease.

- ◆ **Stress:** when you are feeling stressed try to occupy your mind and keep yourself busy
- ◆ **Exercise:** start off small, take daily walks and increase the distances every few weeks
- ◆ **Monitor salt intake:** watch how much salt you are consuming (do not add any extra salt)
- ◆ **Avoid smoking (for those who smoke):** cut down on the number of cigarettes you smoke daily, weekly or monthly

Your Service Coordinator, Saja
Happy Valentine's Day <3



Fun Fitness w/ Saja



February 7th & 14th
11am

ALL ACTIVITIES CAN BE
JOINED VIRTUALLY ON ZOOM:
Zoom ID: 588 529 4839
Call in info: 301-715-8592

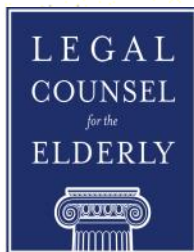
Coffee Chat w/ Rahell & Saja



February 16, 2022
11am

ALL ACTIVITIES CAN BE
JOINED VIRTUALLY ON ZOOM:
Zoom ID: 588 529 4839
Call in info: 301-715-8592

Consumer Matters & Scams



February 17, 2022
2pm

ALL ACTIVITIES CAN BE
JOINED VIRTUALLY ON ZOOM:
Zoom ID: 588 529 4839

Coffee Chat 2.0 w/ Saja & Rahell



February 23, 2022
11am

ALL ACTIVITIES CAN BE
JOINED VIRTUALLY ON ZOOM:
Zoom ID: 588 529 4839
Call in info: 301-715-8592

Health Providers Corner

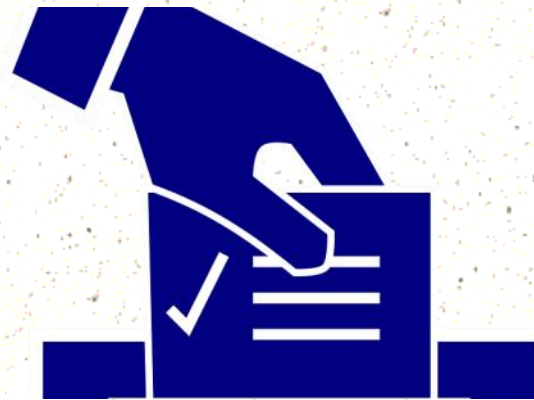
ALL ACTIVITIES CAN BE JOINED VIRTUALLY ON ZOOM:

**Zoom ID: 588 529 4839
Call in info: 301-715-8592**

**STOP THE SPREAD OF
CORONAVIRUS (COVID-19)**



**PLEASE WASH
HANDS FOR
20 SECONDS**



Suggestions/Comments Welcome

If you would like to leave comments or suggestions for the Service Coordinators feel free to call the front desk and place your concerns along with your name and apartment number.

We welcome your feedback!

Rahell Negash
(202) 244-7400 Ext. 106
Saja Hogans
(202) 244-7400 Ext. 109

ADMINISTRATOR REVIEW

Dear Residents and Families,

Happy February!

We miss being with you in person, but the good news is we have found positive ways to adapt to what is happening around us! The staff, residents and families are showing the life skill of “resiliency”. With the building locked down we are promoting Zoom activities which is instrumental in allowing us to communicate and socialize with each other until we can reopen our community.

This month is *Black History Month* and we have some exciting programs for you to celebrate this historical month. We have implemented a new virtual calendar that will be on page 2 of the newsletter until further notice. I know there are some residents who feel they cannot or are unable to connect with Zoom. If you have a working computer/smartphone/tablet, we can help you learn how to enjoy Zoom. Please see your Service Coordinator for assistance.

Also, if you have not already done so feel free to visit our updated Friendship Terrace website at Friendshipterrace.org. You will find that our website has had a major facelift, which you will notice as you browse through it. Thanks to the great work of Ann Marie Ladis and her team with Cachet partners who continue to provide a website that is interesting, informational and resourceful.

In other news, February marks the annual American Heart Month in the United States. Put simply, this month raises awareness about heart disease and helps people learn ways that they can protect their heart health. The federally designated event stands as a reminder to all when it comes to this important issue. Why Does American Heart Month Matter? One in four deaths in the USA is caused by heart disease, so this is a critical national issue. However, recent research suggests that many people lack education about cardiovascular conditions and their warning signs. American Heart Month aims to address the lack of awareness by getting us all thinking about the small ways in which we can keep our hearts healthy.

Lastly, this is also the month that we celebrate LOVE (Happy Valentine’s Day) and Chinese New Year! So, I’ll leave you with these two quotes until next time...

“All you need is love, but a little chocolate now and then doesn’t hurt.” —Charles M. Schulz

“Happy Chinese New Year 2022, this year we celebrate the Year of the Tiger. May you have peace at every age. Enjoy this festive to the fullest and make this celebration best of them all. “- author unknown

Semira Negasi,
Executive Director



Happy Valentine's Day

FROM ALL OF US AT SEABURY



Seabury is showing the love!

- Serving over 3,000 monthly meals
- Subsidizing transportation for 1,500 older adults
- Providing a safe and welcoming environment for 346 older adults to call home
- Offering over 250 monthly activities
- Supporting older adults and family caregivers through over 60 hours of subsidized Care Management services each month

seaburyresources.org/donate

Number One


How many of us have longed to be “Number One: at anything, including sports, business, politics, education and so on? It is alleged that being “Number One” gives an individual a feeling of power, control, happiness,

independence and a host of other incredible inner feelings. What a thrill it would be to be deemed Number One!

Believe it or not, I was number One at the ripe old age of twelve. Now you may ask, how can anyone be Number One in anything at the age of twelve?

Well, it really began at the age of nine or ten as I passionately pursued the game of “Marble Shooting.” However, it was at the age of twelve that I considered myself to be number One in that “youthful competitive sport known as Marbles.”

Just for a tidbit of clarification, I and others considered me to be

number One at the game of Marbles within my neighborhood  , which consisted of a ten-block radius. Nevertheless, that was indeed a towering, tedious task to tackle and accomplish.

Now let me describe the game of Marbles for some and revisit the foregone memories for others. It can be said that the game known as “Marbles” could be compared to the game of billiards, or “shooting pool



.” Although marble shooting is similar to billiards, however there are numerous differences. Rather than having a well- designed pool table, with “pockets” and pool sticks known as “cues”, in Marble Shooting, a circle or “ring” is drawn with a sharp object in the dirt of someone’s grassless front yard. Within that ring, each player places an agreed upon number of marbles, which are “bunched together”



in the middle of the ring. The primary objective is for each player to extract as many marbles as possible from that ring by using his

SHORT STORY PAGE

“Special Shooter” to perform that task (I have never encountered a female marble player).

After “knuckling down” on his hands and knees with his “shooting hand” on the ground outside the ring and with his “Special Shooter” placed between the top of his thumb and the tip of his pointer finger, the



player releases his Shooter . As the player’s Shooter travels across the ring, each marble in the ring his Shooter comes in contact with and exits the ring, while the Shooter remains in the ring, that marble or those marbles will become his property. And that is the method in which players accumulate marbles during the game. However, once his Shooter leaves the ring due to the inability to strike a marble from the ring, it is the next participant’s turn. Once all marbles have been eliminated from the ring”, that game is over and it is time for another contest.

It must be stated here that prior to a game of Ringer, there is a preliminary competition to determine which player will be the first to shoot. And fortunately, my well-honed skills allowed me to win the preliminary contest each time. Being the first to shoot, I was able to extract all marbles from the ring before anyone else had an opportunity to shoot. So, I was indeed a champion.

As an African-American male growing up in Washington, DC, it was essential to develop and maintain a positive frame of mind, and to find a way to “feel important” despite the fact that there were few well-paying jobs and careers in which African-American males could aspire. In my neighborhood you could become a teacher, or work in the Post Office.

Fortunately, the sporting world was beginning to open its doors to African-Americans. And given that opportunity, Washington, DC did indeed “grow an abundance of talented athletes” such as: Football



star ,Willie Wood

of the Green Bay Packers; Basketball star,

Elgin Baylor



of the Los Angeles Lakers; Baseball star, Maury



Wills of the Los Angeles Dodgers; and Norvell Lee Gold Medalist Boxer in the 1952 Olympic Games. These were important male figures born or “reared” in Washington, DC, who achieved high levels of fame.



I too, was eagerly seeking fame. As a youth, I wanted to feel worthy and important. And I did indeed feel noteworthy as the “Number One Marble Player” in my neighborhood. I considered myself a “Champion” and many others also perceived me in that captivating capacity.

Becoming Number One in the grandiose game of Marbles was vital. That is why I honed my marble shooting skills day and night, week days and week-ends.



I fell in love with my Shooter . My Shooter was the perfect size, weight and color. It was always at my side. I would sanitize it. I would “caress” it. It was my best friend. I treated it with lingering, loving care. The result of the multitude of months absorbed alone in marble shooting practices, would soon come into play.

(AND NOW FOR THE “MEAT” OF MY STORY.) I became so adept in marble shooting, that no one within my neighborhood, would dare challenge me. As the result of my marble shooting acuity, a drawer in my mother’s China cabinet



was filled with marbles

I had “won” throughout the neighborhood. And seeing those marbles huddled together and glowing in the dark, was

like observing gold bars



stacked and sparkling in Fort Knox.

There was one episode which called into question my reputation of being the best. It occurred prior to my heading home one humid August afternoon, when I inadvertently ventured deep into an area outside of my neighborhood. There I encountered a teenager who

identified himself as “Rod”. And it was obvious that Rod had pockets full of marbles, therefore, I curiously challenged him to a Marble game.

As we began the game, I was impressed with Rod’s marble shooting skills. We both won a number of games and we decided since it was getting late into the evening, we would play one game for all the marbles we each had in our possession, which entailed, “winner takes all.”

As I knuckled down, with a dry mouth coupled with “hunger pains” gripping my midsection, Rod attempted to distract me by constantly meandering around the yard making unusual noises when it was my turn to shoot. With all those marbles at stake and our reputations on the line, I was nervous and so was he. With sheer grit and determination, I was able to win that game. And I was now in sole possession of the entire batch of marbles that had been placed in the ring.

As I rose from my kneeling position to brush the dirt from the front of my trousers, without warning, one of the two older teenagers, who had witnessed the contest, uttered “you are not leaving here with all those marbles.” I immediately turned my head and glanced in the direction of the comment. Suddenly, fear began to engulf my entire being. Because I was in an unfamiliar area, I was willing to give up those marbles, but what else did these fellows have in mind? I had to make a quick decision. Should I relinquish the marbles to them and “be at their mercy”, or attempt to escape and “survive to play Marbles another day”. I decided on the latter.

As I calmly, yet petrified in contemplating my conceivable escape, I noted two separate exits leading from the yard in which the game had been played. One route would take me back to my neighborhood. The other, which was in closest proximity to me, would take me away from my neighborhood.

I made the quick decision to disguise my flight by choosing the closest exit but then abruptly making a left turn and take the route leading back to my home. Without hesitation, away I flew like the race horse Dark Star, winner of the 1953 Kentucky Derby, getting out the starting gate.

The two pursuers were right behind me. Up the alley I dashed, upending metal trash containers as I sprinted.

I was a imitation of track star Jesse Owens who won four gold medals in the 1936, Summer Olympic Games. After making my way through the alley I realized they were gaining on me. What can I do?

The adrenaline hormone activation and the stream of perspiration worked harmoniously with my high level of aspiration to put as much distance between me and those I am convinced, were prepared to induce bodily harm upon me.

And then without thought, I began to empty my pockets of marbles. As I grudgingly galloped, marbles scattered everywhere and bounced aimlessly upon the weather-beaten pavement like a sudden summer hail storm. Would gathering those marbles by my would-be captors fulfill their preconceived objective, I questioned silently as I continued to frantically follow the path-way to my home.

Unfortunately, my energy level was now practically spent. I realized it was time to surrender. As I bent over with hands on both knees, I excitedly realized I had reached the cusp of the “undefined” border into my neighborhood. I no longer heard the voices or footsteps behind me. I correctly assumed my trackers were busy gathering the plethora of marbles I had unloaded. I was elated. And I had the good fortune of saving my faithful, friendly Shooter when I tucked it away in the pocket of my plaid perspiration saturated shirt.

That was a narrow escape and a harrowing experience. It taught me to remain within the confine of my neighborhood, unless I was visiting other areas of the city to conduct “legitimate business “or if I had friends with me.

So, what lessons did I learn from my days engaged in marble shooting? I recognized that it is important to be the best that you can be, but it may not be essential to be deemed “Number One.”

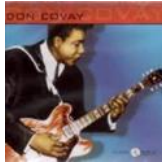
Being Number One in Marbles forced me to question whether those around me were my friends because of my “charming personality” or were they my friends because of my marble shooting skills and the mass of marbles I had accumulated. Unfortunately, I will never know. Being Number One also led me to understand the stress associated with retaining that title.

I also recognized that the game of Marbles is a gambling initiative in its most elementary form. Although cash is not used in the game of Marbles, marbles themselves were things of value, so winning and losing could indeed be hazardous to one’s health.

While I enjoyed being a charismatic, competent champion in my own mind, I also began to recognize that much of the pleasure in winning had begun to dissipate. I was growing out of that “Marble phase.” Therefore, the excitement of competing had all but vanished.

SHORT STORY PAGE

Years later, in a conversation with the late Rhythm and Blues performer



and song writer Don Covay, Don informed me that during concert tours throughout the United States and abroad, he Don, the late recording art-



ist Marvin Gaye and other musicians, often knuckled down on their hands and knees and engaged in a fun game of Marbles. This demonstrated that the game of Marbles was indeed an important and integral part of the male experience in the early and mid-1950's. As an adult, I am also intrigued by the lyrics in the song titled "One" by the Three Dog Night Rock



and Roll band of the 1960's. In that song it states, "One is the loneliest number that you will ever see" which was indeed my unforgettable ambiguous experience at the tender age of twelve!

Looking back, I concede that things turned out relatively well. It somehow, in the scheme of things, taught me the all-important lesson of being humble in spite of possessing, that which appeared to be a "highly competitive skill."

When my participation in marble shooting came to an abrupt ending, I bid the game farewell and put my immortal Shooter to rest. So, at the ripe old age of fourteen, I retired from Marbles. And after a solemn period of mourning, at the age of fifteen I excitedly embarked upon a brand-new



popular phenomenon fondly known worldwide as "girls."

Although "One" may be the loneliest number you will ever see, "Being Number One" in my momentous marble shooting spree was undeniably an engaging, enlightening, everlasting experience for me.

By C. Buddy Moore
February 2022

BLACK HISTORY PAGE**LITTLE KNOWN BLACK HISTORY FACT.**

This man is named Paul L. Downing, he invented what every household uses today... The MAILBOX. Downing patented his mailbox on Oct. 27, 1891, and called his invention a "street letter box." One year prior to inventing the mailbox, Downing patented an electrical switch that allowed railroad workers to turn on or off the power supply to trains at the necessary times. Downing's designs for the railroad switch were used as inspiration for inventors who created residential electrical switches.



FTRA PAGE

FTRA NEWS & NOTES!

On January 3, 2022 at about 7:10 pm. The Friendship Terrace Residents Association Council meeting was called to order. People were slowly getting onto Zoom. The link was supplied by Larry Cartwright who was going to talk about the sound system that he and Buddy Moore found on Amazon. After a discussion, Marina made a motion. Louise and Buddy seconded it and the system was approved. I look forward to its first use at the March General Meeting, which will be held on Monday March 14, 2022 at 7pm.

That being said let's return to regular order. Members in attendance were Gail Lelyveld, Buddy Moore, Mildred Raiford, Louise Pearson, Marka Bianchi and Marina Buhler-Miko. Absent were Eric Golden and Jane Simpson. The minutes were read by Buddy Moore, they were accepted as corrected. The treasurer's report was read by Marka Bianchi. It was accepted as read.

During the "Question & Answer" session a suggestion was made to develop a food committee. The idea was approved. Larry Cartwright suggested that the idea could better develop at a General Meeting.

Finally I would like to remind you of the General Meeting on Monday March 14, 2022 at 7pm. This is a very important meeting because it is the beginning of Election Season. FTRA has elections every year, our 2 year term was because of the pandemic. During the meeting we must fill committees that will run the election and we need volunteers for office positions. To all residents old and new to Friendship Terrace this is a great way to meet your fellow neighbors as well as learning how the FTRA organization operates. I hope we see a lot of participation at the upcoming meeting!

Upcoming Meetings:

Council Meeting, Monday -2/7/2022

Council Meeting, Monday -3/7/2022

General Meeting, Monday-3/14/2022

Warm wishes for a great New Year!

Gail Lelyveld, President, FTRA



FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

Main Number # 202/244-7400

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LOCAL NUMBERS

Adult Protective Services	202- 541-3950
Comcast	301-424-4400
CVS Pharmacy	202-537-1587
Georgetown University Hospital	202-444-2000
Holy Cross Hospital	301-754-7000
Iona Senior Services	202-895-9448
Metro Access	301-562-5360
Providence Hospital	202-269-7000
Roberts Home Medical Supply	301-353-0300
Rodman's Drug Store	202-363-3466
Safeway Pharmacy	202-364-0320
Sibley Memorial Hospital	202-537-4000
Suburban Hospital	301-896-3100
St. Columba's Episcopal Church	202-363-4119
Verizon	800-837-4966
Veterans Administration Hospital	202-745-8000
Washington Hospital Center	202-877-7000
Washington Post	800-477-4679
Whole Foods Market	202-237-5800
Transport DC \$5 Taxi(members only)	844-322-7732
Yellow Taxi Cab	202-544-1212
Target	202-292-5573