

☀ JUNE CALENDAR UPDATE ☀

President's Corner

Black Lives Matter



Our world is not quite the same as it was two weeks ago. For the past three months I have been writing about the effects of the COVID-19 pandemic on our daily lives, but a teenager's video recording of George Floyd's brutal murder by Minneapolis police officers has shown the world a vivid, unforgettable instance of police brutality, injustice, and sanctioned racism.

In the United States and around the globe, people of conscience have taken to the streets in the midst of a health crisis to seek justice for Mr. Floyd, to remember him and so many others tragically killed by police, and to demand meaningful reforms in how policing is conducted in the future.

Eyes are opening, as hearts ache, and difficult, frank conversations are beginning. In all this, I'm grateful that East Rock Creek Village is a caring, diverse community, where we listen to and learn from each other.

The theme of our recent Open House discussion was "What We Can Do in these Turbulent Times," led by ERCV Board member Linda Glass and her husband Roger (who is also an ERCV volunteer leader). Their daughter Kelcie joined to give a younger person's point of view. It was a safe space to share perspectives, frustrations, and anger, as well as hopes for meaningful change in our lifetimes. We are gathering resources to read and share, and I hope we will continue having such conversations and support each other as we go forward.

We are living in a time of upheaval. Yet I believe it is also a time of possibility. "Black Lives Matter" is a powerful phrase and, as a movement, a call for a fairer society. More people than ever are listening to that call, and a new generation of leaders is emerging. We don't know what the future will bring; we have all seen promises of change fizzle and disappoint as public pressure waned, or something else usurped national attention. But I, for one, am hopeful that this time can be different. We can do better.

-- David Mackoff

Thursday, June 18: 2:00-3:30 pm

ERCV ARMCHAIR TRAVEL SERIES VIA ZOOM: EGYPT

- Join us online as Gloria Sulton, Past President of ERCV, shares photos and impressions from her “trip of a lifetime” to Egypt. This is sure to be enjoyable as well as educational!
- **Let us know if you plan to attend** so we can send you an invitation with the link to join in (ERCV members and volunteers will receive the link automatically). Your RSVP can be by [email](#) or by phone or text to 202-656-7322; or you can register [here](#).



Fridays, June 19 & 26: 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 info@eastrockcreekvillage.org or phone or text 202-656-7322 to register. We will send you the unique Zoom link on each Thursday. Assistance in using Zoom, which is free, is available from our office.



Some educational and artistic opportunities (all free!) . . .

☞ **Tuesday, June 16, 6:30 pm: Virtual Author Talk** offered by DC Public Library — *A Particular Kind of Black Man* by Tope Folarin, the story of Nigerian immigrants assimilating in 1980s Utah. Folarin is a Rhodes Scholar and winner of the 2013 Caine Prize for African Writing. He is a graduate of Morehouse College & the University of Oxford. **RSVP:** Click [here](#) to register. Login information will be emailed prior to the event.

☞ The National Museum of African American History & Culture’s website offers a “Talking about Race” tool. They say, “Talking about race, although hard, is necessary. We are here to provide tools and guidance to empower your journey and inspire conversation.” Click [here](#) to access the site.

☞ In a culture where being social and outgoing is prized above all else, it can be difficult, even shameful, to be an introvert. But, as Susan Cain argues in this passionate talk, introverts bring extraordinary talents and abilities to the world, and should be encouraged and celebrated. Watch and listen to her TED talk, [“The Power of Introverts.”](#)

☞ Come on an immersive journey through the Royal Academy of Arts 2016 exhibition, [“Painting the Modern Garden: Monet to Matisse,”](#) guided by expert curators, artists, and garden enthusiasts. Fill your day with color while examining the role gardens played in the evolution of art from the early 1860s through the 1920s, and how Monet and his contemporaries built and cultivated modern gardens themselves. Discover the paintings of some of the most important artists of the early twentieth century exploring the theme, including Renoir, Cezanne, Pissarro, Manet, Sargent, Kandinsky, Van Gogh, Matisse, Klimt, and Klee.

☞ The extra candles on the birthday cake, the little lines you notice when you look in the mirror, the creaky joints . . . aging doesn’t always feel good. But view this set of inspiring [TED talks](#) to remind you that age also brings new opportunities, wisdom, and balance.

☞ [“Pompeii Live”](#) from the British Museum. This celebration of the British Museum’s 2013 exhibition “Life and Death in Pompeii and Herculaneum” is presented by Bettany Hughes and Peter Snow.



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