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March 2022

March 23. 7-8 pm: Maintaining Brain Health: Do's and Don'ts

Northwest Neighbors Village and CCCA are presenting our annual March virtual discussion on the healthy brain and how to keep it that way. Speaker: Jesse G. Brand, Ph.D., ABPP, Board Certified in Clinical Neuropsychology.

You need to register for this event by clicking on the link below. A Zoom link will be sent to your email before the event. [Register for this Event](#)

Dr. Jesse G. Brand will be our presenter. He will explore how thinking abilities change as we age, and what we can do about it? Gain insight into research-supported lifestyle changes that can build resilience against dementia. Learn more about which brain health products are falsely advertised and what the evidence really suggests about optimizing memory.

Dr. Brand is a board-certified clinical neuropsychologist, evaluating adults with a range of psychiatric, neurological, and medical disorders. His primary specialties include differential diagnosis of dementia, traumatic brain injury,

mild autism, and adult ADHD. Dr. Brand was born and raised in New York City. After completing his Ph.D. in Clinical Psychology at Fordham University – including residency at North Shore-Long Island Jewish Medical Center – he was a post-doctoral fellow in Clinical Neuropsychology at the University of Virginia. He is licensed in Maryland, Virginia, Washington D.C, and New York.



If you haven't already, please renew your membership by visiting www.chevychasecitizens.org and clicking on "renew" at the top. Dues are \$20 per year for two members from one household. If you have any questions or feedback, please write to president@chevychasecitizens.org.

April 13. 7-8 pm: Planting Native Plants and Creating a Pollinator Corridor in Chevy Chase

CCCA is presenting its annual April virtual discussion on gardening and the environment. Our speaker is well known throughout the community and will focus her talk on easy steps to create a pollinator garden or corridor in your community. Her in-depth presentation covers the process step-by-step while also discussing the benefits of pollinators to the environment, the importance of

keystone plants and trees, and how to develop partnerships in your local community to garner support. Speaker: Kathy Sykes, Master Gardener.



You do not need to register for this event. Simply click the link below at the time of the zoom

webinar. <https://us02web.zoom.us/j/85836180910?pwd=cCtXUXFEU00yTFZ0VlpNVFJoWi9lZz09>

Kathy Sykes was lucky that her mother was a gifted gardener who instilled in her a love of nature. She began gardening seriously six years ago as she approached the end of her professional career at the U.S. Environmental Protection Agency (EPA). She enrolled in the University of the District of Columbia (UDC) master gardening class in the spring of 2019 and became a master gardener that summer. She has become passionate about trying to change the environment by planting native plants a few plants at a time, including creating a pollinator corridor in her neighborhood along Connecticut Avenue. She also is a volunteer gardener at the UDC roof garden, Peabody Elementary School, Tregaron Conservancy and Hillwood Estate, Museum, and

Garden. Prior to gardening for pleasure, she worked for 19 years at the U.S. EPA as the Senior Advisor for Aging and Sustainability in Washington DC.

Chevy Chase Seeks Master Gardeners for Tree Box Planning

Friends of Chevy Chase Circle, Chevy Chase Citizens Association, and the Chevy Chase Main Street seek the expertise of DC's Master Gardeners to help lead planning, management, and implementation of plantings in tree boxes along Connecticut Avenue. Existing tree boxes have not previously been managed by a single group or business, and the three organizations seek to share resources and work alongside a Master Gardener to replant them.



The group seeks to meet with interested Master Gardeners to discuss what kinds of plantings would work best for the area, as well as help with community days

to tend to the boxes. The three groups would like to connect their existing volunteer networks with the effort for workdays in the spring.

If you are interested, please reach out to President@chevychasecitizens.org.

Chevy Chase Call Box Survey: Please Complete by March 30

CCCA, HCCDC, and other Chevy Chase non-profit community organizations are working together to renovate the [police and fire call boxes](#) throughout the Chevy Chase neighborhood.

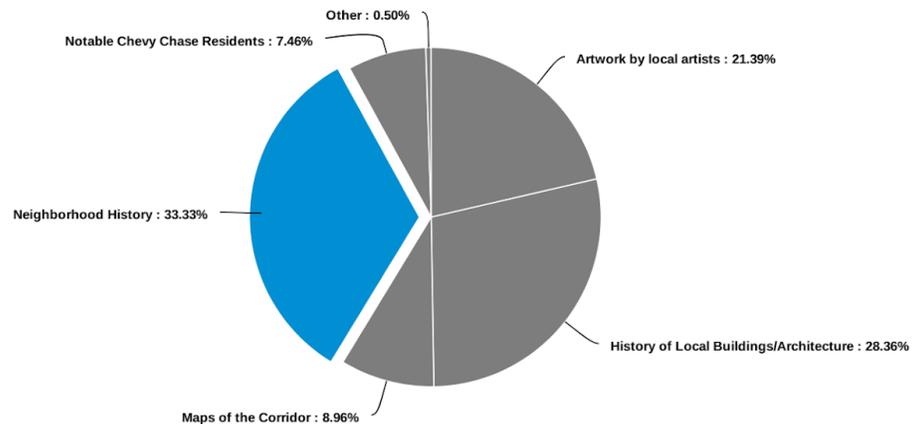
By 1891, all police precincts in DC contained patrol call boxes, and dozens of fire alarm call boxes were also located across the city. They were stripped of their inner workings and abandoned in place in the early 1970's. Three of them are located along Connecticut Avenue in Chevy Chase while another dozen boxes are scattered through the neighborhood.



These community organizations have developed a [short 3-question survey](#) asking help from the community to determine what they would like to see as the themes of the renovated boxes. All information is strictly confidential. The first boxes to be renovated will be the highly visible ones on Connecticut Ave. at Morrison St. and at Oliver St.

To date we have had a positive response to the survey. The preliminary results are interesting. See the pie graph below. The three top results are neighborhood history, local building/architecture history and artwork by local artists. Fortunately, we are working with Historic Chevy Chase DC and Ch/ART in this project. We ask you to complete the survey so that we have more comprehensive results. We also ask in the survey if you would like to volunteer to help us rehab the call boxes. Thanks in advance for your support on this project.

For the call boxes on Connecticut Avenue, what should be the thematic contents of the renovated boxes? (Check top 3 choices)



Chevy Chase Art (CH/ART) Presents Windows on Wisconsin



CH/ART presents new work for WOW, 5510 Wisconsin Ave in the windows at Neiman Marcus. Artwork displayed and available for purchase will be jewelry, pottery, painting, installation art, glass, and sculpture. There will be an opening reception around the windows at the site on March 21 from 6 – 8 PM with a chance to meet the artists and discuss their work. For more information click on www.chevyCHASEart.org.



Save the Date: **CH/ART** presents its spring **POP-UP ART SHOW**

April 24 from **11 AM to 4 PM** at the PNC Bank Parking Lot

Ward 3 City Council Democratic Candidates Forum

Abundance of Candidates for Ward 3 Council Seat - At last count ten candidates have emerged in the wake of the surprise announcement by Mary Cheh that she will retire as Ward 3 City Councilmember. Cheh was the odds-on favorite to win her fifth consecutive 4-year term on the City Council. Cheh reportedly said that she plans to spend more time with her family.

Candidates are busy collecting ballot petitions and boning up on local issues in each Ward 3 neighborhood. Forums are being scheduled so that the public will have the opportunity to learn about the candidates.

Chevy Chase Citizens Association and Palisades Community Association are partnering and have locked in a date for our candidate forum. Mark your calendar for May 3 at 7 pm – 8:30 pm (or longer). We are exploring the feasibility of a hybrid virtual/in-person forum. We will report back when we have a firm determination by Special Bulletin, in the April Newsletter and on the Listserv.

The list of candidates and their websites are shown below. We will provide complete bios in our April newsletter. Ten candidate names and links are shown here. We anticipate that new names may appear, and others may drop out. More on this in later postings. To go to the candidate's website or twitter account hover over the link and follow instructions.

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](http://BeauFinleyforWard3-DemocratforDCCouncil)
- Matthew Frumin - fruminforward3.com
- Eric Goulet - [@EJGoulet](https://twitter.com/EJGoulet)
- Monte Monash - [Monash For Ward 3](http://MonashForWard3)

- Monica Nemeth - [Monika for Ward 3 DC Council | Washington](#)
- Phil Thomas – [Phil Thomas for Ward 3 \(philforward3.com\)](#)

Republican Party Candidate for Ward 3 City Council

- David Krucoff - [davidforward3.com](#)

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.

Northwest Neighbors Village Virtual Events

Northwest Neighbors Village has several planned events that are open to the community. NNV also holds book clubs, chat groups, bingo, support groups and yoga for members and volunteers. Information on all activities can be found on our website at nnvdc.org. Have a little extra time and energy? Become a [Volunteer!](#)

Virtual Speaker Series

Thursday, March 24, 11 a.m. - [Childless Older Americans](#) with Dr. Tayelor Valerio, Census Bureau statistician

Monday, March 28, 10 a.m. - [Neighborhood Walk](#)

Thursday, March 31, 2 p.m. - [Warhol's Women](#) with Blake Gopnik, author of Warhol and arts contributor to the *New Yorker Times*

Thursday, April 7, 2 p.m. - [A Virtual Tour at the Smithsonian American Art](#)

Neighborhood News

Tragic Accident in Chevy Chase

By now, everyone in Chevy Chase has learned of the unfortunate deaths of two women and six other diners who were seriously injured after a driver plowed into the Parthenon Restaurant's outdoor seating area. The details of the accident have been widely reported in the media. The entire CCCA community is saddened by this freak accident that took the lives of two of our dear neighbors and seriously injured six others. We add our condolences to the grieving families and friends, and we join our neighbors in wishing the injured a complete and speedy recovery. CCCA also recognizes that those who witnessed the horrific accident or were otherwise involved may be adversely affected and we send them our sympathies and best wishes.

The Parthenon, a landmark in Chevy Chase for over 30 years, is a special place for my family. We dine there often, celebrate birthdays and many other happy

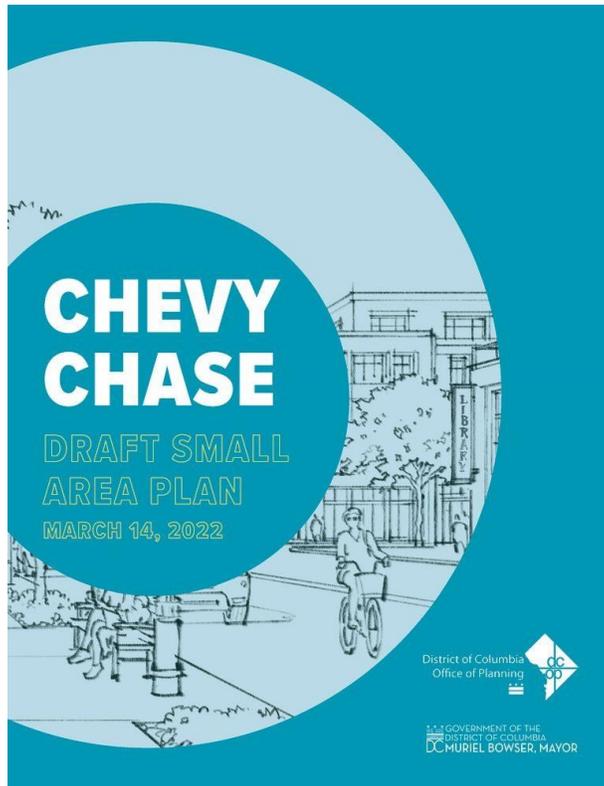
occasions. We have great affection for Pete Gouskos, the owner/manager, and his gracious and competent staff. We wish them well. -- Robert Gordon



DC Office of Planning (OP) Releases Draft Small Area Plan for Chevy Chase

The Draft Chevy Chase Small Area Plan (CCSAP) has been prepared as a guiding vision for neighborhood growth that aligns with citywide priorities of housing production, economic recovery, equity, and racial justice. The CCSAP focuses on land use, housing, urban design, and community development. It is supported by technical analysis, community engagement, and public outreach.

On Monday March 14, 2022, OP released the draft SAP for public review and comment. You can download the Draft plan by hovering over the link below and press Ctrl + Click. Hard copies are also available at the Chevy Chase Neighborhood Library and Chevy Chase Community Center. [Download the Draft CCSAP Here.](#)



The Draft CCSAP public comment period runs March 14, 2022, through April 13, 2022. During the public comment period, written comments are encouraged, and can be submitted using an online form at: [Submit Your Comments Here](#).

Public Hearing - OP will also host a Public Hearing on the Draft CCSAP on April 13, 2022, starting at 2:00 pm at the Chevy Chase Neighborhood Library, located at 5625 Connecticut Avenue. Individuals wishing to speak at the Public Hearing should sign up in advance. Everyone will be provided 3 minutes to submit oral testimony for the record. The hearing will be transcribed. [Sign up Here to Speak](#).

After the Public Comment Period closes on April 13, OP will submit the final SAP to the City Council for approval by Resolution. OP's Council submission will include a summary of any changes made to the Draft CCSAP and a record of public comments received in writing and transcribed from the hearing.

Recap ANC 3/4G's March 2 Discussion – How a Small Area Plan (SAP) and an Historic District Designation Interact

Are Small Area Plans (SAPs) and Historic Districts compatible? This was the topic of discussion for an information exchange with Steve Calcott and Kim Williams from the DC Office of Planning's Historic Preservation Office and Brian McCabe, a professor from Georgetown University who studies historic districts.

The panel discussed many aspects of these two different approaches to development in Chevy Chase. The vision of the Chevy Chase SAP is to develop a planning and design approach that aligns with citywide priorities related to affordable housing and equity. According to OP, the historic value of buildings can be considered in the SAP.

According to OP presenters, based on the experience of other historic districts in DC such as Mount Vernon Square, the designation did not restrict development. The speakers pointed out that Chevy Chase is already eligible for historic district status. It provided residents with a “unique sense of place” and contributed to the vibrancy of the neighborhood. An historic district for Chevy Chase could be restricted to the three-block commercial area of Connecticut Avenue or include a broader area of the neighborhood.

The discussion was hosted by the ANC 3/4G, Historic Chevy Chase DC, and the Chevy Chase Citizens Association on March 2. The entire discussion is available on video for viewing at <https://www.youtube.com/watch?v=HdhC8K3Wdjk>.

For information on neighborhood historic districts in Washington DC, go to [DC Historic Districts | op](#).