



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“If you’ve dated
a bookworm,
raise your glass.
If not, raise your
standards.”

— Chuck Sambuchino

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Welcome New Members!

Charles and Susan Bien
Larry and Michelle Bell
Dompierre
Laurie Calhoun
Helene Diener
Christina Hannah
Kat Miller

It’s Not Hoarding If It’s Books, Is It?

In 1947, police were tipped off about a possible death in a Harlem brownstone. The occupants of the home were brothers, Homer and Langley Collyer. One was a lawyer

and the other a concert pianist. They had been living as recluses

for decades since the death of their parents. No one would have guessed what the two brothers had amassed. When the police entered the brownstone, they encountered a home packed with various items. Over the course of two weeks, New York Police removed 140 tons of the brother’s belongings including decades of neatly stacked newspapers, 14 pianos, jars of human organs, tens of thousands of books and both brother’s bodies. One body was discovered sitting upright in an easy chair, the other was found buried under a pile of books that had collapsed. This was one of the first publicized cases of hoarding.

On the broad spectrum of hoarding, the example of the Collyer brothers is considered extreme. Somewhere in the spectrum is a classification that I suspect many of us are guilty—book hoarding. This type of hoarding is so common that the Japanese have a word for it: *tsundoku*, the act of piling up books to save for later, even if you’ll never actually



read them. Doku comes from a verb that can be used for “reading,” while *tsun* “to pile up.” The ol’ piling up of reading things!

This is not to be confused with the medical condition known as *bibliomania*, which according to Wikipedia, is a psychological disorder “characterized by the collecting of books which have no use to the collector nor any great intrinsic value to a genuine book collector. The purchase of multiple copies of the same book and edition and the accumulation of books beyond possible capacity of use or enjoyment are frequent symptoms of bibliomania.”

Most people guilty of *tsundoku* would never consider their habit as hoarding and likely call themselves collectors with clever justifications. “It’s not hoarding if it’s books!” “Doesn’t everybody have that aspirational teetering stack on their bedside table and floors?” “I don’t hoard, I use

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President's Notes



Like many of our Village members, before I became President, I did not really know how "the Village" managed to do so much for members. It did not take long for me to realize that "the Village" is like any other organization, only more so. "The Village" is really just a group of individuals helping other individuals.

DCV has about 250 members. The usual Village average is to have 1.5 staff for every 100 members and we are well below that number. We have one full-time employee (**Eva M. Lucero**, our executive director) and one part-time employee (**Ann Talty**, our office administrator). We have a part-time social worker (**Barbara Scott**) and a part-time bookkeeper. So, how does the Village operate with this small staff?

The answer is that some of our members devote their time and effort to making DCV what it is. While we don't keep very good track of it (who really wants to track time at this stage of their life), I estimate that we have about 30

members who provide the power to make DCV run.

How do these members make DCV function? Here are the type of things that DCV members do for you:

- Serve on our Committees, such as Membership, Live and Learn, Public Relations, Member Services, and Activities;
- Serve as a volunteer to provide help to other members;
- Serve as coordinators for various activities, such as the special interest ones like the Movie, French and Happy Hour groups; and
- Serve on the Board of Directors to assist in setting DCV's direction and monitor operations.

The amount of time that members spend on these functions varies widely, from a few hours a year to many hours a month. Some of the work is episodic and some is on-going.

Why is this information important to you? It is important because the work of these members goes on even when the people who are doing it change. Like other organizations, we have turn-over in our active members. So, we need to constantly replenish the members who keep DCV going.

Starting next month, I plan to devote this column to ways that our members make DCV run. I hope that many of you who are not involved will see something that interests you and you will sign up to help.

If you have any questions about how you can help DCV, you can contact one of the Committee chairs, Eva or me. I hope that many of you will find something of interest and get even more involved with DCV.

Is it Hoarding?

Continued from page 1

shelves," "My books make perfect side tables," "Even clutter is charming, if it's in book form" and the most common, "There's no such thing as having too many books."

Many people experience emotional attachments to their books and find parting ways very painful. There is something satisfying about holding a book and turning a page. They look, smell, and feel great and last a very long time. They are valuable precisely for the words contained inside of them, for many people, reading has always been their way of making sense of the world. Books carry indelible memories inside their covers and that makes it difficult to discard. Even books that have merely sat on a shelf

for years do their job, they patiently wait to be noticed because they are meant for you to savor and share and learn all the stories and knowledge you cannot live without.

If you feel like you have been *tsundokursed*, here are my suggestions to shake the spell.

Purge: Approach it head on, take a notebook and start writing down your thoughts about each book as you take them off the shelf (or the floor). If you cannot think of one thing to say about



this book even where it came from, you need to discard it.

Organize: Make a list of five topics that comprise your collection. Only keep those books that fall within those topics. Be even braver, make a list of three topics! Discard all others.

Go Digital: This is the best compromise for space and sanity. You

can hold on to all your books by buying online. Now you can have thousands of books right there in the palm of your hand and help save the environment as well.

Monthly Calendar



DCV Movie Group

Thursday, October 4, 6:30–8:30 pm
Hosted by Abigail Wiebenson, 1916 S Street, NW
RSVP: Susan Doolittle, (202) 669-8272,
sdoolittle.dc@gmail.com
Limit: 16 people — Registration is full.
Contact Susan for waitlist.

This month's movie discussion: *The Cakemaker* and *BlackKkKlansman*

The DCV Movie Group welcomes you to its first fall meeting. Please see the movies before the meeting and preferably as soon as possible in case they leave theaters soon. Also, you'll be asked to bring your choice of food, beverage, or money—we will email a signup sheet about a week before the meeting.

Love of Car: Transportation as We Age

Film and Discussion

Thursday, October 4, 2:00–4:00 pm
Location: Friends Meeting House,
corner of Florida and Decatur
Register online or contact DCV Office (202) 436-5252

This film is about the driving dilemma facing aging adults and families. The one-hour documentary focuses on solutions, including how to determine level of driving safety, strategies for driving safer longer and finding or using alternative transportation options. Thoughtful and at times whimsical testimonies from both urban and rural seniors are interwoven with expert interviews and demonstrations of solutions.

Dupont Circle Farmers Market

Sunday October 14, 21 & November 11, 8:30-1:30 pm

To Volunteer: contact **Gretchen Ellsworth**
gretchengayle@gmail.com; or **Pender McCarter**
pmmccarter@verizon.net

Dupont Circle Village and Foggy Bottom West End Village are staffing a booth at the Sunday Market to provide information on Village activities, as well as to seek new volunteers and members. Stop by to say hello, or volunteer to assist in staffing the booth!

Tech Tuesday

Tuesday, October 16, 11:00 am
La Tomate Caffe — corner of Connecticut & R
RSVP: Lucy Cooney at lucy1030@starpower.net or
(202) 667-7115

Please bring your phone, computer, iPad or Kindle questions and delightful finds to the group and get or give some answers. It is a small, individual group that tries to help you with your technology. Ken Shuck, Bob Hirsch and others facilitate group discussions on how to solve your problems or learn about and better ways to use technology.

None are real "experts" so all levels of expertise and knowledge, whether it be with Apple or Windows, Android or iPhone products are welcome. If you plan on attending, please send your concerns and questions to Ken Shuck ahead of time, and he will research them before the meeting at kenneth19442000@yahoo.com

La Tomate Caffe is kind enough to let us meet in their upstairs room, so please order some breakfast or lunch to make it worth their while.

Monthly Calendar



DCV Happy Hour: Save the Date

Tuesday, October 16, 5:30-7:00

This bi-monthly event generally takes place on the 3rd Tuesday of the month at various locations. Check the Friday e-blast for more information.

Tour of the U.S. Supreme Court

Thursday, October 18, 11:00 am

RSVP: Register online or contact the DCV Office
(202) 436-5252

Limit: 17

Supreme Court tour, including library and spiral staircase, led by docent Lorna Grenadier. More information to come.

Sunday Soup Salon

Sunday, October 21, 6:00-8:00 pm

1760 Swann St NW

Sunday Soup Salons generally take place the 3rd Sunday of the month. Attendees often sign up with offers of soup, bread, wine or dessert. The special guest and RSVP instructions will be announced in an upcoming Friday e-blast.

Live and Learn: Save the Date

Monday, October 22, 3:30-5:00 pm

The subject is Medicare. Check the Friday e-blast for more information.

Birthday Tea



August and September Birthday Celebrants
Larry Stuebing, Bill O'Brien, Lynn Lewis, Sheila Lopez,
Charles Bien, Monica Heppel, Dorothy Marschak, Joe
Auslander and Nick Ludlow

The French Challenge

Tuesday, October 23, 4:30-6:30 pm

1910 S Street NW

RSVP: Carol Galaty at carolgalaty@gmail.com or
(202) 232-7259

This group gets together once a month. The discussions will all be in French.

Michele and Michael Lemmon bring us some of Charles Aznavour's musique and stories of his life. This will be great preparation for those who plan to get tickets for the Aznavour program at the French Embassy on November 10. As usual, there will be French wine and snacks, the discussions will all be in French, and you are welcome to bring friends.

Cooking Class 3: Making Happy Hour Appetizers And Drinks

Wednesday, October 24, 3:30-6:00 pm

Lucia Edmonds, hostess and chef — 1610 15th St. NW, #3

RSVP: Lucia Edmonds, (202) 699-1594 or lucia.edmonds@gmail.com

Limit: 10 people

Nothing makes a party like good people, good food and good drinks. That said, let's make a Happy Hour party. Your hostess will provide the menus, ingredients and drinks. You will provide the labor and creativity. We will proceed as follows:

3:30 – Preparation of Appetizers and Drinks

4:45 – Happy Hour: Savoring our creations
(and telling tales)

6:00 – Winding down and cleaning up

Possible Menu

Fig & Fungi: Fig Tapenade / Goat Cheese / Caramelized Onions / Mushrooms / Balsamic Glaze / Micro Arugula
Avocado Toasts: Cranberry-Walnut Toasts / Avocado / Tomatoes / Bacon (optional)
Cucumber Canapé: Cucumbers / Crab Meat / Wasabi
Roasted Seaweed
Mini Egg Muffin Frittatas: Asparagus / Bell Pepper / Red Onion / Eggs / Cheese

Possible Drinks

Red / White Wine
Cucumber-Mint-Tonic Slush (with or without Vodka)
Watermelon-Strawberries-Mint-Lime Water
Water (plain or bubbly)

Making Time for Creating Change

On Wednesday, September 26, Paula Cole Jones facilitated a second training on diversity for village members and volunteers in the Heurich House Museum's carriage house.

By Lisa Helene Bacalski

Funded by the DC

Office on Aging (DCOA), the training covered practical ways that people can recognize and challenge racism in society. Members of the Dupont Circle Village and other local villages participated in the vibrant conversation along with staff.

One aspect of the morning was a discussion of how perceptions about villages affect their growth. Villages and neighborhoods have established identities, but they can consciously minimize both perceived and unconscious boundaries for participation by creating relationships and partnerships with local churches, health providers and cultural institutions. Mindful outreach can help villages grow beyond the informal referral network that often leads to a homogenous group instead of reflecting the whole community. "Is the frame broad enough to help people see themselves in it?" asked Cole Jones.

Cole Jones reminded participants that once we can name something, we can externalize it and understand the experiences of other groups. "Just like the generation gap, there are cultural gaps between these groups because we don't take the time to really hear that experience because if we did we feel that empathy. It will probably compel us to do something." We can change our reaction and enter into communities differently by practicing and encouraging respect and empathy for all.

Some suggestions from the training:

Seek Diverse Stories

This mass media has tremendous power to prime and frame stories. By choosing particular stories, the media reinforces stereotypes and creates a



Eva M. Lucero, DCV executive director, introducing facilitator, Paula Cole Jones for a volunteer training on race and ethnicity. These trainings are sponsored by the DC Office on Aging (DCOA)

dominant single story that is incomplete and often untrue.

Change the Story

Recognize how stories are shared, question those stories if they do not include diverse viewpoints, and seek more stories that give a full and accurate picture. One example of this tactic is how the grade school reading primers about Dick, Jane and Spot have been replaced by a more diverse set of stories.

Share Your Story of Change

When you have an experience that changes your perception, share it as more than an interesting story. Include how you were surprised and how the experience changed you. Discussing its impact on you signals to other people that changing perceptions and challenging misconceptions is possible and desirable.

Recognize How Identity Impacts Interactions

We don't always know how our identity will be received. Our intention for an interaction doesn't always match its impact on others. Understanding different ways identity impacts interactions can help. **Bonding**

interactions are easy and engaging because neither party has concerns that their identity works against them. Commonalities are quickly recognized. Other times, differences are recognized by **Bridging** occurs through efforts to translate. **Buffering** encounters take place when a person does not feel safe and assumes that their identity works against them. During other interactions, the story of an individual is affected by perceptions about their group. **Individualizing** takes place when members of the dominant culture say to a person who is a minority things like "You're not like that group" or "You can be because your group ..."

Organizations and individuals can strive for high levels of cultural competency where healthy boundaries between groups can be crossed easily. This is called **code switching**. Many people who are minorities frequently change their behavior or speech patterns based on expectations of the majority group in a particular setting. Code switching as a survival technique can be exhausting when it has to be deployed constantly.

Avoid Microaggressions

Microaggressions are unchallenged assertions of societal norms that have a cumulative effect. Any particular incident seems too small to address but they remind people without privilege or power of their place within the dominant culture. There are three types of microaggressions.

Microinsults are subtle comments or actions that demean a person due to their identity, such as a woman tightening her grip on her purse when a black man steps on the elevator. Saying things like "you're imagining/misinterpreting that" are **microinvalidations** that negate a person's experience, thought or feelings. **Microassaults** are brief but deliberately threatening insults or actions such as yelling an offensive name or bumping into a person.

"Staying Safe Online" – We Can't Run, Hide

"If you want to be perfectly safe online – don't turn on your computer." These are the words of Victor Rezmovic, an IT Consultant and Trainer, who opened the

Live and Learn seminar "Staying Safe

Online," held at the St. Matthew's Cathedral conference center on August 27th.

Rezmovic warned: "Hackers prey on us with messages that appeal to our weaknesses," such as greed, fear, lust and sloth. He discussed phishing and hacking, as well as the technical and human controls to avoid falling prey to the technology. According to the IT expert, human controls begin with our ability as users to slow down and pay attention before gleefully opening attachments or worse.

We need to recognize manipulation of our weaknesses and emotions, Victor stressed. Examples like a message that has been created in a way that makes us think the sender is a friend; or we get so excited about the contents, good or bad (IRS anyone?) — that we don't use good judgment. Look carefully at the sender's address, the signature, the quality of spelling, grammar; use your mouse to "hover" over proffered links or the sending address.

Technical controls are available in the form of anti-virus programs, such as McAfee and Norton Utilities. Once anti-virus software is installed, our messages can be checked to identify trouble.

For security, Victor also recommended "two-factor authorization" in which a code is sent to our phone to proceed with an action. Additionally, he suggested using a visual private network (VPN) to hide our computer address so hackers can't identify us and steal our data.



Further, Victor urged us to verify independently a call identified on our phones from a third party such as the IRS or our bank. And never respond to callers who want to "fix" your computer by tapping in to it.

Attendees asked whether cookies can expose a user to trouble. Victor suggested they could be a problem but not a big one. Should you eliminate all cookies? That could be inconvenient as cookies provide shortcuts to websites you visit frequently.

Other issues can arise from settings you may not be aware of on your phone. For example, if you regularly post photos on social media, you might want to turn off your GPS. Otherwise, photos will be marked with date and location — information you may not want to share. In real time the GPS coordinates could be valuable information to a ne'er do well about your absence from home.

The larger point here is that our devices are fitted with a number of functions, some of which may already be set to act — even though we are not aware of their presence. According to Victor, travelers going abroad should recognize that they

may encounter more problems if they are using free wifi in airports and in locations outside the United States.

Passwords also commanded a lot of attention; some attendees looked pained on the subject. One participant said she just hits "forgot password" when signing on to her computer. Surely, all of us do that sometimes. Victor stressed the importance of passwords, especially strong ones, to protect our information — such as using the first letter in a phrase that is well known to us. BOTH length and complexity will help to keep our password protection functioning.

Victor liked password managers using one password as an entree to all site passwords, but you would be sunk if you forgot it. And it's OK to save passwords on our home computers if our computer is well protected.

Finally, Victor urged us to backup our computers at regular intervals to avoid losing all of our data. Oh, and if we want to be really safe online, in addition to never turning on our computers, we could go live in a cave in Idaho — oy vey!

Let a Little Bit of Tech Help Your Social Life!



One reason you joined the Village was for the activities and to get to know some people. It is surprisingly easy to find reasons

not to get out and about, and as a result become more isolated. Do any of these phrases sound familiar?

I don't know how to find or choose something to do

- I get a little anxious about going to new places or meeting new people
- I can't walk that far
- I'm afraid I might fall
- What should I wear

Information: Every Friday, all active members of the Village receive the weekly e-blast. It summarizes all upcoming activities and gives you quite a bit of information. On the website calendar, it lists those activities, and all you need to do is click on the activity, and you will see more information and how to register. There is always a contact person listed in case you have more questions.

Crowds or meeting new people: This is common among introverts. When you go to the online calendar, if the registration is online, you will see a button labelled "Registrants" just under the "Register Now" button. This will give you an idea of how many people are registered, and let you browse for friends or acquaintances who are going. If it's an event I am going to, just find me — I always scout out a place set off from the crowd, and I love talking one-on-one.

Unknown places: Consider asking someone on the registrant list or a friend to go with you. If you go onto Google Maps, it can give you directions, show you the location, and you can often find a street view of the building so you can recognize it (have us help you learn to use the little person icon in the bottom right corner of the screen that does that for you).

Physical concerns: We have a lot of volunteers who can drive you places or walk with you — email volunteer@dupontcirclevillage.net or call the office. Volunteer drivers aren't just

for medical appointments — they are for you to participate in life. If it is icy out, you may want to be cautious. Work on balance exercises. Call the contact person about accessibility if that is a concern.

Proper attire concerns: We like you for yourself, not your clothes. If you feel like dressing up a little, then please do so. If you want to dress in casual clothes, that is also fine. Even for our annual Gala, many dress casually — certainly not in tuxes or gowns!

How to get home: Don't worry. Again, you can ask for a volunteer, or often an attendee will be happy to help. If you have a smartphone, sign up for Uber or Lyft, or have someone call a taxi.

As always, please feel free to contact Ann Talty at (202) 436-5252 or admin@dupontcirclevillage.net. I really do like to help people out and I'm always willing to walk you through any necessary steps, either over the phone or in person.

Meet Cathy and Fred Gladstone!

Cathy and Fred Gladstone were both born and raised in Brooklyn and have been married for more than 50 years.

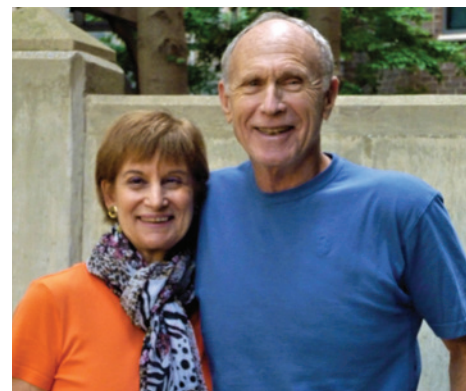
Member Profile

They spent most of their business lives in San Diego, CA where they raised their two children. While in San Diego they owned and operated several small businesses. In one, they wrote their own software when advanced computer technology included 12 inch floppy disks. In another, they provided off shore assembly services from a plant in Mexico 20 years before NAFTA.

They have spent most of our re-

tired life in South Florida where Fred has served on the Board of various homeowners associations and plays tennis between meetings. Cathy tutors remedial reading in D.C. public schools and at other times she enjoys swimming, yoga, and following the stock market.

For the past two years they've split their time between Florida and their apartment in Dupont Circle. The many activities available in the District provide a welcome contrast with those in South Florida. They joined Dupont Circle Village a year ago hoping that the Village would provide access to a social network,



and are both pleased to report that it has done that and more.

Their daughter and her two middle school children live in Arlington. Their son is in Atlanta, his three children are attending college.

Where Are They Now?



▲ **Carol Galaty** and **Ken Shuck** horseback riding and hiking in Santa Fe. They also visited with **Michaela Buhler**, who spends summers in Santa Fe.



▲ **Donna Batcho** was recently visiting family in Mississippi. She was in Bay St. Louis enjoying the beautiful beaches with soft, white sand and eating great food.



▲ **Abigail Wiebenson** and **Stephen Grant** having dinner at Les Philosophes, with **Iris** and **Irv Molotsky**. It was their last night, after a perfect Paris week, made more so because Iris and Irv had just returned from their Venice trip to overlap for a night.

Out & About with DCV



▲ Author and DCV member **Peter Lovenheim** discussing his latest book, *The Attachment Effect*, at the recent Dessert and Dialogue in the Friends Meeting House Living Room. ▲

Lucia Edmonds ▶ is on a terrifying new adventure. She recently adopted an eight week old puppy named Justice. She hopes she will do her justice.



Over 100 Villagers attended the DCV Fall Gathering on September 27. DCV welcomed 28 new members, celebrated two recent marriages and Villagers socialized among new and old friends.

Balsamic Roasted Sweet Potatoes



By Lois Berlin

'Tis getting to be the season and root veggies are in abundance at the Farmer's Market. I love these sweet potatoes for their simplicity and yummy richness. Of course, you can forego the walnuts and Gorgonzola garnish for a healthier dish, but what fun would that be?

Ingredients:

1/4 cup olive oil
1/4 cup balsamic vinegar
3 TBSP brown sugar
4 sweet potatoes, peeled,
cut into 8 wedges each
(2 lbs.)
salt and pepper to taste

Garnish:

Chopped, toasted walnuts
Crumbled gorgonzola

Directions

Preheat the oven to 425 degrees. Line a baking dish with foil. Combine oil, vinegar and sugar in a small measuring cup. Arrange potatoes in a single layer on the baking sheet. Pour the balsamic mixture over the wedges and gently toss to coat. Season with salt and pepper.

Roast wedges, turning halfway through, until fork tender, about 30 minutes. Garnish with walnuts and gorgonzola and serve.



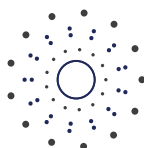
Yoga Tips



Judy Silberman,
Yoga Master

Let's continue with figure eights and infinity signs. Sit in mountain pose on a hard chair, back away from the back of the chair, abs engaged, and feet flat on the floor. Begin with your nose pointing straight ahead. Let your nose make a circle to the left, chin almost brushing your left shoulder, up and back to center, and then a circle to the right, an infinity sign, 2 or 3 times. Feel your neck warming up. Rest. Now, nose will make figure eights, circling up right to left, center, and then down right to left. Visualize your 8. Give it a color. Make 3 of them. Next, put right hand on right shoulder, with upper arm parallel to the floor, elbow out to the right. Make your infinity signs with the elbow, as if you have chalk drawing on a chalkboard. Then, with same elbow, make your figure eights. What color is your chalk? Your shoulder will be tired after 3 of each. Rest, and then go to your left elbow, for energizing your left shoulder. Great for improving circulation and flexibility in your neck and shoulders.

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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