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# ECG MATTERS

**FALL 2019 ISSUE**

## *COMING EVENTS*

**October 29, Board of Trustees  
Candidates' Night, 6:30 pm, Tye Room**

**November 7, Neighbor William Julius Wilson** will discuss the memoir he is writing on his remarkable journey from a small Pennsylvania railroad town to University Professor at Harvard. Bill, a sociologist, is best known for his books on race and class in America, including *The Truly Disadvantaged* (1987) and *When Work Disappears* (1996). 6 pm, Tye Room

**November 12, Board of Trustees  
Elections & Annual Meeting**

**December 12, Holiday Potluck,  
6:00- 8:00 pm, Tye Room**

**May 2020, Neighbor Larry Tye** is finishing a biography of Senator Joe McCarthy, a controversial figure in 1950's America and a timely one today. Larry will do a reading in the building next May, just after Houghton Mifflin releases his book.

*ECG Matters, published by the Esplanade Community Group (ECG), is devoted to building community in our building and our neighborhood and welcomes feedback. Send letters to:*

*[EsplanadeCommunity@gmail.com](mailto:EsplanadeCommunity@gmail.com)*

*All must be signed! Thank you.*



## **Announcing the ECG Website**

[www.esplanadecommunity.com](http://www.esplanadecommunity.com)

**Community Group Pages: Aging in Place, Arts, Books,  
Environment, and Food**

**Also: Esplanade Events, Newsletters, Meet Your  
Neighbors, Views, and Chat!**

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## **THE CHARLES RIVER: FRIEND AND POSSIBLE FOE?**

We in the Esplanade are privileged to live on the banks of the Charles River. As our condominium architect Moshe Safdie had envisioned 30 years ago, the Esplanade continues to benefit from the peace and spirit of the river. But in this era of rising temperatures does the river also offer a threat? Let's look at both the pleasures and possible perils of the Charles River from a few who know.

Here's just a little of the history of the Charles River from **The Charles River Conservancy** website (<https://www.thecharles.org/>). More than two centuries ago the Charles was a tidal river, surrounded by hundreds of acres of salt marshes and mudflats. In the nineteenth century, the basin was damned for mills and filled for industrial, commercial, and residential purposes. During the next hundred years, Cambridge and Boston acquired the river's banks and the Charles River Dam was built.

**(continued on page 2)**

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## Charles River, continued

The landscape changed dramatically again in 1949 with the construction of Storrow Drive. By 1995, the EPA launched the Clean Charles River Initiative with the goal of making the lower Charles River Basin, from Watertown to Boston Harbor, fishable and swimmable by 2005. Through the efforts of federal, state, and local agencies, nonprofit organizations, and residents, the water quality of the Charles has improved from a grade of “D” in 1995 to a “A-” in 2018.

In 2002, a Master Plan for the basin was developed by the Commonwealth of Massachusetts, creating a comprehensive assessment and vision of the parks, parkways, river banks, and watershed of the Charles. The Charles River Basin now includes two new parks, North Point Park and Nashua Street Park, and the restored Paul Revere Park in Charlestown. These parks are linked by paths and the newly developed North Bank Pedestrian Bridge, which opened in 2012.

Laura Jasinski, the Executive Director of the Charles River Conservancy, an organization founded by Renata von Tscharnier almost 20 years ago, said that the CRC is dedicated to the stewardship, renewal, and enhancement of the urban Charles River parks. To that end the Conservancy has sponsored City Splash, a one-mile Charles swim race; I-90 Advocacy; and Conservancy Volunteers. As Laura says, “We couldn’t be happier helping to keep the Charles River Parks clean, welcoming, and vibrant.” And she asks us all to support the Charles River Conservancy’s programs, advocacy, and stewardship. Its newest project is the Floating Wetland, a structure that uses an ecological intervention to reduce harmful algal blooms. Experiments have shown that for bodies like the Charles, algal blooms are a symptom of a broken food chain. Strengthening zooplankton with additional habitat may help. In partnership with MassDCR, the CRC will install a floating wetland at North Point Park in Cambridge to test the hypothesis.

To get another look at the Charles River, I spoke with John Bolduc, Environmental Planner for the **Cambridge Community Development Department**. He notes that the biggest risks to Cambridge are rising temperatures, increasing precipitation, and sea level rise with storm surges.



Floating Wetland

The good news is that Cambridge has been working to prepare the community for the unavoidable impacts of climate changes through the **Climate Change Preparedness & Resilience Plan (CCRP)**. In order to establish a foundation for the CCRP Plan, Cambridge conducted a Climate Change Vulnerability Assessment (CCVA) that sought to identify Cambridge's key physical and social vulnerabilities. The Key Findings of the CCVA are as follows:

- **Heat vulnerability** is an imminent and growing risk to the community.
- More frequent **flooding** contributing to both poor water quality and indoor air quality are likely to become increasingly challenging public health concerns in the near future.
- **Storm surge flood risk** associated with sea level rise will probably arrive around mid-century and will represent a new type of flood risk in terms of its source, volume, and salt contamination.
- **Disruption of critical services and major infrastructure** (electricity, transportation, water/waste/water) will have more impact on vulnerable populations who are more isolated due to infirmity, age, or language, and those with lower incomes.
- **Economic losses** from a flood event and/or an area-wide power loss would be significant.

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# Update on Esplanade's Interest Groups

## Esplanade Arts Group

In the interest of jump starting our group, we will be meeting in early October to choose an event to attend this fall accompanied by an opportunity to meet afterwards for dinner and discussion. Options will include attending a Central Square Theater performance or a film at the Kendall Square Cinema. By choosing a local venue we can begin to plan more excursions, perhaps on a seasonal basis. Members have also identified many other interests such as concerts, museums, and dance. We welcome all suggestions and new ideas. Join us! Contact:

[nancymcrowley@icloud.com](mailto:nancymcrowley@icloud.com)

## Some Recent Reads Enjoyed by Esplanade Bookies:

### *Where the Crawdads Sing* by Delia Owens

*Where the Crawdads Sing* is the heartbreaking story by Delia Owens of a young girl named Kya, her loneliness and survival. When Kya is abandoned first by her mother, then her siblings and eventually her father, an abusive alcoholic, Kya is forced to survive on her own. The family lived in a shack on an isolated marshland on the North Carolina Coast. The story goes back and forth in time when Kya was between five and twenty-five. At a young age she must rely on her strength and resilience. The marsh becomes her family and friend. Although she had no schooling, she educated herself by learning about the natural world and its creatures. She studies the habits of all living things and compares them to humans. The marsh teaches her to camouflage herself to be safe and to use its food to stay alive. Kya is called the Marsh Girl and thought strange by everyone. She is ridiculed and ignored by the townspeople. Her only friends are a couple from the black section. As Kya grows older and longs for friends, she opens herself up to others. She falls in love, only to be betrayed by those she trusted. When she is implicated in a murder, everyone believes her guilty.

Author Delia Owens has had a long career as a natural science writer. She uses her experiences as background in telling the story. It is filled with poetic language and exquisite descriptions of the marsh and the natural world. For a first novel, Owens tells a wonderful story with compelling characters, plot and setting. It even has a murder mystery. Our group enjoyed the book, although some felt parts of it were unrealistic. --Carol Baggoreor

## Book Notes, continued

*The Presidents of War* by Michael Beschloss  
Did you know America has been at war for every year of its existence except for seventeen years? I didn't! Many of those wars were waged against the indigenous folk as the country expanded westward. Out of curiosity I checked for a year when we were not at war after 1950 – the start of the Korean War. Couldn't find one!

Author Michael Beschloss reviews the major wars (not counting the American Indian Wars or the Banana Wars) through to the Vietnam War. He starts with the War of 1812 when James Madison tried to annex Canada (unsuccessfully in part due to Jefferson who had depleted much of the armed forces). That is followed by Polk's war against Mexico that gained the United States much of the southwest. McKinley started the Spanish-American War that extended our reach to the Philippines. He follows with the Civil War, World Wars I and II, Korea, and Vietnam.

It was interesting to learn how each President used an incident to rally public sentiment. In some cases, these were totally fabricated (some of us remember the Gulf of Tonkin), in others the incidents were orchestrated (such as Fort Sumter...I didn't know that). It was also interesting to read how earlier Presidents conformed to the US Constitution and asked Congress for a Declaration of War. Since Truman's time, though, Presidents have sometimes chosen not to do so (Truman never formally declared the US to be at war in Korea). This led our book group to a healthy discussion of the limits on the powers of the current President.

The book is long, and the events surrounding the wars can be confusing, as Beschloss details all for the many players and events that lead to a war and its aftermath. But it reads well and refreshes some of the history we learned and adds new insights.

A worthwhile read!

--Ash Rao



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## Book Notes, continued

### *The Children Act* by Ian McEwan

In legal terms, the Children Act 1989 is a law designed to safeguard the welfare of children, realizing that while children are best cared for within their own families, provisions are needed, for instance, when parents and families fail to cooperate with statutory bodies.

*The Children Act*, a novel by English writer Ian McEwan, was published in September 2014. It focuses on Fiona Maye, a highly respected English High Court Judge specializing in Family Law. As the story opens, her husband of thirty-five years, Jack, tells her that because of the lack of physical intimacy in their marriage he wishes her to grant him permission to embark on a sexual affair. From this point on, McEwan takes the reader on an emotional roller coaster, masterfully leading us back and forth between Fiona's reactions to her personal plight and to the complex, heart-wrenching ethical dilemmas she must face daily as she tries to mete out justice to children and their families. This is a page-turner that will keep readers enthralled from first page to last.

--Susan Barron

### Esplanade Environmental Study Group (EESG)

After a summer hiatus, the EESG met on September 25, 2019 -- soon after tens of thousands of people, young and old, filled the streets and public squares of Boston, New York, and scores of cities across the US and the world, demanding urgent action to combat the accelerating warming of our planet, with all the social and political disruption it threatens.

In that perspective, our group's focus -- the Esplanade, just one of millions of buildings -- may seem pitifully parochial. But trying to increase energy conservation in our homes, seen as contributing to an essential worldwide movement, strikes us as important. We therefore reaffirmed our basic goals: (1) to *gather information*, from both the Esplanade management and a variety of other sources, regarding available methods for further reducing our building's carbon footprint; and (2) to *collaborate* with management and the BOT

in assessing the feasibility of ideas that emerge. At our September 25 meeting, we pooled the information and sources that we separately had generated over the summer. Via a long interview and tour of the building with Ben Bara, Chief Engineer, we learned more about what Esplanade's management has done to improve energy efficiency and what residents themselves can do in that regard.

**Building-Level Improvements.** Ben cited major improvements in our building's energy efficiency during the last five years, many in response to an energy audit by Eversource. Among the most important are new variable speed controls on the two huge gas-fired boilers and on a new "booster pump" that operates at variable speed. These controls automatically link the use of fuel to fluctuating aggregate demand throughout the building, depending on time of day/year/weather, etc. That, Ben said, makes the system work at 85-87 percent efficiency, which is very good for a 30 year-old system. Second, the heating of water as it flows to residential units now is keyed to actual demand, so that there is no water tank kept hot at all times, regardless of demand. And third, management achieved substantial reductions in energy use by replacing fluorescent lights in the garage (which are on 24 hours every day) with much more efficient ones (down to from 40 watts to 6 or 12 watts) and by shifting to LED's for all lights in hallways and lobby. When asked about possible use of solar panels, Ben explained that it is not feasible: due to the terracing of our building, the top roof space is not large, and most of that is taken up by stacks, vents, and equipment.

**What Unit Owners/Residents Can Do.** Ben suggested that at this point some of the most useful further reductions in the building's energy consumption would be inside residential units. For the many residents who have not done so, the important initiatives would be:

- A. **Changing all light bulbs to LED.** The Esplanade maintenance staff will do that for any owner who requests it.

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## The Upcoming Elections for the Board of Trustees

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The Board of Trustees, as the Esplanade's governing body, has critical fiduciary, oversight, and strategic responsibilities under the Declaration of Trust and By-Laws. The Board is accountable to the owners and involvement by the owners is critical to its success and the success and well-being of our community. The information regarding the election was sent to owners by the BOT on September 13. Candidates' letters and ballots/proxies to owners will be distributed October 18. Candidates' Night is scheduled for October 29 and the Annual Meeting and Elections on November 12 at the Royal Sonesta Hotel. (By the time this Newsletter comes out, the deadline for candidates to announce their intention to run will have passed [October 4].) To fully participate in this important election process, please understand that our responsibility as owners is to make informed choices when deciding for whom to vote. Thus: (1) Become informed about the candidates' experience and attend Candidates' Night. (2) And, if using the Proxy, give specific voting instructions to the person who exercises your Proxy so that your vote reflects your own choices. Your vote counts!



**DOES THIS LOOK FAMILIAR? ATTENTION!!!!** If you live at the Esplanade you have a problem. Don't take it personally. Every one of us has this problem. The problem was made worse by the road/traffic administrator, who created a fifth lane in front of our building in order to facilitate left turns onto Binney Street. The problem for us increased exponentially. You will have guessed by now. The problem is getting out of our garage and trying to make that left turn onto Binney Street, especially between the hours of 7:30 and 9:30 A.M. and 5:00 and 7:00 P.M. I can give you strategies for navigating this nightmare such as putting on your left turn signal when you exit the garage. Praying is also good. There is a better solution; a much better solution. All it requires is an aerial view, and I happen to be eleven stories up, right over the garage exit. What we need is a "don't block the box" rectangular lane, leading from the exit to the far fifth lane. It could even be painted green for added emphasis. Will some drivers ignore it? Sure. Most won't. I need help from someone who knows how to navigate the system. I thought I had found the key person. Donny.Dailey/[state.ma.us](http://state.ma.us). Mass. DOT Office of Government and Public Affairs, Liaison Highway Division. 617-945-4272. I spoke with him on the phone. He asked that I write an in-depth description of our situation and that he would forward it through the proper channels. I followed up six months ago. He didn't. At this point, he seems to be continuously out of reach. Maybe I was speaking to a computer instead of an actual person. Maybe YOU can try your luck. Thanks for your attention to this important matter that could ultimately save your life or a fender bender or someone else's.

Postscript: I will personally give you a huge incentive to help with this process, to follow-up, to try to make something happen. I will renounce all ownership of this solution and provide YOU with the opportunity to become a hero of the Esplanade; people will genuflect in the mail alcove when they see you and you will be worshipped in perpetuity. Please contact me if you're interested in helping out with this project: Laurence Lieberman at [glowormLL@aol.com](mailto:glowormLL@aol.com)

# Dottie's Delights

When I was no more than five or six years old, my father took me on one of our much-loved visits to the family bakery around the corner in Newton Centre. Glass display cases were filled with an eye-catchingly colorful assortment of cookies, cakes, breads, and pastries, many I had no name for and many more I was happy to try. But my main objective that day, not unlike most of my other visits, was the iconic black and white cookie known as a halfmoon.

Soft and cakey beneath generous, fluffy helpings of both chocolate and vanilla frostings, this cookie-cake hybrid was big enough to fill both my eager young hands and then some. But before it could make it to those eager hands -- and an even more eager mouth -- it had to find its home in a classic white pastry box, a small sheet of parchment paper tucked beneath the dessert and the top of the box carefully closed to protect its sweet contents ahead of our drive home. A drive that, to my impatient young self, took far longer than seemed reasonable.

The drive home did eventually end, an eternity and a half after it should have. And a few long minutes later, I found myself at the kitchen counter, box open before me, that richly chocolate- and vanilla-scented sweet perched on its parchment paper bed in such perfection that the entire scene -- and the intense satisfaction of that first bite -- is entirely and formatively ingrained in my memory.

I have countless comparable memories from a youth marked by a variety of indulgent desserts, memories similarly formative in their sweetness and whimsy. So often these were thanks to my grandmother, Dorothy, who happened to meet my grandfather in the very bakery of aforementioned halfmoon fame. Dottie, as she was known by many, was a matriarch for whom food was love and love was food and she had plenty of both. Famously protective of her fudge recipe, decidedly unable to serve fewer than half a dozen dishes at a family gathering, and known to leave a little extra in the mixing bowl for eager helpers, she would happily go to the ends of the earth for the family she so loved -- even if she just went last Tuesday. She gave her heart to maintaining that love and devotion, continuing to do so even as she fought the cancer that eventually took her life.

Gone by the time I was nine, the particular magic of her thoroughly nonjudgmental love and sugar-coated culinary alchemy stayed with me as I grew up. I thought of her when I dabbled in the kitchen during middle and high school, all the while yearning with an uninformed hope that someday I'd have a little bakery of my own. I graduated high school and the mostly boxed mixes I'd played with to move on to attending American University in Washington DC and crafting a rapidly widening array of confections. I discovered strangely spiced cakes, colorfully iced cookies, stumbled into the deliciously malleable marvel that is homemade marshmallow, swirled countless French meringues, and fell in love with the wonder of handcrafted caramels.

By the time I graduated three and a half years later in Fall 2013, I'd run out of people willing to accept an unending stream of confectionary experiments. But I had not run out of what was a now more-informed yearning for a sweet, entrepreneurial undertaking of my own. As so, with that famous, half-blind bravery of youth and a decision that I would so much rather try and fail than regret not trying, I opened Dottie's Delights. Specializing in handcrafted caramels, French meringues, Dottie's famous fudge, and other assorted sweets, I initially worked out of my Bethesda, Maryland, kitchen and sold at farmers' markets. Eventually, I moved on to renting space in a commercial kitchen which opened up wholesale and online opportunities. But the biggest shift came when I moved home to Boston in summer 2015 and took the plunge from a sole producer and event-based business



model to a full store!

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**Dottie's Delights, continued.** Enthusiastically stocked with over a thousand items, including sweets from around the country and around the world, a selection of baking supplies, and our own in-house indulgences, our offerings were the careful result of hundreds of hours of research, networking, and sourcing. Imported French marshmallows, Swedish licorice, Italian nougat, and Japanese soda found homes alongside scoopable penny candy, over 150 classic and high-end chocolate bars, gourmet honey spoons, caramel filled waffles, truffles, and countless other sweets.

We opened in late October 2015 on what, coincidentally, was the anniversary of my grandmother's passing. I'd like to think that she was pleased with what I brought to life: a technicolor, rainbow sugar dreamland as much intent on resurrecting adults' wide-eyed, childhood whimsy as creating it for the first time for our young visitors.

Those first few months, I worked with little sleep and cut my eyeteeth on a fantastically busy first holiday season. I'd like to think that my grandmother would have watched with pride and more than a little joy as we were warmly welcomed by the community, secured orders with a well-known dessert subscription company, partnered with Taza Chocolate on a series of designer chocolate caramels, and expanded our wholesale operations. Our Belgian chocolate covered caramels even found a home on the shelves of Volante's Market, just around the corner from my grandparent's house and a feature in more than a few of my childhood memories.

My grandmother had shared with me the secret that in sweetness lies a particular capacity for creating and sharing wonder, an unparalleled magic capable of inspiring even the most unexpected and, with a wonderment of my own, I saw just how true that was. It turned out, however, that she had also shared something else with me: A genetic mutation known as BRCA1, responsible for the breast and ovarian cancers that took her life. I received the news just over a year after opening the store and in my third year of operating Dottie's Delights. I was faced with odds of breast cancer that, as the discussions with my genetic counseling team confirmed, meant it was more a question of when than if. "We're really good at treating

cancer," the doctor assured me in a statement I will never forget and which reaffirmed the assertion I'd made prior to my genetic testing results coming back: I refused to live my life waiting for the other shoe to drop, enduring breast cancer surveillance every few months until we caught the unavoidable. And, so, I made a decision. I chose to pursue a complete bilateral mastectomy with reconstruction. And, with the unique clarity that comes with facing one's potential mortality, I had a second realization. In chasing the dream that was Dottie's, in spinning sugar into wonder for both the tasters in their sampling and myself in the making I had found security in who I was and what my heart and hands had to give this world. And just as surely as I realized that, I realized, having so received one of my grandmother's final gifts to me, it was time to move on.

Dottie's Delights closed in spring 2017, just a few months before I began what was ultimately a year long process of mastectomy and reconstruction that included a number of rather colorful complications. It was a challenging but thoroughly worthwhile process and I am as grateful for how it shaped me as I am for Dottie's influence.

Now, I still spend a fair amount of time in the kitchen but my culinary interests tend more towards sourdough and other savory pursuits. My professional life has found me working part time as a PCA and in remote work like user experience testing. And I've developed a bit of a gardening habit that makes for an increasingly green condo. At the risk of sounding like a Hallmark card, it's been a remarkable journey. I'm grateful for where I've been, grateful for where I've made it to, and am as grateful for that giddy wonder at halfmoon cookies piled high with icing as I am for a more recent revelation: It took over 20 years for me to discover the secret that the generosity of those layers of fluffy frosting was no coincidence. Rather, it was the very intentional result of extra portions meant as much to feed a child's sweet tooth as her wonder.

It did. It still does. And reminds me how love is so often found in little, unassuming gestures that become a part of who we are, the way we live, and how we love.

– Alyssa Cohen



# Update on Esplanade's Interest Groups, continued

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## Esplanade Environmental Study Group, continued

- B. **Light bulbs.** And they will supply the appropriate bulbs, drawing on large supply acquired at a subsidized, below-retail market rate from Eversource
- C. **Changing to a digital thermostat.** By setting desired temperatures much more accurately than the originally installed thermostats, these will cut down use of the fan, reducing energy expenditure considerably. It is also helpful for controlling temperature when the occupant is away, winter or summer, which is desirable. The building staff, using a supply of digital thermostats they have in stock, will supply and install these for a charge of \$275 -- much less expensive than acquiring them via an outside electrician.
- D. **Get windows checked.** Windows are double-pane, so when residents feel cold near the windows, even when heat is on, it is often due to problems *the maintenance staff is ready and able to correct*. Of course, reductions of drafts should produce less use of heat/fuel.

**In addition:** From Mothers Out Front (<https://www.mothersoutfront.org/>), a grassroots climate-action group that began in Cambridge/Boston area about seven years ago, we received the following energy-reduction tips, many of which are relevant to Esplanade residents (see page 11 below).

**Next steps.** Ben Bara and Esplanade management have been working with an energy efficiency analyst on a study, expected this Fall with a new set of recommendations. EESG will ask management for a copy and an update after the study is received. EESG also is planning a set of meetings with experts who can brief us on other possible initiatives. If any are particularly compelling, we will try to arrange a meeting in which all interested residents can hear from them directly and ask their own questions. If you are interested in joining this group, please email Bob Kagan -- [rak@berkeley.edu](mailto:rak@berkeley.edu) -- adding any special knowledge or experience you may have -- although that is not a prerequisite. Interest in contacting and learning from those with more knowledge and experience is what matters.

—Bob Kagan

## Esplanade Aging in Place Group

Our Aging in Place Group held a wide-ranging and thought-provoking discussion on Saturday afternoon, September 28, in the Tye Room, stimulated by the suggestion of Tom Kwei that we might benefit from hearing the views of someone who had chosen to age, not in place, but in a retirement community. Fran Putnoi graciously invited Robyn and Sol Gittleman, who, upon their retirements, had moved from their home in Winchester to Brookhaven, and they elaborated on all the advantages of aging in a retirement community and how that was absolutely the right choice for them, although it may not be for everyone.

In the course of our discussion with Sol and Robyn, and in part stimulated by their forthrightness, energy, and insights, it became clear that many in our group are very deeply committed to aging in place here at the Esplanade, that we as a group would like to improve ways we can communicate as a group on many levels and in many ways, and that we want to work harder and find new ways to make stronger and more lasting connections with a much wider range of age groups in our building and build ongoing relationships with more residents living right alongside us.

Fortunately, we have one tool to help build our communications, the newly established Esplanade Community Group (ECG) website <https://www.esplanadecommunity.com> on which we have our own Aging in Place Group page (<https://www.esplanadecommunity.com/aging-in-place>), with the possibility of creating a chat and/or message board function, with password protection, according to Mary Jo Bane. Another suggestion supported having a movie screen or flat screen television installed in the Tye Room as a place for gathering and informal communication. Sissela Bok and Ken Winston let the group know about a symposium on Friday, October 18, 1-5:30 pm, on "Aging in [a] Place: Planning, Design & Spatial Justice in Aging Societies," cosponsored by Harvard's

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## Esplanade Aging in Place, continued

Hasting Center and the Joint Center for Housing Studies at the Harvard Graduate School of Design, free and open to the public, and also live streamed at <https://www.jchs.harvard.edu/calendar/aging-in-a-place> Al and Maria Miller shared an informal list of home care and home meal services that had been provided to them by a social worker at Harvard/Vanguard Cambridge, and Amy Kwei shared her experiences with a cook who provided pre-prepared ingredients for meals. Beacon Hill Village's new program "Living Well, Ending Well," based on Atul Gawande's 2014 book *Being Mortal* and consisting of a lecture series and small group presentations from September 2019 to June 2020, was distributed. It can be accessed through Beacon Hill Village, as can BHV's calendars and events <https://www.beaconhillvillage.org/>

A suggestion was made for a future meeting that we might want to invite some of our own 80's-90's plus Esplanade residents who are living and aging in place right here to join us for a continuing discussion. Again, we are starting our journey into this important topic, so all thoughts and suggestions are welcome. Until we have a message board or chat facility (we will be working on it), please contact Jessie von Hippel, [jvhippel@me.com](mailto:jvhippel@me.com)

**Jane Blalock**, also one of our long-time residents, purchased her unit in 1990. After retiring from the LPGA as one of the world's foremost women golfers during the 1970's and 1980's and realizing that she loved the Boston area, Jane made the decision to search for a place to buy. The Esplanade met every criteria and every wish that she had -- the unparalleled views of Boston, parking, a pool, location, an extremely well-constructed and maintained building, and welcoming staff. "I love this building and plan to live here forever!" she says.

What you may not know about Jane is that after spending nearly 20 years playing and often winning in top professional golf tournaments around the world, she made the decision to transfer her knowledge and experience to creating a business, JBC Golf Inc., specializing in creating opportunities for women in golf. Recognizing that women were typically excluded from the myriad of activities and know-how surrounding the game, and thus at a disadvantage in developing business relationships, she created a platform for introducing women in business to the game in a comfortable environment so they would no longer be intimidated. The LPGA Golf Clinics for Women program has been tremendously successful as several Fortune 500 Companies have signed on to send their women executives and clients to gain a better understanding of the benefits and encourage inclusiveness while leveling the playing field. The majority of participants around the country are not even golfers but enjoy the networking and team building that the Clinics offer. More than 40,000 women believe that her Clinics may be Jane's greatest legacy.

The other aspect of her business is spearheading the LPGA Legends Tour, featuring the great names in women's golf in over 14 events around the country, including the BJ's Charity Championship at The Ridge Club in Sandwich in September. Once again this is a mission to create equal opportunities for women as their male counterparts on the PGA Champions Tour have reaped rewards for decades. Her Legends Tour has raised over \$15 million for various charities. Jane has written two books, *The Guts to Win* (1977) and *Gimmies, Bogeys and Business* (1999), a guide to using golf for success in business. And she still has time, energy, and the expertise to contribute to the Esplanade community behind the scenes as Treasurer of our Board of Trustees.

—Jessie von Hippel

**Mitch Glassman** has been a resident of the Esplanade since 1999. Responding to an advertisement in the Real Estate section of the *Boston Globe* announcing the availability of a unit for rent, Mitch saw this as a logical move as he and his wife awaited the completion of their Truro home. Six months later, delighted with the attributes of the Esplanade, they purchased their unit. For Mitch the joys of living here include the location, with its magnificent views, its walking distance to multiple desired locations, and, last but by no means least, its sense of community.

Mitch has always been an artist at heart. He recalls having a pencil in hand since he was five years old and deciding to become an architect by age nine. His parents' move to Newton afforded him easy access to the "T" which transported him to the Boston Public Library where he embarked on an independent study of architecture by devouring the library's treasure trove of books on the art and architecture of countries far and wide. Mitch's appetite was whetted further when, as a budding teenager he became an apprentice to a local architect who became a mentor.

Fast forward to college where Mitch enrolled in a five-year architecture program at Syracuse University. Dissatisfaction with his choice caused him to switch his major to a program combining economics with art. Years later, after having established himself successfully in commercial real estate, Mitch was free to make art a full-time career. Mitch feels that because of a "heightened sensitivity," the artist "has an obligation and a need to address social injustices" and that "a collective dialogue" is crucial to achieving his goal.

Mitch welcomes people to visit his studio by appointment (via his website: [www.mitchglassmanart.wordpress.com](http://www.mitchglassmanart.wordpress.com)). From my perspective, such a visit would be an enlightening experience.

—Susan Barron

**(continued on page 12)**



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## Green Your Home – Green Your Community – Invest in Local Solar!

### ↑ OPT UP . . . to 100% Green Electricity

By **Opting Up to 100% Green Plus**, Cambridge residents will be increasing the supply of renewable energy in Cambridge and helping to build local solar arrays. As an Eversource electricity rate payer, you have automatically been enrolled in the **Cambridge Community Electricity (CCE)** program, but in order to **Opt Up to 100% Green Plus**, you need to make a phone call or go online. For more information about **Cambridge Community Electricity**, go to: [masspowerchoice.com/cambridge/renewable-energy-2](http://masspowerchoice.com/cambridge/renewable-energy-2).

#### Opt Up in 2 easy steps:

1. First, get your electric bill.
2. Then sign up online at [masspowerchoice.com/cambridge/100-green](http://masspowerchoice.com/cambridge/100-green) or call **866-968-8065**.

### ↑ ZIP UP . . . your Home with a Free Energy Assessment

You zip up your jacket in winter; zip up your home too! **The most important action you can take to reduce your carbon footprint in Cambridge is to make your home more energy efficient.** You'll save money too! Sign up for a free home energy assessment by going to [www.homeworksenergy.com/partners/MOF](http://www.homeworksenergy.com/partners/MOF).

### ↑ BRIGHTEN UP . . . your Energy Sources by Powering Your Home with Solar

Take advantage of Neighborhood Solar's group buy offer for all Cambridge residents, businesses, and nonprofits. Save 20% on installation, receive a 30% federal tax credit and apply for a zero interest loan to get the work done! For a free solar assessment and proposal contact Neighborhood Solar: email [neighborhoodsolar@sunbugsolar.com](mailto:neighborhoodsolar@sunbugsolar.com) or call 617-661-6098.

### Bonus! Here are 10 simple energy-efficiency steps you can take at home that can make a big impact on your electric bill!

1. Turn off lights and appliances when not in use.
2. Replace incandescent light bulbs with LED bulbs.
3. Wash your clothes in cold water—it works!
4. Turn your AC up a few degrees in summer and your heat down a few degrees in winter.
5. Close south-facing curtains during peak sunshine and use fans to circulate air.
6. Only run full loads in the dishwasher.
7. Turn up the refrigerator to 39°F.
8. Use a smart power strip for any other devices and appliances that go into standby mode.
9. Turn down your water heater to 120°F.
10. Use a programmable thermostat.

This information brought to you by the **Cambridge Renewable Energy Coalition:**

MOTHERS OUT FRONT—Cambridge, GREEN CAMBRIDGE, 350MA—Cambridge, and NEIGHBORHOOD SOLAR

More info: [mothersoutfront.org](http://mothersoutfront.org), [greencambridge.org](http://greencambridge.org), [350ma.org](http://350ma.org), [neighborhoodsolar.org](http://neighborhoodsolar.org)



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## MEET YOUR NEIGHBORS, continued

**Vamsi Mootha** moved to the Esplanade in September 2018 at the strong recommendation of my husband Bill Crowley, a colleague of Vamsi's.

Born in India and raised in Texas, Vamsi has been in the Boston area the last 25 years for medical school, residency, post-doctoral training, and now as faculty at Harvard Medical School. His research laboratory focuses on mitochondrial biology.

"The Esplanade is the perfect place for me," notes Vamsi, as it is equidistant from his laboratories at the Broad Institute and Massachusetts General Hospital and he loves the walk. He travels about once a month for his work and still considers Dallas his other home since his parents and three siblings and their families reside there.

An avid tennis player since childhood, Vamsi plays both singles and doubles for six months of the year at nearby outdoor courts and switches to squash during the more inclement months. He also enjoys the gym downstairs but laments he is not getting down there enough.

He loves to cook, especially South Indian curries (he emigrated with his family from Kakinada, a coastal town in South India). He wishes he had a bigger kitchen in his condo to cook, but we have offered him ours if he lets us enjoy the fruits of his labor.

He is looking forward to the 30th Esplanade celebration in early October and meeting more Esplanade residents.

--Nancy Crowley

## THE CHARLES RIVER, continued

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The City is now developing the CCPR Plan, which is scheduled to be completed by early 2020 and, so far, neighborhood plans have been issued for the Alewife/Fresh Pond area and for The Port. Next will be a citywide plan. John reminds us that the biggest threat to our own neighborhood is not the over-flowing Charles River but street flooding especially in the First Street, Land Boulevard, and Binney Street area. There are projections for present-day conditions and for 2030 and 2070. Protecting us from storm surges is the Charles River Dam located between the Paul Revere Park and the Revere Plaza, owned and operated by the State. The dam includes sluices and six powerful pumps and, John notes, “We won’t likely see the river overtop its banks unless most of the pumps fail, but a higher river can push water up through the storm drains.”



**Charles River Dam**

Regarding street flooding, John notes that since the Cambridge pipe infrastructure can’t be expanded to eliminate street flooding, we will have to live with occasional street flooding. One of the city’s big projects is at the installation of a large underground storage tank near the intersection of Main Street and Massachusetts Avenue to collect storm water and release it after the storm is over. Other ways to mitigate street flooding are developing green roofs (gardens), blue roofs (roofs that will hold the water and slow down its release) and rain gardens (substituting hard top surfaces with soil and plants). And increasing heat waves are also a real concern, causing disruptions in power, services, and transportation. It’s predicted that by 2030 Cambridge will have over 30 days of 90 degrees, three times more than it has now. Cambridge has many resources and, if you’d like to be more involved in helping your city deal with the impact of climate change, check out the activities of the Cambridge Climate Protection Action Committee (CPAC) on the Cambridge website.

My next conversation was with Julie Woods, Deputy Director of the Charles River Watershed Association (CRWA), one of the country's oldest watershed organizations, that was formed in 1965 in response to public concern about the declining condition of the Charles. Since its earliest days of advocacy, CRWA has figured prominently in major clean-up and watershed protection efforts, working with government officials and citizen groups from 35 Massachusetts watershed towns from Hopkinton to Boston. Initiatives over the last five decades have dramatically improved the quality of water in the watershed and fundamentally changed approaches to water resource management.

- Did you know that, lacking speed and force, and flowing through 23 communities, the slow-moving Charles River will always be brownish in color, no matter how clean it becomes? (River water steeps like tea through the abundant wetlands along its path.)
- Did you know CRWA provides a daily water quality forecast for the Charles River Lower Basin all summer long? Read more about this and other initiatives on the website: <https://www.crwa.org>

Julie noted that the biggest story about the Charles River is the “amazing clean-up story” where the environmental movement and political forces came together to accomplish this. But, she stressed, the work isn’t done and “we face challenges.”



## THE CHARLES RIVER, continued

According to Julie, the biggest are: (1) storm water run-off, which is the river's major source of pollution, and (2) climate change. The effects of the changing climate involve extreme weather events, such as too much rain, too little rain, and the "heating up" of the river water causing disturbances in the river habitat affecting plants and animals.

The immediate work of the CRWA is to develop adaptation strategies to deal with climate change and find solutions to the problems that it brings. These include the following:

- Wetland preservation and restoration
- Flood plain preservation, restoration, and compensatory storage
- Stream restoration, naturalization, and day lighting
- Forest conservation and restoration and tree canopy health improvements
- Green storm water infrastructure siting, design, and implementation
- Law, policy, and zoning changes such as resilience building codes

Our neighbor, the Charles River continues to be source of beauty and tranquility for us. Its health has taken considerable effort from many people. Its future and ours will be affected by climate change, but we can help by supporting these organizations and the people who are working to keep the Charles in its banks, healthy and useable for all of us, people, animals, and plants.

--Jane Hilburt-Davis



### WHAT IS THIS??



If you guessed correctly, it's a **compost bin** courtesy of the City of Cambridge. Curbside collection is available for 1-12 unit buildings. We don't have pickup in our larger building, but owners can pick up bins and compostable plastic bin liners at the Cambridge DPW at 147 Hampshire Street (near Oleana Restaurant). Approximately 40% of Cambridge trash is compostable. What can be composted: meat bones, scraps, shells, fruits and vegetables, dairy, cut flowers, breads and grains, napkins and paper towels, tea bags, coffee ground and filters. Compostables can be dropped off at the Recycling Center at 147 Hampshire Street, Tuesday/Thursdays 4-7:30 pm and Saturdays 9 am-4 pm. Do your part -- compost and reduce the trash going to landfills!