

It takes a Gala to support a Village — and Villagers to support the Gala. Come!

WHAT'S INSIDE

President's Letter.....	1
Monthly Calendar	2-3
Executive Director.....	2
Volunteer Coordinator	3
Soup Salon.....	4
What's Under Your Skin?	5
Chocolate Anyone?	6
Celeb Salons.....	7-8
Spring Gala: Destinations.....	9-10
Out and About	11
Where Are They Now?	12
Product Pro/Con	12
Yoga Tips.....	13
DCV Cooks	13

New Members

DCV warmly welcomes its newest member:

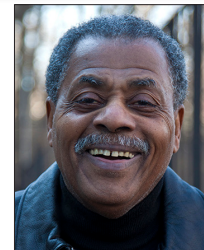
Clarissa Leggett

DUPONT
CIRCLE
VILLAGE

Interim President's Letter

Is Our Upcoming Gala Part of the Price of Staying Connected?

---Martis (Marty) Davis



Well, the Gala is almost upon us, April 17th for those who might have missed all the hints we have been sending. And those hints have been paying off! Ticket sales have been good, but we still have a ways to go. I have been truly amazed at the amount of work Villagers have put into this event -- personal time, resources and, yes, money and human capital beyond the price of a ticket. They have developed an exciting program of great entertainment, quality dining, fabulous vacation destinations to bid on and a star-studded lineup of Celebrity Salon personalities.

Your fellow Villagers have managed to garner fourteen true celebrities that only Washington can produce. Syndicated columnist Judith Martin, satirist Mark Russell, weatherman emeritus Bob Ryan and Pulitzer prize-winning critic Michael Dirda are only some of the celebrities that this Village will present. Our members have leveraged their contacts and relationships to secure them, and they, and other Villagers, will offer their homes for dinner and conversation with the celebs, all to raise additional funds so that DCV can continue to exist.

In last month's column, I referenced the benefits and values of staying connected, particularly as we age, and how the Village is a vital vehicle for maintaining those connections. But today's modern world challenges Villages to create vehicles as robust as those that existed in the 19th and early 20th century "barn raisings," which brought members of the community together for however long it took to raise that barn. The events and activities our Village offers provide similar vehicles for us to connect and build greater social capital.

Now, we know that not all 170 of our members are going to be able to attend the Gala because of health reasons or prior engagements or travel plans that can't be

rescheduled. But if you are not planning to come because you don't have a ride, or you don't have a partner, don't dance or you don't go out after dark, then we can help!

We can provide rides to and from the Gala or an escort to walk you to and from your house or to your car. And we can seat you for dinner at a table with your friends or, even better, at a table where you can make new friends -- and I am always available as a dance partner! If the cost of the ticket is an issue, let us know; we can help with that, too.

Everyone at the "barn raising" was not a talented carpenter or a great cook, but our elders knew the purpose of the event was more than just to build a barn. It was a way to maintain connections that the long winter had weakened and an even better way to welcome new members to the community and learn more about the people who called that Village home. And it was a way to sustain that community.

The Gala is our annual, unique "barn raising" where everyone has an opportunity to connect to one another and promote the well being of the Village. Let's make the Gala a true example of a 21st-century barn raising. Come! Connection is both the price and benefit of the Dupont Circle Village. ■



MONTHLY Calendar

Knitting and Stitching Group

Monday, April 13, 4:00-5:30 pm

1325 18th St., NW, Apt. 803 (home of Abigail Nichols)

Beginner's through advanced. RSVP to Abigail_nichols@hotmail.com.

State Department Diplomatic Reception Rooms

Tuesday, April 14, 10:30 am

23rd Street Entrance (Between C & D Streets, NW)

Enjoy a guided tour of State Department's elegant diplomatic reception rooms used for official functions of the Secretary of State. Arrive by 10:00 to clear security. Bring valid photo ID (driver's license or passport). Briefcases, backpacks and packages are not permitted. RSVP to kcardille@gmail.com.

DCV Spring Fundraising Gala:

"Destinations: Dreams to Go"

Friday, April 17, 6:30 pm

Woman's National Democratic Club, 1526 New Hampshire Avenue, NW

It's not too late to register. Register online at www.dupontcirclevillage.net.

Writer's Coffee

Wednesday, April 22,

11:00 am-12:30 pm

Location: TBA

Bring a piece of writing to share.

RSVP to kcardille@gmail.com.

Live and Learn: A Cure for Clutter

Monday, April 27, 3:30-5:00 pm

Mediterranean Way Restaurant, 1717 Connecticut Ave., NW

Leslie Clesner, Chief Executive Organizer of Around Tuit, LLC, will explain how to achieve the organization you want. Free for Village members; \$10 for others. RSVP to Linda Harsh, 202/234-2567 or lindajkh@mac.com.

Next Project: Organizing Treasures

---Bernice Hutchison, Executive Director

I can't wait for the April 27th *Live and Learn* seminar on de-cluttering. You see, my garage has become a dark dense cavern for warehousing boxes, furniture, memorabilia, family heirlooms, wreath-making supplies, political cartoons and what-not's! Old law books, ballet shoes, elementary-school textbooks, record albums and Christmas ornaments abound. Frankly, my family's treasures are out of control. I'm ready now; I know what I have to do. But what about you?

Spring has given me new energy. The warm breezes make me feel creative and curious about what's in those old boxes. Besides, there's no more room in the garage, and the overflow is starting to infiltrate the house. It's time for a solution.

I find myself looking at my favorite magazines and surfing the internet for fresh tips on organizing. Did you know you can turn your berry baskets into bins? What to do about those vintage hat boxes and muffin tins? Don't throw them away, recycle them for storage or consign them at one of the many shops popping up around the city.

I have a few thoughts to share that I hope you will find helpful as you think about spring cleaning, organizing projects, de-cluttering and celebrating the discovery of lost treasures buried among the clutter. Like the beloved

sled "Rosebud" in the movie *Citizen Kane*, all of us have our one, five or maybe even ten treasures of a lifetime. This spring, gather them, enjoy them, and think of how to display or archive them properly. Second, consider giving away one item a day, and by next spring you will have 365 fewer things to worry about.

Third, I challenge you to fill one trash bag, and see just how quickly you can fill it for Goodwill or your next trash collection. Next, try to see your living space from a fresh new perspective. Find pictures of spaces you love, and then take a picture of your own and plan steps to get to that dream image in the clippings. Finally, try the "four box" method of de-cluttering: trash, give away, keep or relocate. It's always a great way to make the tough decisions.

Remember, the Village can provide volunteers to help you with all sorts of spring projects. Garry Hutchinson, our Volunteer Coordinator, has a lot of useful information about that in his column this month, so I urge you to read it. And as you think about your projects, don't forget that the Village has a SnapScan document organizer on loaner that catalogs paper documents to online files. Call the Volunteer Coordinator at 202-436-5252 or send an e-mail to volunteer@dupontcirclevillage.net. Happy spring, and good luck! ■

Tick Tock

Buy Your April 17th Gala Tickets NOW

Dawdling? Delay no longer. The April 17th DCV Gala, our Village's most important fundraiser, is upon us.

Show your support, and have a great time in the process.

On-line registration is still open.

Go to www.dupontcirclevillage.net.

Click on "buy Gala tickets now" (just below the top picture on the page)

When: April 17, 6:30-9:30 pm

Where: Woman's National Democratic Club, 1526 New Hampshire Ave., NW

continues on page 3

Calendar, continued from page 2

Dining in Dupont

Tuesday, April 28

Details to be announced.

Monday Movie Maniacs

Monday, May 4, 5:30 pm Dinner

Sandy Burns's home, 1712 19th St., NW.
Movie TBA. RSVP to kcardille@gmail.com
by May 1. Members only.

Tea in the Afternoon

Tuesday, May 12, 1:00-3:00 pm

Swann House Inn, 1808 New Hampshire
Avenue, NW

Tea, sandwiches, scones and desserts by a
French-trained pastry chef. RSVP by
May 7 to kcardille@gmail.com. \$20.
Members only.

DCV Prospective Member Dinner

Tuesday, May 12, 6:30-8:30 pm

1916 S Street, NW (Abigail Wiebenson's
home)

Please send names of prospective
members/volunteers to
abigailwiebenson@gmail.com.

Spring into the Spring Clean Team

**---Garry Hutchinson, Volunteer
Coordinator**

If you are a volunteer and/or a member with a particular set of skills, we would like you to join our Spring Clean Team. As we emerge from the transformative cocoon of winter and enter the energizing embrace of spring, we look to restore, refurbish, revamp and re-connect with ourselves and those things dear to us. To facilitate the reclamation projects of our members, we are organizing a group dedicated to de-cluttering, organizing, transporting, cataloguing and researching sundry tasks, great and small.

Winter is the time of hibernation, the period when we and the world recover from the cycles of growth and exhaustion and rest in preparation for new growth. In that slow time, when the cold has driven us inside, we may find our homes have succumbed to inertia. Whether it is the accumulation of newspapers, magazines, coats, sweaters, boots, documents, books, records, DVDs and/or CDs, we find ourselves inundated by the detritus of the cloistered months of winter.

Spring is the time of rebirth, the time of emergence. So, we break free of the cloistered time and look to reclaim

ourselves. If you are particularly skilled at identifying how to rearrange items in an area, you may be able help those who need to de-clutter their space to disencumber their homes of possessions that no longer serve an active function. Our goal is to help Villagers move around and forward more easily and more safely.

We need people who are skilled at cataloguing books, magazines and records for disposal. We need individuals to research and find the proper place(s) to handle these items, both familiar and unique. While some tasks may require a special skill, others don't. We will need drivers to transport items -- bundles of magazines and newspapers, small furniture or inoperable electronics -- to the Fort Totten transfer station for disposal or to take decent clothing, books and records to consignment or thrift shops. Finally, as we dig out of the passing cold season, we would also like to offer some light yard work services to help our members refresh the outside of their homes.

For new members, this is a great opportunity to become a vetted volunteer; so please contact me to explore the possibilities. Please also contact me if you are able to assist in any of the areas noted above or have some other ideas about how to brighten the spring of a member. Email volunteer@dupontcirclevillage.net, or call the office at 202.436.5252 on Monday, Wednesday and Friday between 10:00 am and 2:00 pm. ■

May 4th "Yappy Hour" for Charlie's Place: Save the Date

Charlie's Place is a neighborhood provider of services for homeless adults. It has long enjoyed the support of Villagers like **Judy Neibrief**, **Nancy Hartsock** and **Mary McIntosh**, as well as of DCV itself. This year's Charlie's Place fundraiser offers a particularly fun way to help out this worthy cause.

On May 4, Charlie's Place, along with City Dogs Rescue, a local nonprofit that finds foster and forever homes for dogs, are holding a Purrfect Yappy Hour. Yup, a happy-hour fundraiser for people and their pets! As in the past, DCV, as well as the Dupont Circle Citizens Association and Historic Dupont Circle Main Street, are supporters of the event. Please come, even if you don't have a pet!

When: May 4, 5:00-8:00 pm

Where: Dupont Italian Kitchen (outdoor patio), 1637 17th St., NW

Candace Baldwin: Village Maven

Soup Salon, March 15, 2015

Few people know more about the Village movement than Candace Baldwin, Director of Strategy, Aging in Community at Capital Impact Partners and co-founder of the invaluable Village-to-Village Network (VtV). By the end of the evening, the soup bowls were scraped clean, but we'd only begun to scratch the surface of Candace's keen insights.

Capital Impact Partners is a nonprofit community development financial institution with a 30-year history of "delivering strategic financing, social innovation programs and capacity building that create social change and deliver financial impact nationwide." The more than \$1.9 billion they've deployed into low-income communities is married to a vision of communities as a system – "a unique collection of people, businesses, products, services and infrastructure that need to reinforce each other for the entire system to work well."

About 10 years ago, Capital Impact was working on low-income assisted living and looking to hire someone with the broad array of skills needed to connect housing and community resources. With her extensive experience in low-income community development, cross-sector work and entrepreneurship, Candace fit Capital Impact's bill. She was enthusiastic about the concept of low-income assisted living, but thought "why not additional models?"

The light went on for Candace, as it did for many others, when she read Jane Gross's 2007 *New York Times* article about Beacon Hill Village. By connecting community resources to older individuals, Villages could foster independent aging with dignity and ongoing purpose.

Candace and Capital Impact immediately connected to Beacon Hill Village, wanting to take the model national. Three years later, they created VtVN, an infrastructure to enable mutual help among peers. "Top-down doesn't work at the Village or broader level. You need to involve people, to get ownership," she said.

While working with some emerging Villages, they met Dr. Andrew Scharlach, now the premier researcher on Villages, and started to focus more on taking the model to scale and doing evaluation. It wasn't easy to figure out evaluation because it involved many "soft" measures (e.g., connectedness), or to teach Villages how to do it, but they rose to the challenges.

It's hard for Villagers to ask their peers questions like, do you get out of the house or talk to people more, fall or go to the hospital less frequently since you've joined the Village, said Candace. "But these and even harder questions must be asked. We need better and more consistent data for ourselves. Plus, evaluation is important to funders." What's best, she noted, is to administer surveys when people join a Village and then follow-up over time to compare the results to the baseline.

The findings to date are highly encouraging. Villages reduce individuals' social isolation and increase their confidence that they can be independent. Villages are also showing success at promoting health and quality of life and leveraging community resources. "There'll never be enough senior housing, services and the like, given the demographics," Candace asserted. "So leveraging existing community assets is critical."

Villagers were eager to learn why some Villages flourish while others fail. Candace said that failure is usually a result of failing to involve people. "You need to build social capital from the ground up. It's the same for building any non-profit." She also pointed to leadership capacity (e.g., getting people really involved in governance, ownership); program capacity (funds, programs, volunteers); and adaptability (e.g., understanding who your market is and what they want). Dues are sometimes a touchy issue for Villages, but Candace's experience is that they are crucial, not only to run programs but also to get buy-in from people.

Affinity groups (e.g., knitting, writing and movie groups), which are multiplying in DCV, also turn out to be implicated in success. They involve people, build social capital and are a big selling point for membership, Candace noted.

Candace declared the Village movement more relevant than ever. For the first decade, however, it was necessarily insular, focused on getting off the ground. And

now it needs to branch out to work with and leverage still more institutions, like other community-development organizations and faith-based institutions. In addition, Villages need to develop more sophisticated business models and improve the quality and consistency of their data.

Candace also outlined some opportunities. A number of Villages are looking to work with senior centers, which in turn are looking to revive themselves through Villages. A partnership like that could also build more of a bridge between middle- and low-income communities.

Villages might also capitalize on the community health-worker model, which is eligible for funding under many government programs. These health-workers are from the communities they serve and therefore more trusted than outsiders. "Why not hire a Village to perform that role?" And DC Villages, Candace added, have an opportunity to leverage resources by coming together more often around these and other ends.

"The Village movement is still learning to build the airplane while flying it," Candace concluded. But it's flying – and the pilot is involvement from the ground up.

Thanks to the "fuel" of the Soup Salon: **Peg Simpson** for hosting; **Judy Krueger**, **Iris Molotsky** and **Ann Wood** for their delicious soups; and **Lucia Edmonds** and **Linda Harsh** for the good breads.

■ BR



Live and Learn: What's Under Your Skin?

In addition to aesthetics and sensation, skin, the largest organ in the human body, serves many important functions and performs tasks that many of us never even think about, such as protection, insulation, temperature regulation, synthesis of vitamin D, water resistance and absorption. Dr. Marisa Braun, dermatologist and Mohs surgeon, addressed the Live and Learn session about skin ailments and gave us tips for keeping skin healthy. Dr. Braun is in private practice in Foggy Bottom and is also on the faculty of George Washington University. She is a member of the American College of Mohs Surgery, the American Society for Dermatologic Surgery and the American Academy of Dermatology.

Skin Cancers

- Basal Cell Carcinoma -- most common, grows very slowly, doesn't metastasize. There is a lifetime risk of 40-50 percent of having one by age 65.
- Squamous Cell Carcinoma -- also very common, can metastasize and grow quickly.
- Melanoma -- can be fatal if not caught in time. If caught early, it can be cured fairly easily with surgery. If not, it can be extremely dangerous. Thirty percent of melanomas arise in preexisting moles. **If a mole or lesion is growing, bleeding or changing, get it checked.** Melanoma lesions can appear anywhere, but mostly in areas that have been exposed to the sun. Things to watch for are lesions that are (a) asymmetric, (b) have an irregular or notched border, (c) have multiple colors or are very dark, (d) have a diameter greater than that of a pencil eraser or (e) are changing/evolving.

Risk factors: Melanoma is one of the top seven cancers that present in women, top five in men. If you have had five sunburns, your risk of developing melanoma is doubled. People with the following characteristics are at greater risk of developing all skin cancers: freckles, red hair, blue eyes, and family history of skin cancer. People who have had radiation or immune system suppression are also at greater risk.

Prevention: Stay out of the sun, especially between 10:00 am and 2:00 pm, when UV rays are most harmful. Be extra careful in summer, when the sun is most direct. Sun-protective clothing and rash guards (swim shirts) are helpful, but any clothing with a tight weave is protective. Hats are essential, especially those with wide brims and tight weaves. Use titanium- or zinc-based sunscreen with 30-60 SPF. And, of course, an annual dermatological exam is highly recommended. Also, check with your doctor to see if you need a Vitamin D supplement. Studies show that even later in life, sun protection and other precautionary measures are helpful in preventing all forms of skin cancer.

Cancer Treatments

Excisional surgery: Entire lesion is excised, as well as the peripheral safety margin.

Mohs surgery: The tumor is removed along with a very narrow margin of normal skin. The tissue is processed while the patient waits, and 100 percent of the margin is evaluated microscopically. More tissue is removed from any area that still contains tumor, and the processing is repeated. The entire procedure is repeated until all cancerous tissue is excised. Mohs is highly effective, having the highest cure rates of all treatment options. It leaves the smallest scar possible as only cancerous tissue is removed. The disadvantage is that it is time consuming, requiring several hours.

Other: Superficial non-melanoma skin cancers, such as basal and squamous cell carcinomas, can be treated with electrodesiccation and curettage ("scrape and burn") or topical creams. Radiation may also be used to treat skin cancers.

Photodynamic therapy: This is used primarily for pre-cancers but for some superficial non-melanoma skin cancers, as well. It uses light-activated drugs that destroy malignant cells.

Common Non-Cancerous Skin Problems

Shingles is a painful rash that appears on only one side of the body or face. The older you are, the more chance there is of having lingering pain (called post-herpetic neuralgia). Shingles vaccinations are recommended and decrease risk by 50 percent. However, the vaccination may only be effective for five years. Because shingles is a reactivation of chicken pox virus, you cannot get it unless you have had chicken pox.

Dry skin can be relieved by cleansing with unscented, gentle soaps. Cetaphil cream and Cerave cream are good moisturizers that can help when applied liberally immediately after showering. Shorter and cooler showers, patting dry and applying moisturizer will help.

Seborrheic keratosis is a benign, although sometimes unsightly, condition not usually associated with cancer. It starts as a rough bump and slowly becomes a wart-like surface. The best way to treat it is by shave removal or application of liquid nitrogen.

Cherry angiomas are benign red spots. They can be treated by laser or cauterization.

Rosacea manifesting as redness, flushing and pimples on the face is quite common, more so in men than women. It can

continues on page 6

Health & Wellness Alert: Chocolate Anyone?

Do indulge in and enjoy that luscious chocolate – guilt free. And by all means throw in an almond or two – oh yes, and perhaps some coconut or ginger? By now, most of us have heard about the many benefits of cocoa flavanols in chocolate. There is a caveat, however. **You cannot get enough cocoa flavanols without overdosing on calories.**

What are some of the facts?

Healthy Eating points out that flavonoids are a good source of antioxidants, and cocoa beans are a good source of flavanols. But how much cocoa bean has been retained in the chocolate you are eating? How can we know?

Beans from the cacao tree are roasted and ground into a paste known as cocoa solids or liquor and then separated into cocoa butter and powder. All these ingredients go into making various chocolates. But the cocoa solids are the only source of flavonoids. Both dark and milk chocolate have cocoa solids and cocoa butter. But the darker the chocolate, the more cocoa solids; the lighter the chocolate, the more sugar and milk. White chocolate lovers: sorry, it has no cocoa solids, and that's also why it tastes sweeter than darker chocolates.

You won't find flavonoid content on nutrition labels, but the label should indicate the percentage of cocoa solids. Since flavonoids are in the cocoa solids only, the percentage of solids can be a guide for determining the percentage of cocoa.

- Unsweetened cocoa powder: 88-96 percent cocoa solids
- Dark chocolate: 45-80 percent cocoa solids
- Milk chocolate: 5-7 percent cocoa solids.

According to the January/February issue of *Nutrition Action*, there's some new research getting underway on the effects of cocoa flavanols. Dr. JoAnn Manson, a professor at Harvard Medical School and chief of preventative medicine at Brigham and Women's Hospital in Boston, is investigating whether cocoa flavanols can reduce the risks of clinical events (e.g., heart attacks, strokes, memory loss and cardiovascular deaths). The study will also look at cognitive function, diabetes, physical performance and other outcomes.

The Cocoa Supplement and Multivitamins Outcomes study (COSMOS) will give cocoa flavanols (750mg a day) or a placebo to 18,000 women (aged 65 or older) and men (aged 60 or older) for four years. These bioactive, plant-based nutrients will have no calories, sugars or fat.

You may ask, why can't I get the same 750mg of flavanols from chocolate? You can, but you would have to eat 1,000 calories of dark chocolate to do so! Plus, the flavanols in some of those chocolates would have been destroyed in the processing. But if you insist on that chocolate, the recommended choice is unsweetened cocoa powder to mix in your coffee, milk, yogurt, cereal or anything else that catches your fancy.

To get 750mg of flavanols from chocolate, it takes, on average:

- 5 tablespoons of cocoa powder (70 calories)
- 1 oz. baking chocolate (270 calories)
- 5 1/2 oz. semi-sweet chips (740 calories)
- 4 3/4oz. dark chocolate (750 calories)
- 3 1/4 cups of syrup (3,170 calories)
- 2 1/2lbs. milk chocolate (5,850 calories).

The bottom line is that this study is not a license for eating more chocolate. As Dr. Manson said, "People can still eat chocolate for their enjoyment, but we don't recommend that they eat more of it to get more flavanols."



So, regardless of what we have read, it is too soon to know if cocoa flavanols will protect the heart and brain. But do enjoy your occasional piece of chocolate!

The Health & Wellness Committee ■

Skin...continued from page 5

be triggered by heat, cold, sun, alcohol or genetic predisposition. Laser can be used to treat the redness, and there are other good treatments for the bumps.

Eczema can be treated by topical steroids and dry skin remedies.

General skin care: moisturizing, sun screen, antioxidants, Vitamin C and E, ferulic acid. Tanning creams are fine. Expensive cosmetic products may or may not be better than drug store products. Cosmeceuticals are essentially cosmetic products that we do not know much about because of a scarcity of scientific data.

Hair loss products. Most don't work. Rogaine can be effective; Rogaine for men is most effective.

Dermatology is a growing field, both in terms of medicine and cosmetics. There are new chemotherapy treatments for melanomas, new lasers, fat-melting and skin-tightening procedures, non-silicone fillers and Botox. ■ SL

Update on Celebrity Salons

---Peg Simpson

We've corralled a fabulous group of Celebs to donate their time and talent for our 2015 Salons. Now, it's up to you to buy tickets to the Salons and promote them with everyone you know!

Sign up for your own Salon seats, starting with the April 17 Village Gala. Talk them up with your friends and neighbors, with your gym colleagues, book clubs or knitting groups. Take a flyer to your office and dazzle your co-workers. Get the word out on your email lists. The seats sell for \$75 each, but \$50 of that is tax deductible. Remind everyone that buying Salon tickets is a great way to support DCV.



The Celebs include four, high-profile theater greats

in the region: Shakespeare Theatre's **Michael Kahn**; Woolly Mammoth's founder **Howard Shalwitz**; and **Paata and Irina Tsikurishvili**, who founded the innovative Synetic Theater. All have won



countless awards. Come meet them at our casual give-and-take Salons!



We also have some standout media gurus: **Candy Crowley**, newly retired political commentator from CNN, and her longtime producer **Michael Roselli**; TV super-star meteorologist **Bob Ryan** and WAMU's



Rebecca Sheir, whose "Metro Connections" breaks local news in many ways.

And then there's **Judith Martin (Miss Manners)** whose syndicated column has been the first and last word on civility.



If it's politics you want, Democratic pollster **Geoff Garin** can give you all the latest trends and dissect them for you; and comedian-pianist *extraordinaire* **Mark Russell** will put politics into a sardonic nutshell each time he tries.



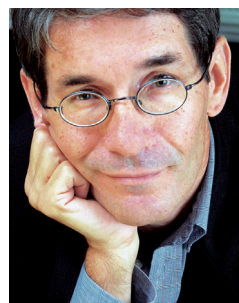
Entrepreneurs **Andy and Marjan Shallal** are not only the couple behind the successful



Busboys & Poets restaurants, they are



also a vital part of DC's cultural and political life. Then there is **Peggy Cooper Cafritz**, whose work on behalf of education and the arts is legendary in the city.



There's *Washington Post* book critic and Pulitzer prize-winning **Michael Dirda**, as well as the celebrated cookbook author and journalist **Joan Nathan**.



And we also have **Patty Stonesifer**, who is now heading up Martha's Table and



promoting social justice citywide after a distinguished career at Microsoft and the Bill and Melinda Gates Foundation.

It's a formidable line-up. Be sure to sign up for at least one of these fascinating evenings that will all be held at the homes of your fellow Villagers.

We Love Our Celeb Salon Posters!

Come See Them All at the Gala – and Buy Tickets!

Get Thee To This Gathering!

Michael Kahn is well-known to theater-lovers in Washington as the Artistic Director of the Shakespeare Theatre Company, a position he has held for the past 27 years. During this time Kahn has received seven Helen Hayes Awards for Outstanding Direction and has directed productions on Broadway, off-Broadway, and in theaters across the US and abroad. He was for many years Director of Drama at the Juilliard School and has taught at New York University, Princeton and elsewhere. His former students include Robin Williams, Harvey Keitel, Kevin Kline and Laura Linney.



Celeb Salon Guest
Michael Kahn
Saturday, April 21 at 7 pm
Hosts: Alaine and Lex Rieffel
20 seats @ \$75 each

In 2013 Kahn was inducted into the American Theater Hall of Fame and was named an Honorary Commander of the British Empire (CBE) by Queen Elizabeth II.

For more information: 202-436-5252 | www.dupontcirclevillage.net

CelebSalons

He's Also Great With The Spoken Word

In addition to writing a weekly book column for the Washington Post, Michael Dirda has authored numerous books, reviews, and essays on subjects ranging from Ovid to Kafka to 20th-century



Celeb Salon Guest
Michael Dirda
Wednesday, May 6 at 6:30 pm
Hosts: Abigail Wiebensohn,
Carol Galaty and Ken Schuck
20 seats @ \$75 each

mystery writers. He is a frequent contributor to the Times Literary Supplement, and the New York Review of Books. Dirda regularly moderates programs at the National Book Festival, and conducts public conversations at the Smithsonian Institution with notable writers, who have included Toni Morrison, Joan Didion, and Gore Vidal. In 1993, Dirda was awarded a Pulitzer Prize for Distinguished Criticism.

Michael Dirda's latest book, *On Conan Doyle*, received a 2012 Edgar Allan Poe Award from the Mystery Writers of America.

For more information: 202-436-5252 | www.dupontcirclevillage.net

CelebSalons

Now, Friends Can Talk About Politics

Sunday mornings aren't the same for news junkies since the politically savvy and insightful **Candy Crowley** retired as host of CNN's "State of the Union," signing off with an interview with President Obama. Her longtime colleague and senior producer, **Michael Roselli**, also retired after 33 years at CNN that spanned coverage of Capitol Hill and presidential campaigns. He began



Celeb Salon Guests
Candy Crowley/Michael Roselli
Wednesday, May 13 at 7 pm
Host: Peggy Simpson
25 seats @ \$75 each

his career at WTOP radio and WUSA TV. Crowley defied the odds at a time when few seasoned women keep top jobs in television. She moderated the 2012 presidential debate between Obama and GOP nominee Mitt Romney, the first woman to perform that role in two

decades, and covered presidential campaigns of Bill and Hillary Clinton, Ronald Reagan, George H.W. Bush and George W. Bush as well as those of Bob Dole and Jesse Jackson.

For more information: 202-436-5252 | www.dupontcirclevillage.net

CelebSalons

Late-Breaking News: New Celeb

Donald Graham has just been added to our line-up of Celeb Salons. The Salon will be held on September 21st; stay tuned for further details at the Gala and elsewhere.

Graham is former chairman and publisher of the Washington Post Company, CEO and chair of Graham Holdings Co., lead independent director of Facebook's board of directors and a trustee of the Federal City Council.



DESTINATIONS: DREAMS TO GO

DCV Spring Gala, April 17

Dreaming about sitting on the beach under palm trees? Walking down the Champs Elysée or sitting on a patio in a villa in Tuscany? Or maybe you want to stick closer to home, like a week in Martha's Vineyard or a country home in Rappahanock Valley. Short on time, but just want to be pampered—stay overnight at Swann House, in the heart of Dupont Circle.

These and many more super destinations are just waiting for you to bid on at the Gala's Silent Auction.

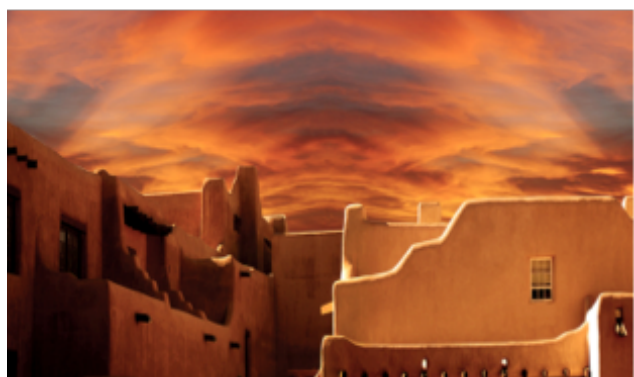
Bid to win and start to pack!



A week's stay in a 2-bedroom apartment in the heart of Paris.



Enjoy a three-day weekend with warm breezes and sun on the beach at Key West.



Four nights in atmospheric Santa Fe in beautiful 2-bedroom, 2-bath condo. Visit the Georgia O'Keeffe Museum, charming restaurants and superb scenery.



A snowy evening in Rappahanock County, overlooking Old Rag Mountain and Skyline Drive. Cuddle by the wood stove in the winter in this fantastic house or pick raspberries in the summer and hike on Skyline Drive.



Sumptuous robes, elegant bath amenities, down featherbeds and pillows await you as you settle in for an overnight getaway in the heart of Dupont Circle.



Perfect for two couples or four friends, a week in Tuscan Villa Genestra offers the best of Italy—great food, fine wine and splendid views. Enjoy the swimming pool and visit nearby Cortona.

Destinations: More Dreams To Go



Spend a week in Cadenet, a charming village in Southern France with a view of Aix-en-Provence from the garden. Small house with living room, kitchen, bedroom, bath. Short walk to center town with three bakeries, a superb butcher and good restaurants.



Relax for a week in this vacation home on Martha's Vineyard with three bedrooms and a loft. In a quiet neighborhood just minutes from beautiful South Beach and Edgartown. Enjoy water activities, biking, horseback riding, tennis and golfing. Spacious yard, parking for 3+ cars.



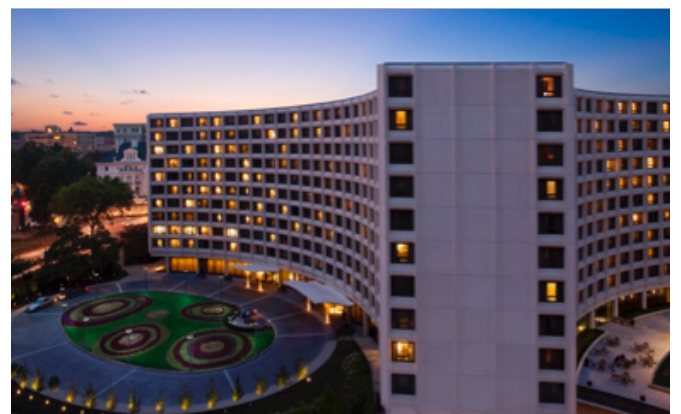
Three nights in San Francisco's famed Fairmont Hotel, with a choice of three tours (Chocolate Tour, North Beach Food and Wine Tour, Little Italy Food Tour). Travel up and down San Francisco's steep hills by cable car.



Three nights in New Orleans, the home of jazz. Creole food and vibrant jazz combine to make "The Big Easy" a great getaway. Includes a dinner jazz cruise, with lavish buffet and a three hour class at the New Orleans School of Cooking in a renovated molasses warehouse.



Enjoy a memorable picnic at the Sycamore Island Club, founded in 1889, on an island two miles upstream in the Potomac, reached only by a pull ferry. Have a delicious lunch, play horseshoes, glide on a tire swing, even swim in the Potomac in season.



Relax for a two-night stay at the Washington Hilton Hotel in a choice modern guest room with in-room internet access and complimentary breakfast. This could be the perfect answer for when guests you can't fit in your home.

Out and About with DCV

Dupont Circle Walking Tour. Villagers enjoyed an early spring day by walking Dupont Circle's historic streets with historian and Smithsonian Associate tour leader Steve Høglund. Steve highlighted many historic homes, including several owned by the Roosevelt family.



Dining in Dupont. What better way to while away a gloomy afternoon than lunching at Trio Restaurant with a lively group of Villagers. The luncheon fare was as homey and comforting as the company and well worth the effort of coming out in the rain.



Textile Museum. Villagers were among the first to visit this new museum complex at George Washington University. The private, docent-led tour of the museum's largest exhibition, *Unraveling Identity: Our Textiles, Our Stories*, was a fascinating exploration of cultural, political and social identity expressed in a huge variety of fabrics.



Monday Movie Maniacs. Another fun evening was had by Village movie-buffs at the Burns residence, this time with a potluck dinner and an updated BBC version of the classic thriller, *The Thirty-Nine Steps*. ■ SL

Passover Seder at the Galaty/Shuck home



New DCV Website, New Address

If you haven't already, be sure to visit DCV's new and exciting website, and note that it has a slightly revised address: the "org" has become a "net."
Our email addresses also now end in .net

www.dupontcirclevillage.net

Where Are They Now?



Carol Galaty and **Ken Shuck** returned on March 30th after two months of "exciting and challenging adventures" in Australia. "We have done more than we could ever have imagined, from playing with kangaroos, climbing bridges and mountains and hiking on glaciers to volcanic mud baths in thermal parks, black-water rafting through underground glow-worm caverns and snorkeling in the Great Barrier Reef."



After spending the first two weeks of March in Panama, **Joan** and **Nick Ludlow** "were astonished to find it wasn't just hats and a canal." We saw crocodiles spying on us in a nature reserve, the houses where conquistador Francisco Pizarro stayed and painter Paul Gauguin (a laborer on the Canal, fired after two weeks in 1887) lived, and swam in the Pacific, among many experiences." But the highlight of their trip "was traveling from the North to the South of Panama, experiencing not only the original sea-level Canal (built 1870-1914) but also the colossal New Canal, now in final stages of construction." ■
BR with thanks to the travelers



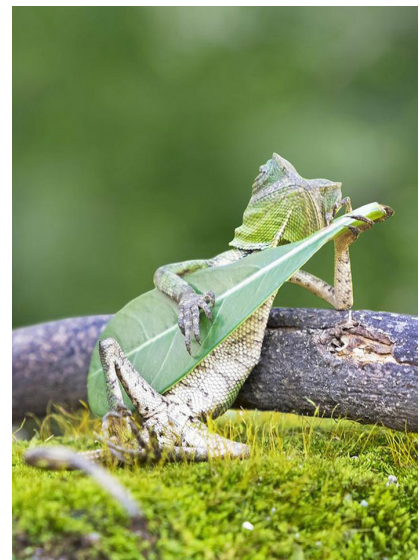
Product Pro and Con

We enjoy going to the theater and used to wait for the reviews to buy tickets. But procrastination meant that we often did not go at all. The answer was to buy season tickets. We have them to both Studio and Shakespeare theaters. With both it is simple to change dates -- as long as shows aren't sold out. We enjoy most things, and if we happen to miss one it is not devastating. In fact, if you miss a performance at the Shakespeare, you can come some other time and be seated if space is available. We have done that a couple of times with no problem. **Dan Gamber**



I got this wonderful Sea-to-Summit daypack for Christmas and I love it. It folds into a small pouch the size of my fist, but expands to hold almost as much as a standard backpack, though it weighs much less. It's available directly from Sea-to-Summit. www.seatosummit.com/ REI and Amazon also carry it. **Kenlee Ray**

I am a no stockings, no socks girl. However, in the last year, the chill has won out, and I have resorted to socks/stockings. But I am very particular because I do not like anything tight around my legs, which most socks are. There is a brand called Lemon that is carried by Lord & Taylor and is perfect. They have the silky feel of hosiery, a soft top that stays up and take up little additional room in the shoe. They come in an attractive array of tints and cost \$18.00 for a two-pair package. Worth every penny, in my book. **Sloan Rogers** ■





Dinner in 15 minutes. Honest! And it's all thanks to Trader Joe's. I used fresh cod for this meal, but frozen would work as well. Just make sure to use paper towels for drying extra moisture from defrosted fish. Herewith, the world's easiest dinner:

Cod with Salsa, Couscous and Asparagus (for 2)

1 lb cod filets (may sub any flaky white fish)
5-6 TB salsa, room temperature (recommend Trader Joe's)
8 spears washed and trimmed asparagus
1/2 cup quick cooking couscous
Chicken or vegetable broth (or water)
Salt, pepper, lemon, olive oil



Follow directions for making couscous, using broth or water. While it is steaming off heat, lay asparagus spears on top of couscous. Sprinkle with salt, pepper and a healthy dose of olive oil. Replace lid. This will take 5 minutes. Heat a large nonstick skillet to medium high. Add 1 TB olive oil to pan. Salt and pepper filets. Quickly sear fish, about 3 minutes each side, until lightly browned and just cooked. Divide fish, couscous and asparagus on two plates. Spread salsa over fish. Add optional dollop of guacamole if desired. Garnish with lemon wedges.

Questions/comments:

judydubierrier@verizon.net. 202-328-9123. ■



---Judy Silberman, Yoga Master

Your mood influences your food. Really. Studies have shown that if you are in a good mood, you tend to make healthier food choices. Being mindful of this, you can change your mood and eat more nutritionally. Think of something that makes you happy or someone you love and are grateful for. These thoughts make you think of the future, when you will do something or see someone you love. You will probably make better food choices, eat less, and enjoy your food more. ■

SEE YOU AT OUR APRIL 17th SPRING GALA!

The Dupont Circle Village is a non-profit volunteer organization that connects neighbors to services and educational, cultural/social and health and wellness activities. Please consider a donation now or remember us in your will.



Dupont Circle Village
2121 Decatur Place NW
Washington, DC 20036
www.dupontcirclevillage.net
Email: contact@
dupontcirclevillage.net
202-436-5252

Board of Directors
Marty Davis, interim president
Nancy Hartsock, vice president
Linda Harsh, treasurer
Lois Berlin, secretary
Kathy Cardille
Brad Edwards
Curtis Farrar
Donald Jones
Joan Ludlow
Mary McIntosh
Iris Molotsky, president emerita
Jane Pierson
Peg Simpson, president emerita

Bernice Hutchinson,
executive director

Garry Hutchinson,
volunteer coordinator

Sheila Lopez and
Bella Rosenberg, co-editors

Emily Morrison, designer