

In this issue: Ward 3 City Council Candidate Forum -- May 3, 7-8:30 PM | Sunday, April 24, 2022. 11 am – 5 pm: Ch/Art is hosting Spring Pop Up Art Show at PNC Bank Parking Lot, 5530 Connecticut Avenue NW | Northwest Neighbors Village Events | Mayoral Race and DC Council Chair Candidates Forums | 2022 Election Key Dates and Deadlines | Recap on March Event: Maintaining Brain Health: Do's and Don't | How to Create a Native Plant Garden or Pollinator Corridor | Spring Pictures from the Neighborhood | Montgomery Council Supports Renaming Newland (Chevy Chase) Circle



April 2022

Important Upcoming Events

Ward 3 City Council Candidate Forum -- May 3, 7-8:30 PM

Chevy Chase Citizens Association and Palisades Community Association are partnering to bring to Ward 3 this important forum on **May 3 at 7 pm – 8:30 pm (or longer)**. All 9 Democratic candidates have agreed to participate. The list of candidates and their websites are shown below. To go to the candidate's website hover over the link and follow instructions. Please register for the Zoom event below.

Democratic Party Candidates for Ward 3 City Council

Ben Bergmann – benbergmann.com

Deirdre Brown - deirdrebrownforward3.com

Henry Cohen – cohenfordc.com

Tricia Duncan - triciaforward3.com

Beau Finley – [Beau Finley for Ward 3 – Democrat for DC Council](#)
Matthew Frumin – <https://fruminforward3.com>
Eric Goulet – www.ericforward3.com
Monte Monash - [Monash for Ward 3](#)
Phil Thomas – [Phil Thomas for Ward 3 \(philforward3.com\)](http://philforward3.com)

Register in advance for this Zoom webinar:

https://us02web.zoom.us/webinar/register/WN_HaqF1Xm7SlaoneTAALuVGw

After registering, you will receive a confirmation email containing information about joining the webinar. Please send questions in advance to president@chevychasecitizens.org.

**Sunday, April 24, 2022. 11 am – 5 pm: Ch/Art is hosting
Spring Pop Up Art Show at PNC Bank Parking Lot, 5530
Connecticut Avenue NW**



**POP-UP ART SHOW
April 24, 11am-5pm**

5530 CONNECTICUT AVENUE NW - PNC BANK PARKING LOT

Northwest Neighbors Village Events

a. Virtual Speaker Series

Tuesday, April 26, 11 a.m. - [Navigating Diversity, Equity and Inclusion Issues Globally](#) with Carla Koppell, foreign policy expert, author, and distinguished fellow at Georgetown University School of Foreign Service.

Tuesday, May 3, 11 am. - [Gulliver's Troubles: America, Ukraine, and the Road Ahead](#) with Aaron David Miller, Senior Fellow at the Carnegie Endowment for International Peace and a former State Department analyst and negotiator

b. Friday, April 22, 10am - Celebrate Earth Day with a walk in the park! The Friday NNV Walk will take place at Rock Creek Park. The NNV walkers meet every Friday for a 45–60-minute walk. We expect to have two leaders so NNV can accommodate moderately paced walkers as well as those preferring a faster pace. The walks will be on a mostly flat trail with a few spots of some incline. We'll meet at Picnic Area 6. We will have two leaders so we can accommodate moderately paced walkers as well as those preferring a brisk pace. Volunteer Sal Selvaggio will be waiting at the first entrance to the parking lot. Check [website](#) for details. To reach Picnic Area 6, take Military Road, NW and exit at Ross Drive just past the Nature Center exit. Take the first left at the stop sign leading to the large parking area on the left. There are restrooms at Picnic Area 6.

c. Become a Volunteer! Volunteer training --- register [here](#). Northwest Neighbors Village strives for a supportive community where older adults are valued, age with dignity, and enjoy opportunities for growth and engagement. NNV has several planned events that are open to the community. NNV also holds book clubs, chat groups, bingo, support groups, yoga and other activities for members and volunteers. Information on all activities can be found on our website at [nnvdc.org](#).

Mayoral Race and DC Council Chair Candidates Forums

The Chevy Chase Citizens Association, the Shepherd Park Citizens Association, Civic League of North Portal Estates, and ANC4A are hosting two Upper NW Ward 3 and 4 virtual candidate forums in April where you can learn more about the candidates running for DC Mayor and DC Council Chair in the June 21 primary! From business development to schools to crime, this is your chance to get a personal sense of where

the candidates stand on issues that are on the forefront of voters' minds! All candidates running in the 2022 primary were invited.

Both events are free and open to the public. Attendance is limited to the first 500 participants. Note: Capacity may be increased once the registration limit has been reached. You can join the forum by computer, smartphone, or landline. Please register using the links below to receive the link you need to join by any of these methods.

DC Mayoral Race Candidate Forum on Tuesday, April 26 at 7 pm. The following candidates are confirmed: Corren Brown, James Butler, Michael Campbell, Andre Delontae Davis, Lori Furstenberg, Rodney Grant, Stacia Hall, Barbara Summers, and Robert White. Please click here for the registration link: https://us02web.zoom.us/webinar/register/WN_tAn4B62vTP-qf4KnwvHu-g

DC Council Chair Candidate Forum on Wednesday, April 27 at 7 pm. The following candidates are confirmed: Phil Mendelson and Erin Palmer. Please click here for the registration link: https://us02web.zoom.us/webinar/register/WN_N2maN8c-Tw6ASYKFq_O72w

2022 Election Key Dates and Deadlines

DCBOE begins sending mail-in ballots to all registered voters: **May 16, 2022**

Mail Ballot Drop Boxes open: **May 27, 2022**

Deadline to update voter registration with party affiliation: **May 31, 2022**

Deadline to request Absentee Ballot*: **June 6, 2022**

Deadline for UOCAVA voters to request an Absentee Ballot: **June 18, 2022**

Early Voting period: **June 10 - 19, 2022**

Primary Election Day: **June 21, 2022**

Deadline for DCBOE to receive voted Absentee Ballots: **June 28, 2022**

*Given that DCBOE is mailing all registered DC voters a mail-in ballot, you do **NOT** need to request an Absentee Ballot unless you will be away from your DC residence during the 2022 Primary Election.

Neighborhood News

Recap on March Event: Maintaining Brain Health: Do's and Don't

Dr. Jesse Brand, a board-certified clinical neurophysiologist, spoke recently about how we can maintain and improve our learning, retention, and recall skills as we age. He reassured the attendees that mental lapses such as forgetting a word or misplacing objects are common and are not necessarily a cause for concern. He defined dementia as a decline in cognitive functioning that can impair our daily living. He emphasized that it is a symptom not a disease itself. In addition, there are lifestyle changes, supported by research, that can help us build resilience against dementia. These include challenging yourself by learning something new, reducing risk factors such as smoking, sleep problems, and alcohol use, maintaining a healthy diet, exercising, and maybe most important, maintaining social connections. Ideas presented included volunteering, maintaining close ties with family and friends, walking with a friend, and learning new skills.

According to Dr. Brand, popular brain health products that are widely advertised are a multi-billion-dollar industry that make false promises to consumers. These products have not been proven to be effective.

The Zoom presentation was hosted by Northwest Neighbor's Village and the Chevy Chase Citizens Association on March 23. The full video of Dr. Brand's presentation is available at this [link](#).

How to Create a Native Plant Garden or Pollinator Corridor

Presented by known Master Gardener, Kathy Sykes, on April 13, the event gained a great deal of interest from local gardeners. A video copy of the presentation may be found on CCCA's Youtube channel at this [link](#).

Spring Pictures from the Neighborhood

This is a new feature that will appear in subsequent issues of the CCCA newsletter. Please send seasonal and topical pictures to president@chevychasecitizens.org



Tulips -- Jenny Malloy



Hive -- Suzanne Kumar



Tulips -- Leslie Cordes



Red Bud- Jenny Malloy



Pond – Eric Weinstein



House with Flag – Carl Lankowski



Deer – Jenny Malloy

Montgomery Council Supports Renaming Newland (Chevy Chase) Circle

On Tuesday, April 19, the Montgomery Council introduced a resolution affirming the Francis G. Newlands Memorial Removal Act. Introduced in the United States Congress by Senator Chris Van Hollen, Senator Ben Cardin, Representative Jamie Raskin, and Representative Eleanor Holmes Norton, the federal resolution would remove Francis G. Newlands' name from the grounds of the memorial fountain located in Chevy Chase Circle.

United States Senator Francis G. Newlands, who founded the town of Chevy Chase, Maryland in the 1880's was an outspoken white supremacist who actively sought to strip voting rights from African Americans. As a developer, Newlands built communities that excluded immigrants, Jews, and others from living here. While in office, Senator Newlands advocated for the repeal of the 15th amendment, published journals that called for expelling African Americans from the United States, and advocated for "White Plank" policies that would have allowed immigration to the United States only to White people.



“Senator Newlands instituted segregation in the developments in and around Chevy Chase and sought to strip voting rights from people of color. I look forward to the day when the plaque on the memorial constructed in his honor is removed and more worthy residents are honored in his place,” said Councilmember Will Jawando (At-Large).

Many Chevy Chase residents join Councilmember Jawando in this sentiment.

If you haven't already, please renew your membership for 2022 by visiting www.chevychasecitizens.org. Dues are \$20 per year for two members from one household.

If you have any questions or feedback, please write to president@chevychasecitizens.org.

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