



"Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language."

—Henry James

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New Members

DCV warmly welcomes its newest members:

Sarah and Ed Burger
Charletta Cowling
Caroline and Robert Harlow
Aram Kailian
Nancy LaVerda
Elaine Reuben

President's Letter

---Lois Berlin

Hot time, summer in the city and, yes, the back of my neck often feels dirty and gritty! Summer is a time of travel for many and time off for some. The DCV Board of Directors is going to take July and August off and resume meeting in September. Our last meeting of the summer focused on a number of issues important to our organization, including approval of a partnership with IONA Senior Services (iona.org), which supports seniors in a number of ways. Our agreement allows our members to access Iona's educational and support services at a discounted rate without obligating us to access its services.

The Board also supported a project that will install a "snapshot" of DCV in the windows of the Rite Aid on Florida Avenue. This project was the brainchild of the Public Outreach Committee under the leadership of **Marty Davis** and **Lindsey Holaday**, and the Membership Committee under the leadership of **Abigail Wiebenson**. With the help of our Executive Director, **Eva Lucero**, they and John Kiser (a professional window designer and a good friend of DCV) developed a wonderful display concept that will highlight the many and varied elements of our organization. Keep an eye out for the display to appear later this summer.

One of the aspects of Village life that the windows on Florida Avenue will cover is volunteerism. **Mike Gould** has done a stellar job of reorganizing and re-energizing our volunteer program. When anyone asks for assistance or about becoming a volunteer, Mike's response is quick and reliable.

Of course, mobilizing volunteers means that we need a reason to mobilize them. Please don't hesitate to ask when you face a technology wrinkle, need a ride somewhere or would like a picture hung or a loose hinge tightened. There are volunteers standing at the ready to assist you. To paraphrase one of my favorite presidents, "Ask what our Village can do

for you and what you can do for the Village."

In previous Newsletters, you read about our efforts to get funding from the City to help support our work. In partnership with our friends at Foggy Bottom/ West End Village and Georgetown Village, we testified a number of times before Council Member Anita Bonds and the DC Committee on Aging.

I am more than happy to report that the City's 2016-2017 budget includes a \$250,000 line-item for the 11 villages in Washington, DC. The money will be distributed through grants submitted by each Village, so the Board is considering which initiatives we will ask the City to support. Initial ideas include support for our M+ membership initiative (soon to be renamed), training for our volunteers and the services of a social worker as needed. We are grateful to the City and the DC Office on Aging for recognizing the value of the Villages in our City and hope to make funding in the City's budget an ongoing occurrence.

The tragic events in Orlando on June 12 touched a nerve in every one of us. Larry and I joined the vigil at Dupont Circle and listened to the expressions of inclusivity, tolerance and caring, as well as the deep sadness over yet another senseless violent act that affected so many. Similar vigils occurred across our nation, and it occurred to me that coming together in times of tragedy is not enough. That is why our Village is so important to me; we come together to support each other in times of need, as well as times of celebration, and our reach is inclusive. Let us keep that spirit of community strong and vibrant. ■





MONTHLY Calendar

Live and Learn: Continuing Care Decisions

Monday, June 27, 3:30 – 5:00 pm

St. Thomas Church, 1772 Church Street, NW

Howard Gleckman, senior fellow at the Urban Institute, will outline living choices as we age. Free for Village members; \$10 for others. Facility is wheelchair accessible. RSVP to Linda Harsh at 202/234-2567 or lindajkh@mac.com.

TED Time

Tuesday, June 28, 6:00-8:00 pm

2013 N Street, NW

(home of Marilyn Newton)

The topic is *Living Beyond Limits*. Paralympic snowboarder and *Dancing with the Stars* finalist Amy Purdy tells how losing her legs at age 19 enabled her to achieve more than she ever dreamed. Evening includes light snacks and lively DCV discussion. RSVP to Lucy Cooney at lucy1030@starpower.net, and let her know if you can provide a snack.

Dining in Adams Morgan: Red, White and Basil

Thursday, July 14, 5:00 – 7:00 pm

1781 Florida Ave., NW.

This intimate space gets good reviews for its food and service. It offers a three-course menu of salad, pasta and cannoli for dessert. It has a lovely patio for dining al fresco, weather permitting. Handicapped accessible. RSVP to Lucy Cooney at Lucy 1030@starpower.net.

Congressional Cemetery

Friday, September 16, 11:00 am

1801 E Street, SE

Take a private walking tour of historic Congressional Cemetery on Capitol Hill, and learn the amazing stories of scores of noteworthy citizens who left their mark on the city and the nation. The terrain is uneven, so wear comfortable walking shoes and clothing. More details to follow. RSVP to Sheila Lopez at sheilablopez@gmail.com. ■

Stretch /streCH/

to go beyond, or almost beyond, the usual limit of something

--Eva M. Lucero, Executive Director

Yes, it's that time of year, graduation season! While I didn't have to don a cap and gown on a hot afternoon and listen to someone dispense timeless wisdom and advice, I have been fortunate to witness wisdom, inspiration and kindness first hand.

Since taking the helm of DCV in October, I have learned a tremendous amount from all of you. More even than learning, I've received an amazing amount of inspiration. Each day I see how you embrace community, show commitment and care for each other; how you practice self-care through mental and physical exercise and activities that enrich your spirit and those around you. Our care circles for some of our members are a perfect example. It strikes me that all of these elements are the basis for a good commencement speech.

In that spirit, I wanted to share excerpts from a short one delivered by Seth Waxman, former Solicitor General of the United States (1997-2001), who reminds us that no matter what age or circumstance, it's never too late to magnify your life by simply *stretching*.

Stretch

Utter the word "plastics" to just about anyone my age, and you'll evoke an iconic scene in *The Graduate*, the 1967 film classic about the existential bewilderment of a college student catapulted with his degree into the real world.

Fresh home from an East-Coast liberal arts education, Ben Braddock (played by Dustin Hoffman in his first starring role) is feted at a cocktail party hosted by his parents. Young Ben plainly has no idea what he's going to do with his life, much less how to order his values. And so a family friend, Mr. McGuire, takes him aside to set him straight:

Mr. McGuire: I just want to say one word

to you -- just one word.

Ben: Yes, sir....

Mr. McGuire: 'Plastics.'

Ben: Exactly how do you mean?

Mr. McGuire: There's a great future in plastics. Think about it. Will you think about it?

Ben: Yes, I will....

For my generation, that exchange showcased the materialism and conformity against which many of us rebelled. It also epitomized the absurd hubris of a self-satisfied elder dispensing "advice" about life in a single word. Fear of becoming Mr. McGuire has informed every graduation speech I've ever written.

Now I'm going to take that risk. A few years ago, upon his own Harvard graduation, my son asked me, mischievously, for the key to a fulfilled life. "Stretch," I jokingly replied—referring to my middle-aged appreciation for the importance of keeping one's physical body in working order.

Much to my surprise, I've recalled over and over again that lighthearted exchange. The word "stretch" now occupies a prominent place in my mind, as "plastics" did so long ago. But this word, I think, is no joke. So I'll take on the mantle of Mr. McGuire.

Of course, you should take time to stretch your body.... But I also mean "stretch" in almost every other sense of the word.

Continue to stretch your mind....

[D]on't assume that the "real world" will naturally challenge you in this way. It doesn't at all....

Resolve to stretch your heart.... We know that love, empathy, and spiritual growth are important, but too often we assume that these things will develop on their own. Too often they don't....

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Helping Our Members Most in Need

---Mike Gould, Volunteers Chair and Coordinator

There are an increasing number of members with a multiplicity of serious problems who, with passing time, no longer have the financial resources to meet their medical and other needs. The number of such people in the Village can only grow, given our aging population. Our Village is now in the process of building the institutions and processes we require to respond to these needs in a supportive and professional manner:

Care Groups: The Village has identified seven people in serious need of help and formed seven care groups designed to provide intensive support for these people. Each of these groups is led by a "point person," who monitors closely the status of the member client and coordinates a support group of volunteers.

These groups have developed fairly spontaneously, with various internal and reporting practices. The Volunteer Committee will meet with our point people on June 20 to develop care-group guidelines to cover such things as: common practices for obtaining outside institutional support for professional evaluations of clients; identifying training requirements for point persons and group volunteers; creating processes for coordinating volunteers; and establishing reporting requirements to enable us to keep better track of the status of our frailest members.

Outside Institutional Support: A few of our care clients have immediate and critical needs beyond the ability of the Village to fulfill. These complex cases sometimes require a care manager to undertake basic client evaluations and to advise on medical and other options.

Our Executive Director and I have been in touch with the most important of the outside care organizations. Under the DC government's system of "licensed monopoly," the care organization assigned to Ward 1 is Terrific Inc., which theoretically will provide free services to low-income residents. Unfortunately, our experience with this organization has not been good as they have been very slow to respond to our requests for information and help. Seabury and Iona are reputed to be very competent, but can only provide service for a fee to most of the DCV area.

We would like to form closer relations with these organizations and, as a first step in that direction, have decided to sign a partnership agreement with Iona. These agreements do not commit DCV to anything, but set out the basic framework of a relationship and should increase our access to the organizations when we need help. We will also look into the possibility of signing a similar agreement with Terrific Inc. and of developing a relationship with the DC Aging and Disability Resource Center (ARDC), which provides evaluation and referral services but is reputed to be a fairly weak organization with very long wait times.

Funding for Care Support: It is clear that we need funding to bring in outside institutional care support for frail member clients, as is currently being done by NW Neighbors and Capital Hill Village. Our major priority at this point would be to engage professional care managers from one of the care organizations mentioned above or to enter into a contingency care contract with a known professional care manager to do evaluations for our more difficult cases and to help line up additional services as needed.

To provide the initial funds to support this effort, the DCV Board has approved the formation of a pilot fund of up to \$1,000 to finance care managers to do evaluations for member clients with the most critical needs. There are already existing pledges to cover most of the amount needed for this initiative.

Building the Volunteer Corps: As part of our effort to personalize and professionalize our volunteer corps, we held a Volunteer Celebration Party on June 22.

Six DCV volunteers attended the "Care Training Course," kindly offered to us by Bob McDonald, Executive Director of the Foggy Bottom Village. Our participants all believed that the course was extremely useful in covering a number of important topics, including listening skills, establishing effective relations with client members, confidentiality, organizational management and burn out. We plan to offer a similar course to our volunteers in the fall, which is critically important given the emerging number of our own care groups designed to support some of our frailest members. ■

volunteer@dupontcirclevillage.net

Executive Director, continued from page 2

Finally, make sure to stretch out your hands. You are graduating into a world of tremendous injustice and yawning inequality... [Y]ou owe it to others to use your advantages to help make the world fairer and more tolerable. And...you owe it to yourselves.... You will do yourselves a world of good if you devote real time to helping others less fortunate.

.... Use your talents, your values, and the love you have and need—to stretch.

Harvard Crimson, May 26, 2016 ■

Consumer Empowerment: Utilities

Live and Learn, May 23, 2016

"Did you know that, depending on your income, utilities can account for as much as 25 to 30 percent of your household budget if you don't choose right and use them wisely?"

With this kick-off to her enlightening presentation, Jean Gross-Bethel, Consumer Outreach Specialist for the Office of the People's Counsel (OPC), proceeded to explain the rights and responsibilities of consumers and utility companies, how consumers can maximize energy efficiency and minimize costs, and how OPC can help by advocating for consumers and protecting their rights.

Ms. Bethel stressed that, "OPC is the public advocate for residential consumers of natural gas, electricity and telecommunication services. OPC represents ratepayers' interests before the Public Service Commission (PSC), other utility regulatory bodies and the courts. It conducts consumer education and outreach programs and represents individual consumers with complaints related to their utility services and billing."

Ms. Bethel shared some provisions of the "Consumer Bill of Rights," which was enacted by PSC and outlines the rights and responsibilities of consumers and utilities, including those related to monthly billing, meter reading and payments. A main reason for interruption of service is inability to pay monthly bills, but there are various programs available to assist with payment. These are administered by government agencies, non-profits, social service agencies and utility companies themselves. Some programs are income based; others are financial management tools, including:

Average Bill Payment. This program allows consumers to avoid seasonal peaks. Each monthly bill is an average based on usage over the previous 12-month period.

Third Party Notification. In certain circumstances, a third party can receive your

bill and arrange for payment. The third party is not responsible, but can speak on your behalf.

Time Payment Arrangement. A particularly large bill can be paid over a three- to twenty-four-month period without accruing late charges.

Extended Payment Date Plan: Billing due dates can be adjusted for residential customers whose main source of household income is from government or other programs for low-income residents, thereby eliminating late fees.

Pepco My Account: This web-based application helps residential customers monitor their usage and provides energy efficient tips to reduce energy consumption.

Finally, Ms. Bethel shared that consumers can choose to purchase electricity and natural gas from companies other than Pepco or Washington Gas. These companies are known as Third Party Energy Suppliers (TPS). While OPC supports competition, it believes consumers must be educated to make informed decisions about TPSs. But consumers need not select an alternative. Pepco and Washington Gas will continue to serve them unless consumers specifically elect not to use them. TPSs sometimes hire contractors who employ "hard sell" techniques. OPC can help consumers understand their options, as well as the pros and cons of TPSs. The OPC website <http://www.opc-dc.gov/> has a calculator to help compare Pepco electricity bills with competitors.' If you have complaints about a TPS, contact OPC; it can intervene on your behalf.

Denise Blackson, Energy Efficiency Outreach Intern with OPC, presented a number of measures to save energy and money.

Home Energy Audit. A professional auditor comes to your home to provide an assessment of energy deficiencies and their solutions. The audit takes roughly three to four hours and costs about \$400, but you can receive a rebate of \$250 from DC Sustainable Energy Utility for any air sealing and installation upgrades recommended in the audit report. Call 311, or sign up at info@DCSEU.com.



Left: Jean Gross-Bethel, Right: Denise Blackson

Use Light Emitting Diodes (LEDs) or Compact Fluorescent Light Bulbs (CFLs). They use less energy than incandescent bulbs.

Unplug Small Appliances. Unused small appliances, such as toasters, juicers, microwaves and cell phone chargers, that remain plugged-in account for 10-15 percent of the "vampire" (wasted) energy usage in your electric bill.

Use Power Strips with a "Shut-on and Shut-off" Button to Turn Off Power to TVs and Other Equipment When Not in Use.

Also, use only the cold cycle for washing machines. The detergent determines how clean your clothes get, not water temperature. Keep the rubber insulation around refrigerator doors clean, and clean refrigerator vents (bottom on newer models, back on older ones).

As an added bonus, OPC invited **Transport DC** to address the group. Transport DC provides taxicab transportation to and from anywhere in the District for registered MetroAccess customers. Rides can be booked by calling 1-844-322-7732 up to one hour in advance. Wheelchair accessible vehicles are available. The fee is \$5 for each one-way ride with up to two companions. However, there can only be one-stop pick-ups and drop-offs and no multiple stops. More information on MetroAccess is available at www.wmata.com.

For additional information on the services OPC provides, see www.opc-dc.gov or call (202)727-3071. OPC is located at 1133 15th Street N.W., Suite 500, Washington, DC. No appointments are necessary. ■ SL

Mark Bergel: “Because Each of Us Has the Ability to End Poverty”

Soup Salon, May 15

Dr. Mark Bergel was teaching sociology at American University and wanted his class to do volunteer work. “Look into the eyes of people in poverty. You will realize they’re no different from you, except for being born into poverty.”

Bergel volunteered, too, by bringing food to the poor, and saw that not only did they not have food, most had no furniture, not even a bed. “It’s so important to have a bed! How do you get ready for work, for school?” It was an epiphany that in 2001 inspired Bergel to found A Wider Circle.



Beginning formally in 2002 by furnishing apartments for poor people, using word of mouth and the help of a cadre of high-school volunteers, the organization now distributes about four million pounds of furniture and also provides workforce readiness training and wrap-around support services with a professional staff of 45 fielding more than 500 calls for help daily. The organization has become a regional and national model, and Bergel, its president, has been frequently featured in the media and named a Washingtonian of the Year.

If there was any central message that Villagers at the May 15th Soup Salon came away with from Bergel, it was about the importance of dignity and human connection – and about how this is conspicuously absent in the way we treat poor people. A Wider Circle, for example, insists that donations be in “dignity condition.” Clients are not just given things; they make an appointment to come to the inviting warehouse to work with

staff in selecting the household items they want, just as more advantaged people would in a store.

Similarly, the workforce readiness training site includes an area with donated clothes in dignity condition. The clients – including immigrants, victims of human trafficking and ex-convicts – are provided with personal shoppers and encouraged to get as many outfits as they want, all in the service of building up dignity and confidence. It’s by being treated like regular human beings that the poor and dispossessed can begin to participate in regular life, Bergel frequently observed.

Bergel’s dissatisfaction with the prevailing models of addressing poverty is evident in all of A Wider Circle’s programs. Rather than the typical weekly workshop, A Wider Circle has boot-camp-style workforce readiness training: 40 hours a week. And although participants have little or no work background to put on a résumé, they are trained to do them anyway, fashioning up their experience in a salable way, because résumés are the currency of the work world – and because having one inspires self-confidence and dignity.

The organization’s newest program is Wrap-Around Support. This consists of matching a low-income family with three, more advantaged families who serve as supports for budgeting, accessing services, networking and other needs that may arise. The partner families are first brought together to uncover and break down stereotypes about poverty and affluence. “And then they get down to brass tacks,” Bergel said. “Help.” The model is now being extended to whole neighborhoods, starting with Barry Farms, a public housing complex in a redeveloping DC area.

A Wider Circle, which is located in Silver Spring, MD, serves the metropolitan DC area and has 41 percent of its clients coming from DC. But clients also come from as far as Baltimore. “We don’t say no to anybody,” laughed Bergel.

Almost no one seems to say no to him, either. As Bergel told stories about developing the organization, including getting deals on renting and then buying warehouse and program space, it became clear that alongside his gentle demeanor and humanity is a clear-eyed pragmatism and determination. Just like A Wider Circle.

Thanks to **Chris** and **Tricia Hoban** for hosting and to **Alice Day**, **Linda Harsh** and **Lindsey Holaday** for their delicious soups, Joan Ludlow for the tasty bread and Tricia and Lindsey for sinful desserts. ■ BR

For further information on the organization, including how to donate goods, time and money, go to www.awidercircle.org.

How Safe and Accessible is Your Home?

Live and Learn, April 25, 2016

Certified aging-in place specialist (CAPS) Stephen R. Hage provided a houseful of information and techniques for making your home safe and accessible for all ages. Individual needs vary and change. The key, he stressed, is periodically rethinking what you need and the way you do things. And while being aware of your surroundings seems obvious, the fact is that we all have a way of not really seeing familiar environments.

Take inventory, Hage, urged. Watch for tripping hazards, like throw rugs, clutter, poor lighting or floor boards, steps and thresholds that are in bad repair. Be honest with yourself. Are your faucets, door/cabinet handles, tub/shower easy to use? Has getting on and off the toilet become hard for you? Do you have to go into contortions to reach objects on shelves? Are you being penny wise but pound foolish in failing to install railings on both sides of stairs?

All these problems, and others, can be solved, and a consultation with a CAPS can point to the most effective and cost-efficient ways to do so. Doing so – and also finding out about the array of assistive gadgets available – can make a world of difference in being able to live independently, safely.

Not surprisingly, the Villagers in attendance peppered Hage with questions. Here's some of the free advice they got:



- Don't put throw rugs on rugs or even on carpets. And use sticky pads, cut all the way to the edge, for any rug or carpet that slides.
- Wear shoes or socks or slippers with rubber grips on the sole when walking on wood floors.
- Resist the temptation to get a walk-in tub, which is frequently advertised. Its only ergonomic feature is the seat. Plus, despite advertised "deals," costs escalate fast. The "deal," for example, doesn't include the cost of removing the existing tub!
- If you're prone to dizziness, wash your hair in the sink with a hose rather than in the shower.
- Chair lifts, which can be very useful, start at about \$3500 for a straight lift. If there are curves, bends and other custom work involved, they can cost up to \$13,000 and more.
- Poles, which do not necessarily require drilling a hole in the floor and ceiling, can be great for helping you to get into a tub/shower and for other purposes. (And, as **Joan Ludlow** quipped, "you can become a pole dancer in the process!")

In addition to spreading the word about safety and accessibility as we age in place, Hage provides personal consultations and contracting services. His contact information is below. ■ BR

Steve.strategies@gmail.com
strategiesforindependentliving.com
301-585-5738

Celeb Salons



Susan Goldberg



Kate and Jim Lehrer, left



Elizabeth Bumiller, 2nd from left



Ari Roth



Robert McCartney



Holly Twyford



Schroeder Stripling, middle



Henry Aaron, 2nd from right

Out & About

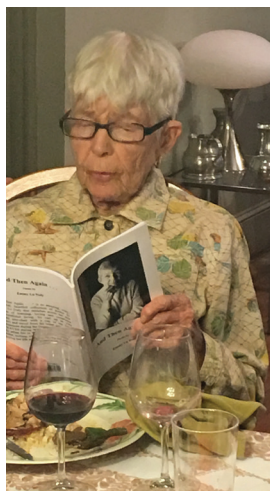
Textile Museum. On April 29, Villagers were treated to a docent-led tour of the Textile Museum's recent exhibit, *Stories of Migration: Contemporary Artists Interpret Diaspora*. Telling stories of historic events that have scattered communities across continents, the exhibit included art quilts, 3-D works, large installations and video.



Dining in Dupont. *Texas de Brazil* restaurant was the setting on May 7 for lunch Brazilian style, where Villagers tasted sumptuous grilled meats sliced directly from the barbecue spit onto their plates. No menu decisions were necessary – diners could choose from among the selections or sample all of them.



Sycamore Island. On May 13, **Abigail Wiebenson** hosted a peaceful afternoon away from it all at the Potomac River retreat of Sycamore Island. Villagers enjoyed a picnic in this pastoral natural setting just a few minutes away from Dupont Circle.



New Member Dinner. Abigail hosted the traditional dinner for new members on June 14. **Emmy Lu Daly** (see New Member Profile) entertained diners with passages from her collection of poems, *And Then Again*, which stretches across her nine decades of learning, loving and sometimes unconventional living.

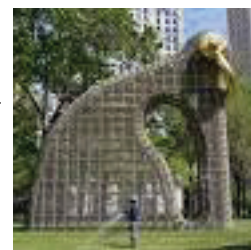


DCV Spring General Meeting. Our growing membership resulted in a large turnout to the Chastleton on May 19 for DCV's Annual Spring Meeting and Potluck Dinner. (photo above right)



DCV at the Theater. Villagers gathered May 23 for an evening at the Arena Stage theater. The play, about LBJ, was *All the Way*, followed by an unexpected Q & A with its Pulitzer Prize-winning playwright Robert Schenkkan.

Martin Puryear: Multiple Dimensions. DCV Villager and docent **Mary Braden** led a private tour of this retrospective exhibition of Puryear's work at the American Art Museum on June 15. The show featured prints, drawings, and maquettes for his major outdoor public sculptures, including *Big Bling*, installed in Madison Square Park in New York City.



Dining in Dupont. On June 16, Villagers gathered again for lunch at *Duke's Grocery*, a neighborhood eatery that is a taste of East London in East Dupont. *Duke's* is rated by Zagat as one of its favorites in Dupont Circle. ■ SL



Out & About at Hillwood: Power Women

---Joan Treichel

On a spectacularly beautiful May day – in sharp contrast to an otherwise cold, wet, and dreary spring – a small band of Villagers made their way to Hillwood, the estate of heiress Marjorie Merriweather Post in Northwest D.C.

The Hillwood mansion is chock full of treasures from 18th century Russia and France – say, Faberge imperial Easter eggs that Russia's last czar, Nicholas II, had given to his mother; wood paneling and a mantel taken from Parisian homes during the era of the French king Louis XVI; and a chair where the king's wife, Marie Antoinette, sat to have her extravagant hairdo done.

Although Hillwood could be visited simply to view and savor these priceless items, a larger theme emerged during our tour: Hillwood owes its existence to three power women.

One of these was the Russian czarina Catherine the Great, of whom a large portrait hangs in the mansion's entrance hall. It is, as the tour guide put it, of Catherine in her "power dress." Catherine's 34-year reign was rife with scandals. For instance, she helped overthrow her husband as czar, and soon after, he was murdered by her lover's

brother.

However, she was also one of the most astute rulers in Russia's long, turbulent history. Her reign was marked by vast territorial expansion. She wrote numerous pamphlets and books designed to improve Russia's educational system. She created one of the world's most impressive art collections in St. Petersburg's Winter Palace (now home to the Hermitage Museum).

The second power woman was Madame de Pompadour, the mistress of the French king Louis XV. She took charge of the king's schedule and was a valuable aide and advisor. She supported ministers who introduced fiscal and economic reforms that made France the richest nation in the world. She was responsible for the manufacture of Sevres porcelain, which became one of the most famous porcelain makers in Europe. Samples of Sevres porcelain harking back to her era can be seen in the Hillwood mansion.

And the third power woman was Post herself – an art collector; a society grande dame; on the board of her family's business, the General Foods Corporation; and manager of three different estates – one of which was Hillwood. Her greatest legacy is probably Hillwood. She bought it in 1955 and renovated it, with the aim of not just living there until her death, but bequeathing it to the public afterward.

New Member Profile Emmy Lu Daly

Emmy Lu Daly is a lively and engaged woman, now well into her 90's, who has lived a colorful life since her birth and childhood in Stillwater, MN.

Her work as a riveter in WWII enabled her to take advantage of the GI Bill to get a degree in English Literature. She is also a trained actor, singer and dancer who lived in NYC for a number of years, working both in professional dance and music groups while also a legal secretary.

Along the way, she married and raised two children. After moving to DC, she worked for a decade at L'Arche, which maintains residences for mentally challenged adults. She also created a one-woman show, *The Golden Miss Em*, and performed in retirement and nursing homes for several years. Then, she turned to poetry and has published a book of her works entitled, *And Then Again*.

She lives with her ginger cat, Clementine, who politely tolerates her occasional outbursts of song.

DCV Paints Call Boxes



Our Dupont Circle call boxes look bright and shiny after Village volunteers worked with Dupont Circle Conservancy members this summer to repaint them. Thanks go to **Rick Busch, Kathy Cardille, Barbara Friday, Carol Galaty, Chris and Tricia Hoban, Lindsey Holaday, Steve Kittrell, Judi Lambart and Bob Layton.** **Marilyn Newton** deserves special thanks for putting out the call on call boxes and organizing this enjoyable and worthwhile endeavor.



Where Are They Now?



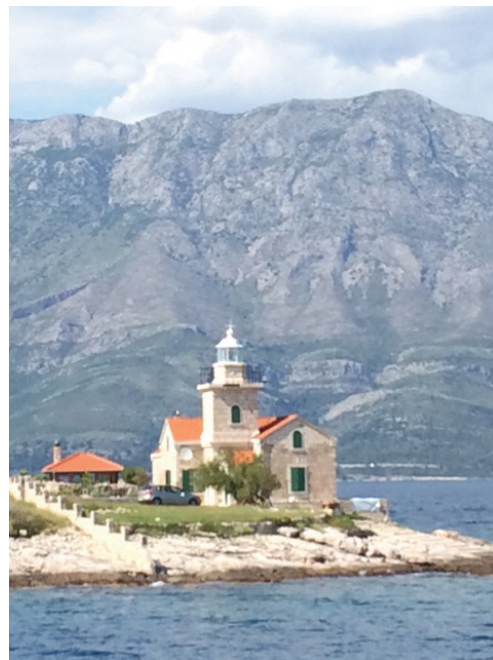
Recognize **Carol Galaty** beneath the helmet? She and her granddaughter Anna went biking through the Loire Valley and are geared up in front of the Chateau Marceau, where they spent a night.



During May, **Judith Neibrief** "had a fine time exploring Andalusian Spain and Morocco (despite mother nature's strong, unseasonal rain). Highlights included Cordoba's annual patios festival and Mezquita and Morocco's medinas."



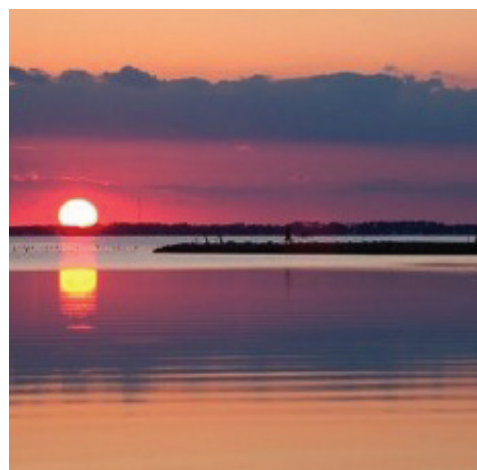
Susan Hattan and **Steve Kittrell** report that they had "a wonderful two weeks of hiking on the Amalfi Coast and visiting Naples in Italy. It was our first trip to the area. In addition to hiking the Path of the Gods and other parts of the Amalfi Coast, we enjoyed Pompeii and Herculaneum."



Also notwithstanding being in a boot – people who boot together edit together? – **Bella Rosenberg** had a fabulous two weeks on the beautiful Dalmatian Coast: Croatia, Slovenia and a bit of Montenegro and Venice. The three Dalmatian dogs she spotted all belonged to foreigners.



Despite being in a boot with a broken foot, **Sheila Lopez** had a wonderful and atypically inactive time at the Outer Banks in early June. She is now in Tanzania, visiting and traveling with her daughter. Stay tuned for pictures.



Karen StJohn was in the Outer Banks (Duck), too, and was particularly entranced by the sunsets.

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Among the passengers on the Encore Chorale's cruise along the French and Italian Riviera were **Eileen** and **Michael Tanner**, **Abigail Wiebenson** and **Stephen Grant**. "Our 50 passenger boat," Abigail writes, "was smaller than many yachts we saw in Cannes, Nice and Corsica!"



Early June saw **Faith** and **Steve Williams** in Jerusalem.

■ **BR**, with thanks to the travelers

Dateline: Brazil

---*Olga Hudacek*

*Editors' Note: Villager **Olga Hudacek** recently returned from a six-month stay in Brazil and filed this report of her life there, including her personal view of the political and economic turmoil in a country about to host the Summer Olympics (though it'll be winter there by then).*

I'd been staying in Campinas, Brazil, since January 1st. The Brazilian summer is always a pleasant time to be there. Although it is quite hot, there are always the swimming pools, as well as trips to the beautiful beaches of the North and Northeast. Brazil also has many hotel/spa venues that are first class, featuring great food, good entertainment and a pleasant atmosphere for socializing.

I have been painting, attending lectures, going to art openings of local artists, doing one-day trips with the local Rotary Club and Sunday lunches with a local Brazilian Club that I belong to. Speaking Portuguese, I have the advantage of going to the theater and enjoying philosophical lectures sponsored by the National Energy Company. As São Paulo is only two hours away, there are many expositions, conventions, theater and opera programs to see.

This year has been very exciting in Brazil, as we witnessed the pending impeachment of its president, Dilma Rousseff. Fortunately for the country, she will no longer be stealing public funds and leaving the country broke. This woman, a former communist, has impoverished Brazil to the point of bankruptcy. Nothing works properly anymore!

The economy is shot with high inflation and no foreign investment. The public health system has hospitals with insufficient beds, doctors with no medicines to dispense, and Cuban doctors in small towns and rural areas who have insufficient training to help the very ill. The education system is in turmoil, with old schools, and a poor curriculum. Teachers are on strike because they haven't received their salary for months.

There is very little police protection, so there is much crime. Prisons are overcrowded, and Mafia-run drug cartels are active. I hope the interim president, Michel Temer, will be able to start putting things in order. It will take several years to eliminate the rampant political corruption and start getting the country to grow again.

Aside from these woes, the people enjoy life, always having a positive attitude and hopeful feelings about the future.... Brazil is a very wealthy country in natural resources. My hope is that the political system will become parliamentary to preserve the country and achieve greater growth.



— Sheila Lopez

The Parker House hotel in Boston claims to have invented this dish. Here's my rendition; I serve it with broiled tomatoes.

Scrod with Herbed Breadcrumbs (serves 4)

1/4 cup (1/2 stick) butter
2 large shallots, minced
2 cups fresh white breadcrumbs
1/4 cup chopped fresh chives or green onion tops
3 tablespoons minced fresh parsley
2 teaspoons grated lemon peel
4 6- to 8-ounce haddock or cod fillets (1 1/2 inches thick)
2 tablespoons fresh lemon juice
Lemon wedges

Melt 1/4 cup butter in heavy large skillet over medium heat. Add minced shallots and cook one minute. Add



breadcrumbs; stir until butter is absorbed. Remove from heat and add chives, parsley and lemon peel. Season to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Bring to room temperature before using.)

Preheat oven to 450°F. Butter baking pan, and place fish in pan. Brush lemon juice over fish. Cover with breadcrumb mixture, pressing to adhere. Bake until fish is just cooked through, about 20 minutes. If desired, pass under broiler for two minutes to brown the top. Serve with lemon wedges. ■



—Judy Silberman,
Yoga Master

Much is being written and spoken these days in mainstream media about meditation. Studies have shown physical and emotional benefits of even a five-minute pause in your day when you sit still and focus on your breath.

Find a quiet spot, close your eyes, let your hands rest loosely on your lap, and try to relax your mind. Inhale deeply and fully, feeling the belly muscles expand and the cool, fresh air enter your nostrils. As you exhale, let the belly muscles help you push out stale air and negative thoughts. Your eyes may want to close, as your body and mind begin to relax.

Stay as long as you wish. When you return to your usual activities, you may notice increased energy, clearer thinking and a brighter mood. ■

Have a good summer! Newsletter resumes in September.

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:
admin@dupontcirclevillage.net
202-436-5252

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