



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“

*The summer night
is like a perfection
of thought.* ”

— Wallace Stevens

What's Inside

- 1 Executive Director
- 2 President's Notes
- 3 Monthly Calendar
- 4 Looking Back On the 50th Anniversary of the Democratic National Convention
- 6 How to Travel Without a Thief Hitching a Ride
- 7 Celeb Salons
- 8 Who Needs Vision When You Have an Outlook Like This?
- 9 Ask Ann
Member Profile:
Bob Meehan
- 10 Out & About with DCV
- 11 Where Are They Now
- 12 DCV Cooks
Yoga Tips

Welcome New Members!

Patricia A Baranek

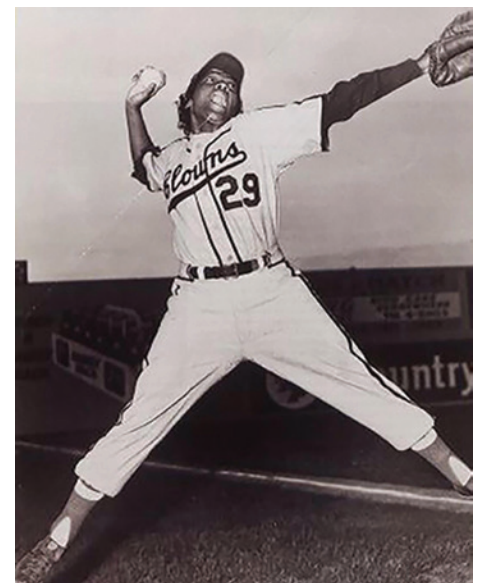
The Inspiring Tale of a Local Woman in a League of Her Own Among the Boys of Summer

The earliest use of “the boys of summer” is from a Dylan Thomas poem critiquing the loss of innocence among Welsh boys but for many of us, the phrase conjures up

By Eva M. Lucero,
Executive Director

America’s favorite pastime, baseball. For the hardcore baseball fan the reference is even more specific—it calls out the storied Brooklyn Dodgers, the team that broke the color barrier in 1947 when Jackie Robinson moved to the Dodgers, altering the course of major league baseball and arguably put the country on a new civil rights trajectory.

Baseball originated in 18th century England and made its way to America with African-American players on the field, especially military teams, since the very beginning. By the late 1800s, baseball was widely recognized as America’s national sport and a number of African-Americans made the predominately white professional teams. However, because of racism and Jim Crow laws, by 1900, African-American players were forced off of the professional teams and formed their own teams, “barnstorming” around the country to play anyone who would challenge them. In 1920, the Negro National League (NNL) was formed under the guid-



ance of Andrew “Rube” Foster, known as the “father of black baseball.” Over the years, the league name changed and was referred to as the Eastern Colored League, the American Negro League, the Negro Southern League and eventually, collectively referred to as the Negro Leagues.

In 1947 when Jackie Robinson integrated major league baseball, the Negro Leagues began to wane as most talented black players were now being recruited by professional white teams. In need of talent, the Negro Leagues looked to women.

Continued on page 2

President's Notes



The first six months of 2018 has been busy for Dupont Circle Village. It is worthwhile to take a moment to reflect on what we collectively have been able to accomplish in that short time. Here are some of the highlights from my perspective (in no particular order).

One of the top activities on my list was our successful 10th Anniversary Gala. It was the first DCV Gala held at an embassy. The Haitian Embassy was a most gracious host and provided spectacular surroundings. The Gala was a complete sellout and all of our auction items were sold.

Following the Gala, I was impressed by the support of Villagers for the Haitian children's charity that was selected by the Embassy. The generous donations of many

Villagers will make a real impact on those children.

The Celeb Salon series this year also was a succession of home runs. Almost all off the Salons were sold out. The wide variety of celebrities got rave reviews from those in attendance.

In collaboration with other DC Villages, DCV has headed up a series of trainings for volunteers under a grant from the DC Office on Aging. **Eva Lucero**, our Executive Director, has dealt with the Villages and the DCOA grant process to make these trainings run smoothly. The training on Care Groups, run by **Ann McFarren**, was particularly well received by other Villages which were being introduced to this concept pioneered by DCV. One innovation for this training was having the training taped so that future care group volunteers can benefit from the experience.

On the activity front, there have been too many great events to cover here. I would note that many Villagers have said that the Live and Learn topics have been very useful this year. Also, we have had several special events that highlight the experience and expertise of Villagers on topics of interest, including **Lex Rieffel** sharing about his time in Myanmar and its current situation.

I am sure that you all have your own DCV favorite from the first half of 2018. While our activities slow down a little in the summer with many members out of town, there are many more highlights to come in 2018.

A league of Her Own

Continued from page 1

Three women players signed with the Indianapolis Clowns: Mamie "Peanut" Johnson, Toni Stone and Connie Morgan. Both Stone and Morgan were infielders and Johnson was a pitcher. Fun fact: 'Hammering' Hank Aaron played for the Clowns one year before the three women were signed and was paid a \$200 monthly salary.

Mamie "Peanut" Johnson died in Washington, DC in December 2017 at the age of 82. Mamie Johnson acquired her nickname while playing for the Clowns when an opposing player derided her as looking like a peanut on the mound. She then struck him out. "Peanut" soon found a regular spot in the Clowns' rotation. A deceptively hard-throwing right-hander, she threw a fastball, slider, circle change, screwball and curveball, for which she received pointers from the Negro Leagues great Satchel Paige. She played with the team from 1953 to

1955, and had a 33-8 win-loss record, and batted .276.

Johnson's chance to excel in a man's league was in part due to racism. In the late 1940s, when she was 17, she went to a tryout in Alexandria, VA for the All-American Girls Professional Baseball League, which inspired the 1992 film "A League of Their Own," but she was not allowed to tryout as the women's professional league was not yet integrated. It was while she was playing semi-pro ball for a local black, male team in a recreational 'sandlot' baseball league sponsored by St. Cyprian's Catholic Church in southeast Washington when a scout spotted her and asked her to tryout for the Indianapolis Clowns.

Reflecting on her rejection from the women's league, Johnson told



the New York Times,

"I'm so glad to this day that they turned me down, to know that I was good enough to be with these gentlemen made me the proudest lady in the world. Now I can say that I've done something that no other woman has ever done."

After retiring from baseball, Johnson worked as a nurse for 30 years and coached youth baseball. Her achievements have been honored at the White House, the Negro Leagues Baseball Museum, a baseball field is named after her at the Rosedale Recreation Center in Northeast Washington and the Mamie "Peanut" Johnson little league team for boys and girls aged 4 to 18 in Ward 7 in southeast DC. She is also the subject of a 2002 book "The Strong Right Arm," which highlights many obstacles she overcame before becoming a professional athlete.

Monthly Calendar

VILLAGE NIGHTS AT ARENA STAGE

As part of our collaborative efforts with other DC Villages, Waterfront Village is pleased to announce a partnership with Arena Stage

The 2018–19 discounted performances are listed below. If you are interested in tickets please respond to the email address shown.

This is a courtesy notice of the dates of our 2018–2019 performances. All, especially “JQA,” are expected to sell out, so if you recognize a performance you are certain you’d like to see, please reply to info@dcwaterfrontvillage.org

Jul. 17, 7:30pm — “Dave”/\$59
Sep. 11, 7:30pm — Turn Me Loose”/\$48
Nov. 6, 7:30pm — “Anything Goes”/\$53
Feb. 12, 7:30pm — “The Heiress”/\$47
Mar. 12, 7:30pm — “JQA”/\$57

Our Group benefits for 2018–19 will include an optional before-performance dinner with a member of Arena’s creative team in their Richard’s Cafe, three courses just \$20, and on-site parking for \$17.

Village Nights at Arena Stage are facilitated by Waterfront Village on behalf of members of all DC-area senior villages and their guests. We would like to thank our neighbor Tom Sherwood of WAMU for renewing his generous support as Season Guarantor for Village Nights at Arena Stage.

ON HIATUS UNTIL SEPTEMBER:

Sunday Soup Salons
French Challenge
Tech Tuesday
Piano Salons

SENIOR MATINEE AT THE AVALON

Thursday, July 19, 10:30 am

\$5.00 gives you an opportunity to enjoy a first-run film at Washington’s only non-profit movie palace — in Avalon 1 on the Big Screen. Listing in the Washington Post or on line at the Avalon website, www.theavalon.org will tell you what’s playing.

DCV MOVIE DISCUSSION GROUP – USUALLY THE THIRD THURSDAY OF THE MONTH SO SAVE THE DATE

Look for the particulars in an upcoming Friday e-blast.



LIVE & LEARN – SAVE THE DATE

Monday, July 23, 3:30–5:00 pm

An upcoming Friday e-blast will provide further information about topic, location and where to RSVP.

VOLUNTEER TRAINING: Why Do We Need A Dialogue On Race & Ethnicity?

Wednesday, August 8, 10:30 a.m.–12:30 p.m.

Location: TBD

Facilitator: Paula Cole Jones

Paula Cole Jones is founder and president of ADORE, LLC. (A Dialogue on Race & Ethnicity). She is a management consultant with over 20 years of experience specializing in group facilitation, diversity and organizational development

17TH STREET FESTIVAL

Saturday, August 25, noon–6:00 pm

Location: 17th Street from P to R
(1500 & 1600 blocks of 17th St)

DCV has a booth again at the Festival, and will be asking members for donations of baked goods and volunteers for staffing the booth. Specifics will appear in a future Friday E-Blast.

LIVE AND LEARN – SAVE THE DATE

Monday, August 27, 3:30–5:00 pm

An upcoming Friday e-blast will provide further information about topic, location and where to RSVP.

ICE CREAM SOCIAL

Thursday, September 6, 1:00–3:00 pm

Anderson House, 2118 Massachusetts Avenue, NW
(wheelchair accessible)

A welcome back after the summer, join us for an ice cream social at the Anderson House.

Looking Back On the 50th Anniversary of the Democratic National Convention in Chicago and Events Surrounding it in 1968: "Distillation of a Year of Heartbreak"

Ten years ago this summer, as a member and volunteer with the National Press Club in Washington, I spearheaded a Press Club Newsmaker on the 40th anniversary of

the 1968
By Pender M. McCarter

Democratic
National

Convention in Chicago — days before the party presidential nominating conventions in August of 2008. With the imprimatur of the Press Club, former Sen. George McGovern agreed to appear on a panel with Pulitzer-Prize Winning Journalists David Broder and Haynes Johnson to discuss the 1968 and 2008 conventions — with some 40 journalists attending in the Club's Zenger Room.

In my introduction to the Press Club event on August 12, 2008, I summarized the tumultuous events leading to the Democratic National Convention in 1968, now fifty years ago — excerpted and updated below. The one-hour Press Club Newsmaker can be viewed on C-SPAN at <https://www.c-span.org/video/?280409-1/presidential-conventions-1968>. A short poll seeking Villagers' reminiscences about the convention is included at the end of this article.

In January, 1968, the North Vietnamese launched the Tet offensive against the South Vietnamese and American forces in Vietnam. At the beginning of March, Eugene McCarthy, the Democratic senator from Minnesota, established his credentials as an antiwar candidate by placing second in the New Hampshire primary — only seven percentage points behind President Lyndon Johnson. At the end of

March, President Johnson announced his intention *not* to run again for president. As a Duke University senior in 1968, I remember hearing cheers erupt from the television room in my residence hall — after the 36th U.S. president made his extraordinary, unexpected announcement.

In April, 1968, Martin Luther King was assassinated in Memphis and riots broke out in cities across the United States, including Washington. In the same year, Dr. King organized the Poor People's Campaign to gain economic justice which, after his

convention and informally known as the Kerner Commission, called the Chicago police responses to the convention's antiwar demonstrators "a police riot." In his August 2008 *Smithsonian* article, Haynes Johnson described a "lacerating event, a distillation of a year of heartbreak, assassinations, riots, and a breakdown in law and order that made it seem as if the country were coming apart."

As the former political director for ABC News, Hal Bruno, told an NPR interviewer in early 2008, the convention cost the Democrats the election. Richard Nixon, the Republican nominee, later ran and won on a "law and order" platform. Vice President

Hubert Humphrey lost many Democratic votes because of his association with the Vietnam War.

There were only three major news networks in 1968. All had weekend previews of the convention. The previous week's television programs included: "Dean Martin Pres-



assassination, led to the construction of Resurrection City on the National Mall in May. Also, in May, student riots and a general strike in Paris produced the temporary collapse of Charles de Gaulle's government in France. In June, after defeating Sen. McCarthy and winning the California primary, Bobby Kennedy was assassinated in the hotel where he had just delivered his victory speech.

In the same year as these remarkable events, from August 26-29, the Democratic National Convention was disrupted and upended in Chicago. The National Advisory Commission on Civil Disorders, created after the

ents the Gold Diggers with Frank Sinatra and Joey Heatherton Saluting the 'Songs of the 1930s'; and "Up with People," a group of 150 amateur singers, described in a television listing at the time as "raising their voices in praise of American virtues." ABC did not cover the Republican and Democratic conventions during the day, but provided summaries at night.

As a 21 year-old desk assistant working part-time for ABC News at the Republican National Convention in Miami Beach, I was on the television set and watched William F. Buckley, Jr. and Gore Vidal personally attack each other on the air — as

Continued on the next page.

The DNC 1968 Convention: A look Back

Continued from previous page.

they would, again, even more vehemently at the Democratic conventions three weeks later — years before the shouting matches on “The McLaughlin Group” and Bill O’Reilly programs. The 2017 documentary, *Best of Enemies*, links the venomous Buckley-Vidal exchanges with today’s CNN, Fox and MSNBC slugfests. I attained my less than 15 seconds of fame in *Best*, with very little effort, appearing at the ABC desk answering the phone.

In his memoir, Reuven Frank, president of NBC News, described how the network had only videotape of the protesters and police involved in the street violence on Michigan Avenue in Chicago. Frank interrupted the live coverage after Sen. McCarthy’s name was put in nomination and inserted the disturbing taped coverage of the melee outside the convention center. The NBC News president reported that “what occurred away from the cameras was worse than what we showed...[such as] police shouting ‘Kill ‘em! Kill ‘em!’; or clubbing kneeling young women and well-dressed, middle-aged bystanders.”

According to NBC’s Frank, while the African American mayor of Cleveland, Carl Stokes, was seconding the nomination of Hubert Humphrey, the network broadcast an hour-old videotape “on which we heard for the first time, ‘the whole world is watching.’” When Connecticut Sen. Abraham Ribicoff was nominating Sen. McGovern, Ribicoff looked at Chicago Mayor Richard Daley, only a few feet away, and said: “With George McGovern as president of the United States, we wouldn’t have Gestapo tactics in the streets of Chicago.”

As Reuven Frank further described the pandemonium, the crowd roared and the cameras focused on Mayor Daley rising to his feet, cupping

his hand to his mouth and nose and shouting obscenities. “No one needed a lip reader,” the NBC News president wrote: “What we...[showed] sickened those who watched, and they hated us for showing it to them.” According to Frank, 70 percent of the United States population at the time supported Mayor Daley’s crackdown on demonstrators. He concluded that network news had “lost its innocence” at the convention.

Since conventions were first televised in 1948 with Harry Truman’s nomination, the 2008 presidential nominating convention was the first in which bloggers received credentials. The 2008 event was also the first presidential nominating convention in which new technology was employed to create online coverage. This development was a long way from the eight-millimeter Kodak camera I used to film Richard Nixon and Spiro Agnew at the podium — both lifting each other’s hands in a victory pose at the conclusion of the 1968 Republican National Convention in Miami Beach.

Frank Rich, *The New York Times’* political and cultural analyst, wrote that the 1968 film, *2001: A Space Odyssey*, and the 2008 film, *Wall-E*, addressed voter anxieties of the period. And *Hair*, the 1968 “American tribal love-rock musical,” was revived in August 2008 in New York’s Central Park. *The Times’* reviewer praised the relevance of the show with its bitter-sweet song, “Where are we going.”

At the 2008 Newsmaker, I introduced Sen. McGovern with quotes from columns by David Broder and George Will.

As Mr. Broder wrote in 2007, Sen. McGovern “attracted and trained a generation of young people who are the heart and soul of the Democratic Party today. Youthful rebels then, gray-haired now, they still embody the two forces that define the Democratic Party — an insistence on openness and reform and a commitment to peace.... Without the reform McGovern forced on to a reluctant Democratic establishment [after the 1968 convention], including guaranteed representation

for women and minorities in the convention hall, it is impossible to imagine that in 2007 the leading candidates for the Democratic presidential would be Hillary Rodham Clinton and Barack Obama.”

George Will wrote in a *Newsweek* column in 2008 that McGovern was “the only senator who opposed United States involvement in Vietnam during the *Kennedy administration* [emphasis added].” Will stated that the senator “came by his horror of war honorably in thirty-five B-24 missions over Germany, where half of the B-24 crews did not survive... [and he] was awarded a *Distinguished Flying Cross* with three oak-leaf clusters.”

Senator McGovern was a minister’s son who grew up in Avon, SD, during the Depression. After his World War II service, he earned a divinity degree. And he was the second major party nominee after Woodrow Wilson to receive a Ph.D. In 1957, McGovern was elected to Congress; in 1962, the Senate; and, in 1972, he was nominated by the Democrats in their convention in Miami Beach.

In 1972, as a young person “For McGovern Before Miami Beach,” I was awed to meet the senator at the front of my Dupont Circle condo building and drive by the White House with him enroute to the 2008 Press Club Newsmaker. Senator McGovern died in 2012 at age 90; David Broder, preceded him, in 2011, at 81; and Haynes Johnson, died in 2013, also 81.

July 2018 Newsletter Member Poll with Comments to be Reported in Next Newsletter

- Where were you residing and what were you doing in the summer of 1968?
- What are your recollections of the 1968 Democratic National Convention?
- Who did you support for president in 1968?

How to Travel Without a Thief Hitching a Ride

If you chat with various Dupont Circle Villagers, you'll find that they have visited a dazzling array of places. Nonetheless, some 20 of them

turned out for a Village Live and Learn Program on May 30 to become even savvier senior travelers. A few individuals from other Washington, D.C. Villages were also present.

The speaker was an ebullient young man named Matthew Phillips, director of travel services for the American Association of Retired Persons (AARP). He announced that he was going to talk about stuff that was both fun and practical. He also encouraged the audience to chime in as he talked, which they did without hesitation.

Where to? The first thing you need to decide is where you want to go, Phillips said. It doesn't have to be far away, physically demanding, exotic, or scary. It could be something in your neighborhood that you've long wanted to explore, but never got around to doing.

Going solo or as a duo After you've chosen a destination, you then have to decide whether you want to go with a friend, partner, group, or alone, Phillips indicated. More and more people are traveling solo these days, he reported. As a result, some cruise lines are now offering single-occupancy as well as double-occupancy cabin rates.

Booking flights and hotels "I personally want to book my own flights," Phillips admitted. "But my father is just the opposite. It depends on how much control you want to have." "I rarely book a hotel without first checking reviews on TripAdvisor," Phillips continued. Even though travel agents charge a fee of \$50 or \$100, they can still save you money because they can get you special deals. The best way to find a trusted travel agent is through family or friends.

Getting a visa Since you live in



Washington, D.C., there is no reason to pay an agency to purchase a visa for you, Phillips pointed out. Go to the embassy yourself to get one.

Purchasing insurance There are various kinds of travel insurance, Phillips explained – say, to cover flight cancellations, lost luggage, medical expenses while travelling abroad, or medical evacuation if needed while travelling. Medicare does not cover any medical expenses outside of the United States, but a few Medigap policies do. Even those, however, don't cover all expenses. Many credit card, travel, and tourism companies offer travel insurance packages for a fee. An excellent online resource for finding the insurance policies that meet your needs is www.insuremytrip.com

Credit card dangers Last summer, an audience member tried to book a train while in Germany and found, to her dismay, that both credit cards she had brought with her were rejected. This situation could have been avoided, Phillips remarked, if she had called her credit card companies before traveling to tell them she was going to be in Germany and to ask them to enter that information in her account. This way the companies wouldn't have suspected that a stranger was using her cards fraudulently and wouldn't have

blocked their use. It's also a good idea to bring photocopies of your credit cards (as well as your passport) on your trip in the event that the originals are stolen or lost, Phillips suggested. Keep the photocopies in locked luggage.

Buying foreign currency It's cheaper to buy foreign currency in the country you are visiting than beforehand in the United States, said Phillips. And once you land in a foreign airport, it's cheaper to purchase the local currency through an ATM machine than through a money exchange window, which charges a fee.

Packing There he was, the "travel expert," in Key West, Florida, and he had forgotten to bring his swim trunks! The expert was no one less than himself, Phillips confessed. He could have avoided this mishap by making a list of things to bring before he packed for the trip, he said. Even better: Make a generic list of things you want or need while traveling, then customize it for each individual trip. Yet another packing tip: Bring an ample supply of medications to cover your trip and pack them in your carry-on bag, not in luggage you plan to check. To avoid questions at customs or immigration, keep the medications in their original, labeled containers.

Continued on the next page.

Dan Balz – 40 Years of Incisive Political Reporting

With his thoughtful, well-grounded presentation and grey hair, Dan Balz proved to the crowd gathered at his May 30th Celeb Salon that he is indeed the grey eminence of political correspondents in the nation. And despite the decades he has spent in Washington, DC, Balz, true to his midwestern roots, also proved to be a nice, unassuming man, patiently answering every eager question that came his way.



Balz has been a political correspondent at the *Washington Post* since 1978 and now serves as chief correspondent covering national politics, the presidency, and Congress. He is also regularly seen on PBS's *Washington Week* and other media programs giving trenchant analysis of major news events.

Balz underscored how deeply divided America is with national data and the results of on-the-ground reporting from his home town of Freeport, IL. These are divisions that go far beyond the problem of gerrymandering or even the role of money in politics, and they are unprecedented. Although Democrats have been energized by the depredations of the Trump administration, Balz thought it would be a mistake to assume that this would be a one-term presidency.

This was gloomy and shocking news to seemingly everyone in the room. It was therefore an especially good thing that **Iris and Irv Molotsky**, the gracious and able hosts of this riveting Salon, had more than enough drink and delicious food to sop up the pain.

An enjoyable evening with author Judith Viorst. We learned that many guests had read her earlier books on love and loss when she opened up the Salon for questions. She ended the evening by reading poems from her "Decades" poetry series detailing the highs and lows of being an octogenarian. **Jane Pierson and John Ver Steeg** were the gracious hosts.



How To Travel Without A Thief Hitching A Ride

Continued from previous page.

Getting through airport security

Have you noticed how some folks whiz through a special VIP line when they go through airport security? It's called the Transportation Security Administration (TSA) Precheck line, Phillips said. You too can join this elite group if you are willing to pay \$85 for five years of Precheck. Then every time you purchase a flight, you provide your Precheck number, and "TSA Pre-check" will be stamped on your boarding pass. Occasionally seniors are given Precheck status without paying. If you're one of the lucky ones, "TSA Precheck" will be stamped on your boarding pass. To find a TSA Precheck enrollment center near you, visit www.tsa.gov/travel/frequently-asked.../how-can-i-find-enrollment-center Then click "TSA Pre."

Escaping germs on the plane

Even though fresh air is pumped into airplane cabins during flights, cabins are seething with viruses and bacteria eager to latch onto unsuspecting travelers. Alas, there are no sure-fire ways to protect yourself from them, but antibacterial wipes can help, said Phillips. The dirtiest surfaces are food trays, he noted.

Keeping thieves from hitching a ride Not long ago, Phillips' sister asked him to post some photos on Facebook and Instagram while on vacation. "Sorry," he replied, "but you're going to have to wait until I return to see the photos." Don't post vacation photos on social media while you are traveling! Phillips warned his Village audience. It's an invitation for thieves to burglarize your home while you're away. "Personally, this is one of my favorite tips," he said.

If you have any travel questions, contact Matthew Phillips at mbphilips@aarp.org or by calling (202) 434-3657. The Web site for the AARP Travel Center is www.expedia-aarp.com It offers AARP members good prices on hotels, car rentals, cruises, and no-booking fees.

Who Needs Vision When You Have an Outlook Like This?

A few months ago, on my way to a Village Live and Learn Seminar, I encountered a blind woman from our Village group. I

asked if I could assist her in getting to the seminar. "Oh yes, I've been hoping that I might meet a Villager along the way to give me a little help," she replied.

I introduced myself. She introduced herself. Her name was **Gail Snider**. And as she took my arm and we continued on our journey, she told me a little about herself. She has a well-enunciated, rich, musical British voice. I could have swooned just hearing her talk.

She was born in Oxford, England; grew up in London; studied the German language and German literature for a few months at the University of Mainz in Germany, and ultimately received a degree in those specialties from the University of Birmingham in England. She married an American studying at Oxford University, moved to the United States, and had two children. It was during her first pregnancy that her vision started to go because of glaucoma — first one eye, then the other.

"Wasn't it dreadfully hard going blind?" I asked. "Well, you can deal with whatever comes your way if you want to," she replied. For instance, she worked for many years helping people who had lost their vision. Toward the end of her career, a young woman who had recently lost her vision lamented "I can no longer use my computer." "Well, I'm using a computer right now," Gail reassured her. "I use computer software that translates printed text into audio information."

And how about finding her way around when she doesn't have an escort such as myself? "It's really not all that hard," she said. "I rely on my long

By Joan Treichel



white cane and my hearing." Once a woman who tried to help her down the stairs was more afraid of falling than she herself was, she noted.

Has her world become geographically restricted since becoming blind? "Not at all," she said. Her mother died at the age of 97 a few months earlier, and she traveled to England for the funeral. She visits five siblings, some of whom live on the Isle of Wight off the south coast of England. She even visited a sister teaching in Zambia. The

"click, click" sounds of the Zambian languages still resonate in her memory, she said.

I asked Gail something I had long wondered about: "When people lose their vision, do their other senses become sharper?" "Not really," she replied. "But you do use your other senses more vigorously." For example, she listens carefully to traffic as she approaches an intersection before deciding whether the time is right for her to cross the street. And her sense of smell is as keen as ever and serves her well, she said. While taking a walk with her daughter recently, she mentioned that she could smell a CVS Pharmacy. "Your nose is right on target!" her daughter said with a laugh. "We are going by one."

And if I was proud of myself for giving Gail a little help, she did something for me that was totally unexpected. She attempted to teach me how to enunciate the "ch" sound in German correctly. Even though I was married to a German for 42 years, I was never able to speak his family name "Treichel" with the appropriate "ch" sound.

Alas, even with Gail's tutorial, I didn't manage to do it. But, never mind! I had just met an amazing Villager and was already looking forward to our next encounter.

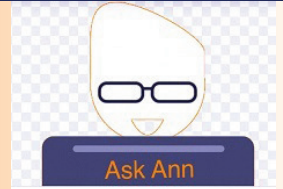
The Dupont Circle Village Legacy Heritage Fund

Since our founding ten years ago, Dupont Circle Village has been able to make aging a positive collective venture. Aging with DCV offers opportunity rather than dread. Now our thoughts inevitably turn to the future—how can we offer those who follow in our aging footsteps the opportunity to enjoy the benefits we've built? It's easy—make a pledge to the **Dupont**

Circle Village Legacy Heritage Fund. Find out more about the Legacy Heritage Fund by visiting our website: www.dupontcirclevillage.net and look for "gift giving" or ask the office to send you a Legacy Heritage Fund brochure.

Edgar Allen Poe's raven got it wrong — it meant to say "evermore"

Online Privacy Options for the Village



DCV Website – Club Express.

Any reasonable person wants to be sure that their personal information is private and protected. As you may know from other organizations you subscribe to, the European Union has mandated stronger privacy controls — EU General Data Protection Regulation (GDPR). Club Express, and any other international organization, has made those upgrades for all their customers.

By Ann Talty

The next time you log in, you will get a one-time screen asking for your consent to a couple of options. Because we keep your records electronically in Club Express, in order to be a member, you have to allow e-storage. If you have email, the

system will send out some mandatory emails to you — renewal notices, payment notifications, etc. However, there are some emails we send out through Club Express that you have the option to allow or not allow. Take care how you answer this question — we send out our newsletter, Friday E-blasts, and a few announcements this way. If you opt out, you will not receive any of these.

You also still have a choice of how to be listed in the online directory. When you log in, select your profile (under your name in the upper right corner). In the box entitled “Personal Info,” click on “Membership Directory” and select whichever option you want.

Google Groups. When you join

the Village, we invite you to join our general listserv. Please either accept or turn down. Or contact me to add you. For our DCV Unfiltered listserv, you will need to specifically request that you be added.

Frequency of listserv (Google Group) emails. As you are aware, some days there is no traffic on the listserv, and sometimes there seem to be dozens of emails. You do have 4 options I can set for you: (1) No email; (2) Abridged email, which is one summary email in a day; (3) Digest email, which batches up to 25 emails all at once; (4) All email — you receive each email when it is posted. If you want a change, let me know.

Ann Talty, Office Manager, admin@dupontcirclevillage.net (202) 436-5252

The Piano Man (and more) Member Bob Meehan

I should have met my wife Susan back in the summer of 1959 when both of us traveled to Europe and back on the same student ships — she

Member Profile

to Spain, I to France, under the Experiment in International Living. Instead, she was the first woman I met when I came to Washington in July 1964 as a management intern with the Agency for International Development. She was the lady sitting next to me in orientation with orders from the instructor to shut me up. It was a hot relationship. I took two years off to let it cool while in the Army in Vietnam. In August 1967, I from Stamford, Conn., wed the girl from directly across the Long Island waters in Sands Point, NY and settled down in the Dupont Circle neighborhood. I was mostly invisible in the neighborhood — Susan was the activist — until

2002. Then, I successfully ran for the Advisory Neighborhood Commission (formerly held by Susan) endorsed by the gay nightclub entertainment coalition, I liked to dance. It was a 10 year gig and before it was up, I started a new 12 year gig with Bev Losch as her “house piano man”. Initially I played for her parties which evolved in 2010 into the Dupont Circle Piano salon with multiple players show-casing many music styles. Still, I felt the odd man out in my creative family — Susan, a poet; Chris, a story teller; Alison, a pastel chalk artist. Until last year. The muses at last helped me guide my six year old granddaughter, Olive, far away in San Diego, on how to handle life’s questions. For 27 weeks until her seventh birthday, I recorded a weekly short essay, played a piano piece reinforcing the theme of the essay, and sent the combined recordings



as “Homilies” to be listened to on Sunday mornings. Sort of an internet Sunday school. Turns out Olive listened to them when going to bed or riding to school in the morning. Well, at least she listened to five hours of my recordings! But with the Village, I’m the listener. I’m now meeting so many interesting people who have been phantom neighbors for many years.

Out & About with DCV



▲ May birthday celebrants: Back row **Joan Treichel, Eva Sterner, Peggy Siegel, Mike Higgins and Ken Shuck.** Front row **Beth Merricks, Gail Snider and Barbara Meeker.**



▲ June and July birthday celebrants: Back row **Gini Mondale, Marilou Righini, Elaine Reuben, Erik Neumann, Sandra Yarrington and Lindsey Holaday.** Front row **Heike Burchett, Marie Marcoux, Ceceile Richter, Ann McFerran and Bené Durant.**



▲ **Judith Neibrief** and **Larry Stuebing** enjoying the serene and contemplative soundscape environment during a DCV outing to Glenstone in Potomac, Md.



▲ Even ominous skies did not stop many of DCV's volunteers from attending the volunteer celebration on June 5. **Mike Gould** hosted the celebration on his condo rooftop.



▲ Congratulations to DCV member **Peter Lovenheim** on his recently published book, *The Attachment Effect: Exploring the Powerful Ways Our Earliest Bond Shapes Our Relationships and Lives.* He presented the book at the National Press Club's Headliner Event. www.peterlovenheim.com

Lucia Edmonds ▶ recently hosted a reception for Allie Hutchinson. Allie is the daughter of DCV's former director Bernice Hutchinson. Allie has been made a member of the Dance Theater of Harlem.



▲ Longtime DCV member, **Susan Meehan**, celebrated the publication of her poetry book, *GODDESSES Incognito*, at a poetry session for Villagers at the Friends Meeting House.

Where Are They Now?



▲ **Kenlee Ray** toured M-City, the University of Michigan's autonomous vehicle research facility in May, this pic is her in the self-driving shuttle. Here's a link to more about the facility <https://mcity.umich.edu/>.



▲ **Eileen and Michael Tanner and Abigail Wiebenson** went on tour to Montreal and Quebec City in June with Encore Chorale giving 4 concerts in 6 days



▲ In June, **Joyce and Bill O'Brien** traveled to Jordan's Wadi Rum desert when it was hotter than hot!



▲ **Joyce and Bill O'Brien** at the ruins of King Herod's Palace on Masada in Israel.



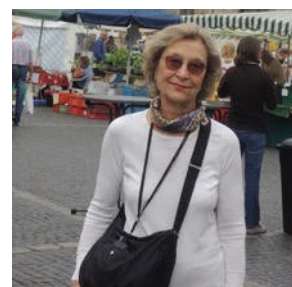
▲ The Himalayas in the distance are a tip-off that **Annie Groer** just spent nearly three weeks exploring Tibet, Nepal and Bhutan. It was an amazing trip.



▲ **Kathy Price** traveled with her eldest son to Venice in April where he was lecturing on 18th century Italian instrument making and culture. They spent time at concerts in villas on the Grand Canal, and went to Teatro La Fenice, St. Marks for mass, and enjoyed window shopping for masks and chocolate and Murano glass. Venice is gorgeous in the spring!



▲ All aboard!! **Susan Hattan and Steve Kittrell** at the Georgetown (Colorado) Loop train station with Susan's grand-nieces and nephews.



▲ **Mimi Higgins** was in Weimar, Germany for "The Spirt of Bach" musical tour. Next stops Dresden and Leipzig. The tour was sponsored by Classical Public Radio, WDAV 89.9.



Summer Gazpacho – made in 5 minutes



By Abigail Wiebenson

Here is one of the recipes from the lunch menu at the DCV cooking session. It's quick to prepare and got high marks from everyone.

Ingredients

- | | |
|---------------------------------------------------------------------------|------------------------------------------------------|
| 1 large jar of spicy V-8
(if you don't like spicy,
get regular V-8) | 1/2 red onion
(or regular onion
if you prefer) |
| 2 tomatoes | 2 T minced garlic |
| 1 cucumber | 1/2 C each of red wine vinegar
and olive oil |

Directions

In a blender/Cuisinart put a couple of cups of the V-8. Add one tomato cut in quarters, half the cucumber and cut in big pieces, half the red onion, cut in big pieces and the garlic. Blend until the consistency you like. Pour into a large serving pitcher.

Add the rest of the V-8 to the pitcher along with vinegar and olive oil, salt and pepper to taste. Add a shot of lemon juice (bottled or fresh) if you prefer. Stir and store in the refrigerator until ready to use.

When ready to use, cut the remaining cuke, tomato and onion into garnish-sized pieces and put into dishes. Pass around when soup is served.

Serve with bread sticks.



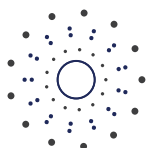
Yoga Tips



**Judy Silberman,
Yoga Master**

This month, let us focus on strengthening eye muscles. Sit in a straight-backed chair, and try to recall Seated Mountain Pose: feet are flat on the floor (Use a book or cushion under each foot if they don't reach.), abs are braced (drawn up and back), shoulders are back and down, chin is over sternum, ears over shoulders. Inhale and exhale fully, using your diaphragm. Pretend a clock is in front of you, and focus your eyes on the center of the clock. Using only your eye muscles, head and torso stay still, look up to 12:00. Then, slowly go around the clock, stopping at 3, 6, 9, and 12 for a full breath. Go back to the center of the clock and blink a few times. Go back up to 12:00, and then go around counter-clockwise in the same way. After blinking, close your eyes, rub your hands firmly together to get some heat, and then cup hands over eyes. Breathe. When ready, slowly open your eyes.

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
SHATTERING THE STEREOTYPE
ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

Dupont Circle Village
2121 Decatur Place NW
Washington, DC 20008

www.dupontcirclevillage.net
admin@dupontcirclevillage.net
202-436-5252

Board of Directors

Steve Kittrell, *president*
Mary McIntosh, *co-secretary*
Jane Pierson, *co-secretary*
David Chalker
Andrés Doernberg
Michael Gould
Lindsey Holaday
Mike Kain, *treasurer*
Ann McFarren
Abigail Wiebenson
Lois Berlin, *immediate past president*

Eva M. Lucero
executive director

Mike Gould
volunteers chair and coordinator

Newsletter co-editors

Eva M. Lucero
Sherri Monson

Design

Saiz Design