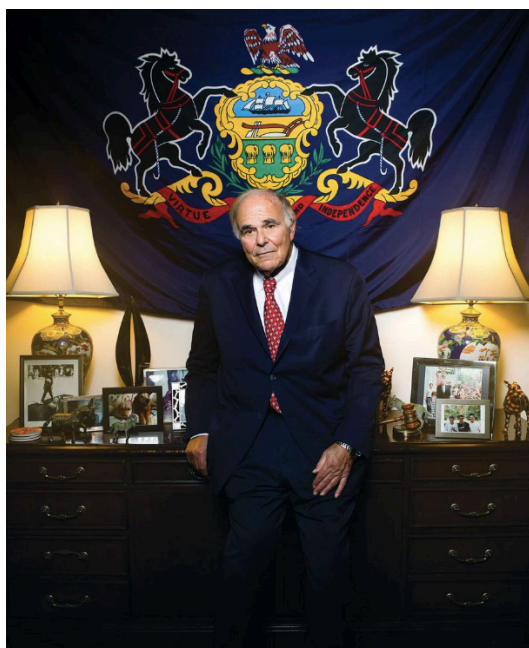


Village Voices

Ed Rendell Is Optimistic About Youth

By John T. Gillespie

The former District Attorney, Mayor of Philadelphia, Governor of Pennsylvania, Chair of the National Governor's Association, and long time resident of the Falls talks about Black Lives Matter, leadership, and the 2020 Presidential campaign.



Former Gov. Edward G. Rendell

them are young people in their teens, twenties and thirties. They are the ones sparking the movement to end racism. The two most recent generations -- give us real reason to be optimistic.

Why? What special gifts or assets does youth provide?

Diversity for one. The protesters are a mixed group, white, black, Asian Latino. Secondly, differences like race and sexual choices don't matter to them. They are prepared to like everyone based on assessment of character, not life styles. I am very confident that young people will bring an end to institutional racism and make a much better America.

Whites have joined Black Lives Matter in great numbers. Does this surprise you?

Whites are finally getting it. Even in Oxford, Mississippi, reports are that more than 50 percent of the protesters were white. Sixty years ago at the dawn

What's your take on the protests and violence in the wake of the George Floyd murder?

The violence and looting in Philadelphia and other American cities was frightening. But the burning was done by agitators, some from the right, some from the left. The vast majority, 98 percent of the protesters, were nonviolent, were peaceful.

The country's never been so divided or anxiety ridden. Is there reason for hope?

The thing that I find so hopeful about what's going on is that if you look at the protesters, 80 percent of

continued on page 2

IN SHAPE & CONNECTED THROUGH ZOOM YOGA

By Mary Flournoy

Despite the pandemic, the East Falls Village yoga classes have been able to continue -- through the Zoom meeting online platform. The current Zoom Yoga series runs through June 30; with classes each Tuesday and Thursday from 2 to 3 pm.

We have two instructors and each class is slightly different: the Tuesday class includes some poses done on a mat (or rug); the Thursday class is done while sitting on a sturdy armless chair and standing behind the chair for balance. Classes focus on breathing, balance, and stretching as well as a chance to relax and de-stress.

The Tuesday afternoon class is taught by Lillian Rozin, who has been teaching EFV yoga classes since 2017. Lillian usually includes several poses that require getting on the floor

continued on page 3



COMPUTER WIZARD

By Tom Smith

Summer's here and you may be away from your machine for a spell. Here are tips to keep everything running smoothly:



Write down your usernames and passwords; some things fade over time.



Use a duster on your keyboard periodically, to keep the dust away. Use a mild spray cleaner (like for glasses) for the screen.

Welcome to Our Newest Members!

► Kathy Goldenberg

For her contact information, log in to eastfallsvillage.org with your user name and password to access the members-only Membership Directory. (She joined after the 2020 Member Handbook & Directory was printed.)

For help in logging in, see page 11 in the 2020 Member Handbook & Directory or email info@eastfallsvillage.org.

Join East Falls Village – as a Member and/or Volunteer!

To become a member, visit eastfallsvillage.org and click on “How to Join” for membership information and an Online Application. Or pick up our membership brochure at the front desk of the Falls Library.

To become a volunteer, click on “Volunteer Info” to fill in the volunteer application online or download and print a paper application. Volunteers drive members to appointments, answer the village phone, help members, and serve on a variety of teams that operate the Village. For information about volunteering at Mifflin, click on “Help Children to Read.”

Did you know that talking about East Falls Village to family, friends, and neighbors is the best way to grow East Falls Village?

Rendell

(continued from page 1)

of the civil rights movement, blacks under the banner of Martin Luther King led the way. Whites are more sensitized for the first time in 400 years.

“Police reform” covers everything from when to use lethal force to replacement and defunding. What should it be?

No one in the Democratic party, in the Black Caucus or anywhere else supports disbanding police. Trump will try to make it an issue in the campaign.

What about Presidential leadership in ending racism?

Using troops to clear peaceful protesters from Lafayette Square so Trump could walk across the street for a silly photo op with a Bible was a fiasco. Biden, on the other hand, is a good man, a moral man, a decent man who treats everyone fairly. He calls his campaign a battle for the soul of the country. He fills a national need.

Lincoln, confronting war and reconstruction, appealed to the “better angels” of man’s nature. What does Trump appeal to?

Our darker side, our baser instincts.

What are Biden’s chances in Pennsylvania?

If the election were held today Biden would win by six or seven points. Trump will do everything to take him down in a state he won by a hair four years ago, but it won’t happen.



Because of the pandemic, we have had to cancel in-person events, such as this lunch at the White Yak in Roxborough and this private tour of Citizens Bank Park. However, you can order online takeout from the White Yak and will be able to watch Phillies baseball on TV.

Village Voices is a publication of East Falls Village (EFV), a program of East Falls Community Council. No portion of this newsletter may be copied or reprinted without the permission of East Falls Village. All East Falls Village programs and activities, including Village Voices, are created, developed and executed by Village Member Volunteers.

Editor: John Gillespie

Contributors: Mary Flournoy,
Tom Smith

Design & Layout: Kristin Puls

© East Falls Village 2020

ZOOM YOGA

(continued from page 1)

(using a mat, a rug, or pillows) – nothing strenuous. The session ends with five minutes of relaxation lying on your back. One of our members credits Lillian's class with helping her recover from a broken ankle.

The Thursday afternoon class is taught by Shiva Das, who has been teaching classes for EFV since last fall. No mat is needed for his classes – just a chair. Many of the poses and stretches are done while seated or standing behind the chair, using it for balance. The movements stretch and tone the whole body – from the face to the spine and even the abdominal organs.



Try Zoom Yoga in Two Free Sample Sessions

TUESDAY, JULY 7 | THURSDAY, JULY 9

Call 267-444-4507 to register for one or both or for more information.

The Thursday class does not require a mat, just a chair.

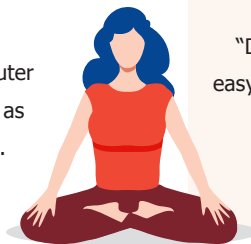
While the Zoom classes are not the same as in-person classes, there are actually some advantages:

- It may be easier to see the instructor – once class starts, go to Speaker View (instead of the Hollywood Square view of 20 people)
- It may be easier to hear the instructor – once class starts, the instructor mutes everyone's microphones.
- We don't have to worry if it's too hot in the meeting room – and we don't have to travel in really bad weather.
- At the start and end of class, we can see each person's name and image and can wave hello, greet each other, and share comments.
- If you don't want their image shown, you can turn off the Video and only their name will be shown.



Lillian Rozin, instructor, leading the Tuesday Zoom Yoga class from her home.

- You can participate from anywhere: the comfort of your own house, a place at the shore, a relative's house – as long as there is internet access.
- You can use any type of computer – desktop, laptop, a tablet (such as an I-Pad), or even a smartphone.



What some class members say about Zoom Yoga:



"The Zoom Yoga has been fun and meaningful. I was surprised how much my body missed the movement. While we had some technical difficulties, we've managed to overcome them and get our full yoga benefits. Us old dogs can learn some new tricks."

Winnie Fessenbecker

"These Zoom Yoga classes have been so convenient and brighten up my day. I look forward to them each week – a great help during these trying times since they relieve stress and energize at the same time."

Roma Kohut

"Zoom Yoga keeps me connected to my classmates and well stretched! A valuable bridge to when we can once again gather and enjoy in person."

Andy Slettebak – Yes, we have some men in the class!

"When I connect, it is a high point of the week to relax, stretch, and breathe with a group of friends and the encouragement of Lillian. A great pleasure and so good for my body and spirit."

Jean Ruff

"Doing the classes by Zoom is really easy. I like having the ability to have two different classes, with two great teachers with different styles."

Connie Deasy

EAST FALLS VILLAGE ZOOM PROGRAMS

We will be adding more Zoom programs. Check the Calendar of Events at eastfallsvillage.org. To register for programs, call **267-444-4507**.

THE GARDENS OF EAST FALLS

Friday, July 10 at 2 pm

Join us via Zoom for a virtual tour of some lovely East Falls Gardens – rain or shine! "Zoom" in on special outdoor spaces with host gardeners Suzanne Penn, Linda Saltford, Robert Rabinowitz, and Rosemarie DiStefano. They will share their photos of some of their favorite features in their gardens and answer questions. Register by July 8.

SUMMER ZOOM YOGA (from the comfort of your own home)

July 14 - August 25 Tuesdays 2-3pm
with Lillian Rozin | register by July 12

July 16 - August 27 Thursdays 2-3pm
with Shiva Das | register by July 14

(The class with Shiva DAS does not require a mat, just a chair)

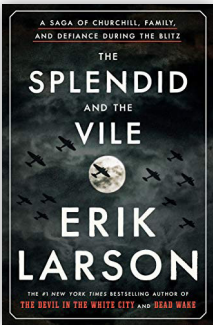
FEF: Each series is \$42 for members of EFV; \$49 for non-members. Register for both the Tuesday and Thursday series – or just for one – on the Calendar or by calling 267-444-4507. Checks should be payable to EFCC and mailed to EFCC c/o 3219 W. Coulter St., Philadelphia, PA 19129

Good Reads

The Splendid and the Vile: A Saga of Churchill, Family and Defiance During the Blitz

By Erik Larson

Review by John T. Gillespie



In a world starved for strong leadership comes another book on Churchill along with an intimate portrait of his family and entourage. Instead of a full-length biography, Erik Larson, bestselling author of *Dead Wake* on the sinking of the *Lusitania*, takes us on a year's journey from May 10, 1940, the day Hitler attacked France and Churchill

became prime minister, to May 10, 1941, the day the Nazi blitz ended as Hitler turned his eyes toward Russia. In between came the fall of France, the British evacuation of Dunkirk, the sinking of the French fleet at Mers el-Kébir, the Nazi blitz and the threat of German invasion. Withstanding it all was British defiance, led by Churchill and the Royal Air Force. If wars are fought with rhetoric, this was Churchill's own "finest hour."

Churchill "demonstrated a striking trait," writes Larson, "a knack for making people feel better, stronger, and above all, more courageous." John Martin, one of his private secretaries, wrote that Britons began to see themselves as "protagonists on a vaster scene and as champions of a high and invincible cause, for which the stars in their courses were fighting."

Those protagonists included members of Churchill's team: Frederick Lindemann (the "prof"), scientific advisor, who helped develop radar; Max Aitken or Lord Beaverbrook (the Beaver), who mobilized war production; Anthony Eden, secretary of war, and General Hastings (Pug) Ismay, military chief of staff; and General Alan Brooke, commander of the Home Forces. They're seen interacting with Churchill amid nightly bombings and the uncertainties of war. Joining the crowd at Chequers and the alternate retreat, Ditchley House, is Churchill's family: his ever loyal and observant wife, Clementine; his alcoholic and fractious son, Randolph and Randolph's wife, the future courtesan, Pamela Digby; Pamela's lover and future husband Averell Harriman; and Churchill's daughter Mary, whose diaries provide much of the commentary and anecdotes in the book. In and out is Harry Hopkins, Roosevelt's eyes and ears.

The Splendid and the Vile, writes the Chicago Tribune "takes readers out of today's political dysfunction and back to a time of true leadership, when, in the face of unrelenting horror, Churchill's eloquence, courage, and perseverance bound a country, and a family, together."



WE WANT TO
KNOW WHAT
YOU'VE BEEN
READING!

- ✓ No more than 150 words
- ✓ Include: brief synopsis, reviewer's opinion, title and author
- ✓ Submit to john.gillespie1@verizon.net

PUBLICATION DEADLINES

September 1

December 1

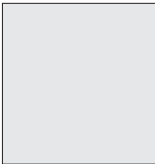
March 1

June 1



East Falls Village

P.O. Box 12672
Philadelphia, PA 19129



Deliver to:

To Zoom or not to Zoom...



ADAPTED FROM A DUPONT
CIRCLE VILLAGE PUBLICATION

That is indeed the question. With more and more of our social lives depending on this technology platform, getting acquainted with the ins and outs of Zoom is becoming a requirement of every day life.

The Basics

What is Zoom?

It is a way to join others through the Internet to learn about something, have an activity, talk, or just see one another. It's not the same as meeting in person, but it serves a purpose during this time of social distancing.

I'm not good at technology.

Once you have been through it the first time, it's really easy. And it's not that difficult the first time.

I don't have a computer.

Zoom also works on smartphones and tablets.

Why do I have to register?

You will be emailed instructions for how to "Join the Meeting" – just click on the link in the email.

If you have never used Zoom before...

For iPhones, Androids, tablets or iPads, you're best off going to the app store and downloading the app.

You don't have to open an account. All you will need to do is then "Join a Meeting."

You will select yes for audio and camera.

For desktop and laptop computers, you may want to download Zoom.

When downloading, select AGREE when asked. But you don't have to – you just need to join a meeting and say yes for audio and camera.

Note: Not all desktops and laptops have a built-in camera and microphone. In that case, you will be able to hear and see what's going on in the Zoom meeting, but they won't be able to hear you. This is when you use the local number provided to call in.

*Note: The icon for microphone/audio is for others to hear you. **To hear what's going on in the meeting, you will need to adjust your own level of sound** through whatever speaker you use (the computer, external speakers, earbuds)*

Joining a Zoom meeting


You will be sent an email with a **"Join Zoom Meeting" link to click on**. The invitation will also include other information in case you need it. If you have already used Zoom, it should take you right to the meeting.

Note: At the end of April, Zoom released version 5.0 and as of May 30, all Zoom users were required to upgrade.


Controls for desktops, phones and tablets

Unless you have it set to always show the controls, you will need to **tap in the general area or hover your mouse** to open the control bars. The attendee controls are at the bottom of your screen (or for some devices, along the top), except for Leave Meeting which appears at the bottom-right corner.

Mobile:



Computer:



Video: Start and stop your own video (lets everyone see you – good for eye contact). If you don't want folks to see you, turn off the video!

Mute / Unmute/Audio: See the icon all the way to the left. It allows you to Mute or unmute your microphone (if enabled by host)

Participants: See how many are currently in the meeting. *Mobile devices:* icon is most of the way to the left. *Computers:* center of the controls.

Gallery View & Speaker View

There are 2 ways to view the meeting – **Gallery View** and **Speaker View**. *Note: this is a toggle switch – it tells you what you will get when you click it.*

Gallery View: this puts everyone (or most) on the screen, all equal size (like the Brady Bunch). When someone speaks, their box will be highlighted in yellow. This view is good for discussions, general conversation, etc.

Speaker View: this shows the speaker in full screen. This is useful when you have a presenter so once everyone is muted, you can focus on the presenter.

Desktop/laptop: look for button toward top right corner.

iPad: on the left side about 2/3 up. You have to tap in that area to see it. It will only show 6 people at a time.

Phone: swipe left to add more people to the gallery, swipe right for speaker view. Limit 4 people on the screen.

How to Chat

If enabled by host, you can send text messages to the group or an individual by typing in the chat panel.

Laptops & desktops: click the icon in the center of the controls.

Mobile devices: access either by way of Participants on the control panel, or by clicking on More.

How to Raise your Hand

First, **open the participants list**. For most people, there will be a series of options at the bottom of that screen, including a **Raise Hand** icon. This alerts the host that you want to be able to speak/ask a question or whatever.

Note: If you are on a phone, your options are limited, so the closest thing you can do is click on the icon of the Waving of Hand. *Remember they can't hear you if you are muted.*

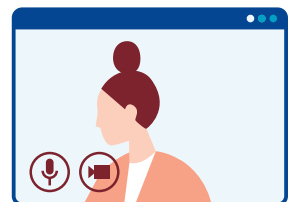
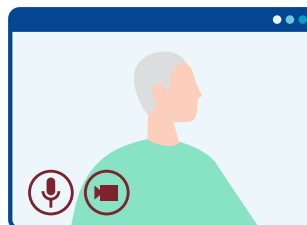
Have fun!

Zoom Manners

Turn off all your other devices: This helps your signal to be stronger. Also, you do not want both your speaker and your phone on in the meeting or near each other – it creates a really nasty feedback echo loop.

Mute yourself: If you are unmuted and are eating, answering the phone, dog barking, etc, please mute yourself (the little microphone icon, or top right corner of the box with you in it).

Remember you're on camera: Be presentable, don't do anything potentially embarrassing.



Take turns: Don't talk on top of each other. It can turn into chaos pretty quickly otherwise.