

DECEMBER 2020

East Rock Creek Village — 202-656-7322

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PRESIDENT'S CORNER

2020 ReVision



2020 is not the year any of us looked forward to a year ago. What a long, strange trip it's been! We give thanks that we have made it to this season and mourn the many we have lost along the way. Certainly, we know there will be dark winter days ahead, so we continue to stay aware and take care. Yet we also know that 2021 is around the corner, promising to bring us more daylight and spring flowers, effective vaccines, and an end to the pandemic.

This is a time to be thankful for everyone and everything that has helped us through the year. I'm proud of the way East Rock Creek Village pulls together in good times, and I'm even prouder of how we have risen to many of the challenges of the current COVID-19 pandemic. We have adapted our policies and offerings to ensure the safety and well-being of all of our members and volunteers. We have eliminated the distinction we had always made between social and service members and extended the services we provide to all our members, social and service alike. In addition, we continue to offer complimentary memberships during the pandemic to neighbors who would benefit from being part of our Village during this time of need.

In a normal year (which 2020 has certainly not been) we would now be asking you to renew your ERCV membership and send in your dues. Instead, because of the national health and economic crisis continuing to affect our community, we are asking for [donations](#) instead of dues.

The ERCV Board plans to revisit our membership policies and dues in 2021, in hopes that the virus will have receded and our lives will be returning to some "new normal." In the meantime, **we are asking for your support and generosity to help us carry out our mission.** If you are able, please consider giving what you have contributed in previous years, whether as membership dues or donations. Every gift is appreciated.

During this winter holiday season, please take care to protect yourself and your loved ones from exposure to COVID-19. Know that your ERCV neighbors are here to help and that any time, creative ideas and/or financial support you offer will make a meaningful difference in our community. Thank you in advance for your generosity and support. On behalf of the East Rock Creek Village Board, I wish you a happy, healthy holiday season and look forward to better days when we can safely gather in person and celebrate together!

-- David Mackoff

In Memoriam

East Rock Creek Village mourns the passing of two longtime members

Joan Jackson and Martha Vassar

who lived accomplished lives and will be missed.



SPOTLIGHT: Calling all Volunteers!

We need more drivers and people who enjoy providing tech help! For more information and to sign up for a training, please email us at info@eastrockcreekvillage.org or call our office at 202-656-7322.



Bits and Pieces

ERCV membership during the pandemic – ERCV is offering complimentary memberships to seniors in our service area, entitling them to delivery of food, prescriptions, and supplies; friendly check-in calls; rides to medical appointments; assistance with technology set-up; and connecting with federal and district support services. For the time being, *all* ERCV members may ask for services as needed. Details about services available to all members are posted [here](#) on our website.

ERCV member in the Post – The *Washington Post* Travel section invites readers to submit photos of notable places or things that they can see out their windows during self-quarantine. Our congratulations to ERCV-er Ralph Blessing, whose [photo](#) of rain-soaked leaves through his windshield was chosen and recently published! If you have a photo you'd like to submit to the *Post*, you can do so [here](#).

COVID notifications – Mayor Bowser strongly encourages residents to TURN ON “Exposure Notifications” on your smartphones—under Settings. This protects you and everyone else

without compromising privacy. See these links for more information: [Washington Post](#) article; [Quick Video Explainer](#) from Apple & Google. Reminder: DC's public testing sites are listed daily online and can change day to day. Check [here](#). NOTE: If you think you may have been exposed, most evidence suggests it is best to wait a [few days](#) to get tested.



ERCV PORTRAITS: **Meet Lee Tyner**



Growing up in Annapolis, Lee Tyner attended St. John's College. Her father didn't think she studied enough chemistry there and was willing to pay for summer school as long as it included a chemistry course, so she went to the University of Washington in Seattle for two summers as an undergraduate. The University of Washington was appealing in many ways, including the fact that they did not charge a premium for out-of-state students and at that time airlines let students fly standby at half price.

The second summer in Seattle, she met her husband-to-be Fred. After their 1968 wedding in Annapolis, they returned to Seattle, where Lee earned a master's degree in water pollution biology from the College of Fisheries. After she and Fred moved to the DC area in 1970, Lee enjoyed a varied career, first as a staffer for the Senate Committee on Commerce. Then she earned her law degree in 1975 from George Washington University. After that, she worked in the Department of Justice for ten years, and eventually landed at the Environmental Protection Agency, where she is now a Senior Attorney in the Office of General Counsel. Her work lately is focused on emergency response counselling and Superfund sites.

While building their careers, she and Fred also raised three children, all of whom were born at the Walter Reed Army Medical Center where Fred was a physician. Two of their children live in the greater DC area, and one lives in London with their grandchild.

Both Lee and Fred are still working full time, currently from home. They are glad to still be in their Geranium Street house, with dedicated office space and a yard. In fact, they like Geranium Street so much that they are actually living in their second home on the street!

Lee and Fred are avid cooks, and even attended culinary school in France! They enjoy trying out new recipes together. Lee also finds time to be senior warden at Grace Church in Georgetown. Under normal circumstances, they travel to Europe both to spend time with their grandchild and to sightsee. Favorite destinations are London, the Isles of Scilly, and Florence, Italy. A trip to London and Denmark was planned for this summer but has been postponed until COVID-19 is no longer a threat.

Lee and Fred love Shepherd Park and are thankful that ERCV helps people stay here a bit longer.

-- Our thanks to ERCV Board member Brenda Mejia for this interview



PLEASE JOIN US FOR DECEMBER EVENTS -

Fridays, Dec. 4, 11, & 18: 3:00-4:00 pm

ZOOM CHAIR YOGA WITH ANTONIA

- Our long-running class is now online each Friday afternoon. Gentle yoga involves centering, stretching, and balancing poses done sitting in a chair or standing next to it. Wear loose clothing. You just need a chair and a device connected to the internet — the bigger the screen, the better.
- [Email](#) us or phone or text 202-656-7322 to receive reminders. Here is the Zoom link to join the class:
<https://us02web.zoom.us/j/85628785908?pwd=Ylp1VzZ5dzBDUFA1aFRWMkVmalpNZz09>

Mondays, Dec. 7, 14, 21, & 28: 9:00 am

ERCV MORNING WALKERS

- We will meet on the track at the Shepherd Field. Gates on both Jonquil & Kalmia are open, and there is currently plenty of parking on both streets, so you can do all your walking on the springy surface of the track. We walk the track in pairs, wearing masks — you choose the pace and distance; we usually walk and have conversation for about 30 minutes.
- Reservations are not necessary, but if you [email](#) us or call or text 202-656-7322, we can add you to the Sunday evening email reminder list or the Monday morning phone or text reminder or cancellation notices.
- We are open to changing the day and the location (we could walk on the track inside old Walter Reed instead) if that would increase participation.

Mondays, Dec. 7, 14, 21, & 28: 4:00 pm (NOTE THE CHANGE OF DAY!)

ERCV AFTERNOON WALKERS

- We will meet at the Learmonths' porch (1309 Floral St.) and will walk on the track inside Walter Reed. Other routes are possible, including on pavement or the dirt Valley Trail in Rock Creek Park. We will walk masked, in pairs.
- Reservations are not necessary, but [email](#) or call 202-656-7322 if you would like reminder emails or if you have questions.

Tuesdays, Dec. 8, 15, 22, & 29: 10:00 am

ZOOM OTAGO EXERCISE WITH ANTONIA

- Antonia, our yoga instructor, is leading an Otago exercise practice designed for those who have Otago experience or experience with Strength and Balance Classes. These exercises are proven to prevent falls when practiced regularly.
- [Email](#) us or call 202-656-7322 for more information on Otago and to receive the Zoom link.

Thursday, Dec. 10: 3:00-4:30 pm

ERCV OPEN HOUSE VIA ZOOM: Hopes for 2021 & anything else of interest

- Join members, volunteers, and friends of East Rock Creek Village to share hopes for the new year, photos of anything you've recently seen or enjoyed, look ahead to the holiday season, and whatever else is on your mind. We will also share what services and activities ERCV is doing now -- Please invite people who may be interested in joining ERCV. Membership is complimentary during the pandemic.
- All are invited to join us on [Zoom](#) via laptop, tablet, or smart phone. ZOOM is free and easy to use. The meeting room opens at 2:30; conversation begins at 3pm.

Thursday, Dec. 17: 3:00-4:30 pm

ARMCHAIR TRAVEL SERIES VIA ZOOM: South Africa with Doris Spruell

- Doris Spruell, ERCV volunteer, invites us: "Visit with me the beautiful and fascinating country of South Africa. Our first stop, the vibrant capital city of Johannesburg with its Apartheid Museum. Join me in the excitement of searching on safari for some of nature's most beautiful animals and learn of the beauty, culture, and history of the coastal city of Cape Town. Finally, get a "taste" of the great wines and excellent dining found in the charming wine country town of Franschhoek, South Africa."
- All are invited! Join us via [Zoom](#)
- If you need help with Zoom, call the office at 202-656-7322 or [email](#) us and we will be glad to help.



Thursday, December 24: 3:00-4:30pm

ERCV OPEN HOUSE HOLIDAY PARTY VIA ZOOM

- Join members, volunteers and friends of East Rock Creek Village to celebrate the holiday season in a COVID-safe way via Zoom. Fix yourself a refreshing drink and enjoy music and conversation. If you have creative ideas for making this an extra special time together, please contact info@eastrockcreekvillage.org to help with planning.



EVENTS OFFERED BY OUR SISTER VILLAGES . . .



~ Northwest Neighbors Village Lectures: [How to Age Successfully with Vitality, Dignity, and Humor](#): Tuesday, Dec. 1, 2:00 pm – Register for Zoom link [here](#).



~ Dupont Circle Village: Live and Learn: What COVID Confinement is Teaching us About Personal Resilience: Monday, Dec. 7, 3:30-5:00 pm.

Presented by Barbara Beizer, Co-Founder, Resilience Lab, Leadership & Transition Coach. For details and to **register** online, click [here](#) or contact the DCV office at 202-436-5252 or admin@dupontcirclevillage.net.



. . . AND SOME COMMUNITY OPPORTUNITIES . . .

*~ Polar Bears! Friday, Dec. 4, 2:00 pm – Join Jennie Gosché as she shares photos and her experiences from her visits to photograph the polar bears of Canada. Jennie is a social worker and wildlife photographer and advocate. She founded Polar Bear Pals and works to educate people about polar bears and how we can help them survive in a warming world. Read more and **register** [here](#). Free event, sponsored by Around Town DC.*

*~ Newly Diagnosed: Building a Better Life with Parkinson's: Wednesday, Dec. 9, 2:00 pm – Join representatives of the Parkinson's Foundation to hear a discussion of Parkinson's disease and its symptoms. Read more and **register** [here](#). Free event, sponsored by Around Town DC.*

~ **Chef Susan Barocas: Super Soups! Friday, Dec. 11, 3:00 pm** – Join Chef Susan to explore making easy, nourishing, and satisfying soups that will warm you from the inside out. If you participated in Susan’s squash and/or Thanksgiving meal workshop, you don’t need to re-register. Read more and **register** [here](#). Free event, sponsored by Around Town DC.

~ **Dial a Docent** – Do you miss going to museums? Do you miss the excitement of seeing a new exhibition or the comfort of seeing a much-loved painting or sculpture? Docents share these feelings and miss giving tours and discussing art. This program, organized by a group of museum docents, offers free 30-minute one-on-one conversations about modern and contemporary art. We also offer small group conversations. Each conversation is unique, depending on your particular interests. You choose a time, Zoom or telephone, your language preference, and a theme drawn from their list of offerings. To learn more and sign up, go to their website and follow the easy instructions: <https://www.dialadocent.com/> This information came to us from Village social worker Barbara Scott.



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Our thanks to the DC Department of Aging and Community Living (DACL) and The Washington Home for their generous support.



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We will be most appreciative!