

Poetry can break open locked chambers of possibility, restore numbed zones to feeling, recharge desire.

---Adrienne Rich
(April is National Poetry Month)

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New Members

DCV warmly welcomes its newest member:

Pat Wilson

DUPONT CIRCLE VILLAGE

That's a Wrap! Two Successful Volunteer Training Programs

---Eva M. Lucero

Three Villages recently came together under a grant from the DC Office on Aging to create a more qualified volunteer corps to better serve members and be a model for other Villages. By a number of measures—attendance, participation, information, capacity building—DCV's two comprehensive volunteer training sessions were great successes!

Session II, *Helping Safely* was held on April 11 and covered more complex issues. Attendance was limited to 26 volunteers because it was much more interactive. Stephanie Chong, Eva Lucero and Andrea Sacchcchi, the three Village executive directors, Forest Hills of DC professional staff and Barbara Scott, the Village case manager led the discussions. Topics included volunteer responsibilities, assignments, and guidance, the case



The DC Office on Aging's (DCOA) collaborative grant award funded both sessions, which were held in the Assembly Hall on Friends Campus.

On March 23, over 40 people attended the first session, *Essentials of Volunteering*. DCV volunteer, Janis Oehman and Stephanie Chong, Northwest Neighbors Village Executive Director, presented on topics ranging from communication and listening skills, to boundary issues, confidentiality agreements and identifying red flags. The discussions were lively and informative.

manager's role, navigating safely in the community with mobility equipment, falls, a member's general well-being and available resources. Care Groups and Medical Note Taking training will be held later this summer or fall.

Special thanks goes out to Janis Oehman, **Ann Mcfarren**, **Mike Gould**, Stephanie Chong (Northwest Neighbors Village), **Eva Lucero**, and Andrea Saccoccia (Palisades Village) for organizing and successfully accomplishing the goal of the sessions - to create a more qualified volunteer corps to serve members better and be a model for other Villages. ■





MONTHLY Calendar

DCV Gala – Peace, Love & Party April 28, 6:30 p.m.

All Souls Unitarian Church, 1500 Harvard Street, NW
Great food, beverages and company as we celebrate our 9th year as a Village. Drinks and hors d'oeuvres in the garden courtyard are a prelude to a sit-down dinner catered by Lebanese Taverna. Tickets are \$125, with \$100 tax deductible. See all information about what has been planned for the evening and to make your reservations on the website DCVgala2017@weebly.com And don't forget to bring out your 1960s finery and memorabilia to share.

Tech Tuesday

April 18, 11:00 a.m.

La Tomate Caffe, Connecticut and R
Bring your questions and share news of your latest discoveries of good software and hardware. Have your questions answered and hopefully resolved. All this and you can also enjoy a bit of breakfast, a light snack or.....

RSVP to Lucy Cooney
lucy1030@starpower.net

Toulouse-Lautrec Exhibit Tour

April 19, 11:30 a.m.

Phillips Collection
The Gala takes you back to the 1960s; a Phillips Collection docent will open a door to Belle Epoque Paris as seen through the eyes and the genius of Henri de Toulouse-Lautrec via his iconic prints and posters. \$3 for members, \$13 for non-members, so don't forget your membership card.

RSVP to Lucy Cooney
lucy1030@starpower.net

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President's Notes

---Steve Kittrell

Since March was officially colder than February in DC, you may be wondering whether it really is Spring. If so, there are two signs more reliable than the first robin or the fickle blooming of the cherry blossoms.

The first sure sign of Spring is the DCV Gala on April 28. The fun and company at the Gala will rival any other Spring celebration, even for the druids out there.

If you haven't purchased your Gala tickets yet, you can still make the party of the year. Visit the DCV website and sign up. Tickets are going fast, but there are some left for those of you waiting for warmer temperatures. While I can't promise you the weather, I can guarantee you will have a hot time at the Gala.

The other sure sign of spring is . . . Nationals baseball (or whatever other team you support in addition to your home town Nats). By the publication date of this newsletter, the Nationals should be off to a great start to the season.

If you are excited about the Nats, DCV can help you get to some ball games in two ways. One is to bid on a Nats three-game package in the Gala auction. You can go to the DCV website and get in on early bidding, but you can't be assured of winning unless you attend the Gala. If you don't win at the auction, DCV also plans to have tickets available for several Nationals games again this year. The tickets will generally include accessible seating, with a mix of day and night games.

Nats tickets will be distributed differently this year. If you are interested in going to the games, you can get on a list of interested Villagers. Sign up by sending an email to or calling the DCV office manager, Ann Talty. Ann can be reached at admin@dupontcirclevillage.net or 202-436-5252. As the season

progresses, we will be offering tickets to those on the list, with priority to those who have not gone to previous games, allowing more members to participate.

We expect to have the tickets about a month in advance of each game and probably one game each month, starting in May. More information will be coming so watch for the eBlast and future newsletters.

If you are still not convinced that Spring is here, I recommend that you join one of DCV's walking opportunities. Either the three-times a week walk from Dupont Circle or the clincher, the Saturday walk at the National Arboretum. All the flowers that you will see on those walks are real (no fake flowers here).

I look forward to seeing you at the Gala. ■



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DCV Goes to the Movies

April 19, 5:30 p.m.

Home of Marcy Logan,
1767 Swann Street

The evening begins with a pot luck supper, as everyone brings a dish (and perhaps a bottle of wine) to share. We'll chat and catch up before enjoying the to-be-announced movie in Marcy's oh-so-comfortable and inviting living room. RSVP to Lucy Cooney at lucy1030@starpower.net and at the same time let her know what food you will be bringing. See you at the movies!

A Raisin in the Sun

April 20, 8:00 p.m.

Arena Stage

The play that changed America forever is Lorraine Hansberry's story of the multi-generation Younger family yearning for a better life away from the cramped confines of their Chicago tenement. A financial windfall offers hope, but each family member has a different vision of the American dream. Whose dreams will be realized and whose will have to wait for another day? RSVP to Lucy Cooney at lucy1030@starpower.net and send your check for \$47.25 (reduced rate offered by Arena Stage) to Kathy Cardille, 1545 - 18th Street, NW, Apartment 416, Washington, DC 20036.

Della Robbia: Sculpting with Color in Renaissance Florence

April 21, 1:30 p.m.

National Gallery of Art, West Building Rotunda on the Main Level
Luca Della Robbia invented a glazing technique for terra cotta that positioned him as one of the most innovative artists of the 15th century. Today, these pieces (created by Luca and his family) are as brilliantly colored as they were when they first saw the light of day during the Renaissance. This exhibit of 40+ items features pieces from private collections and museums.

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The Story Behind the Story of the Protest Song "Strange Fruit"

---Eva M. Lucero, Executive Director

In the fall, when themes for the 2017 Gala were being discussed, the 60's was popular among the committee. Many shared personal memories of the decade's music, fashion and political and social movements. It was not on the committee's radar that a similar protest atmosphere would emerge in the U.S. after the divisive and chaotic presidential election.

An interesting incident that caught my attention just after the election had to do with the song, "Strange Fruit" an anthem of the 60's civil rights struggle. When the Trump inaugural committee was seeking musical performers, they asked the singer Rebecca Ferguson, a young British reality TV contestant, to perform. She agreed under the condition that she be allowed to sing "Strange Fruit". The Trump inaugural committee declined Ferguson's request; she did not perform at the inaugural; however, the song "Strange Fruit" suddenly garnered a lot of discussion.

The man behind "Strange Fruit", Abel Meeropol, was a New York City public school teacher who wrote the song first as a poem and published it under his pseudonym, Lewis Allan, in 1937. He was deeply disturbed by images and stories of injustices towards black people in America. While the words never mention lynching, the metaphor is painfully clear.

An amateur composer, Meeropol set the poem to music and played it for a New York club owner who then passed it on to Billie Holiday, who performed it around the world. After nearly three decades later, Nina Simone breathed

new life into "Strange Fruit" at the height of the Civil Rights Movement and its meaning took on even sharper imagery and sociopolitical significance.

Many lawmakers didn't like "Strange Fruit" or his association with the American Communist Party. In 1940, Meeropol was called to testify before the New York legislative Rapp-Coudert Committee, which was investigating communism in public schools. The committee wanted to know if Meeropol was paid by his political party to write the song, and he testified that they had not. He quit the communist party after that incident and another interesting chapter in his life began.

Abel Meeropol and his wife Ann were unable to have children so they adopted two boys, ages six and 10. The boys, Michael and Robert Rosenberg, were the children of Ethel and Julius Rosenberg who were executed for espionage in 1953. The Meeropols and Rosenbergs were good friends. The paranoia of the McCarthy era was such that many people - even the Rosenberg family members - were terrified of being connected with the children. After the Meeropols took the unwanted boys in, Michael and Robert eventually took the Meeropol surname.

The essence of Abel Meeropol's compassion and sense of justice comes in more clearly when one sees the fuller picture of the man who wrote "Strange Fruit" and the man who created a loving family out of a national scandal. ■

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National Gallery of Art, continued
Many have never been exhibited outside Italy. A rare opportunity! RSVP to Lucy Cooney at lucy1030@starpower.net

Live & Learn

April 24, 3:30-5:00 p.m.

General Federation of Women's Clubs,
1724 N Street, NW

Gary G. Kaihara, DDS will discuss common dental problems – dry mouth; teeth grinding; plaque; calculus; periodontal disease – and their effects on our overall health and well-being and offer solutions. Dr. Kaihara has practiced dentistry for 33 years and is dedicated to helping his patients achieve a perfect, healthy smile. A member of numerous professional associations, Dr. Kaihara has traveled several times to Central America to provide dental care to underprivileged children.

Free to DCV members. RSVP to Linda Harsh at (202) 234-2567 or lindajkh@mac.com. ■

Successful Aging and Retirement program off to a good start

---Susan Hattan

A cadre of Villagers participated in a March 29 workshop entitled, "Retiring Well: Identity, Roles and Relationships in Retirement." The session focused on identifying the changes that aging and retirement bring and finding ways to manage and embrace those changes.

Deb Rubenstein, Director of Consultation, Care Management and Counseling at Iona Senior Services, set the stage with a thought-provoking overview of ageism, perceptions of body image, changing roles and relationships, and handling change. Personal reflection and small group discussions were encouraged, while engaging attendees in stimulating exchanges about the challenges these issues present as well as strategies for embracing new roles and relationships. One thing that Villagers in attendance emphasized was the importance of community and the value of groups like DCV to build those important relationships.

This program was the first of a series of five workshops sponsored by Foundry United Methodist Church and presented by Iona Senior Services. DCV is among several local organizations collaborating with the program.

Program workshops are planned for alternative Wednesdays between March 29 and May 24. Individuals may participate in the full series or in single sessions (\$15). On-line registration is available at <http://www.foundryumc.org/calendar>. ■

Meet Barbara Scott - the Village Case Manager

---Eva M. Lucero



We are pleased that **Barbara Scott** has agreed to become our new Village Case Manager. Barbara has five years' experience working with seniors in both the nursing home and rehab setting, as well as in the community. During her studies at Howard University, Barbara interned at Stoddard Baptist Nursing Home in Mount Pleasant. After graduation, she went on to provide comprehensive case management to residents of Ward 7 at the East of the River Senior Program.

Barbara grew up in rural Appalachia and from a young age, she saw many people in her community who were at-risk

population in terms of economics and age. There was a dearth of available resources for them and that still continues today. Her interest in geriatrics comes from being raised, in large part, by her grandmother, Nola, who made a lasting impact on her.

Barbara truly enjoys working with older adults. Her other passion is cycling. When she lived overseas, she ran a business that provided bicycle tours to tourists; she also competed in both professional and amateur cycling matches. Barbara now coaches athletes preparing for bike races and looks forward to working with both of her passions in her new role as the Village Case Manager. ■

Repurpose Your Life as You Grow Older

Live & Learn - March 27

---Joan Treichel

You need to believe that you are valuable even as you age and to find a way of contributing to others. David T. George, MD, urged some 25 Villagers attending a Village Live and Learn Session on March 27. The focus of the session was "Approaching Life's Challenges."

A sense of purpose -- that is what makes life meaningful for all of us, the internist-psychiatrist who is affiliated with the National Institutes of Health, explained. And even if you are over 60, or 70, or 80, or even 90, that doesn't mean that your life is over. If you think creatively, you can create a new mission for yourself.

However, you have to take care of yourself if you are going to help others, he cautioned.

George also addressed some of the other hurdles facing us seniors and suggested ways of dealing with them.

For instance, "while change can be invigorating, it can also be frightening." As you attempt to move forward, you need to ask yourself: "Are there any rubber bands pulling me toward the past?"

Are you worried about the future? Try to define specific things that you are concerned about; that should help you deal with them.

How to keep your mind active? "Pick a problem and try to solve it. That is one way you can stretch yourself."

Are you having trouble making decisions? Ask trusted friends or family members for guidance. Finally, whenever you feel miserable, think of all the things that you can be thankful for. ■

One of DCV's Founding Members - Judith Neibrief

Judy Neibrief has lived just east of Dupont Circle for 22 years, having moved to northwest DC in 1974 to work for the federal government on regulatory policies and programs, with a focus on consumer protection. She grew up in New Jersey and attended college in Michigan, then moved to Massachusetts, where she taught high school and attended law school. Since retiring, Judy has volunteered at a luncheon fellowship program for DC seniors. She was also a substitute teacher at Ross Elementary School and served on the Board of Directors of the Dupont Circle Citizens Association.

Judy first heard about a "Village" in 2007 when **Gerry Schwinn**, a friend from down the block, dropped off a newspaper article about Capitol Hill Village and asked if she was interested in attending an upcoming event to learn more about the group and the aging-in-place movement. "Sure", she said. They both wanted to pursue the possibilities for their part of town, and as she was doing programing for DCCA then, she and Gerry put together a panel on aging-in-place for a monthly meeting. Many meetings of various types later, DCV was born, with Gerry as the first president, and Judy serving subsequently on the Board and as activities coordinator.

More recently, Judy has been involved in an effort--again with friends on the block and other neighbors--to prevent a large scale residential-church development on their corner. A walk down 18th Street shows that effort to have been less successful (although they continue to press their concerns). And this year, kick-started (at least for Judy) by the Women's March, several of them have been experiencing reinvigorated child-of-the-'60's political juices (as evidenced by her photo). ■



Out and About



Left to right: Margot Polivy, Michelle Engleman, Greg Milman, Judy Drossman, Fann Harding and Bobbi Milman



Villagers celebrated Passover with other members at a Seder hosted by **Carol Galaty** and **Ken Shuck**.

Since late March a group of Villagers has been enjoying learning to play Mahjong and enjoying the click of tiles on the table. Since our dynamic instructor, Judy Drossman, is volunteering her time, the group will make a donation as thanks to DCV.

2017 DCV Gala and Online Auction

Lois Berlin, 2017 Gala Co-chair

The 2017 Gala is right around the corner - April 28 from 6:30 – 9:30 pm – and I hope you all have your tickets. This year is truly a “be there or be square” event as we revisit the 60’s and enjoy peace, love and, of course, the party. The Gala location is All Souls Unitarian Church at 1500 Harvard Street, NW. Our Gala Decorations Committee, under the leadership of Carol Galaty, have plans to transform our Gala location into a magical mystery tour of 60’s memories and flashbacks!! You won’t want to miss it. If you need transportation, please don’t hesitate to contact Lois Berlin at Lois.berlin@gmail.com or Abigail Wiebenson at Abigail.wiebenson@gmail.com.

You can purchase tickets at dcvgala2017.weebly.com or by check sent directly to the DCV office (2121 Decatur Place, Washington, DC 20008). Tickets are \$125 each (\$100 is tax deductible) and bottles of wine can be purchased in advance for \$20 each.

You can also bid on a wide variety of destinations both in and out of Washington, DC. Choose from venues that include a week in Paris, a week in a rustic Chincoteague cabin, a weekend in the Shenandoah in a beautifully converted church that is filled with wonderful art, a week on Cape Cod and a variety of shopping and spa opportunities right here at home. Bid early and often and be sure to come to the Gala for final bidding. Bidding started on April 7, but you can still bid by going to <http://biddingforgood.com/dcvgala2017>.

We look forward to seeing you at the Gala on April 28.

Overcome with Wanderlust? We've Got Places to Go, Wonders to See

--- *Iris Molotsky*, 2017 Gala Co-chair

You know the feeling—been there, done that? I felt that a bit when I started working on this year's Gala destinations, but my mood changed quickly when this year's destinations started rolling in.

We have so many incredible new places, near and far, that even the most jaded traveler will find at least one or two "must bid on" items. And of course, several favorites are on offer again this year.

NATS fans will be overjoyed. You will be able to bid on two tickets each for six different games from May to September. Teams include the Orioles, Mets, LA Dodgers, Chicago Cubs, Atlanta Braves and the LA Angels.

Close your eyes and see yourself walking along the Seine, while spending a week in a Paris apartment. Or, closer to home, envision a leisurely ride up the Potomac in **Claire and Pierre Wagner's** magnificent private boat while enjoying a homemade French lunch. Like water, but prefer to view rather than boat? Join Village host **Gretchen Ellsworth** at a reception for you and a dozen friends at the Potomac Boat Club, not generally open to the public. It's a lazy afternoon, watching boats go by, enjoying the magnificent foliage and lively conversation.

If vacation means get-away time, the choices are awesome: a week in a vacation home on Cape Cod or a week in a rustic Chincoteague Island home. If time is short, spend a weekend at a close-by Rappahannock Valley house, or enjoy a luxurious getaway night in historic Swann House. Invite up to six friends to a picnic on Sycamore Island as guests of Villager **Abigail Wiebenson**, another site not usually open to the public. Hikers will love one of our newest sites--a weekend in a Shenandoah Valley hideaway located in a former church and just a short walk from the Appalachian Trail.

And, if all this activity stimulates your appetite, we have the answer for that too. Bid on the Chinese cooking class and learn to make authentic Hong Kong dim sum. To accompany your dim sum, open a bottle of red from the case of wine you won at the auction. These are just a few of the terrific destinations that await your bids.

This year our destinations include certificates from local merchants, including a gift certificate from Betsy Fisher, theater tickets to Arena Stage and Keegan Theatre, a weekend stay at the Washington Hilton Hotel and two gift certificates from SpaLogic. And this year, for the first time, destination items will be available for bidding online prior to the Gala. ■



---*Lindsey Holaday*

Wieseltier from the Brookings Institution, and Diego Sanchez of Parents and Friends of Lesbians and Gays (PFLAG) will give you a range of opinions and plenty to think about. Arts lovers can eat with Jenny Bilfield of Washington Performing Arts, Eric Schaeffer of the Signature Theatre and Elizabeth Broun, formerly of the Smithsonian's American Art Museum (SAAM).

Or maybe you are a history buff and would like to meet the Director of Monticello or the former CIA operative and now founder of the Spy Museum, or want to learn from leaders in medicine and science - there's a celeb for every enthusiasm. The salons are open to everyone, so bring your friends and family. You'll have lots to talk about when you share this delightful experience. Salons are held in May, June and September, beginning on May 3rd with Leon Wieseltier co-hosted by **Bella Rosenberg** and **Irv & Iris Molotsky**.

As in the past, space is limited so order your tickets early. Most salons host 15-20 people, so if you are eager to see someone, seize the moment. Tickets are \$75 each, \$50 of it tax deductible.

For the full listing and to purchase tickets www.dupontcirclevillage.net/celebsalons.



Where Are They Now?



This Tweet was sent to the followers of Travelers Aid at National Airport showing **Pender McCarter** in Granada with a statue of Mario Maya, one of Spain's most famous flamenco dancers, and the imposing Alhambra in the background. In early March, **Pender** joined a small group of two-dozen Road Scholar travelers on a two-week tour of southern Portugal and Spain.



Carol Galaty with a more-or-less friendly, wild, one year old alligator in the Louisiana swamp, south of New Orleans. She and **Ken Shuck** followed the culinary recommendations of **Judy DuBerrier**, and like so many other Villagers who have been there recently, had a fabulous, over-eating vacation.



Steve Kittrell and **Susan Hattan** get a jump on the season with a visit to the Washington Nationals' new spring training facility in West Palm Beach, Florida.

New Member Profile Ray Aguirre

One of **Ray Aguirre**'s earliest recollections is visiting San Antonio which is a couple hours from where he was born 76 years ago. With his parents and older brother, who also live in the DC area, he took a trip to Mexico City where they visited the pyramids, museums and other tourist attractions. Ray attended St. Mary's University and moved to Washington 55 years ago. The first apartment he lived in was on Q St. by the buffalos. Other than living on Capitol Hill for 20 years the remainder of the time he has lived in Dupont Circle.

Ray retired 17 years ago from the Library of Congress where he worked for 27 years, the first five years in the Main Reading Room and subsequently as Reference Librarian and Senior Bibliographer in the Hispanic Division. During that time he hosted summer interns from the Congressional Hispanic Caucus. Part of his responsibilities included organizing several Latin American collections. Ray also organized special events. In 1994 he compiled "Works by Miguel de Cervantes Saavedra in the Library of Congress."





Red Cabbage Salad

I tasted this salad for the first time at the home of DCV member **Barbara Friday** and fell in love. It has become a go to recipe for me as an accompaniment to fish, chicken or just to nosh on its own. I have gotten the Thai Kitchen Lemongrass and Chili soup mix at Whole Foods, at Harris Teeter and on Amazon!! I ordered a box of 20 from Amazon so I could make the recipe at a moment's notice!

1 Small shredded red cabbage
 3 TBSP balsamic vinegar
 1/4 cup canola oil
 1 Package Thai Kitchen lemongrass and chili soup mix
 1/2 cup Toasted slivered almonds
 S & P to taste

Pound or break rice noodles to small pieces and mix soup seasoning with oil, vinegar and S&P to taste. Mix all ingredients together at least one hour before serving so flavors can meld. ■



---Judy Silberman,
 Yoga Master



Another way to get more oxygen into your body is by increasing your exhales. Sit comfortably, relaxed and aware of your breathing rhythm. Close your eyes. Expand your belly muscles as you inhale slowly to the count of 4. Hold for a second. Then, draw in your abs to exhale to a count of 4. Feel the need to fill your lungs, and then inhale, again to 4. This time, exhale even slower, counting to 5. Inhale to 4, hold, and see if you can slow the exhale to a count of 6. Do this 4 or 5 more times, exhaling to 5 or 6. Rest, and notice how energized you are. Practicing this kind of breathing, called pranayama, will increase your lung efficiency. ■

DCV's Spring Gala - Friday April 28

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
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