

Clearly, the trick in life is to die young as late as possible.

William Sloane Coffin

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New Members

DCV warmly welcomes its newest members:

Ann Claassen
Alice and Lincoln Day
Steve Kittrell and Susan Hattan
Jeffrey Paine
Margot Polive
Steve Shafarman
Joan Von Drehe



President's Letter

---Lois Berlin

Happy New Year! As I express that sentiment to you, I have to wonder where the year went (don't we all always do that?) and what I accomplished, or didn't, in the last twelve months.

Becoming president of Dupont Circle Village has certainly filled my calendar with a myriad of responsibilities and commitments, but it has also spurred me to make a marked effort to capture time for a focus on what really matters in life. One of those focuses is family.

Larry and I had the distinct pleasure and fun of hosting and housing 10 family members, including two babies, 6 and 10 months old, over the week leading up to and after Thanksgiving. We cooked, we chauffeured groups to museums and shopping excursions, we held babies and changed diapers, we played table games, we did dishes (lots of dishes), and we talked and laughed. When everyone had departed, we reflected on the good time we had had with only a minimal amount of aggravation, and how fortunate we are to have such a great family.

We are also very fortunate to have a fellow Villager, **Abigail Wiebenson**, across the street from us. Abigail offered her home as a place for two of our house guests to stay while she was away for Thanksgiving with family in Colorado. My nephew and his girlfriend enjoyed the solitude and readily available bathrooms at Abigail's while looking after her cats, Ziggy and Nemo. This arrangement is so indicative of the community and benefits that the Village provides for us.

Another of my areas of focus is travel. As this newsletter goes to print, Larry and I just returned from a trip to Ecuador and the Galapagos Islands. The Galapagos, in particular, have been on our bucket list for a long time, so when college friends— I refrained from saying "old" college friends,

though they are— contacted us about an opportunity to travel with them and some of their friends who previously lived in Ecuador and the Galapagos, we jumped on it.



I won't go into detail, but if I see you and you ask me about our trip, you may have a hard time shutting me up! The cloud forests, the underwater snorkeling views and the overland hikes all included the most amazing array of animal life I have ever seen. Look for a photo or two in next month's "Where are They Now" newsletter section.

Last, and most important, thanks to all of you who donated to the Village in 2015. Your contributions make a huge difference. And it's not too early to start donating in 2016. ■

DCV Holiday Party

More than 70 members celebrated at the DCV Holiday Party on December 8th at the Chastleton. Thanks to **Lolita** and **Charles Ellis, Kathy Cardille, Michael Tanner** and all the members and volunteers who made this evening so much fun! ■
Eva M. Lucero





MONTHLY Calendar

Knitting and Stitching Group

Monday, January 4,

4:00 – 5:30 pm

1916 S Street, NW

(Abigail Wiebenson's home)

You do not have to be a proficient knitter or stitcher to join this group. Wannabes, non-member friends and guys are welcome, too. Free. RSVP to abigailwiebenson@gmail.com. Next meeting will be January 18, with details to be provided.

Dining in Dupont – Ristorante I Ricchi

Tuesday, January 12,

12:00 – 2:00 pm

1220 19th Street, NW. Order from

the menu and pay for what you order.

Ladies can register ahead at

www.ircichidc.com/womensclub to get

½ price on lunch and cocktails. Men

pay regular price. Small tables of 4 or 6.

Two steps down to dining room. RSVP

to Lucy at lucy1030@starpower.net.

Apple Seminar on iPhones

Wednesday, January 13,

11:30 – 1:00 pm

The Apple Store, 1229 Wisconsin

Avenue, N.W.

Bring your phone charged. Apple Genius Bill Keart will provide tips on any iPhone model (60 minutes) and answer questions on any Apple item (30 minutes). Free. Limited to 15 members. RSVP to kcardille@gmail.com.

Health and Wellness: Discussing Future Plans with Your Loved Ones

Tuesday, January 19,

10:00 am – 12:00 pm

The Residences at Thomas Circle, 1330

Massachusetts Ave., NW

Mary Ann Buckley, Executive Director of Care Management Associates, will lead a discussion of how to approach loved ones and issues related to aging, such as health care wishes, personal care preferences and finances. RSVP to lucia.edmonds@gmail.com.

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The Challenges and Rewards of Being Designated an Age-Friendly City

---Eva M. Lucero, Executive Director

In November, the DC Office on Aging (DCOA) released, *Age-Friendly DC - 2015 Progress Report*, which details steps the city has taken to create a more inclusive environment for its aging population. Established in 2012 during former Mayor Vincent C. Gray's administration, *Age-Friendly DC* is a cross-agency, public-private partnership with linkages to an international effort started by the World Health Organization (WHO) to respond to two significant demographic trends: rapidly aging populations and urbanization.

In 2012, the DC Council unanimously supported *Age-Friendly DC* and passed a resolution focused on adults age 50 and over. It called for all DC residents to be active, connected, healthy, engaged and happy in their environment. Under Mayor Bowser's leadership, the *Age-Friendly DC* initiative has received continued DC government support, and the 2015 progress report shows that the city is on track to receive its designation as an *Age-Friendly City* by 2017.

So how age friendly is DC? While I'm sure we all have different views and anecdotes, the DC government tracks its progress against a number of goals detailed in *Age-Friendly DC* that focus on housing, transportation, health services, community engagement, volunteering, social inclusion, emergency preparedness and combating isolation among older adults. That can all be found in the [Age-Friendly DC 2015 Progress Report](#). Many goals appear reasonable (even obvious) for an age friendly/livability plan, and DC is currently in the implementation phase. It's clear that regular engagement from groups like our city's Villages can help propel DC forward to achieve its goals.

The District has also joined AARP's Network of Age-Friendly Communities, a benefit of being an Age-Friendly city, to help meet its goals. This membership offers peer-group evaluations of *Age-Friendly* activities, monitoring of progress and feedback to support progress toward city

goals. AARP also provides the *Livability Index* – an informative and user-friendly tool on its website to gauge age-friendly and livability progress on a neighborhood level.

By entering a zip code, this Index helps users understand their communities by providing information on the quality of life across multiple criteria, including housing, transportation, neighborhood characteristics, environment, health, opportunity, and civic and social engagement. For example, when I entered my zip code, 20008, my neighborhood received a rank of 57. That ranking is based on the average score of the seven livability categories. To see how your neighborhood ranks, click [here](#).

Overall, DC is doing well in its progress toward becoming an Age Friendly city and was included in the Milken Institute's *Best Cities for Successful Aging* report. The report examines how metropolitan areas are stepping up to the *Age-Friendly* challenge, and are rated and ranked by their capacity to enable people to age independently and productively, with security and good health. The DC metro area was ranked 20th out of 100 large cities in the Milken best cities index. To view the entire ranking with indicators, see [MilkenInstituteAging](#).

Dupont Circle Village is committed to helping DC become an *Age-Friendly* city and is broadening and elevating its level of engagement. We are taking a leadership role with other DC Villages on an advocacy campaign to increase visibility with the Mayor and DC Council members so that they know who we are, who we represent and how Villagers and the Village movement continue to contribute experience, skills, leadership and economic participation throughout the city. We are also emphasizing ways that the Villages are supporting the *Age-Friendly DC* initiative and requesting budget support for our contributions to complement the effort. ■

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TED Time

**Tuesday, January 19,
4:00 – 6:00 pm**

2013 N Street, NW

(Marilyn Newton's home)

Broaden your horizon by joining fellow Villagers to hear one of the fantastic TED Talks, with Marilyn Newton, facilitator, followed by discussion. This month's topic is Design at the Intersection of Technology and Biology. RSVP to Lucy Cooney at lucy1030@starpower.net, and let her know if you can bring a dessert.

Info Dinner for Prospective Members

**Tuesday, January 19,
6:30 – 8:30 pm**

1910 S Street, NW (home of Carol Galaty and Ken Shuck)

Please send names of prospective members to carolgalaty@gmail.com.

Tech Tuesday

**Wednesday, January 20,
11:00 am**

La Tomate Caffe, 1701 Connecticut Avenue, NW (up several steps)

If you love technology, find tech-talk fascinating or just want to learn, join other like-minded Villagers for coffee, breakfast or a sandwich. RSVP to Lucy Cooney at lucy1030@starpower.net.

Live and Learn: How Safe is Your Home?

**Monday, January 25,
3:30 – 5:00 pm**

Hamilton House,

1255 New Hampshire Ave., NW,

Lower Floor Meeting Room (wheelchair accessible)

Stephen Hage of Strategies for Independent Living specializes in design and construction for people with disabilities and for seniors aging in place. He will identify hazards commonly found around the house and ways to prevent accidents. Free for Village members, \$10 for others. RSVP to Linda Harsh, 202/234-2567 or lindajkh@mac.com.

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Build It and They Will Come...And Don't Hesitate to Ask!

---Mike Gould, Volunteers Chair and Coordinator

I continue to be impressed with the generosity, kindness and competence of our more than 75 Volunteers. They have a clear commitment to serving others and look for opportunities to do so.

Our problem is that we have not begun to tap the enormous potential of this wonderful group. Why? Because too many Villagers don't realize that it is **ok to ask for help**.

I hope we can get beyond such feelings because great things happen, for members and volunteers alike, when we do. Here are just a few vignettes of the Village in action in December.

December Stories

- A rotation of volunteers helped one of our members who has temporarily lost the use of both hands. Our volunteers visit him three mornings a week to help him to scrub up and get ready to head out for the day. Thank you **Jeffrey Sandman, Lex Rieffel** and **Michaela Buhler**! [Thanks, too, to **Mike**.]

- "Thank you for organizing the lovely and efficient and (by appearances anyway) untiring volunteers of DCV for my dad's party. They made a huge difference to us." So wrote Mira Brown of the work that DCV volunteers did -- house sitting, ushering, driving guests and much more -- to support the memorial service for her father, longtime Villager **Norman Brown**. Thank you **Kathy Cardille, Jeffrey Sandman, Abigail Wiebenson** and **Linda Harsh**!

- Another member needed help scanning documents -- and asked for it. **Andrés Doernberg** to the rescue, with thanks!

- And thank you, **Ted Bracken**, for making weekly trips to the pharmacy for one of our members!

Building It

To build a stronger DCV Volunteer Program, we need to understand the wealth of talent that we have available, define the quality and range of services we can reasonably provide,

train volunteers, when appropriate, and make our members aware of just how much we can do. "**Build it and they will come**" is our general operating principle.

To accomplish this objective, we are in the process of organizing our volunteers into functional sub-groups. The first four sub-groups to be organized are: Handyman Services; Technology; Health Advocacy; and Transportation. Please let us know if there are other areas that you think should be covered.

First group out of the gate is **Handyman Services**, with our thanks to **Steve Kittrell** for organizing the group. Here's what it has to offer:

Home Maintenance

- Simple home repairs and basic carpentry
- Change light bulbs
- Change filters on heating and A/C units
- Minor fixture repairs such as leveling cabinet doors and oiling hinges
- Hang pictures and curtains
- Install bathroom assistive devices such as grab rails or bars near the toilet and shower
- Paint touch-ups
- Furniture assembly
- Weather-proofing

Home Services

- Move most furniture and rugs for cleaning or rearranging room
- Flip mattresses
- Haul collections and boxes
- Electronic and hazardous waste disposal per DC recycling guidelines
- Seasonal packing and storage
- Install non-slip materials for small rugs

Stay tuned. There's more coming soon on the activities of the other functional groups. But the key is to remember that Village volunteers stand ready to help and look forward to hearing from you. **Don't hesitate to ask!** Contact us at volunteer@dupontcirclevillage.net, or call the office at 202.436.5252. ■

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Robbie Burns Night
Monday, January 25,
6:30 – 9:30 pm

1910 S Street, NW (hosted by Georgette Sobel, Nicholas Kittrie, Carol Galaty and Ken Shuck at the Galaty/Shuck home, elevator accessible) This is an “Auld Lang Syne” evening, with haggis, neeps and a Whiskey Wallow! It’s a brain challenging, culinarily delightful and just plain fun event. Come prepared to recite a short poem, sing a song or tell a short story by or about Robbie Burns or any other poet of your choice. RSVP to Carol Galaty at carolgalaty@gmail.com by January 16. See E-Blast for further details.

Crosscurrents: Modern Art from the Sam Rose and Julie Walters Collection
Wednesday, January 27,
2:45 pm

Smithsonian American Art Museum 8th and G Streets, NW (ramp and elevator access to the exhibit) DCV’s favorite docent, Mary Braden, will lead a tour of this fabulous collection of 33 artists, including Calder, Pollack, Lichtenstein, Picasso and Miro, who embody mid-century modernism movements of cubism, surrealism, abstract expressionism and pop art. RSVP to sheilablopez@gmail.com. ■



Member Profiles:
Gretchen Ellsworth and Robert Hirsch

Gretchen Ellsworth grew up in Greenwich Village and attended Swarthmore College and Stanford University. She spent 25 years with the Smithsonian Institution working in grant-making, fundraising, executive leadership and advocacy for women.



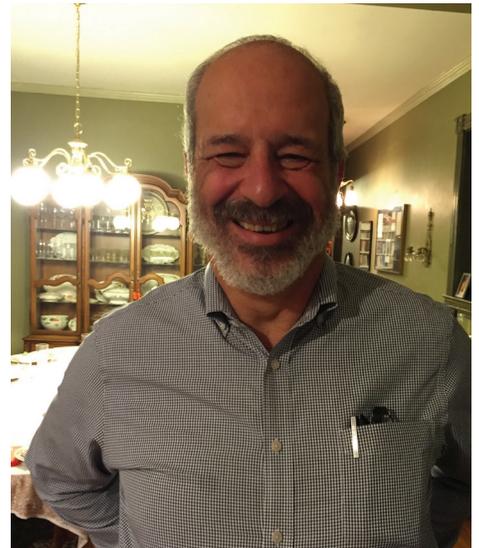
Locally, she has been active as a leader in *CentroNia*, DC Bilingual Public Charter School and other organizations devoted to improving the lives of families, educating young children, preserving cultural heritage and conserving natural environments. She continues to serve on several non-profit boards. Her interests are now focused on conservation and public access to DC’s rivers for recreation.

On retirement in 1994, Gretchen took up rowing and learned Spanish. Rowing was captivating and kept her on the Potomac River for 20 years until health issues intervened. Her passion for the Potomac and continuing interest in historic preservation are now expressed in her role as chair of the Potomac River Boathouse Association, which she also founded.

A cat-lover, she is married to Bob Hirsch,

not a cat person. Her three sons are married with children.

Bob Hirsch was born and raised in Highland Park, Illinois, just down the street from the Ravinia Festival. His higher education was at Earlham College (Bachelors in Geology), University of Washington (Masters in Geology) and Johns Hopkins University (PhD in Hydrology). His entire professional career has been as a hydrologist with the U.S. Geological Survey, where he has worked in research and leadership positions, including 14 years as Chief Hydrologist.



Bob has now gladly returned to his professional roots as a researcher, working on analysis of long-term changes in floods, droughts, and water quality in many parts of the U.S., including the Potomac River and Chesapeake Bay. He lived in Reston, Virginia, from 1976 to 2004, where he and his former wife raised two sons.

Marriage to Gretchen Ellsworth brought him to Columbia Road in DC, where he "has been very happy as a city dweller married to Gretchen." His avocations along the way have been contra dancing, hiking, cooking, rowing, genealogy and watching his sons play baseball and soccer, and music. ■

Health & Wellness Alert On *Being Mortal*

---Iris Molotsky

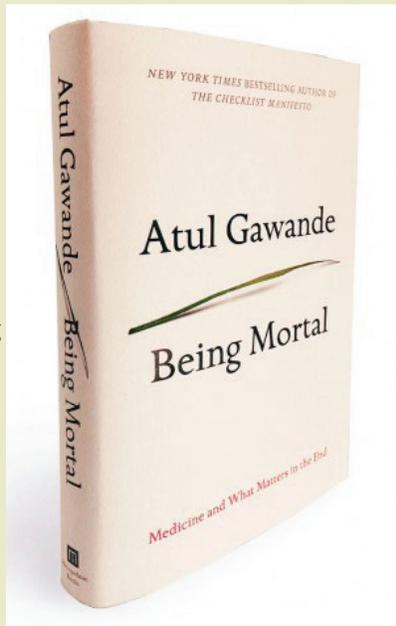
A small group of Villagers met twice in November at **Bob and Ann von der Lippe's** home to discuss *Being Mortal*, a book by Atul Gawande, a surgeon at Brigham and Women's Hospital in Boston. DCV's Health and Wellness Committee, acting on inquiries from members about the book, initiated the sessions. I led the discussions and view the book as a call for action.

The book deals with the realities of aging and illnesses, doesn't sugar-coat the need for hard decisions, lays out options, both good and bad, and prepares us to understand the stages of decision-making. Gawande takes on the medical profession, examines a variety of living situations, including family settings, and the growing industry that services the needs of aging and ailing seniors.

One of Gawande's main arguments is that the medical profession focuses on prolonging life, not the quality of life, which he defines as maximizing freedom from pain and suffering and retaining enough function to engage actively.

Second, he laments the loss of autonomy patients generally feel when they enter nursing homes, assisted living facilities, rehab centers or even when living with children or relatives. He notes that concern for the safety of the patient frequently becomes the primary focus of caregivers, which can take decision-making away from the patient. His solution? Listen to the patient, and find out what trade-offs they are willing to make.

The discussion started with a question: How many have been or are now caregivers? Everyone in the group raised a hand. As the discussion continued, it became very animated and increasingly based on personal experiences, some still quite painful. But by learning that others experienced the same feelings of despair, hope and exhaustion, coupled with solace from being there for loved ones, the sessions were also deeply moving and cathartic.



Our practices involving dying are changing. Most people used to die at home. Today, medical advances have made aging and dying medical experiences managed by health-care professionals. Gawande explores the options available to us as our life expectancy increases, including home hospice and palliative care.

He also points out that our ideas of what makes life worth living change as we age. Our priorities turn to family and friends, on the present rather than the future. We get greater pleasure and comfort in companionship, everyday routines and good food. We tend to think about our legacy, not what we want to accomplish.

Participants really weighed in when the discussion turned to the role of the family. Everyone agreed that conflicting feelings and motivations are in play: children and relatives can provide comfort and help with decision-making, but there also could be insensitivity to the wishes of aging relatives or conflicts of interest arising from conflicting needs.

The second session focused on the most difficult topic raised by the book: end-of-life conversations. These are very difficult for all concerned, including doctors. When possible, we should take care of medical and legal issues before a crisis. These include making/updating wills, advanced directives, living wills, medical durable power of attorney and instructions about organ or body donations. Make sure that family members, lawyers and doctors get copies.

Death is now being discussed more openly by families, in the media and between doctors and patients. DC Council members are currently debating assisted suicide legislation. There are increasingly attractive alternatives to age-segregated housing and nursing homes. And, significantly, the growth of Villages throughout the country attests to the changing attitudes towards aging. Villages are helping us to face this issue with information and compassion and marshaling the support of friends and neighbors when we need it.

Assessing both discussions, participants agreed that it was often painful to recall personal end-of-life experiences, but it also was rewarding to share the lessons we learned. There was unanimous agreement that we should schedule a second discussion group around this extraordinary book and subject. ■

Soup Salon, December 20th

Jodie Z. Bernstein: *A Woman of Firsts*

Jodie Z. Bernstein is a woman of many firsts: the first female general counsel to the Environmental Protection Agency (EPA) and then to the Department of Health, Education and Welfare (HEW); and the first female director of the Bureau of Consumer Protection at the Federal Trade Commission (FTC). And had she not been sidetracked from her high-school ambition, she would likely also have been the first female governor of Illinois!

Raised in Galesburg, IL, “two doors away from Carl Sandburg,” Jodie Zeldes and her immigrant parents stood out as Jews and Democrats in a town that had very few of each. While she recalls her time there fondly, she was also eager to get out. College was at the University of Wisconsin, where she was in an integrated dormitory – “unheard of in 1944.” Still harboring her gubernatorial ambition, Jodie thought law school made sense and was advised by a professor to try for Yale. She was accepted and graduated in 1951.

Despite the literal handful of women at Yale Law School at the time, Jodie said she didn’t experience discrimination and was even elected to the *Yale Law Review*. Getting a job was a different matter, however. “White-shoe law firms from New York” came to campus to recruit but wouldn’t interview women. So Jodie and some friends went to NY and knocked on doors.

Many “slammed doors” later, Jodie landed an interview through a connection at a top banking law firm, who warned that her prospects were “hopeless.” The first question the partner who interviewed the then-unmarried Jodie asked was, “What will you do if you become pregnant?” Her clever retort – “Well,

so far I’ve been lucky” – landed her an “on-the-spot job offer.”

Jodie enjoyed her career at the firm, but marriage to physician Lionel Bernstein brought her to Chicago, where her first direct whiff of political corruption cured her of her political ambitions, she remarked. The move to Washington came in the late 1960s, by which time the Bernsteins had three children.

Although Jodie had continued to work, she credits former President Jimmy Carter, who was committed to opening opportunities for women, with truly launching her. She had worked in his campaign, had the credentials and was encouraged to apply for a top-level job. The White House called, inviting her to interview for general counsel at the Department of Defense. Jodie told some hilarious anecdotes about that ill-fated episode, but made a larger point—including, at the time, to the White House—about how qualifications should count.

EPA had not yet filled its general counsel position, and Jodie’s qualifications in environmental issues won her that job (1977-79). She had already met, and “really liked,” Patricia Roberts Harris, who was Secretary of the Department of Housing and Urban Development (HUD) while Jodie was at the EPA. In fact, she’d turned down a job at HUD, feeling herself unqualified on those issues. But in 1979, when Harris became Secretary at HEW, which was soon restructured as the Department of Health and Human Services (HHS), Jodie joined her there as general counsel.

She’s particularly proud of the work they did developing regulations for Title IX of the Civil Rights Act, which prohibited gender discrimination in higher education. Jodie also supervised the legal divisions of the Food and Drug Administration and the Health Care Finance Administration.

After the Carter administration, Jodie returned to private practice. She



developed an interest in the FTC and called her mentor and friend, Bob Wald, who had worked there, for advice. Ralph Nader’s work, she said, had revolutionized this traditionally moribund agency, and the FTC had been rebuilding its mission and hiring experienced lawyers to do so.

Jodie’s tenure as director of the FTC’s Bureau of Consumer Protection lasted from 1995-2001. Among her many accomplishments there was getting the bureau into Internet commerce, privacy and identity theft, and beefing up consumer protection for children, including the impact of media. After the FTC, she returned to private practice and the continued pursuit of her many public-minded interests. Indeed, now in her late 80s, she only fully retired a short time ago. Given her talent and energy, we’re not convinced.

Thanks to **Abigail Wiebenson** for effortlessly hosting the large crowd and also making delicious salad and desert. Thanks also go to **Linda Harsh** and **Ginny Mondale** for their tasty soups and to **Pender McCarter** for bringing the good bread used to sop up every drop.

■ BR

A Banner Year for Membership!

---Abigail Wiebenson, Chair, Membership Committee

Gratitude and **momentum** are the first words that come to mind to describe the surge in membership in 2015. We gained a record 44 new members, with several more in the pipeline. Equally important, our current members have faithfully renewed, also in record numbers. The Village currently boasts 184 members, closing in smartly on our 200-members goal.

Our mini-membership campaign continues through this month. **Mary McIntosh** and **Dan Abele** will host a *Boomer's Get Together* on the 13th. **Carol Galaty** and **Ken Shuck** will host an *Information Dinner* on the 19th. Many, many thanks go to the near 30 current members who have recruited friends and neighbors. Never hesitate to send us names.

We have an added goal for this month: photos of all members in our online Directory. Face recognition helps us all to feel more connected. We already have a good number and want 100 percent! Either post your own mug shot or forward one to **Joanetta Bolden**, our Web Coordinator (web@dupontcirclevillage.net), for posting. Phone photos are perfect. Thank you for making this a priority for January. For more information, contact abigailwiebenson@gmail.com. ■

Make Time for TED Time

---Chris Hoban

December 17 marked our sixth month of Village *TED Time* events, where we show a short *TED Talk*, followed by some lively discussion. The topic was "What are Animals Thinking and Feeling?"

TED Talks are short, interesting videos of 10-20 minutes each, originally focused on Technology, Entertainment and Design; hence TED. Since the inaugural event around 2006, the main TED site now hosts over 2,000 topics, and regional TEDx events cover many more. You can explore the topics on <https://www.ted.com/talks>, or hear about them on the NPR *TED Radio Hour*. Many have been viewed millions of times on YouTube.

It turns out that they can be very good starters for discussion among Village members. So far, topics have included: how a driverless car sees the road; the power of vulnerability; how common threats can make common (political) ground; 200 years that changed the world; let my dataset change your mindset; Asia's rise--how and when; prepare your kids for life, not standardized tests; and the surprising workforce crisis of 2030.



TED Times have been held in the evening and in early and late afternoon. Most have been at members' houses, but one was at the Women's National Democratic Club. The format is usually snacks or dessert to start, followed by 20 minutes of video presentation and 40 minutes of discussion. Attendance has been around 10-15, with many repeat participants, suggesting that those who come along are enjoying it and are ready for more!

A few comments from participants illustrate the enthusiasm:

- "For me, these discussions have been very satisfying: they allow an exchange of ideas at a depth that seldom happens in other events; they are quieter than most events; I appreciate knowing about what drove the TED hosts to pick the talks; they bring out a different mix of Villagers."
- "I have loved the element of surprise inherent in the *TED Times*....It's like overhearing a brilliant conversation, then jumping in to our own talk about what we've just heard. The DCV members are so astute...it's invigorating! Other times it's being wonderfully surprised at the new ideas and techniques that the people are sharing, both the TED speakers and all of us."
- "Some attendees...were not familiar with TED Talks. I was introduced to them about five or six years ago, but I haven't watched very many of them over the years. I watched quite a few in order to make a selection for the DCV *TED Time*, and that was fun for me!"
- "It was easy to prepare and I got some nice feedback afterward."
- "... a lively and useful discussion."

We hope you can come and join us, and welcome more hosts who can pick a *TED Talk* and kick off the discussion. Volunteers who provide snacks are also very much appreciated. Details of coming events are in the Village eBlast. ■

Celeb Salons: 2015 Wrap-Up, 2016 Rollout

---Peg Simpson

The third year of DCV's Celeb Salons was the best ever – and we have so many people to thank for that.

We sold \$19,019 worth of tickets, a total of 253 seats. We recruited stellar guests for our 15 Salons, and nearly every Salon was full.

As in the past, the hosts bore all the expenses for food and drink. That means that every bit of the \$75-per-seat charge went to the Village, with the only out-of-pocket costs going to our spectacular poster designer, Jim Kingsley.

The Salons are kept small by design. The goal is to offer Villagers and their friends an unparalleled opportunity to meet some of the city's most interesting leaders in the arts, media, politics and public affairs in the intimacy of a Villager's home.

This year, the Salons ranged in size from 12 to 30 guests each, partly depend-

ing on the size of the host's home. The hosts decided whether to cook or cater, whether to offer heavy appetizers or a full dinner, to eat buffet style or at a dining room table.

We always encourage Villagers to bring their friends. They did! Some guests signed up for Celeb Salons at the DCV Gala. For the first time, we kept tabs on who bought tickets. We sold more tickets to non-members than to Villagers: 98 non-members and 68 Villagers (although that is somewhat misleading because more than a half dozen Villagers bought four or more Salon tickets).

We recruited five new Salon hosts: **Lois Berlin** and **Larry Stuebing**; **Ann McFarren** and **Bill Roberts**; **Sheila Lopez**; **Susan** and **Bob Meehan**; and **Janet** and **Norman Brown**. We also welcomed returning hosts: **Alaire** and **Lex Rieffel**; **Bev Losch**; **Caroline Mindel**; **Brad Edwards** and **Alan Lopez**; **Jane Pierson** and **John VerSteeg**; **Iris** and **Irv Molotsky**; and the trio of **Carol**

Galaty, **Ken Shuck** and **Abigail Wiebenson**, who hosted two Salons, as did I.

Due to an accident, Celeb Salon co-chair **Georgette Sobel** was unable to continue working, but her able executive assistant, Tawana Warren, continued to update the Salon spreadsheet, as she had done in previous years.

We're now planning 2016 Celeb Salons and would welcome suggestions for fabulous guests – especially if you can help line them up. If you would like to host a Salon, let us know. And if you'd like to volunteer to help make the 2016 Salons a reality, please contact me!
(pegsimpson38@gmail.com)

Celeb Salon Committee
Co-chairs: Peg Simpson, Jane Pierson and Georgette Sobel.
Andrés Doernberg, Lindsey Holaday, Jane Cave, Helene Scher, Kathleen Cardille. ■

Tech Tuesday Debuts

---Chris Hoban

Eleven Villagers joined the first Tech Tuesday discussion on December 15th at *La Tomate Caffe* in Dupont Circle. Seated in a balcony dining area, the group talked over coffee and snacks about various tech issues of interest to those around the table. Participants do not claim any special expertise in technology but, rather, a desire to know more and get the best out of what we have. Here are a few highlights:

Devices. Many participants had iPhones (5s and 6s), iPads and Macs, with smaller numbers of Windows PCs, Kindles, iPods, Android phones and Fitbits. The devices had varying versions and capabilities, including a few of the latest phones. The group touched briefly on the value of large phones for reading and for those with limited vision. A few participants make regular use of Siri or Google voice, especially for writing emails and messages.

Cable and internet service, smart TVs, content streaming services.

Are we getting value for our money? Who is happy with their internet speed? Who uses Netflix, Roku, or Apple TV? Who has tried "cutting the cable" and getting their TV content only from streaming sources? What about news and sports? Future topics may include privacy, storing photos and global roaming.

Tech training and assistance. The group discussed using an annual subscription to Apple Store "open training," as well as good experiences with on-line tech help searches. Volunteer tech assistance is outside the scope of this group, but some participants will help with tech requests through the Volunteer Coordinator, Mike Gould.

The next meeting will be Wednesday, January 20, at 11:00 am at La Tomate Caffe. Seating is limited to 12 people, so sign up early. The main topic will be cable and internet service, smart TVs and content streaming services. **Chris Hoban (hoban.chris@gmail.com)** volunteered to be the contact person for the group. **Ann von der Lippe** will manage an email Google group for sharing information related to the group. ■

Out & About with DCV

Thanksgiving. Village member **Caroline Mindel** invited Villagers “at loose ends” to celebrate Thanksgiving with her and her friends and neighbors. It was a delightful party, and yet another example of why it’s so good to belong to the Village.



Information Dinner. The latest Information Dinner for prospective members was held at **Abigail Wiebenson’s** home December 17. It was a festive occasion that marked a banner year for DCV’s membership goal.



Stories in Stone. **Massimo Righini** treated several Villagers to a lively discussion about his work, his carving techniques and the myths that serve as inspiration for his sculptures and poetic musings, at L’Enfant Galerie in Georgetown. ■ SL

Shape Up with Senior Yoga

Stay fit, relax and have fun by joining the DCV-sponsored Senior Yoga class at the DC Jewish Community Center (DCJCC), 1529 16th St., NW (corner of Q St.). This class is not the “pretzel” type of yoga. Rather, it is designed to meet seniors’ needs for balancing, stretching and keeping young.

There are generally 10 or more Village members in the class, as well as a limited number of DCJCC members who attend free as part of their membership in exchange for the DCJCC giving the Village free use of the space. Space in the room is limited; however, you are welcome to come and try out one class free of charge. We hope you will consider joining on a permanent basis.

Sessions are scheduled for January 7, 14, 21, 28 and February 4, 11, 18 and 25.

The cost of the eight-class session is \$80. Drop-ins for single classes are \$15 per class, payable at the door. To pay for the whole session, please sign up by January 7. Show your credit card to Andre Dixon on the 4th floor of the DCJCC, or send a check, payable to the DCJCC, to John and Debby Taylor at 1837 Corcoran Street, NW, Washington, DC 20009. For more information, call John or Debby at 202/667-9371.

Little-Known Gems

El Tamarindo

If you are looking for a fun, family-friendly restaurant to dine with kids or grandkids, or if you are simply in the mood for a good Salvadoran/Mexican meal, **El Tamarindo** fits the bill. Owners and restaurateurs Betty and José Reyes have been filling these needs in our community since they opened at the corner of Florida Avenue and 18th Street in 1982.



Betty came to the U.S. in 1973 with the intent of making money and quickly returning to her native El Salvador. She was 19 years old. But, as often happens with the best-laid plans, life has a way of getting in the way. After marrying and having children, she decided to stay here because her children would have far more opportunity for a better life in the U.S.

The restaurant business did not come easy. When she first came here, Betty took a job as an elevator operator, and José worked at a Mexican restaurant in town. He later opened a billiards parlor at the corner of 18th and Florida. Betty thought the billiards customers would enjoy something to munch on while they played, and she brought in donuts, hot chocolate and tamales that she made at home.

This venture inspired Betty and José to set off on a new journey. When the pawn shop next door to the billiards parlor became available, they decided to turn it into a small Salvadoran/Mexican restaurant. They wanted their initial menu to include pupusas, a specialty from El Salvador, among other Latin American dishes. The fact that they had no idea how to make pupusas did not faze them one iota.

Betty and José bought a tortilla machine and started cooking. But Betty's self-devised pupusa-making method was extremely labor intensive and could not produce enough to satisfy her customers in a timely fashion. Fortunately, a friend taught them how to make pupusas quickly and efficiently. Today, 34 years of hard work later, **El Tamarindo** serves a complete menu of delectable Salvadoran and Mexican dishes in a cozy, comfortable setting.

Whether pupusas or tamales, or a more exotic specialty, such as Pollo en Mole or Carne Asado, you are in for a treat when you dine at **El Tamarindo**. And if you happen to be there on a balmy December evening, as I was recently, you can enjoy a cocktail in the outdoor café. While many similar restaurants in our city have come and gone over the years, **El Tamarindo** is still going strong! And it has a small parking lot at the side of the building.

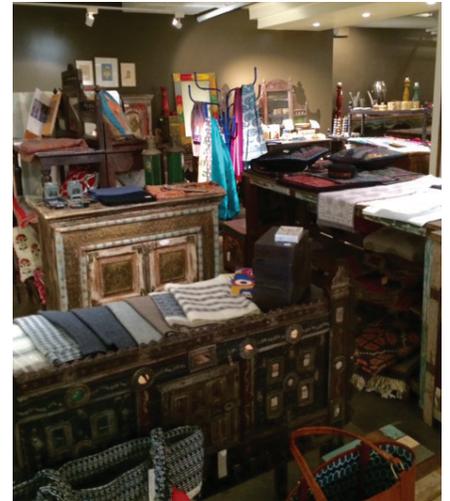
Daughter Ana now manages the restaurant under the watchful eyes of Betty and José. Although semi-retired from the restaurant business, Betty continues to participate in civic affairs in the community, and José pursues his sideline as a musician.

1785 Florida Avenue, NW,
202/328-6562
www.eltamarindodc.com
catering@eltamarindodc.com ■ SL

Pansaari

Pansaari is not easy to find, but once you do, you'll never forget it. Go down the stairs at the northeast corner of Q and 17th Streets, and prepare to awaken all your senses in this beautiful, spacious and soothing Indian café and market, featuring fresh spices, locally sourced groceries and gorgeous house wares, clothing and home décor.

Pansaari's gracious proprietor, Rano Singh, was born and raised in Jaipur, India, and came to Washington 31 years ago. She married, raised children and worked as a pediatric physical therapist here, but also maintained her strong family and communal ties to Jaipur, including frequent trips.



During a recent stay, Rano explained, she thought "maybe it is time to bring to DC what I embraced as best while growing up in Jaipur: the fresh produce cultivated with love, in harmony with the environment; the unique link between the soil and the people; food cooked to be shared, while gathering as a part of a larger community." In 2014, that thought resulted in the opening of Pansaari.

Sit at the lovely bar and restore yourself with hot or cold drinks and small healthy meals. Or dine at a table or comfortable lounge area during lunch or dinner or weekend brunches. Don't have time? Order your food for takeout. All of these options will reward you with the delicious, nutritious and natural fare **Pansaari** promotes. The same is true of the spice and grocery market. And don't forget to satisfy your visual and tactile senses among the hand-crafted Indian goods on sale.

Pansaari also holds cooking demonstration/tasting classes on a regular basis (check the website for the schedule). Think that preparing Indian food is a complicated task best left to natives or chefs? **Pansaari's** approach will turn you around. Or leave the cooking to Rano and crew. Pansaari also caters and makes its space available for parties.

1603 17th St., NW (corner of Q St., below street level). 202-847-0115
www.pansaari.com ■ BR



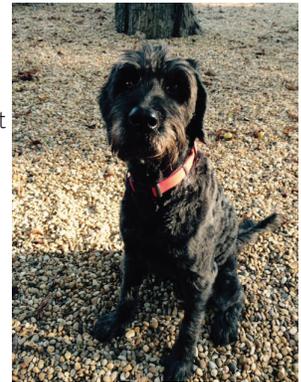
Where Are They Now?

Iris and Irv Molotsky are back at their Paris apartment. Iris writes that, "Having our ritual first night dinner at *Les Philosophes*, the bistro at the corner of our street, is always the highlight of our trips." So is the food. Irv reports that he had the "cuisse de canard, which is the roasted leg and thigh of a confit of duck, and Iris had salmon."



increasing deafness and cataracts in both eyes. "One day last year, when we were in France," Gillian reports, "Brigitte didn't want her harness on, and thereby told me she needed to retire."

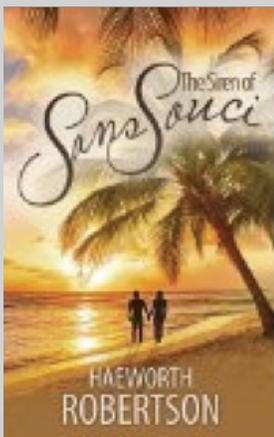
Brigitte is so beloved that 23 people wanted to adopt her. The Mayles won out, Gillian explained, because they don't travel, and Brigitte is accustomed to someone being around all the time; their dogs had recently died, and they had a keen interest in service dogs; and their home afforded Brigitte with the freedom to run, swim and cavort in her senior years. And with the arrival of another former service-dog adoptee at the Mayles's home, Brigitte now has a boyfriend! Gillian looks forward to visiting Provence again to check him out, as well as her newly chic, cherished Brigitte. ■ BR



Brigitte, Gillian Lindt's extraordinary service dog, has retired. And what a retirement it is: to the south of France, "freely running on acres of lavender fields and pine-tree woods" surrounding the home of Jenny and Peter Mayles, he of *A Year in Provence* fame.

Gillian has had Brigitte, a standard Labradoodle, for 10 of her 11 years—77 in dog years. Service dogs are usually retired between age seven to nine, but Brigitte soldiered on, despite

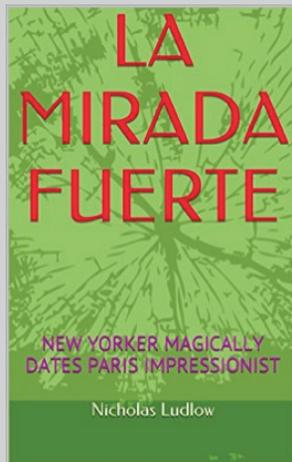
Author! Actor!



Haeworth Robertson writes that, "I have just published a revised, expanded (by 58%) edition of *The Siren of Sans Souci* [Venture Books, available on Amazon]. It is a sequel to [my book] *The Silver Pendant*, and relates the continuing adventures of Alan Jameson, a young actuary, when he encounters

Venezuelan siren Graciela Bonasera. It's a tale of ill-fated love, premeditated murders, misbegotten fortune, and personal transformation."

December also brought a new book by **Nicholas Ludlow**. *La Mirada Fuerte*, published on Kindle, "has already rated four out of five in Kindle's ratings," Nick writes us. The story involves a trip by Ma and her daughter Euli from Elmhurst, Queens, to Manhattan's Metropolitan Museum of Art and Museum of Modern Art via Paris and Barcelona, with flights of fancy throughout.



Village thespian **Brian Doyle** starred in the Keegan Theatre's seasonal production of *How to Catch a Leprechaun*. ■



Abigail Wiebenson, who provided the recipe, notes that this is great for a main course and can be easily reheated for leftovers.

Abigail's Fabulous Frittata (serves 4-6)

- 5-6 eggs
- 3 TB milk
- 2 TB olive oil
- 2 TB butter
- 1 medium potato (diced in small pieces)
- 1 package diced pancetta (available at Trader Joe's), or any other combination of cooked, diced meat, cherry tomatoes, diced goat cheese, sliced mushrooms
- Chives or any other herbs
- Salt and pepper to taste

Heat oven to 400 degrees. Heat olive oil on stove in large cast iron skillet or any pan that can go into the oven. Add the potato pieces.



When slightly browned (about 5 minutes), add the pancetta and stir mixture until all is evenly browned. Remove from pan and set aside.

Add butter to pan and heat. Beat eggs, milk, salt and pepper, and pour into the pan. As the egg mixture begins to set, spread the potato/pancetta mixture over the top. Sprinkle with chives, and place in the oven for 8-10 minutes or until the eggs are set. ■



---Judy Silberman,
Yoga Master

As the weather gets steadily colder, back pain often is a result. The following are non-medical suggestions that might help you: 1) Stretching in a class like yoga helps increase the body's production of a protein called neurotrophic factor, which helps damaged nerves. 2) Exposure to the sun or a light box for a half hour three times a week influences two hormones, serotonin and melatonin, which regulate pain management. 3) Massaging the outer ears for three minutes three times a day can also reduce pain levels by stimulating trigger points there.

Hope these help. I wish you all a happy, healthy 2016! *Namaste.* ■

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.



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