

“A transition period is a period between two transition periods.”

George Stigler

WHAT'S INSIDE

President's Letter 1
Monthly Calendar 2-3
Executive Director 2
Volunteer Coordinator 3
Hail and Farewell 4
Meet DCV's New President 4
Meet DCV's New Executive Director 5
Soup Salon—SisterMentors 6
Celeb Salon Update 7
Live & Learn: Technology 8
Out & About 9
Where Are They Now? 10
Yoga Tips 11
DCV Cooks 11

New Members

DCV warmly welcomes its newest members:

Olga Hudacek
Gail Snider



Interim President's Letter

Life is Neither a Sprint or a Marathon

---Martis (Marty) Davis

For many years, I believed the old maxim, “life is not a sprint but a marathon.” But over the years, I have come to view life not as a marathon but a relay. I believe that we do not run our “life race” from the beginning to the finish line as individuals, but, rather, as a “relay team” comprised of our immediate family, friends, neighbors, careers, institutions and organizations we love and support and even strangers. It’s our relay team to whom we pass the baton so that they may carry it the next leg of the journey.

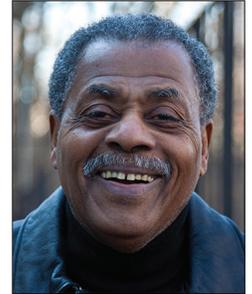
After a year as your interim president, I am passing the baton to a fellow teammate who will take it the next leg of the Dupont Circle Village's journey. And after seeing Lois Berlin in action, I know she will lap the field. During my carrying of the baton, I have had the pleasure of meeting so many of you who have cheered me on when I have had inner doubt. My fellow teammates, including the DCV board, staff and committee members, without whom little progress would be made, have shown me how strong DCV is as a team, which bodes well for our future.

Our Village is growing, and we are expanding our capabilities to be better positioned to serve you. The Village will now be open five days a week to address your needs, and the committees and the DCV board are planning new and even more innovative programs for our fellow members in the immediate future.

DCV is growing, thanks to the work of those already mentioned. But that growth would be stopped in its tracks without our members' support, which means you. Your dues, your volunteer efforts and also your ongoing commitment to our Village have created a huge surplus of social capital that strengthens each of us individually, as a community and as a society.

In meeting with the leadership of other Villages in our area and reading about the Village movement in general, it is clear that our movement is a growing component of American life. I believe that, in the not too distant future, a community without one or more Villages will be seen as somehow lacking or impoverished.

Fortunately, that is not a problem for Washington, and certainly not for us who live in the Dupont Circle/Adams Morgan community. Again, thank you for your warm support over this past year. I hope to see many of you around as we stroll our “Village Green.” ■





MONTHLY Calendar

Kreeger Museum

Wednesday, October 7, 1:30 pm

2401 Foxhall Road, NW

This is a private tour of the Kreeger Museum when it is not open to the public. The museum was designed by architect Philip Johnson as the residence for David and Carmen Kreeger. The collection includes works by Picasso, van Gogh, Monet, Renoir, Chagall, Miro, Rodin, Moore and Cezanne, as well as Washington artists Gene Davis, Sam Gilliam and William Christenberry. The building is not handicap accessible and has two levels with no elevator. However, the bulk of the collection is on the main level, which is wheelchair accessible. \$7.00 will be collected upon arrival. Car pooling will be arranged. Please RSVP to sheila.lopez@verizon.net, and let her know if you can offer a ride or need one.

Beautiful: The Carole King Musical

Saturday, October 10,

1:00 pm matinee

The Kennedy Center Opera House

Enjoy the inspiring true story of King's rise to stardom. Purchase your own ticket by calling the direct box office number 202/467-4600, ordering through the website at <http://www.kennedy-center.org/> or stopping in at the box office. After the show, meet up with DCV members at the JFK statue in the lobby, and enjoy dessert and/or wine in the KC Café. Tickets are \$59-\$160. Please RSVP to kcardille@gmail.com.

Steinway Piano Series – Beethoven Sonatas

Sunday, October 11

2:30 pm: Meet DCV member Olga

Hudecek by the elevator going

down to the McEvoy Auditorium

3:00 pm: Concert

American Art Museum, McEvoy Auditorium
800 G Street, NW

Enjoy the faculty pianists of Catholic University as they celebrate the 50th anniversary of the Benjamin T. Rome School of Music. RSVP to kcardille@gmail.com by Friday, October 9. Wheelchair accessible. Closest Metro stop is Gallery Place/Chinatown on the Red line.

continues on page 3

Opportunity and New Horizons

---Bernice Hutchison, Executive Director

Saying goodbye is not easy. And, so, I will not say it. I will, however, take a moment to thank each of you for this incredible opportunity to serve as your Executive Director. For five years, four 17th Street Festivals, three board presidents, two Met Life grants and one new website, I have been a part of your team, helping to bring life to your hopes, dreams and wishes. And, with a dynamic group of Villagers, board and committee members, volunteers and staff, many great things have happened.

When I accepted this position, DCV had 56 members and one cell phone. There was no office. There was no brand. There was no "national buzz" about Dupont Circle Village. But, with your strength, courage and hard work, we increased membership, opened the first office and garnered national recognition and respect.

Conservative but steady growth in membership during a time of national and local financial uncertainty has been a real key to sustainability for this Village. Routines have become a framework for building a strong infrastructure. Many of these routines are now being institutionalized through a web administrator and management software that will streamline how we communicate, process new members and renewals and fill volunteer requests.

Planting deep roots is hard work that takes time. And the exciting news is

that our first Volunteer Committee is in formation, building on a framework that has evolved since the beginning of this Village with the help of dedicated volunteers and staff.

"Pay no attention to the person behind that curtain!" This really sums up so much of my time with you. Bringing my version of the "Teams" concept to DCV, we have discretely mobilized customized teams of members and volunteers to prepare meals, make calls and run errands for individuals when they have needed it most. Through one-on-one consults, I have supported transitions from hospital to home, rehabilitation and assisted living.

As I go, I am most excited about DCV's new capacity to hire a full-time Executive Director. She will bring new energy, ideas and leadership to be a force for good. Administrative support, in the form of Kim Kelley, has been one of the most recent and welcome additions to operations. This synergy will be critical as the committees continue to grow and produce new programming.

While it has been a brief and fleeting moment, I am grateful to have been a part of Dupont Circle Village. While with you, my family has been your family. Indeed, it has been an honor and distinct pleasure to be a part of your growth and approach to new horizons. ■



Calendar, continued from page 2

DCV General Meeting

Thursday, October 15

Chastleton Ballroom, 1701 16th Street, NW
More information to follow.

Writers Coffee

**Monday, October 19,
3:00-4:30 pm**

2121 Decatur Street, NW (DCV Office)
Members only. Wheelchair accessible.
RSVP to Kathy at kcardille@gmail.com.
Send your pieces for discussion to Kathy by
Saturday, October 16.

TED TIME

**Wednesday, October 21, 2015,
6:30-8:30 pm**

1709 Q Street, NW
Hans Rosling, one of the earliest stars
in the Ted Talks series, will present three
short talks: "200 countries, 200 years, in
4 minutes;" "Let my dataset change your
mindset;" and "Asia's Rise – How and
When." Lex Reiffel will moderate the
subsequent discussion, which could revolve
around how developments in China and
India may shape the world. RSVP to Kathy
Cardille at kcardille@gmail.com.

**Information Dinner for Prospective
Members**

Monday, October 21

1910 S Street, NW (Galaty/Shuck
residence)
Please send names and contact information
of potential members to
abigailwiebenson@gmail.com.

**DCV Dance Series: Modern Dance
Program**

Tuesday, October 27, 1:00 pm

Church of the Holy City, 1611 16th Street, NW
DCV members are invited to a very special
modern dance performance by Adriene
Clancy and her ClancyWorks Dance
Company. ClancyWorks, Company in
Residence at Dance Place since 2013, has
received many awards and has performed
throughout the U.S., as well as in Australia,
Colombia and England.

See www.ClancyWorks.org for more infor-
mation and upcoming events. Members
only. RSVP to kcardille@gmail.com. ■

On Volunteering: The Next Phase

---Garry Hutchinson, Volunteer Coordinator

As the Village has grown and matured, so has its need for volunteers. Over the past few months, we have been developing a much needed, formal Volunteer Committee. With the input of Executive Director **Bernice Hutchinson**, board member Lois Berlin and consultant **Candace Baldwin**, we have taken our most committed steps to outlining the kind of Volunteer Committee that would best meet the needs of our members and operate with Club Express, our online management system. In addition, a survey was sent out in the summer to determine who continues to have an active interest in volunteering on behalf of the Village.

Volunteering, even when there is a passion for the organization, is a challenge on many levels. Managing your time, accommodating the Villager's needs and personality and navigating the administrative and, sometimes, legal, maze of assisting a member can be daunting. However, as DCV volunteers are well aware, the rewards can be unexpected, varied and rich. And, we believe, a Volunteer Committee will be instrumental in making it all

work more smoothly, for the Village and the volunteers.

The Volunteer Committee will build on our evaluation of the results from our survey, highlighting and analyzing the interests, availability and willingness of our volunteers. In addition, such a committee will advance the uniformity of our record keeping, background checks and vetting and the use of our volunteers.

As we move away from reliance on a volunteer coordinator's institutional knowledge of the volunteers and Villagers, and the increasing challenge of a membership roster nearing 170, we may take comfort in a committee that oversees the transition of the Village to meeting the needs of a larger organization. And because the committee is comprised of Villagers, we should be able to retain the sense of community and caring that has been a central element of volunteering for DCV. ■



Get
Flu Shot

Flu-Free Village

It's October already. Have you had your flu shot yet?
If not, this is the optimal time to get it. Stay healthy.
Help your fellow Villagers and community to be healthy.
Please get your flu shot now!

Hail and Farewell

October is a month of transition – transition from one season to another and, for us at the Village, transition as we enter into a new phase of growth as an organization. As we begin this process, we would like to welcome the people who will be moving us forward, and give special thanks to those who have been instrumental in bringing us to this point.

Welcome to new President **Lois Berlin** (see bio below) and new board members **Ted Bracken**, **Andrés Doernberg** and **Michael Gould**. They are “delighted and honored to have been elected.” As a new member of the Development Committee, Ted looks forward to “seeking new ways of improving our revenue sources,” while Mike, who has a long history of community work, is eager to work on the volunteer program. (Note: Andres was unavailable for comment.)

While the new board members will do so, it'll be tough to fill the shoes of departing board members and DCV stalwarts **Nancy Hartsock**, **Don Jones**

and **Peggy Simpson**. They've been simply amazing, though there's nothing simple about that, and we know that they'll continue to serve the Village.

Goodbye to Executive Director **Bernice Hutchinson**, who has been key player in the Village's development. She led us through the growing pains that accompany the early stages of organizational development by keeping us focused on our mission of enabling seniors to age in place, and gave us the benefit of her extensive knowledge of the needs of seniors and the services available to them. From a meager beginning with 56 members, Bernice's guidance, hard work and perseverance have brought us community and city-wide credibility as a forceful voice for the elderly. We are grateful for her contributions to the Village, are delighted that she will serve as a transition consultant to her successor, **Eva Lucero** (see bio, page 5), until the end of the year and wish her well as she moves forward.

Garry Hutchinson, our venerable Volunteer Coordinator, has been tenacious in his determination to provide the services that make it possible for Villagers to remain in their homes and

conduct their lives with greater ease and dignity. Whether it be arranging for rides to a doctor, providing assistance with grocery shopping or carrying heavy packages, helping with household chores or preparing meals, he strove to match the need with the provider -- and selflessly extended his own personal services when difficult situations arose. Not least of all, Garry leaves us in good hands with the framework for a Volunteer Committee to address volunteer coordination activities and policies. We will miss him when he leaves next month.

Never last, and never least: **Martis (Marty) Davis**. As Interim President over the past year, **Marty** led the Village through a difficult time with smarts, charm and great humor. With his leadership, we have accomplished a smooth succession, redefined the organization's goals and objectives and revitalized our relationships with each other, with our neighbors and with other local community organizations and businesses. We thank Marty for his vision and for all of his efforts and look forward to his guidance as the Village continues to mature and prosper. ■ *SL and BR*

Meet DCV's New President: Lois Berlin

It is with great pleasure that we welcome **Lois Berlin** to the presidency of DCV. As the Village enters a mature stage in its development, we know that the many years of leadership experience that she brings to the organization will steer us on a course that is not only solid and steady but also marked by progress and innovation.

Lois has been an educator for 36 years in the U.S. and the U.K. She earned a master's degree in early-childhood/special education at George Washington University and a doctorate in educational leadership at Virginia Tech. Starting as a preschool teacher in Alexandria, she moved into administration, and in 2004 topped off a distinguished career with an appointment as superintendent of the Falls Church City Public Schools.

After retiring in 2011, Lois grew “antsy.” She is now coaching school principals and is also the executive director of a group of retired and active superintendents from the metropolitan DC area. She is perpetually “on the go,” whether at the theater or jazz concerts, renovating her Dupont Circle house, pursuing her passion for travel or serving the Dupont Circle neighborhood.

Upon becoming DCV president, Lois commented, “I consider it a personal honor and privilege to assume the presidency of DCV. This is a time of major transition to a Village that has a full-time Executive Director dedicated to coordinating the organization's activities and services five days a week and beyond, as needed. I look forward to working with Eva Lucero to provide our membership with service, social involvement and a strong sense of community.” ■ *SL*



Meet Eva Lucero, DCV's New Executive Director

We are privileged to extend a warm and hearty welcome to Eva Lucero, the Village's new Executive Director.

I recently had the pleasure of spending an hour with her and would like to share our conversation with you.



Eva was born and raised in Santa Fe, New Mexico, and came to Washington after receiving her M.A. in Museum Studies and Non-Profit Management from New York University. That was over 20 years ago, and she now considers DC her home.

A brief stint at the former Corcoran Gallery of Art as a fundraising associate led Eva to a long and satisfying association with Arts for the Aging in Bethesda as its Executive Director. Subsequent positions as Director of Development at Humanities DC, Program Initiatives Director of Ayuda, a provider of legal and social services to low-income immigrants, and a contract position with the non-profit arm of EnTech Strategies, a consulting firm specializing in innovative technologies in the energy and environmental monitoring sectors, have honed her organizational, program management, community outreach and fundraising skills to make her a perfect

fit for Executive Director of our Village. Notably, Eva will also be DCV's first full-time Executive Director.

Although initially unfamiliar with the Village concept, Eva said, "I was drawn to it because of the way it builds community and nurtures personal connections within a familiar environment." She notes that she is looking forward to building on the wave of enthusiasm about the Aging in Place movement and spearheading DCV's future growth. Her plans include expanding DCV participation in the Village-to-Village network, developing vibrant relationships with other Villages in DC and the suburban areas, as well as with community organizations, businesses and schools; and building fundraising capacity and inter-generational connections. A tall order to be sure, but one that she is well positioned to undertake.

In addition to many years of working with volunteers at non-profit organizations, Eva has also given substantial amounts of time to serving as a volunteer. She taught English as a Second Language to adults at the Washington English Center for eight years and has given many volunteer hours to the DC Office of Latino Affairs as a grant reviewer. Asked about hobbies and what she does for fun, Eva responded that she loves anything outdoors, including hiking and biking, but also ethnic cooking and painting.

As we parted, Eva commented, "I am looking forward to weaving myself into the fabric of this vibrant community and helping to make it more colorful and active." Her first day on the job is Wednesday, September 23rd. Stop by the office to welcome her. ■ SL

Membership Committee Report

---Abigail Wiebenson, Chair

Help us reach our goal of 200 members by the end of 2015! Our membership hovers at 170, which means **3 months, 30 new members** must be our mantra!

We will hold **Information Dinners** every month through December. The October dinner is on the 21st. These dinners consistently yield members. Word of mouth works every time; please send names and contact info to abigailwiebenson@gmail.com. We follow up on every name provided. For those who do not wish to go out at night, we arrange a daytime meeting. If you live in an apartment building, please be on the lookout for possible members. We know prospective members are out there. Help us spread the word.

Occasionally, we need to **underwrite M+ members**. This means an anonymous donor offers to pay \$100 for one year to get an M+ member started. This is part of our Village's mission of inclusivity. If you would like to join our list of donors, please let me know, with thanks in advance for your generosity!

We would like to **expand our Membership Committee**. We have tasks that can be done at home --calling members, getting brief bios and photos of members for our online directory -- if you would rather not come to the office. We meet on Monday mornings from 10:45 am-12:15 pm. Please let me know if you are interested in learning about the work of the Committee as we work with our new Executive Director to expand our efforts to attract new members and respond to the ideas and needs of our current ones.

Our web administrator, **Joanetta Bolden**, is working hard to make the **Membership Directory** accessible through Club Express. Our goal is to have members be able to access the most current Directory any time they wish. We're close to that point. Please pay attention to her report elsewhere in this Newsletter.

Sunday Soup Salon

SisterMentors Pursue Their Dream

Have you ever had a life-changing moment? Dr. Shireen Lewis, founder of SisterMentors and executive director of its umbrella nonprofit organization, EduSeed, had just such a moment when she was eight years old in elementary school in Trinidad/Tobago. She recalls her 21-year-old teacher, Dora, who “lit a fire under me about education, and I took off and never turned back.” To this day, Dora’s memory inspires her as she pursues her passion for educating girls of color from disadvantaged backgrounds.

Armed with a B.A. from Douglass College, a law degree from the University of Virginia Law School and a Ph.D. from Duke University, Lewis was determined to find a way to provide others with “life-changing” experiences similar to her own that would instill them with the self-confidence and self-discipline needed for success in school and ultimately in life. This goal led to the establishment of SisterMentors, a program that drew inspiration from Lewis’s participation in an informal group of minority female doctoral students who mentored one another through the challenges of obtaining a doctorate.

What exactly is SisterMentors? What does it do and how? What is its impact and vision for the future? The goal of SisterMentors is to increase the number of college graduates and also doctorate holders among women of color. It does so by providing mentors for girls of color from low-income families, following them through elementary, middle, high school and college. The program is unique in that the mentors are doctoral students who are women of color. They, in turn, are inspired by their students and encouraged through peer mentoring to complete their degrees. In effect, everybody is a sister and a mentor.



Every year SisterMentors works with about 30 girls from low-income families in the D.C. area who are recruited through teachers and guidance counselors. This year, for the first time, a first-grader was admitted to the program.

The doctoral-student mentors tutor and monitor grades and homework. Mentors submit reports after each session so that the entire process can be monitored and evaluated. The program also takes girls on college visits, aiming to demystify higher education and the admissions process. SisterMentors is now providing rigorous SAT prep classes, as well as workshops and yoga. Dr. Lewis commented that “of course academics are great, but we also seek to develop the whole person.” The program works with parents to ensure their support. Since its inception in 1997, it has helped 29 young women to go to college and 58 to earn doctorates in many disciplines.

Many more people derive benefits from SisterMentors than just the girls being mentored. Siblings, including boys, see what their sisters have accomplished and have asked for “brother mentors.” Parents who do not have high school or college degrees are motivated to continue their education. The program has an even broader ripple effect that replicates its value for years to come: One woman established a nonprofit to help

women in Tibet; another headed up an NGO that promoted girls’ education in Africa; and many others have gone on to gain tenure as university professors.

SisterMentors recently adopted a three-year strategic plan to increase the number of girls and women they serve. It currently has one full- and one part-time staff, plus interns and volunteers. The aim is to build capacity and raise funds to hire additional staff. They are particularly interested in partnering with D.C. public schools to get more students from the District. SisterMentors has no shortage of mentors, although they would like to find more female doctoral students of color in the science and math fields.

SisterMentors will hold a free breakfast fundraiser on October 22, 8:30-9:30 am, at the Carnegie Endowment for International Peace. They will feature a short film, *Building the Dream*. No pressure – just come to see how they are building theirs. To RSVP, please contact Dr. Lewis at director@sistermentors.org or visit their website at www.sistermentors.org.

Many thanks to **Peg Simpson** for hosting, **Faith Williams** and **Jeanette Barker** for the soups, and **Joan Ludlow** for the bread. ■ SL

Celeb Salon Update



Candy Crowley (center), Michael Roselli (to her right)



Peggy Cooper Cafritz



Judith Martin (Miss Manners), right



Donald Graham, with Lois Berlin

Live and Learn: Technologies for Aging in Place

Technological innovation: Will it save us or subsume us? How can we manage it to make our lives more fulfilling and productive as we age? Scott Code, Aging Services Technologies Manager of LeadingAge Center for Aging Services Technologies (CAST), helped us sort through many of the leading-edge technological systems and devices that are being harnessed to serve the needs of seniors. With degrees in gerontology and business, Code is well-suited to the task. He discussed five categories of aging in place technologies.

Home Safety and Security. The personal emergency response system that enables you to press a button on a wearable device and get assistance is well known. But did you know that it can be equipped with a sensor that will activate if you fall, thereby eliminating the need to press the auto-alert, or that the device can be equipped with technology that will operate outside the home? There are also devices that will monitor temperature and activity level; thermostats that can be remote controlled and connected to smoke detectors and fire alarms; and assistive devices such as TV ears that enable you to listen to TV through a wireless headphone.

Health and Wellness. There are telehealth and remote patient monitoring devices that can monitor blood pressure, manage medication, refill prescriptions and track activity levels. These devices can be paired with smart phones, tablets or computers to allow monitoring by family, friends or health care providers. There is also technology (e.g., FitBit) that uses game theory to entertain while providing incentives for players to actively engage in an activity.

Social Connectedness and Engagement. Social media is used extensively to convey information about family and

friends. Some folks are reluctant to use it because of privacy concerns, but it can be accessed effectively without giving up much personal information. Smart phones with big buttons, Skype and apps for using Skype on your TV screen provide easy communication over long distances. Remotes can be used to play games like Nintendo and Wii for both fun and exercise. Seniors find private driving services like Uber and apps that provide local public transportation schedules very helpful.

Selfhelp Community Services has developed technology that brings social activities to people in their homes. For a monthly fee, you can use a touch-screen computer that allows you to see other people at home as well as participate in interactive classes with facilitators. This system is not location sensitive and can be used for TED talks or other social-based activities. It has been grant-funded, but there is now a fee for service model. It can also be used with Skype and other low-cost options and could be provided as part of a Village membership fee.

Lifelong Learning. Several free online college course programs are available, including University of Maryland, UMass OnLine, Saint Leo University and edX. These programs provide online discussion boards so that participants can submit comments on reading assignments.

Entertainment and Leisure. Possibilities abound and include: Spotify, which is a service for providing music that is similar to Netflix's for film; Pandora and Amazon Prime, which also provide services similar to Netflix; Acorn, which is an archive of BBC programming that you can get through ROKU; and Lumosity, which provides entertaining brain games and activities.

As to the future, imagine exoskeletons to help you pick up things; clothing with sensors to monitor heart rates, blood pressure, etc.; robots to perform household chores; smart robotic walkers and wheelchairs with touch screens; driverless cars; as well as countless apps to facilitate daily activities.

LeadingAge is pursuing several public policy issues, including interoperability, where the aim is to standardize elec-



tronic health-care records to enable data sharing that is not currently possible with so many incompatible systems in place. Other issues include broadband access for low-income seniors and reimbursement to health-care service providers for tele-health services. ■ SL

Resources

LeadingAge Center for Aging Services Technologies (CAST): <http://www.Lead-ingAge.org/CAST>

TechMoxie (Technology Training in the DC Area): <http://tech-moxie.com/> or call 301/520-7671

AbleData Assistive Technologies Database: <http://www.abledata.com/>

Apple Accessibility Features: <http://www.apple.com/accessibility/ios/>

Out & About with DCV

Dining in Dupont. A record crowd turned out for a great lunch at The Matchbox on 14th Street. One Villager commented, "Best pizza I've had since the last time I was here."



Art Museum of the Americas. This is one of those little known treasure that makes living in Washington very special. The museum was established by the Organization of American States when it was known as the Pan American Union, and is housed in a 1912 building that originally served as the residence for the organization's Secretary General. It is located on 18th Street and backs up on the main OAS building. Both are elegant structures designed by architects Cret and Kelsey and funded by Andrew Carnegie as a gift to Washington, with the stipulation that the OAS establish and maintain a library therein. Although the architects originally intended the residence to be stucco, Carnegie apparently was appalled that such a second-rate material be used on a building he paid for; hence the elegant marble facade.

The library and the Secretary General's residence have since been moved to other locations, and the residence has been beautifully restored as a museum to showcase the OAS's extensive collection of Latin American art. Adriana Ospina, the museum's curator, conducted a private tour for Villagers of the current exhibition, *Waterweavers: The River in Contemporary Colombian Visual and Material Culture*. It features drawings, ceramics, furniture, textiles, video and other installations that explore the relationship of art and design to the rivers that play a critical role in the country's development. Ink and watercolor drawings by Abel



Rodriguez depict the seasonal changes in a flooded rain forest; Alvaro Catalan de Ocon's installation of lampshades couples traditional weaving techniques with a way to use discarded plastic bottle as the lamps' central supports, thereby recycling bottles that might otherwise clog Colombian rivers; and Alberto Baraya's *Rio*, a video of a tranquil river that is suddenly punctuated by machine-gun shots, is a reminder that armed conflict and criminal activity have also played roles in Colombia's history.

These are just a sampling of the treats in store for you if you decide to visit the AMA. But make it soon because Waterweavers closes on September 27.

Woolly Mammoth Premier. Howard Shalwitz, artistic director of the groundbreaking Woolly Mammoth Theatre, was so taken with the grilling he got at his June 25 Celeb Salon that he wanted to do more with our Village. And so he and DCV veteran **Nancy Hartsock** shaped a way to do that. A dozen or so DCV members bought tickets to Woolly's premiere of *Women Eating Alone with Salad* and, afterward, dissected it with Shalwitz for nearly an hour in a small room. He wanted criticism, interpretation, analysis -- not praise or platitudes. He talked about how plays often are works in progress and feedback from arms-length viewers is invaluable. We look forward to being of service again!

17th Street Festival. A surprisingly large number of neighbors ignored the intermittent downpours on Saturday, September 12, to attend the annual 17th Street Festival.

They were rewarded for their perseverance by the variety of vendors: community organizations, including Dupont Circle Village, artisans and crafters, restaurants, specialty food emporiums and local merchants who were eager to greet them and ply them with information and samples. DCV once again sponsored a bake sale of homemade goodies featuring cakes, cookies, brownies, muffins, cupcakes and dog biscuits. We held our breath waiting for the verdict from the first dog that



munched one, but got a rave tail wag—and at least two other votes of confidence from return human buyers. Thank you to all the volunteers who worked together to make it successful: **Andrés Doernberg, Lucia Edmonds, Carol Galaty, Linda Harsh, Lindsey Holaday, Bernice and Garry Hutchinson, Don Jones, Kim Kelley, Marcia McDonell, Iris Molotsky, Michele Molotsky, Marilyn Newton, Peg Simpson, Abigail Wiebenson** and photographer **Jane Cave**.

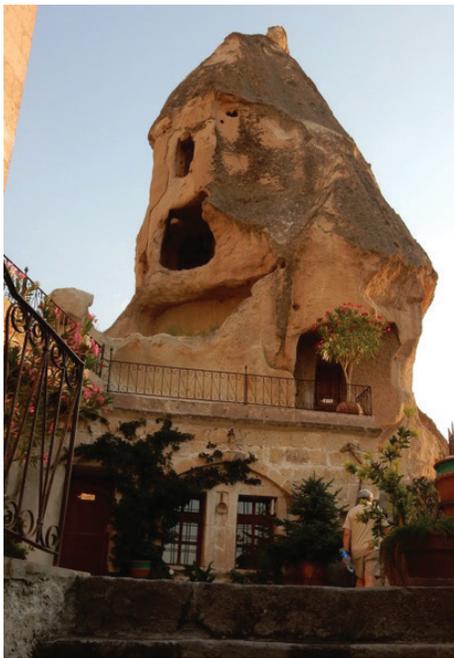


Back to School Celebration. **Carol Galaty** and **Ken Shuck's** end-of-summer party was a lovely evening punctuated by balmy breezes on the rooftop deck, scrumptious food and drink galore and, of course, the stimulating company of fellow Villagers. Thanks to Carol and Ken for hosting this auspicious event. ■ *SL*, with special thanks to **Iris Molotsky and Peg Simpson**

Where Are They Now?



After chasing elephants, hippos and lions with their cameras in Tanzania and eating their way through Zanzibar and Istanbul, **Carol Galaty** and **Ken Shuck** flew to and ballooned over Cappadocia, Turkey, and stayed in a high-rise cave hotel carved centuries ago in one of its strange ant-hill-like mountains.



Judy duBerrier and **Rush Fritz** spent three weeks in the Adirondacks and Canada, including Old Quebec, where Judy said she “desperately tried to use my high school French.” Whale watching on the St. Lawrence Seaway was also on the itinerary, as was a “cool” zoo in St. Felicien, where the people are in cages while the animals roam free! The trip also included five days in Lake Saranac and Saratoga Springs.

Jane Pierson and **John VerSteeg** are planning to walk the Julian Alps from Slovenia to Italy, ending up in Venice. Look for photos in the next newsletter.

While on vacation in southern California, **Pender McCarter** and **Robert Feiertag** enjoyed a visit with **Lucia Edmonds** and with friends in Los Angeles who introduced them 26 years ago. They also took the train from LA to San Francisco, where they attended a McCarter family reunion and the annual

Pride Parade. Pender commented that “the celebration was more jubilant than ever two days after the Supreme Court ruling in support of marriage equality.”

■ *SL with thanks to the travelers*



Web Wise

---Joanetta Bolden, DCV Web Administrator

Update Your Online Member Profile

DCV is going green! With this year’s February launch of our new website, we now have the ability to reduce paper and more efficiently maintain membership data on a secure online administration platform. This new online system receives membership applications, automatically sends member renewal notices, accepts electronic payments, allows members to update and review their own information -- and much more.

Is your information up to date? Go to www.dupontcirclevillage.net and log in with your username and password. At the top right corner, hover over your name to see a drop-down menu; then select the **Profile** option. At the top of your Membership Profile is a **Summary** panel, showing your membership type and status, member join and expiration dates and the date of your last renewal. If it’s time to renew, a red **Renew** link will be displayed; if you have a payment pending, a red **Payment Due** link will be displayed. Each of these links can be clicked to launch the appropriate wizard screen to make a payment.

Under the **Personal Info** panel, select **Contact Info** to modify your name, address, phone number(s), work information and email address. Then select **Additional Member Data** to provide additional important information. Remember to **save** your entry.

Find these instructions and other Web Wise tips on the “How Do I...” link under the Members Only tab of the website. Send questions and feedback to me at web@dupontcirclevillage.net.





---Judy duBerrier



Villager (and accomplished chef) **Suzanne Legault** is this month's guest columnist. In summer, you may add zucchini to this versatile chicken dish. In winter, try browned leeks/potatoes/carrots as a delicious addition.

All-Seasons Chicken (serves 4)

- 4 deboned chicken thighs, rinsed and patted dry
- Tsp salt & pepper, TB flour
- 8 small shallots, peeled
- 1/4 c dry white wine
- 1-1 1/2 c light chicken stock (may sub water)
- 1/4 c chopped parsley
- 1 c roasted grape or cherry tomatoes (optional)

Season, then flour chicken. Brown pieces until golden in heavy skillet, then remove to a plate. Lightly brown shallots; add to chicken plate. Pour off excess fat. Deglaze pan with wine, scraping up brown bits. Reduce to syrup-like glaze. Add stock, bring to a boil.

Return chicken/shallots to pan. Cover and cook on low heat until shallots are soft. Remove ingredients to serving dish. Quickly reduce liquid to light cream consistency. Pour over chicken. Garnish with chopped parsley and (optional) tomatoes.

Questions/comments:
judyduberrier@verizon.net. 202-328-9123 ■



---Judy Silberman,
Yoga Master

Hope you all had a restful and fun-filled summer and are ready improve your posture, balance and energy. Let's spend some time on energy. As you move, you breathe harder, increasing oxygen flow throughout your body and into the brain. Walking for exercise is great; pedometers or fitness bracelets inspire more steps. Begin your walk slowly, then speed up in intervals, feeling your breath become harder and faster; then slow down again. Alternating your speed throughout the walk (or run) has been shown to use more calories and improve the aerobic (breathing) nature of the exercise. And, of course, more oxygen to the brain is a good thing! ■



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
Lois Berlin, president
Kathy Cardille, vice president
Martis Davis, president emeritus
Linda Harsh, treasurer
Mary McIntosh, co-secretary
Jane Pierson, co-secretary
Ted Bracken
Andrés Doernberg
Brad Edwards
Curtis Farrar
Michael Gould
Joan Ludlow
Iris Molotsky, president emeriti

Eva Lucero, executive director
Garry Hutchinson, volunteer coordinator
Sheila Lopez and Bella Rosenberg, co-editors
Emily Morrison, designer