

*"You should never let your fears
prevent you from doing what you
know is right."*

—Aung San Suu Kyi

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New Members

*DCV warmly welcomes
its newest members:*

Michael Higgins
Pauline King
Judith Kirvan
Ellyn Weiss
Robert Weiss

DCV's New Birthday Teas Happy Birthday to You . . . and Many More!

Village Capricorns and Aquarians gathered for a joint birthday celebration hosted by **Frances Oakley** and **Sandra Yarrington**. Over a dozen celebrants and their significant others enjoyed a late afternoon of tea, light fare, and conversation. Sharing tales of travel experiences and volunteer activities gave attendees the opportunity to become better acquainted with fellow Villagers.

This gathering of January and February birthday celebrants was the first in a planned series of Village Birthday Teas. Look for your invitation in the mail and come celebrate your birthday with fellow Villagers. ■ *Susan Hattan*



Celebrants from left to right: Kathy Cardille, Frances Oakley, Robert Hirsch, Susan Hattan, Mike Gould, Fran Harding, Sarah Burger, Eileen Tanner, Linda Rosch, Harvey Friedman, Gretchen Ellsworth.



On behalf of the DCV community, I would like to thank the DC Office on Aging (DCOA) for funding a collaborative Village project that will support a part-time case manager and six volunteer training sessions. Villages included in the project are Dupont Circle, Northwest Neighbors and Palisades. We look forward to working on this important collaboration and sharing the results with other DC Villages and similar neighborhood organizations. ■ *Eva Lucero*



MONTHLY Calendar

Sunday Soup Salon

March 19, 6:00-8:00 p.m.

1760 Swann Street-home of Caroline Mindel
Kay Churnish, founder of ArtWorks for Freedom and Michele Clark, its Executive Director will speak about the power of the arts to raise awareness of human trafficking and inspire action to end it. Offers of soup are welcome. RSVP to Linda Harsh at lindajkh@mac.com

Tech Tuesday

March 21, 11:00 a.m.

La Tomate Caffe, Connecticut Avenue and R Street
Join us for some breakfast and the chance to bring news of your latest tech discoveries. We will hopefully solve any problems you are experiencing with phones, tablets, computers (Apple and others), etc. Whatever is puzzling you about the devices in our lives. RSVP to Lucy Cooney - lucy1030@starpower.net

Happy Hour with DCV

March 21, 5:30-7:00 p.m.

Madrid Restaurant, 1714 Connecticut Avenue
Offering Happy Hour prices on drinks and tapas. A visit to Spain with no airfare!
RSVP to Marie Matthews – mariemattmarie@gmail.com

Private Art Tour with Mary Braden

March 22, 1:30 p.m.

Smithsonian American Art Museum
Meet in lobby of the G Street entrance
A chance to see American art from post World War II into the 21st century. It began with Abstract Expressionism and we will learn that art is more about ideas than aesthetics and It Makes You Think. RSVP to Lucy Cooney – lucy1030@starpower.net

Dining At Ris

March 23, 6:30 p.m.

valet parking available at 6:30
Ris - 23rd and L Streets

President's Letter

---Steve Kittrell

The big news at DCV this month is the District of Columbia Office on Aging (DCOA) grant given to a coalition of Dupont Circle Village, Northwest Neighbors Village and Palisades Village. The grant has two components: Hiring of a part-time case manager and providing funds for volunteer training. The three Villages will be sharing in these programs.

The grant is the culmination of a process that started a year ago, when **Lois Berlin, Martis Davis** and **Eva Lucero** began testifying before the DC Council's Committee on Housing and Community Development. The hearings focused primarily on DCOA 2017 budget allocations. DCV and the other Villages petitioned for DC support by visiting various DC Councilmembers and introducing them to the Village movement and the many programs the Villages provide its members. The result was a one-time appropriation for Villages in the DCOA budget for the 2017 fiscal year.

DCOA issued its Request for Proposals in mid-December. In the RFP, DCOA was looking for innovative and collaborative projects. DCV quickly established a grant writing team of Eva Lucero, Ann McFarren and Mike Gould. The team put together a proposal related to hiring a case manager and to provide volunteer training. When we asked for partners, we got multiple requests from other Villages to join. We proceeded with Northwest Neighbors Village and Palisades Village because of their complementary skills and structures.

Our grant team, with editorial help from Lois Berlin and myself, worked many hours through the holidays on the proposal. It included an explanation of the needs for the services and the abilities of the three Villages to implement the programs. Importantly, the proposal offered a commitment from the three Villages to partner with DCOA in significant ways, including providing

financial support and skilled staff and volunteers for the initiatives.

Our proposal, submitted in early January, was a compelling and professional submission. DCV also submitted a separate proposal for assistance to expand Open Village and minority membership (which was not funded). There were 16 requests from Villages and service providers that were evaluated by DCOA in a competitive process.

In mid-February, we were excited to learn that our grant proposal was one of the five chosen for funding. We are receiving about 15% of the total available funds. This is the first DC funding that we've received since a small grant related to our founding. After working with DCOA, the details were finalized and a contract was signed.

The grant period is from March 1 to September 30. DCV will be responsible for the significant administrative requirements that come with government funding. Eva Lucero and I will be filing monthly forms to request reimbursement and report our progress.

The major expense funded under the grant will be the services of a part-time case manager. The other significant part of the grant is the cost of providing volunteer training. A separate article in the Newsletter provides more details about the training programs.

DCV is planning to take maximum advantage of this short-term funding opportunity. The first volunteer training program under the grant on March 23 has been fully subscribed. More to come! ■



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Enjoy New American fare in this modern setting. We will be joined by members of the Foggy Bottom-West End Village in the private Federal Room, a wonderful and delicious way to meet other Villagers. We will order from the menu and will be given separate checks. Owner Ris Lacoste will see us for dessert and give us a brief "show and tell" of the kitchen. RSVP to Georgette Sobel – genih@aol.com

Live And Learn – Approaching Life's Challenges

March 27, 3:30-5:00 p.m.

National League of American Pen Women's Pen Arts Building, 1300 - 17th Street at N

Dr. David T. George will discuss the emotional and behavioral responses we use to confront change in all its forms. Dr. George is a Senior Scientist at the National Institute of Alcohol Abuse and Alcoholism, a Clinical Professor at George Washington University School of Medicine, has published 100 peer-reviewed articles and is author of *Untangling the Mind, Why We Behave the Way We Do*. Free for Villagers - \$10.00 for others. RSVP to Linda Harsh – lindajkh@mac.com

Retiring Well: Identity, Roles And Relationship In Retirement

March 29, 5:15 - 7:00 pm

The first in a new five-part program on successful aging and retirement, co-sponsored by DCV, and presented by Iona Senior Services at Foundry United Methodist Church in Dupont Circle. The series will be held 5:15 pm to 7:00 pm on alternate Wednesdays from 29 March to 24 May. The series is designed for people of all ages and stages who want to explore what's ahead, as well as for adult children wanting to help their parents age well.

Cost for the full five-session series is \$50; \$15 per session for single sessions. Registration is available online at <http://www.foundryumc.org/calendar>. ■

When You Land That Dream Job in Silicon Valley – at age 91 and are Legally Blind

---Eva M. Lucero, Executive Director

It all began one Sunday when Barbara Beskind was watching a 60 Minutes episode about IDEO, a global design company that has created thousands of breakthrough inventions including the original mouse for Apple computer and stackable Pringles chips. The particular episode that struck Beskind was about IDEO's Design Thinking, where a team with entirely unrelated talents and backgrounds incorporate their unique experiences and human behavior into design, which was a totally unorthodox approach.

Beskind was intrigued with the interaction of this innovative approach and so she sent her resume along with a letter detailing her work and life experiences to the company. As a child, Beskind taught herself how to build her own toys because her father was unemployed for 8 years during the great depression. In 1945, Beskind graduated from Syracuse University with a BS in Applied Arts and Design. At the end of World War II, she trained as an occupational therapist through the U.S. Army's War Emergency Course and served for 20 years, retiring as a major in 1966. She went on to found the Princeton Center for Learning Disorders, the first independent private practice in occupational therapy in the U.S. In 1989 she retired after a 44-year career in occupational therapy.

Fast forward to 2013, after some success at fiction writing, painting and teaching, at age 87 she applied to IDEO. Beskind's application caught the attention of the H.R. department who passed it on to Gretchen Addi, an associate partner and the team leader for designs for the aging population. Addi asked Beskind if she

was interested in coming and spending a couple of hours with some of the other designers to share her story and help them with their ideas. Success! On hiring her, Addi said: "Our culture is telling us, ageing equals decline and Barbara is very solidly standing there and saying, you know, 'I'm going to call you on that.'" Beskind works in IDEO's Palo Alto offices one day a week on projects aimed at the ageing.

One project she currently is working on is a design for glasses that would help people, like her, with macular degeneration. One of the features is that the glasses take a photo as people walk up and introduce themselves. The glasses also have a small speaker. "So that the next time you approach within 10 or 12 feet, something in my ear would say it's Laura," she says.

Another project for Beskind is a "trekker" using ski poles which invite a more upright posture and improves balance by allowing for a natural arm swing. Beskind has also explored the possibility of protecting seniors from falls with a design that incorporates airbags on each pole.

One bit of advice that Beskind gives now that she designs products for her peers is simple, "Design with, not for". "The problem is that people design for the elderly and the disabled -- they don't design with them." "We don't need pink canes and jeweled pill boxes, we need function over fashion."

Happy Women's History Month! ■

Lost and Found: Some of the Minuses and Pluses of Aging - Health & Wellness

There they were, some 30 Villagers, gathered in the Friends Meeting House on February 21st to share their aging experiences. The session had been organized by the Village's Health and Wellness Committee. But what some of them undoubtedly didn't want to admit is that they had really come to discover **Ginny Mondale's** secrets – how she had made it to almost 92 years.

"What do you eat?" **Nick Ludlow** asked. "I do my own cooking," she said. How about exercise? She exercises three days a week and walks in addition, she reported. Sleep? She goes to bed at 10 PM and gets up at 6:45 AM, usually sleeping well in between. "The most important thing for me," she emphasized, "is to take care of my health."

However, toward the end of the session, Ginny divulged perhaps another key to her longevity: "I talk with strangers, although I don't tell my children that." Many present chuckled. But no, she said, she was serious and urged everyone attending the session to do so.

Although Ginny was the only Villager present who was 90 years of age or older, there were plenty of Villagers there in their sixties, seventies, or eighties. And they too offered their takes on aging and how to deal with it.

Loss permeated many of the discussions – loss of one's professional persona upon retirement, loss of health, loss of spouse, siblings and friends. "Retiring really shrinks your connections with the outside world" **Heather Kaye** commented. "I live with ghosts because my best friends are gone," **Judy Krueger** remarked. After **Lucia Edmonds'** brother died, she moved to the District and found herself very depressed. She came to realize that it was not just because her brother – her "best friend" -- had died, but because she had neither spouse nor children, she said.

But the losses, many participants divulged, had also forced them to reconsider their lives and to courageously chart new courses for themselves.

Reset priorities. After **Abigail Wiebenson's** husband died unexpectedly 14 years ago, it prompted her to reset her priorities, she said. Today she is focused on her health and is "big on exercise." She sings because "it is good for my lungs and good for my memory." She is not shy about asking for help with things that a few years ago she would have tried to tackle alone – say, getting rid of stuff.

Find a new mission. After **Linda Harsh** retired, she realized

that structure and having a mission were very important to her. Today she is on the Village board, serves as Village treasurer, is on the Village Live and Learn Committee, and helps out with Village Soup Salons. "The Village has been very rewarding for me," she noted.

Be creative in dealing with pain. Even though he is only in his sixties and still working, **Greg DuRoss** experienced a ladder accident that has dramatically impacted his life, he reported. It makes him feel older than he really is. He needs more sleep because of the trauma inflicted on his body. And there is the pain that wakes him up in the middle of the night. However, he has come up with an innovative way of dealing with it. He gets out of bed, stretches the part of his body that is hurting, then climbs back into bed. It really helps reduce the pain, he attested.

Make new younger friends. As you grow older and your friends die off, it is crucial to make new younger friends, **Peggy Siegel** emphasized. D.C. has all sorts of think tanks, nonprofit organizations, and other venues where you can get involved and have contact with younger people, she pointed out.

In short, demonstrate resilience – one of the most potent characteristics of survivors.

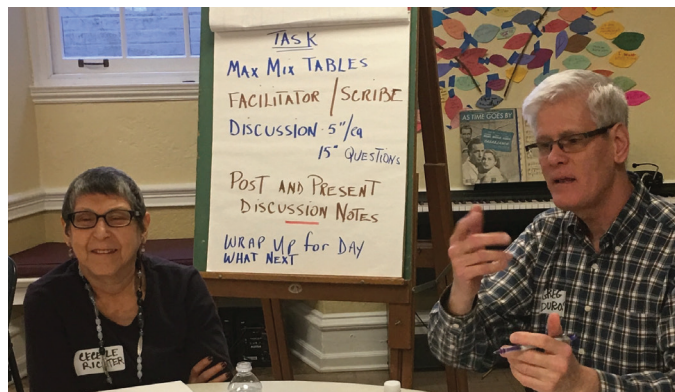
Yet, aside from being a survivor, is there anything else positive about aging?

Yes, advances in medical technology that earlier generations did not have access to, **Abigail Nichols** observed. Since she received a new hip and several other bionic parts, she has felt terrific, she said.

Still another plus of aging, **Heather Kaye** observed, is that "there is not the same sexual tension there was when we were younger -- well, at least not for me, but maybe for you!" Many Villagers chortled.

"I haven't had so much fun in a long time!" ■ **Joan Treichel**

*This was the first of a projected series of conversations organized by the Village's Health and Wellness Committee. If you have any topics that you'd like further conversations to focus on, please contact **Joan Ludlow**, chair of the committee.*



The Legal Documents That Seniors Should Have *Live and Learn, February*

You should have three legal documents in your possession, Morris Klein, Esq., an elder law attorney from Bethesda, Maryland, advised some 30 Villagers attending a Dupont Circle Village Live and Learn Session on elder law February 27. They are: a will; a financial power of attorney; and a health care advance directive, which includes a healthcare power of attorney and a living will.

The will includes assets that would have to go through probate if you didn't have one, Klein reported. It does not include assets that do not need to go through probate, such as IRAs, 401Ks, life insurance, or bank accounts. In the case of the latter, you need to designate beneficiaries. Then after your death, they can access them directly.

A common alternative to a will, Klein continued, is a trust. Although a trust would essentially do the same thing as a will, it usually includes a will as well. A trust is probably better in the District of Columbia, Klein advised.

Regarding the tax implications of either a will or a trust, they are essentially the same, Klein continued. If your heirs receive \$5 million or more of probate and non-probate assets from you (\$10 million or more for a couple), they would have to pay a hefty federal tax on them – 40 percent. Anything less than that amount would not be subject to federal tax. "Of course, if you own real estate around here, you are already a millionaire," he noted.

As for a state inheritance tax, your beneficiaries would have to pay one if you have an estate worth \$2 million or more in the District of Columbia, or an estate worth \$3 million or more in Maryland. The maximum state inheritance tax in both the District and in Maryland is 16 percent. There is no state inheritance tax in Virginia.

Now, regarding a financial power of attorney (POA): The time may come when you need someone to manage your financial affairs, you should have a designated financial POA who can do it for you. The individual you select could be the same person you choose to serve as executor of your estate after you die, but the crucial thing is that the individual is someone you can trust. "In the wrong hands a financial POA is a power to steal," cautioned Klein.

The individual you choose to be your health POA, Klein stressed, should also be selected carefully. This is the person who will make healthcare decisions for you in the event that you are no longer capable of doing so yourself. The other part of an advance directive besides a health POA is a living will. In it you can designate whether, for example, you want any extraordinary measures taken or not in the event that you're in a coma and the medical experts do not think you'll come out of it.

Klein emphasized that the information he presented during his talk was general information only and not to be construed as legal advice. If you would like to ask Klein general questions or to seek legal advice from him, he can be reached at morrisklein@morrisklein.com or Tel 301 652-4462.

■ *Joan Treichel*

Volunteer Activity Update ---Mike Gould, Volunteers Chair and Coordinator

More than 25 Villagers Have Signed Up for the First Volunteer Training Session on March 23!

Our Volunteer training team is pulling together a highly professional, two-part program, which draws on the Village's best practices, professional instruction, and materials from other Villages and IONA. The course will cover all of the major essentials of caring for other members.

The first session on Thursday, March 23 will cover the Essentials of Volunteering topics that help volunteers establish effective relations with our member clients and provide basic services more effectively.

The second session on Tuesday, April 11 will deal with more complex volunteer activities such as transportation services

for frail members, preparing for appointments, medical note-taking, hospital discharge essentials, and participating on a Care Group Team.

Both sessions are expected to lead to a significant improvement in the support we provide our members, particularly those with the most serious needs. ■

Angela Lopez, My Friend and Fellow Villager

--- Iris Molotsky

I met Angela Lopez and joined her “team” quite luckily, but by accident. One of her team volunteers was unable to visit her and asked me if I could fill in since we lived on the same block. I didn’t know Angela then but agreed to go. That visit turned out to be very special and I immediately became part of her team.

Angela, a charming, inquisitive and petite woman, was born in and grew up in Colombia. I told her I knew only one other Colombian, who is a neighbor of mine in Paris. “Her name is Isabelle Rivas, I said.” Angela looked at me and asked, “Is her husband’s name Rafael?” I nodded yes, and Angela said that she and Isabelle grew up together and were best friends. We were both astonished but formed an immediate bond. Later I sent an email to Isabelle, who also found it amazing.

Angela and her husband Alvaro moved to Princeton New Jersey where he earned a Ph.D. in economics and demography and their son Alejandro was born. After a few years, they returned to Bogotá where Alvaro was employed at the National Association of Industrialists in Bogotá as a demographer and economist. He kept in touch with his colleagues in Princeton and through them was offered and accepted a visiting professorship at the University of Pennsylvania. He and Angela returned to Princeton and he commuted to Philadelphia while Angela resumed her studies. She recalled that Princeton did not allow women to matriculate at that time, but she could audit classes and use the library. Unfortunately, Alvaro became ill and they returned once more to Bogotá, where he later died.

After returning to Bogotá Angela completed her degree at the National University. Angela remained in Bogotá after Alvaro’s death and taught ancient history at the National University. She didn’t return to the United States until 2009, when her son Alejandro, who lived in McLean with his family moved to Washington to shorten his daily commute. He is an economist at the International Monetary Fund. Angela then decided to move to Washington as well. Alejandro and his wife, Margarita, live close to her apartment and Margarita stops by most mornings to visit. Angela’s daughter Adelaida, who lives in California, also remains very close to her mother despite the distance.

Angela initially loved living in Washington. She enjoyed visiting our museums and attending the many concerts available. She is a great walker and the neighborhood offered many pleasant places to roam. However, today it is increasingly difficult for her to enjoy these opportunities. Her eyesight and hearing are greatly diminished and she can no longer read. She uses a cane or walker when she goes out alone some mornings to walk around the block but likes to walk farther if someone is available to accompany her.

Adelaida, worried about her mother, learned about the Village and thought it could provide the support she needed and Angela subsequently joined DCV. Angela is grateful for the services like transportation to doctor’s appointments and the team of volunteers who visit her regularly. Her intellectual ability and her interests in music, history and politics remains vibrant.

She’s attended concerts at the Library of Congress and the Phillips Collection with DCV volunteers. She enjoys listening to discs about Western European history and intellectual trends and has shared them with me so we can discuss them. She and I share an avid interest in politics as well. One day she asked me when the South turned Republican, so we discussed the aftermath of the Civil War, the Reconstruction period, segregation and the civil rights movement. We’ve learned a lot together. Other team members read to her and report having similarly interesting discussions. The family has become involved as well. Margarita, a wonderful cook, is now a volunteer and regularly delivers meals to Villagers. She and Adelaida exchange emails with Village team members

Angela appreciates the assistance we provide and we are happy we can make a difference in her life. But, as everyone on Angela’s team agrees, we’ve all benefited greatly from getting to know her. She is a remarkable woman who, despite her physical problems, remains interested in the world around her and continues to enjoy music, art and good conversation. ■

Role Reversal: An Inspiring Experience

--- Iris Molotsky

I was there from the beginning eight years ago. A bunch of us in the neighborhood saw a front page article in the New York Times about a group of people in Boston who started something called the Beacon Hill Village dedicated to working with aging members in their community. We thought it was a great idea and so once a week we met for coffee to figure out how to start a Dupont Circle Village.

We began by having small meetings in neighbors' homes to gauge interest. We then developed a short survey asking people what kind of services they thought would be needed and also if they would be willing to volunteer. The responses were very positive and DCV was created.

We spent a lot of time trying to figure out which services we thought would be needed. Initially, we focused on transportation, home care, friendly visits, and grocery shopping. One subject we didn't think about was tech support—which subsequently has turned out to be very important.

The Village is an integral part of my life now. I'm a volunteer, have served on the Board of Directors, as president, headed the Gala committee several years, was the first newsletter editor and am currently chair of the development committee. I've happily spent a lot of time working for the Village.

Life takes strange turns. Recently, I had a toe amputated and I was grounded--first to bed and then to the sofa with my foot elevated. Instead of providing services, I needed help and I got it. **Abigail Wiebenson**, with help from my daughter Michele, put together a group of Villagers and friends who provided lunches and dinners for the first two weeks. I received encouraging messages, visits with candy, flowers, favorite foods and wonderful wine (I did share with family and visitors) while I recuperated. The knitting club met at our house so I wouldn't miss a meeting.

I've always believed in the Village and now that I've experienced its benefits first hand, I am in awe. The friendship and caring I received is something I will treasure forever. ■



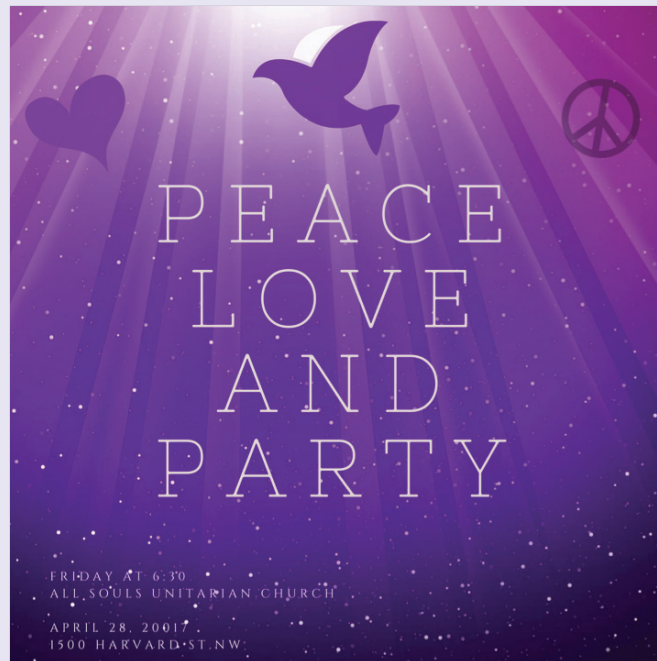
Working lunch to discuss our recent DCOA collaborative grant award. Northwest Neighbors (Stephanie Chong), Dupont Circle Village (Eva Lucero) and Palisades (Andrea Saccoccia) Executive Directors and DCV Board Member Ann McFarren.

New Member Profile

Bob and Ellyn Weiss have lived in the DC area for 35 years. Bob founded the chain of ice cream stores called "Bob's Famous" - famous from the late 70's through the early 90's. He then headed business operations for independent schools, including the Greenacres School and the Lowell School. He has a long-standing interest in issues related to criminal justice and bail reform and has served on the Boards of The Sentencing Project and the Pretrial Justice Institute.



For the past 20 years, Ellyn has been a full-time visual artist, focusing her work now on the effects of climate change. She was an environmental lawyer for 25 years before that, including as General Counsel for the Union of Concerned Scientists, which she still serves as a member of the Board of Directors. Bob and Ellyn spend summers in Truro, MA, where she is a Board Member of the Truro Center for the Arts at Castle Hill.



The Gala Is Coming! The Gala Is Coming!

The 2017 DCV Gala is right around the corner and you won't want to miss it. This year's event promises to delight with great food, beverages and company as we celebrate our 9th year in existence as a Village. At a time when watching or reading the news makes our blood pressure elevate regardless of your leanings, we need to focus on peace, love and party!!

The evening will begin with drinks and hors d'oeuvres in the courtyard garden followed by a delicious sit-down dinner catered by Lebanese Taverna. You can enjoy wine or a non-alcoholic beverage by the glass or you can purchase a bottle of wine for your table when you purchase your gala tickets. If you chose to purchase your tickets by check rather than on-line with a credit card, you can include the cost of a bottle or more (\$20 each) with your check and indicate your preference for red (cabernet sauvignon or pinot noir) or white (pinot gris or chardonnay).

Purchase your tickets early. Last year's Gala sold out weeks before the event. Tickets are \$125 each and \$100 of that is tax deductible. Closer to our Gala date, you will be able to begin bidding online for fabulous destinations in and out of town and you will be able to purchase tickets for the 2017 lineup of Celeb Salons. Bidding and Celeb Salon ticket purchases will continue at the Gala. We welcome donations and we will recognize our donors in a number of ways.

- GURU CATEGORY: A \$10,000 donation with recognition at the Gala, in the DCV newsletter and website, a table of 10 and a bottle of wine at the Gala.
- FLOWER POWER CATEGORY : A \$7,500 donation with recognition as above and a table of 8 and a bottle of wine at the Gala.
- LOVE CATEGORY: A \$5,000 donation with recognition as above plus four tickets to the Gala and a bottle of wine.
- FAR OUT CATEGORY: A \$1,000 donation with recognition as above plus two tickets to the Gala and a bottle of wine.
- PEACE CATEGORY: A \$500 donation with recognition as above and a bottle of wine at the Gala.
- DOVE CATEGORY: A \$250 donation with recognition as described above.
- GROOVY CATEGORY: A \$100 donation with recognition at the Gala and in the newsletter.

If you have questions or would like to acquire a destination donation to be included in the auction, please contact Lois Berlin lois.berlin@gmail.com or Iris Molotsky iris.molotsky@gmail.com for more information.

CelebSalons 2017- Another Great Line-up!

We appreciate the enthusiastic support DCV members have given in the past four years as we launched these intimate fundraising events in the homes of a Village member.

These have proven to be an exceptionally potent way to raise funds for the Village by creating special occasions to connect Villagers with Celebs they'd probably never meet on their own.

Last year, we raised nearly \$20,000 from our 12 Salons. We're aiming to put on at least 15 Salons this year, in May, June and September. We're keeping the price the same: \$75 per seat to the salons.

We've hosted more than 100 Celebs in the past four years, ranging from Michael Kahn of Shakespeare, PBS superstar Jim Lehrer, Phillips Collection director Dorothy Kosinski, former *Washington Post* owner Donald Graham, Ris LaCoste of restaurant RIS, Congresswoman Connie Morella, the Washington Opera's Francesca Zambello and social entrepreneur Patty Stonesifer of Martha's Table.

This year, we're aiming for the same eclectic mix of Celebs from the media, culture, politics, public affairs and chefs.

So far, we have lined up:

- Leon Wieseltier, former Literary Editor of *The New Republic* (1983-2014)
- Eric Schaeffer of Signature Theatre
- Ruth Marcus of the *Washington Post*
- Republican political analyst Norman Ornstein of American Enterprise Institute
- Jenny Bilfield, president of the Washington Performing Arts
- Former Ambassador Norman Eisen, who served in the Czech Republic and now is weighing in on ethics issues nationally
- Leslie Bowman, director of Monticello in Charlottesville
- Diego Michael Sanchez, national policy director at PFLAG, the nation's largest LGBT family and ally group
- Todd and Ellen Gray, chef/owners of Equinox
- Bill Heard, CEO of healthcare startup, Immunomix.

We'll let you know about others as we get them. You can check out dates and buy seats for the CelebSalons online soon. If you have suggestions or want to help in any way, speak up!

Peg Simpson, co-chair, **Jane Pierson**, co-chair, CelebSalon committee members **Andres Doernberg**, **Lindsey Holaday**, **Georgette Sobel** and **Kathy Cardille** ■ *Peg Simpson*

Soup Salon

Villager **Suede Kelly** spoke about energy independence and energy policy. She is a former commissioner with the Federal Energy Regulatory Commission (FERC) and the current chair of Akin Gump Energy Regulation, Markets, and Enforcement practice.



Out & About



Kenlee Ray, Susan Hattan and Steve Kittrell (above) joined Kathy Cardille and Ann McFarren for the Gridiron Club charity spoof and show. Kathy Kiely and Annie Groer, members of the elite group of 65 of Washington's top journalists invited fellow Villagers for the hilarity. According to spies at the dinner, most jokes were on Trump's Russia connections.



Lucia Edmonds, Gillian Lindt and Peg Simpson taking in the unexpected early blooms at the Arboretum during a Saturday walk.



Where Are They Now?



Jane Cave and Eugene Versluysen just returned from two blissful weeks in Puerto Vallarta, where they checked out numerous art galleries, attended several concerts, enjoyed the pelicans diving and the frigate birds circling, and had lunch on the beach pretty much every day. Above: Eugene making the best of yet another birthday.



Carol Galaty and Ken Shuck hiking in Antarctica in 5 layers of clothing.



Carol and Ken in a shallow, coffin shaped hole in the Antarctic ice in sleeping bags with gum boots as pillows in 23F degree weather. They woke to find curious seals and penguins wandering and inspecting them.



Quinoa and Avocado Salad with Dried Fruit, Toasted Almonds and Lemon-Cumin Vinaigrette ---Lois Berlin

I found this Deborah Madison recipe in a Martha Stewart magazine - yes, two MS recipes two months in a row! The first time I made it, it barely made it to the table. My nephew Jason was visiting, and between Jason and Larry, they tested it about a third

of its original volume! When pomegranates are in season, I substitute pomegranate seeds for the apricots. I have also made it without apricots and I have substituted dried cherries or cranberries for raisins. All combinations are yummy.

Besides its attractive maroon color, red quinoa has a slightly deeper, nuttier flavor than white quinoa. Both, however, are excellent in this bright, lemony salad.

Ingredients

3 Tbs. raisins (preferably a mix of dark and golden)
2 Tbs. dried apricots, thinly sliced
1 cup red or white quinoa, rinsed well
Kosher salt
1 large lemon
3 Tbs. extra-virgin olive oil
1/4 tsp. ground coriander

1/4 tsp. ground cumin
1/4 tsp. sweet paprika
2 medium firm-ripe avocados, pitted, peeled, and cut into 1/2-inch chunks
2 medium scallions, white and light green parts only, thinly sliced
2 to 3 Tbs. coarsely chopped toasted almonds
Freshly ground black pepper

In a medium bowl, soak the raisins and apricots in hot water for 5 minutes. Drain and set aside.

In a 2-quart saucepan, bring 2 cups water, the quinoa, and 1/2 tsp. salt to a boil over high heat. Cover, reduce the heat to medium low, and simmer until the water is absorbed and the quinoa is translucent and tender, 10 to 15 minutes. (The outer germ rings of the grain will remain chewy and white. Some germ rings may separate from the grain and will look like white squiggles.) Immediately fluff the quinoa with a fork and turn it out onto a baking sheet to cool to room temperature.

Finely grate the zest from the lemon and then squeeze 1 Tbs. juice in a small bowl. Whisk the lemon zest and juice with the olive oil, coriander, cumin, paprika, and 1/4 tsp. salt.

In a large bowl, toss the vinaigrette with the quinoa, raisins, apricots, avocado, scallions, and almonds. Season to taste with salt and pepper and serve.

Nutrition information (per serving): Calories (kcal): 460; Fat (g): 29; Fat Calories (kcal): 260; Saturated Fat (g): 4; Protein (g): 9; Monounsaturated Fat (g): 19; Carbohydrates (g): 46; Polyunsaturated Fat (g): 4.5; Sodium (mg): 220; Cholesterol (mg): 0; Fiber (g): 11. ■



---Judy Silberman,
Yoga Master



Continuing on the theme of getting more oxygen into the body: Sitting comfortably, breathe with intention 3-4 times. Then, yawn with awareness—open your mouth as wide as possible and inhale slowly. Raise your shoulders and eyebrows up, dilate nostrils, look up with wide open eyes. Feel your jaw hinges stretch open. Slowly return to starting point with an exhale. Second time, at top of the inhale, turn your head slowly to the right, exhale to center, then inhale and turn head slowly to the left. If you want to go a bit further, after you turn head to right, reach your right arm up with left arm pushing down. Inhale and exhale another time, and slowly return all parts to neutral. Repeat on left side. Rest, and feel renewed energy. ■

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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