

MAY 2019

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

May We Celebrate



Isn't our city beautiful in May? Flowers and trees have bloomed, on most days the sun is shining, and the spring breezes are mild and pleasant. So, if you've been thinking about joining our Wednesday walking group, this is a great time of year to give it a try. A leisurely stroll through Rock Creek Park with friends and neighbors will surely put some spring in your step and a smile on your face. And now there's a new walking group on Monday mornings as well (check the calendar section for details).

The month is filled with opportunities to get together. We will mark Mother's Day early with an Open House gathering at our office on Thursday, May 9th. You don't have to be someone's mother, or even have one in mind, to celebrate with us. Please come join us for refreshments and good company -- and, if you can, bring a friend.

As you certainly know, our volunteers are the life-blood of our Village, so we'll be celebrating them at a gathering this month. And on May 22nd we're having another "lunch day" -- this time at a spot in Manor Park (please see details in the calendar section). I do hope you'll join us for tasty food and good fellowship. We can give you a ride if you need it!

That's all for now. Let's take the time to enjoy the spring and be good to each other.

--David Mackoff



SPOTLIGHT: HELPFUL OPPORTUNITIES

Thinking about early retirement? Our social worker, Barbara Scott, is organizing a group for Northwest Neighbors Village, and they would like to include like-minded early retirees from

other Villages. Join Barbara at a meeting on **May 2, 6-8 pm**, at the **Palisades Recreation Center**, 5200 Sherier Pl. NW. As we live longer & healthier lives, retirement is filled with great promise. At the same time, transitioning into retirement and navigating its early stages can bring great uncertainty. A session to consider these challenges and opportunities will be led by volunteer Vera Wilhelm, a certified coach with the International Coach Federation & Georgetown Leadership Coaching Program. Refreshments will be provided.

Struggling with water bills? New program assists more customers: The new expanded relief programs can help with water bills, including the increased costs of paying for the federally-mandated cleanup of local waterways. DC Water encourages those eligible to apply. See guidelines and application form [here](#). Scroll down the page to access the documents.



ERCV PORTRAITS - Meet Bob Learmonth



Bob Learmonth grew up in a small northeastern Ohio town, and joined the Peace Corps in 1966. He came to DC in 1968 to take a Peace Corp staff appointment. For the next forty years he worked in international development in Africa, Asia, the Middle East, Latin America, and the Caribbean, including residencies in Micronesia, Lesotho, and East Timor.

Bob and his wife Susan landed in their current home in Shepherd Park in 1972. They rented the house from neighbor Joe Hairston for a few years before purchasing it with Joe's help. Joe had bought it because he wanted to make sure the next occupants would contribute to a racial balance in the neighborhood. It's lucky for all of us that he did – the Learmonth's are great neighbors and have become an integral part of our community.

Bob is retired now, and keeps busy with a wide variety of interests and activities. He volunteers as an escort for the Washington Area Clinic Defense Task Force, helping women get safely past protesters when seeking abortions. He has also been a member of the 10-person volunteer dive team at the National Aquarium in Baltimore for the past nine years, preparing food for the fish, hand-feeding them, and cleaning the inside of the massive tanks. Bob travels with the dive

team to learn and practice—this year he'll be in Roatan and Honduras, while past trips have taken him to the Bahamas, Belize, and the Cayman Islands.

His other volunteer pursuit is with East Rock Creek Village, where he is a volunteer driver and walks with the ECRV Wednesday walking group. Susan is a founding member of ERCV, so we owe them both a huge “thank you” for making our Village what it is today.

When asked what he thinks has changed the most since he first came to the DC area, Bob says it's the demographics of the city, both racially and economically. What changed the least? At least on his block of Floral Street it's the fact there are still tons of kids around, which brings a special kind of energy to the neighborhood. He delights in the fact that there are even a few second-generation families raising their children on Floral Street. His three children and four grandchildren have moved away from this area (two in New York and one in California), but he and Susan make time to see them as often as possible.

If you get the chance, be sure to say “hello” to Bob and get to know him.

-- Our thanks to ERCV volunteer Brenda Mejia for this interview



PLEASE JOIN US FOR MAY EVENTS --

Wednesdays, May 1, 8, 15, 22, & 29, 4:00 pm

ERCV AFTERNOON WALKERS

- Meet at the home of Susan Learmonth, 1309 Floral St. NW, and walk for an hour, followed by lemonade or tea.
- Email info@eastrockcreekvillage.org, or call or text 202-656-7322 to let us know you are coming, so we won't leave without you!

Fridays, May 3, 10, 17, 24, & 31, 3:00-4:00 pm

CHAIR YOGA FOR SENIORS

- **Location:** Juanita Thornton/Shepherd Park Library, Conference Rm. 2 upstairs. There is an elevator to the second floor. Limited parking at the library – 7420 Georgia Ave. NW – and metered street parking on Georgia Ave. as well as free 2-hour parking on the side streets.
- A gentle movement class that can be enjoyed by anyone; no experience is needed. Wear comfortable clothes. All are welcome! Reservations are not required, but if you contact us (info@eastrockcreekvillage.org or 202-656-7322) we will schedule you for email or text reminders & notice of cancellations in case of bad weather.

Mondays, May 6, 13, & 20, 10:00 am

NEW – MORNING WALKERS!

- Meet at the home of Susan Davis, 1202 Hemlock St NW; we will walk to the Shepherd School lower field where we can sit a bit before walking back. Walkers are invited for lemonade or water and conversation afterwards.
- If you email info@eastrockcreekvillage.org or phone or text 202-656-7322 to let us know you're coming, we will send you a reminder on Sundays.

Thursday, May 9, 3:00-5:00 pm

MOTHER'S DAY OPEN HOUSE – ALL ARE WELCOME!

- At the ERCV Office, 7707 13th St. NW (entrance at the back of the house)
- All are welcome – come and bring your neighbor! Or **let us know of potential members you would like us to invite!**
- For more information, contact ERCV at 202-656-7322 or info@eastrockcreekvillage.org.

Saturday, May 18, 2:30-4:30 pm

FOR ALL ERCV VOLUNTEERS: CELEBRATION TO HONOR YOU!

- At Juanita Thornton/Shepherd Park Library, Conference Rm. 2 upstairs (see parking information above)
- We will honor you, our volunteers, at a special gathering to celebrate and share our experiences in volunteering for ERCV. Refreshments will be served.

Wednesday, May 22, 12:00 noon

ERCV LUNCH DAY – PLEASE JOIN US! THE MORE THE MERRIER!

- At **Peaches Kitchen**, 6214 3rd St. NW in Manor Park; near the corner of 3rd & Sheridan with easy street parking.
- We will pay for our own lunches; enjoy Caribbean and American foods including jerk chicken, curry goat, mac & cheese, soups, pound and cheese cakes.
- **Please RSVP by noon on Tuesday the 21st** to info@eastrockcreekvillage.org or phone or text 202-656-7322 so there will be a place reserved for you. Do let us know if you need a ride.



COMMUNITY EVENTS OF INTEREST

- **Fri., May 3, 7:00-9:00 pm: Celebrate Pete Seeger's 100th Birthday** – At Busboys & Poets, 235 Carroll St. NW; sponsored by Smithsonian Folkways. Prepare your favorite Pete

Seeger song to sing; performance on a first come/first served basis. Come early & sign up, or come to listen!

- **Sun., May 5, 1:00-5:00 pm: *Takoma House & Garden Tour—“Politics & Prayer”*** – Self-guided tour of neighborhood surrounding the starting point, Takoma Park Presbyterian Church, 310 Tulip Ave. Advance tickets \$22 online via PayPal at www.historictakoma.org or same-day \$25 at the church. Note: limited parking in the neighborhood & at the metro lot. Refreshments courtesy of Community Kitchen. Questions? Call 240-393-6060, email info@historictakoma.org or go online at www.historictakoma.org.
- **Sun., May 5, 1:00-6:00 pm: *Silver Spring Arts & Craft Fair*** – Veterans Square Plaza in downtown Silver Spring. Find a gift for Mother’s Day or any special occasion. . . or perhaps a treasure just for you!
- **Mondays May 6 & 20 (& every 1st & 3rd Monday), 2:00-3:30 pm: *JUST US at the National Gallery of Art*** – Free event at the National Gallery for people with early-stage dementia & their caregivers. Interactive, discussion-based experiences exploring 2-3 works of art during each program. The theme changes for every session, so come often! Space limited; **registration required** by calling 202-842-6905.
- **Tues., May 7, 4:00 pm: *Meet a Ballet Dancer of The Washington Ballet*** – At Shepherd Park Library. Free event. Meet two dancers & hear their personal stories, from falling in love with ballet to becoming a professional dancer, and see their impressive ability.
- **Sat., May 11, 9:00 am-1:00 pm: *Silver Spring Garden Club’s GardenMart*** – West Terrace, Visitor Center, Brookside Garden, 1800 Glenallan Ave., Wheaton. Rain or shine. Perennials, herbs, annuals, native plants, & much more. Cash or check only. Raffle prizes (need not be present to win).
- **Sat., May 11, 2:00-5:00 pm: *Yoga for Bone Health & Osteoporosis: Preventing & Reversing Bone Loss*** -- Willow Street Yoga Center, 6930 Carroll Ave., Suite 100, Takoma Park. Workshop fee \$45. Workshop is offered quarterly. Overview of osteoporosis, risk factors, consequences, & remediating factors including role of yoga. Movement “do’s & don’t’s.” Instructor will guide participants through carefully-selected yoga poses to build muscle & bone and improve posture, balance, & overall strength. **Register** [here](#).

-- Our thanks to ERCV volunteer Rosalind Palmer for helping to compile events for the calendar