

SEPTEMBER 2020

East Rock Creek Village — 202-656-7322
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PRESIDENT'S CORNER

Seasons of Change



As summer turns to fall, the local produce at the market changes from delicate fruits and berries to hardier root vegetables, reminding us to savor every lovely day as we begin to prepare for cooler weather. It is a good time to take stock of what we are doing for our members and where we can make some adjustments.

TRANSPORTATION

Back in March, when we became aware of the threat posed by the Coronavirus pandemic, the Board voted to suspend ERCV's transportation services. We did this out of concern for the safety and well-being of our members and volunteers, who are all at higher risk from COVID-19. Six months have passed, and we know much more about how to protect ourselves and each other from exposure. While we encourage everyone to use tele-medicine whenever possible, we know that some healthcare appointments need to be done in person. I'm pleased to announce that, as of this month, ERCV will begin to provide rides to such needed medical appointments. (**For more details, see the announcement below.**) Our transportation procedures will be slightly different from before the pandemic, and we will need everyone's cooperation to make this as safe as possible. Special thanks must go to our caring volunteers who have stepped up to offer this vital service for our Village members. Please contact us at info@eastrockcreekvillage.org or 202-656-7322 if you have any questions or concerns.

VOTING

As you all know, the pandemic has utterly transformed campaigning and voting this election year. We are past the novelty of virtual national party conventions, but the rhythm and timing of the "final stretch" will also be different this time. The June primary was marked by extremely

long lines at a handful of polling places. Many who requested absentee ballots did not receive them in time. To address these problems, the DC Board of Elections will be mailing every qualified registered voter a ballot for the November 3rd General Election. Now is the time to **make sure your correct address is in the system**. We at ERCV are committed to help make voting this fall as safe and simple as we can. For detailed information, see the special section at the end of this newsletter.

ERCV is here for you, whether online, by phone, or (at a safe social distance) in person. **New and renewing ERCV memberships will continue to be complimentary through the end of this year, so please tell a friend or neighbor about the benefits of joining today!** We hope you'll join us in our activities and check out some of the programs that our sister Villages and various other organizations have opened up for us all to enjoy. I wish everyone a healthy, happy September and, for those who observe the Jewish High Holidays, a sweet new year.

--David Mackoff



SPOTLIGHT: Announcements from ERCV

~ Transportation for medical appointments to resume: Since the beginning of the pandemic, ERCV has been doing errands for people only if they do not involve having a passenger in the car. However, we are aware that transportation to doctors is important to our members, and we want to try to meet this need.

The ERCV Board has decided, therefore, that ERCV will begin offering transportation for essential medical appointments, with the following guidelines:

- Both the driver and the member will wear masks.
- The member is to sit in the back seat, and car windows should be open when possible.
- The member and driver are not to have symptoms that might be contagious, such as fever, cough, shortness of breath, or other symptoms.
- ERCV will provide hand sanitizer to the driver.
- Because the driver will not be able to wait in the doctor's office, we will need two drivers for some service requests.

All service requests depend on finding a volunteer willing to drive. Members are asked to request this service a week in advance when possible, but as always we will try to fill all requests. We continue to do shopping and run errands for our members. **Please note that ERCV membership is free for the rest of this year, and we are happy to accept new members.** To inquire about becoming a member or to request a ride to a doctor's appointment please call 202-656-7322 or [email](#) us.

~ **We are considering starting a Zoom meditation practice** lasting about 30 minutes with a leader once a week in the morning or midday. If you would be interested in participating, please [email](#) or call us at 202-656-7322 and we will invite you to a sample session.

~ **ERCV members can be referred for FREE frozen meals delivered to your home** once a week. There is no income requirement, just a need for prepared food. Please [email](#) or call the office at 202-656-7322 for more information. Remember there is no charge for ERCV membership through the end of the year. ERCV members can also be referred for programs for home improvements, and discounts on utilities, hearing aids, and medical house calls.



ERCV PORTRAITS: Meet Fred Tyner



Shepherd Park resident Fred Tyner, MD, was born and raised in rural Wisconsin. After medical school, he studied neurobiology as a postdoctoral fellow at the University of Washington in Seattle. While there, he met his lovely wife Lee. They moved to DC in 1970 so that Fred could take an Army post at the Walter Reed Army Institute of Research and Lee could start her job working for Washington State's Senator Warren Magnuson.

Fred worked in the neuropsychiatry program at the Institute and served as Commandant during his final five years in the Army. That program was based first in Building 40 on the Walter Reed campus and then was moved to the Forest Glen Annex in 1998, where it is still being conducted today. After 28 years of service in the Army, Fred had the opportunity to be a consultant to the Army Surgeon General. He managed to get involved in several politically-sensitive projects while in the military, including setting up the Department of Defense's HIV diagnostic program and overseeing the third phase of a clinical trial of a hepatitis A vaccine (Havrix), primarily for

people in developing countries. He was the fifth person to receive the new vaccine and says that sometimes it's important to "eat your own cooking!"

After retiring from military service in 1998, Fred worked as a consultant until 2004, when he took a position teaching math and science at The Field School. He is looking forward to the new school year, although he is unsure what it will be like, with classes divided between online and in-person offerings.

Fred and Lee love to cook together, and during the quarantine they have had the chance to try many new recipes. They've been extra-careful throughout the lockdown and have not ventured out or had nonfamily guests (other than this lucky writer!) since it started. A summer trip to London to spend time with their only grandchild has been postponed and replaced with regular Zoom calls.

Somehow, Fred also has spare time to draw and paint, and he is a voracious reader. When asked what he appreciates most about ERCV, he recalls the memorable Robert Crumb cartoon and says ERCV allows us all to stay in our wonderful neighborhood and "keep on truckin'!"

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



PLEASE JOIN US FOR SEPTEMBER EVENTS -

Wednesdays, Sept. 2, 9, 16, 23, & 30: 6:00 pm

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. Plan to bring your own water, as we will not gather afterwards for beverages for the time being.
- Reservations are not necessary, but [email](#) or call 202-656-7322 if you would like reminder emails on Wednesday mornings, or if you have questions.
- We will likely change to an earlier time in October.

Fridays, Sept. 4, 11, 18, & 25: 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](#) or phone or text 202-656-7322 to register. We will send you the unique Zoom link each Thursday. Assistance in using Zoom, which is free, is available from our office.

Mondays, Sept. 7, 14, 21, & 28: 8:00 am

ERCV MORNING WALKERS

- We will meet at the Kalmia Rd. gate to Shepherd Field and walk the track in pairs, wearing masks – you choose the pace and distance. Stairs and other exercise equipment are also available. Water, hand sanitizer, & gloves will be available.
- Reservations are not necessary, but if you [email](#) us you will be included on a reminder list. You can also call 202-656-7322, including early Monday mornings. This walk will move later in October.

Tuesdays, Sept. 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.
- We are open to changing the day and time to fit participants' schedules; if you try the class during September you will have input for further scheduling.
- [Email](#) us or call 202-656-7322 for more information on Otago and to receive the Zoom link.

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

ERCV OPEN HOUSE VIA ZOOM: Conversation on “Connecting to Grandchildren, and Other New Experiences during COVID-19”

- Join members, volunteers, and friends of East Rock Creek Village for a discussion about how we are relating to children during the pandemic. Share successes and frustrations in your connections with your grandchildren or any young people during social distancing. We will also share what services and activities ERCV is doing now -- membership is free through the end of the year.
- All are invited to join us *via* laptop, tablet, or smart phone. ZOOM is free and easy to use. **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 on our [website](#).
- If you have never used Zoom before, plan to log in to the session at 2:30pm on the 10th to get oriented, or you can call or email our office to set up a Zoom introductory meeting at another time.



EVENTS OFFERED BY OUR SISTER VILLAGES -

~ ***The Battle of Fort Reno: Wednesday, Sept. 2, 7:00-8:00 pm via Zoom*** – Offered by Palisades Village as part of their Author series and Race and Racism conversations. Neil Flanagan, author of a piece for *Washington City Paper* on “The Battle of Fort Reno,” will tell the little-known story of how neighbors and developers used a plan for a park to push a thriving African American community out of Fort Reno – a fascinating piece of history right in our backyard. Free, but **registration** required [here](#).

~ ***Electoral College: What it is and How it Works: Monday, Sept. 21, 1:00 pm***– Offered by Foggy Bottom/West End Village. Speaker Bob Rodweller will explain the College and how it impacts on the US presidential election processes. Online *via* Zoom. Free, but **registration** required [here](#). You will receive the Zoom link prior to the program.

. . . **and some other opportunities** . . .

~ ***Smithsonian Anacostia Community Museum Online: Thursdays, Sept. 3, 10, 17, 24; Oct. 1 & 8, 2:30-3pm*** – The program “Take Time Thursday” with the Anacostia Community Museum gives participants a chance to take time for wellness, health, and creativity with artists, thought leaders, performers, and issues advocates. Take a 30-minute break with us from 2:30 - 3 pm each Thursday to alleviate the stress from current events and boost your mind, body, and spirit. Register [here](#).

~ ***FRESHFARM Market starts Sept. 6 at The Parks: Sunday mornings 10am-1pm through Oct. 25*** – Featuring regional producers and local businesses, adhering to all local & federal safety guidelines. **Bring your mask & shopping bags.** Enter at Georgia Ave./Butternut St. gate; market will be in grassy area just inside the gate. Limited parking onsite because of construction; consider walking or biking. For details visit the [website](#).

Around Town DC is a wonderful website maintained by Iona Senior Services, a trusted DC nonprofit with deep knowledge of local resources available to older adults & their families; funded by the DC Dept. of Aging & Community Living. Visit the [website](#) often to see what is being offered. Among many currently listed are these:

~ ***Virtual Concert Series: Singer-Harpist Giuseppina Ciarla: Wednesday, Sept. 16, 12:00-1:00 pm*** – Be swept away by dreamlike performance of beloved tunes! Free; register [here](#).

~ **Yiddish Humor: Monday, Sept. 21, 1:30-2:30 pm** – Beyond the “naughty” words, the Yiddish language has long been a vehicle for humor. Come learn and laugh with Miriam Isaacs. Free; register [here](#).



VILLAGE VOICE SPECIAL: VOTER INFORMATION FOR THE GENERAL ELECTION

All DC registered voters will be sent a mail-in ballot in early October. This means the first and crucial step is to **check and confirm your registration** as soon as possible. If you received the recent Board of Education mailer related to updating voter information and all your information was correct, you do not need to do anything and you will receive a mail-in ballot or you can vote in person. If you did not get the mailer or are unsure, you can check and confirm your information [here](#), or you can call the Board of Elections at 202-727-2525 between 8:15am and 4:45pm Monday through Friday for assistance.

If the information on the mailer was not correct or if you are not registered to vote, you will need to update your information or **register to vote** [here](#). The process can be a bit complicated since you will need to print and sign the form.

Mail-in ballots will be sent out the first week in October. Once you receive your mail-in ballot, you should vote, seal, and sign your ballot. Then return it by mail or drop it at a secure drop-box or open vote center (see locations below). You can use any drop box or open vote center to drop your completed mail-in ballot, or you can put it in the mail.

Drop-boxes are scheduled to be available in October. Early-vote centers will be open from Oct. 27 through Nov. 2 (8:30am-7pm); and early-vote centers and election-day vote centers will be open on Nov. 3 (7am-8pm). Curbside voting will be available for seniors and the disabled at all early and election-day polling places.

Drop-boxes in the ERCV area

- Takoma Metro Station
- Shepherd Park Library
- Fourth District Police Station
- Lamond Recreation Center

Early Vote Centers in the ERCV area

- Ida B. Wells Middle School
- Emery Heights Community Center

Election-Day Vote Center in the ERCV area

- Takoma Education Campus
- Shepherd School
- LaSalle-Backus Education Campus

If you choose not to vote by mail, you can **vote in person** (and same-day register) at an early-vote center from Oct. 27 through Nov. 2 (8:30am-7pm), or at an early vote center or election-day vote center on Nov. 3 (7am-8pm). If you choose to vote in person, voting early is recommended! A map of all locations is available [here](#). Click on one of the colored tabs and a box with complete information for that site will pop up.

ERCV is available to help you with checking your voter registration or getting registered, and ERCV volunteers are available to pick up and deliver completed ballots to a drop-box any day from Tues., Oct. 27, through election day, Tues., Nov. 3. Your ballot must be sealed and signed on the envelope. Call us at 202-656-7322 or [email](#) us to request any of these services. We are not providing rides to voting places, so be sure you are registered so you will receive your own ballot in the mail.

We thank Erin Palmer, ANC 4B02 Commissioner, for compiling this voter information and sharing it with us. Look for updates in our mid-month Calendar Updates in September and October and in the October Village Voice.



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We will be most appreciative!