

# DUPONT CIRCLE VILLAGE

## SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“Someone I loved once gave me a box full of darkness. It took me years to understand that this too, was a gift.”

— Mary Oliver (1935–2019)

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### Welcome New Members!

Sondra Cohen

Mary Jean Collins

Diana Wright

## All You Need is Love or a Good Marketing Campaign

If you're just waking from a coma or crawling out from under a rock it may come as a surprise that in February we celebrate Valentine's

By Eva M. Lucero,  
Executive Director

Day. That annual celebration of crowded restaurants, hastily purchased gifts, and large store displays of chocolate.

Though the history of Valentine's Day is actually rooted in the celebration of fertility, these days Valentine's Day can be wrought with the weight of expectations. It's no longer as simple as it was in elementary school when you passed out wholesome Valentine's Day cards to your classmates. Back then, if you couldn't afford to buy valentines you simply needed some construction paper, glitter and some Elmer's glue.

Like most holidays, Valentine's Day has become a competitive marketing bonanza and a financial windfall for many companies. The holiday

brings out advertising and marketing geniuses and some Valentine's Day marketing campaigns are laugh out loud funny. Who doesn't want to give their beloved a 'bouquet' of Kentucky Fried Chicken, or share a 'heart shaped' Pizza from Pizza Hut? Not your thing? Then why not purchase a Starbucks CD with a collection of

customer stories of love that originated in the coffee shop? If you'd like to go higher end, the Italian design house Versace has launched specially designed emoji t-shirts with the brand's iconic Me-

dusa turned into a smiley face with hearts for her eyes. The t-shirt will put you back only \$650. One of my favorite Valentine's sales pitches is from the supermarket chain ASDA in the United Kingdom – they offer to record your heartbeat, set it to music and send it to “your one and only

*Continued on page 2*



# President's Notes



**H**ere is a quick quiz on a DCV Committee. Can you name it? What Committee supports one of DCV's longest running programs?

What Committee provided members information about caring for aging feet?

What Committee gives you a chance to help fellow Villagers in a tangible way?

If you answered the Live and Learn Committee, you are correct. Beginning in 2010, the Live and Learn programs are almost as old as DCV itself (which is 11 years old now in case you forgot). With an average of 10

Live and Learn sessions a year, that is a whole lot of learning provided to DCV members. The Live and Learn seminars have been held on the fourth Monday of the month for many years.

Another quiz question: Did you know that you can find information about the past Live and Learn programs on the DCV website in two places? Under the Library tab, there is a heading for a Live and Learn Index that lists all the Live and Learn seminars since 2010. There is a lot of information, including over 50 health and wellness topics and more than 15 on financial and estate planning. The Index also leads you to the second source of information about the Live and Learn seminars. That is the back copies of our Newsletter where articles about most of the Live and Learn seminars over the years can be found.

The Live and Learn seminars are organized by the Live and Learn Committee, headed by Beth Merricks. The Committee has two main func-

tions. One is deciding on topics and locating local experts to speak about those topics. The second is securing locations for the seminars.

So, why should you consider becoming a member of the Live and Learn Committee? Here are just a few good reasons. As a member of the Committee, you would have input on what subjects you would want to hear about in a future seminar. You also would have the opportunity to talk to other DCV members about their ideas on topics for future sessions. In addition, you could learn more about your neighborhood as you look for new venues or help to arrange sessions at previous locations. And, you would get to meet the cross-section of DCV members who attend the Live and Learn sessions.

So, why don't you Live a little and Learn more about the Live and Learn Committee? You can get more information about the Live and Learn Committee and how to become a member by contacting either **Beth Merricks** or **Eva Lucero**.

## All You Need is Love

*Continued from page 1*

Valentine." Who could possibly resist something that creepy?

We may chuckle but not all is well on the Valentine's Day consumerism front. I have some very sad news to report – those chalky-tasting, pastel-colored, heart-shaped candies stamped with messages like I LOVE YOU, CALL ME, ME & YOU etc. won't be on sale this Valentine's Day for the first time in more than 100 years. New England Confectionary Company (NECCO) filed for bankruptcy last spring. In September, their SweetHearts brand was sold to the Spangler Candy Company, but not in time for Spangler to produce enough candies for Valentine's Day. "Conversation hearts," as they are commonly known, are the No.1 selling candy during the Valentine's season making up a whopping 80% of the market.



During its long run producing these sweet treats, NECCO churned out 8 billion Sweethearts annually and sold its full supply in the six-weeks leading up to February 14<sup>th</sup>.

No need to despair, Krispy Kreme is stepping up to fill the "conversation heart" void this year. They just

announced that they will be selling Conversation Donuts for Valentine's Day. Just like the look of the iconic chalky candy, these donuts will be heart shaped, covered in pastel icing and will have the classic conversation messages like BE MINE, I LOVE YOU, or BUY ME.

# Monthly Calendar

## Knitting Group

Thursday, February 7, 4:00 pm  
2510 Virginia Ave NW, #602N  
RSVP: Claire Wagner, (202) 332-5501 [clairierre@verizon.net](mailto:clairierre@verizon.net)

## Men's Book Group

Tuesday, February 12, 11:00 am  
La Tomate Caffe, 1701 Connecticut Ave NW  
RSVP: Peter Vandevanter, (202) 215-2394  
or [petervandevanter@gmail.com](mailto:petervandevanter@gmail.com)

The Men's Book Group meets regularly on the 2nd Tuesday of each month, and discuss a previously chosen book. The February 12 chosen book is a Tony Hillerman novel *A Thief of Time*.

Please join the group, stretch yourself by reading some things you might not have chosen, and enjoy some good company.

The meeting is up a flight of stairs. Please plan for some breakfast or lunch while we meet. RSVP to Peter Vandevanter at [petervandevanter@gmail.com](mailto:petervandevanter@gmail.com). Hope to see you there!

FYI - The March 12 book is *A Gentleman in Moscow* by Amor Towles

## Mosaic Theatre: Shame 2.0

Thursday, February 14, 11:00 am  
Atlas Performing Arts Center, Lang Theatre, 1333 H Street NE  
RSVP: Lucy Cooney, [lucy1030@starpower.net](mailto:lucy1030@starpower.net) or (202) 667-7115  
Limit: 15 people  
Cost: free for DCV members, \$8 for their guests

Post Production Cast Talk Back, optional if you'd like to stay! Colleen Delany, Einat Weizman; Morad Hassan, Morad Hassan; Victoria Murray Baatin, Mosaic Associate Artistic Director

Do you love theater? Are you interested in what's happening now in the Middle East? If so, please join DCV for a free matinee of *Shame 2.0*. DCV has 15 tickets and invites you to join fellow villagers for this true story ripped from the headlines. Guests are invited, but must pay \$8 per ticket.

"Hate mail. Death threats. Incarceration. Artists under siege and house arrest. This is happening. Now. This is *Shame 2.0* (With Comments From The Populace). This blistering documentary portrait is ripped right from today's headlines as it chronicles Israelis and Palestinians working together in the face of government censorship, artistic suppression, and Loyalty Oaths. We see the costs on embattled artists in a conflict-ridden region unfold onstage.



*Shame 2.0* integrates live readings of actual Facebook messages, tweets, and voicemails to punctuate the raw, true story of Einat Weizman and Morad Hassan as they strive to use art as a tool for cultural resistance, facing obstacles from a crusading Minister of Culture and Sport who has come to Washington to disrupt their testimony. It is a gripping snapshot of now, written in realtime."

## Sunday Soup Salon

Sunday, February 24, 6:00-8:00 pm  
1760 Swann St. NW  
RSVP: Lynn Lewis, [lynnlewis940@gmail.com](mailto:lynnlewis940@gmail.com)

Are you interested in kick-starting 2019 by eating well? DCV member Marie Lovenheim is a Cornell-trained nutritionist, who will explain how food can prevent and reverse some health issues and improve our well-being. Offers of soup, bread, dessert and wine are welcome but not necessary to attend.

## Tech Tuesday

Tuesday, February 19, 11:00-12:30  
La Tomate Caffe – corner of Connecticut & R  
RSVP: DCV's online calendar, or  
[lucy1030@starpower.net](mailto:lucy1030@starpower.net)

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 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. [kenneth19442000@yahoo.com](mailto: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 Movie Group

Thursday, February 20, 6:30-8:30 pm

Location: 1916 S Street, NW

RSVP: to [sdoolittle.dc@gmail.com](mailto:sdoolittle.dc@gmail.com)

Limit: 16 people, first come, first served

Movies to see ahead of time: *Cold War* and *Shoplifters*

The DCV Movie Group welcomes you to its next meeting to discuss this month's movies. Please see the movies before the meeting. Also, you'll be asked to bring your choice of food, beverage, or money – we will email a sign-up sheet about a week before the meeting.

## Live and Learn: An Introduction to Mindfulness: What? Why? How?

Monday, February 25, 3:30-5:00 pm

Location: Friends Meeting House, Decatur Room, corner of Florida and Decatur

RSVP: DCV's online calendar, or contact the DCV Office at (202) 436-5252

Limit: 25

Deadline: Friday, February 22

Have you been hearing about "Mindfulness" lately and wondered what it means? Is it the same as meditation? Do you need to set aside periods of time and sit in a particular position? Would it surprise you to learn that that the person standing next to you waiting for the elevator might be practicing mindfulness?



Our speaker, Juanita Weaver, will describe what Mindfulness is, why we should care about it, and its many benefits, including brain health, stress reduction, and improved ability to manage troubling emotions.

The program will be experiential as we are introduced to a variety of "hands-on" mindfulness exercises.

Ms. Weaver is a former federal employee who has worked in communications and consulted in organizational creativity. She has studied mindfulness meditation for more than two decades and has taught classes at the Washington International School, Harriet Tubman Elementary School, and National Cathedral Middle School. She graduated from the Mindfulness-based Stress Reduction class and has completed the Year of Living Mindfully course led by Jonathan Foust.

## French Challenge

Tuesday, February 26, 4:30 pm

Location: 1375 T Street NW

RSVP: Iris Molotsky at [iris.molotsky@gmail.com](mailto:iris.molotsky@gmail.com) or (202) 328-1121

At this monthly meeting, members will reflect on how the group is coming along and fine-tune direction(s) for the future. As usual there will have French snacks and wine (or other drinks for those who don't want wine).



## Birthday Teas



December birthday celebrants **Andrés Doernberg, Bob Harlow, Kirk Perrow, Sawon Hong, Peg Simpson, Iris Molotsky, Helene Scher and Nancy Turnbull.**



January birthday tea celebrants **Linda Rosch, Marcy Logan, Chris Hannah and Susan Hattan.** **Monica Heppel** did a fantastic job providing homemade cookies, scones, cakes and tea sandwiches.

# The Art of Riding a DC Bus



Ask Ann

If you're at all like me, you don't like to ask for what you need. Let's all agree that where there is need, it is our right to ask, especially if you do it nicely.

By Ann Talty

## Queuing up:

If you have a cane, walker, wheelchair, you may go to the head of the line. This gives you a chance to obtain the seating you need without displacing anyone.

**Boarding the bus:** All DC buses kneel or lower to make it easier to get on and off the bus. They also either have a low floor ramp or are lift-equipped. The operators are trained to pull up next to the curb and to lower the bus. They don't all remem-

ber to do it, so here's what to do:

Ask them to lower the bus.

If the gap is too wide, tell the operator that, and ask for the ramp out for you so you can board safely.

If you have a walker, you may request the ramp, which is safer.

If you are in a wheelchair, the operator will put out the ramp for you, and then get the wheelchair area secured for you, and assist you with strapping in.

**Choosing a seat:** If you need to sit and the bus looks somewhat full, you can tell the bus driver, or ask someone directly for a seat. Remember that the front seats are reserved for seniors and those with any kind of disability. Decide for yourself whether those

front seats work for you – being jolted sideways might not be the best idea.

**Rails and handles:** Please use them. If you don't want the germs involved, you can wash your hands after you get off the bus. It is much safer than not using the rails.

**Signaling your stop:** The bus has announcements for the upcoming stop, and the stop name appears on the screen. If you can't easily reach the yellow cord, ask someone to pull it, or call out "next stop, please". If you are in a wheelchair, there is a big yellow button for you to push, or you can ask someone to pull the cord.

**Clearing the aisle:** Don't be shy about calling out "coming through" or "excuse me." Walking sideways isn't always a good choice, so keep asking.

**Disembarking:** Just like getting on the bus, ask for what you need with the steps, height, or ramp to get off the bus. If you need to, insist they let you off onto clear pavement, whether it's the stop or a driveway or at the next street. This is important if there is mud or snow. You don't want to fall!



*Please Join Us!*

Dupont Circle Village

Presents

*Fashion and Function  
Showcase*

Exhibits and Demonstrations for

Adaptive Living

Saturday

March 9, 2019

2 pm - 4 pm

All Souls Episcopal Church Annex

2300 Cathedral Avenue

(Woodley Park Zoo Metro)

RSVP: 202.436.5252 or

[www.dupontcirclevillage.net](http://www.dupontcirclevillage.net)

under Events

# We Care About Our Health—And So Do Others

**A**s Dupont Circle Villagers we share many mutual interests. For obvious reasons, health-related issues remain a perennial discussion topic. My husband, Irv, and I are members of Kaiser Permanente.

Several years ago, I learned of the Kaiser Permanente Research Bank, a program that invites Kaiser Permanente members to share health information and a blood sample to be used for research. I am a member of the KP Research Bank's Community Advisory Board and a reviewer for research proposals that use the data from the Kaiser Permanente Research Bank. As a reviewer, a particular focus of mine is the impact that proposed studies might have for us, the aging community. In a very interesting proposal concerning medical cannabis use, I noticed that the reviewers' comments, while informed, did not mention that none of the participants were seniors, rendering the conclusions irrelevant to us. I was able to call this to the attention of the reviewer team.

People ages 60 and older are the fastest-growing population segment and I'm willing to guess health care issues frequently dominate our thoughts (and bodies). As part of the review process, I discovered a series of short informative articles developed by Kaiser Permanente covering the issues that most of us wrestle with. Some things I learned:

- Moderate physical activity is safe for most older people, but if you have a heart condition, arthritis, or diabetes, it's important to check in with your doctor before you start a new exercise regimen to review what's best and safe for you.
- Hearing loss is one of the most common medical problems people face as they grow older. One in three Americans over 65 and nearly half of Americans over 75 have difficulty hearing, according to the [National Institute on Deafness and Other Communication Disorders](#) (NIDCD).
- It's not unusual to have changes in vision, most often beginning around age 40. It's important to have our eyes checked regularly

since we are at higher risk of developing eye-related diseases and conditions like cataracts or glaucoma. The National Eye Institute recommends a comprehensive examination by 50 even if you are not experiencing any vision problems.

- Your sex life changes over your lifetime but—here's the *good* news—Reaching age 50, 60, 80 or older—hardly means an active, healthy sex life is behind you.

Participating in the Kaiser Permanente Research Bank has broadened my knowledge about senior health issues and I am encouraged that senior health needs, both commonplace and unusual, are getting the attention needed. I have discussed the possibility of expanding these issues with Beth Merrick, chair of the Live and Learn Program, and I hope we can continue this discussion further working with them.

If you are interested in learning more about the Kaiser Permanente Research Bank that I am involved with, please visit: [kp.org/research-bank](https://kp.org/research-bank).



# CelebSalons

## We're going fast forward on lining up super Celebs for our 2019 Salons!

**T**his year, we'll hold some of the Salons before the Gala. We listened to those of you who said you loved the Salons but they were bunched too close together. So this year, we'll hold some in February and March, in addition to May and June, and next fall.

The first Salon is likely to be with Dr. Ronald Mason, president of the University of the District of Columbia (UDC), who has many plans underway including creation of an Institute of Politics this summer. Others already in hand are novelist Alice McDermott, the Washington Nationals' longtime radio announcer Johnny Holliday,

Democratic pollster and political analyst Celinda Lake, and Washington Post columnist Petula Dvorak.

AND WAMU's Kojo Nnamdi!

We're keeping the price at \$75 a seat, hoping that many of you will come and will bring friends as well. Tickets will be available on the DCV website.

All of us appreciate the chance to mix and mingle with some of our city's Celebs, in the intimacy of the home of a Villager. Stay tuned for names of more Celebs and for the dates and locations of the Salons.

If you would like to host a Salon, let us know ASAP. We usually have

between 15 and 25 people at a salon, depending on the Celeb and on the space. The hosts bear all the costs of food and drinks (which means all money goes to the Village) but the food doesn't have to be fancy and certainly not a three course sit down meal! The draw is the conversation with the Celeb, not the food!

Looking forward to seeing you at a Salon!

### **The CelebSalon team**

**Peg Simpson and Jane Pierson,** co-chairs, **Andres Doernberg, Lindsey Holaday, Georgette Sobel, Charlotte Holloman, Jeanne Downing.**

### Member Profile

**I**n 1970, Darrell Totman and Erik Neumann met at a house party, became a couple a year later, and have been together ever since. They are longtime Dupont Circle residents and have lived in their home on Church Street for 47 years. While sharing many things in common including a love of travel and adventure, they had very different professional lives. Darrell was a computer programmer for DC Public Schools and Erik was a botanist at the National Arboretum. Since their retirements, they continue to travel and have been to over 70 countries together. Lately, they prefer ocean and river cruises, and recently returned from a cruise down the lower Mississippi. Besides being members of DCV, Darrell and Erik are members of a group called Prime Timers, a weekly dinner group for older gay men.

*By Eva M. Lucero*

## Meet longtime DCV Members, Darrell Totman and Erik Neumann



# Out & About with DCV



▲ The New Member Dinner was held in January at the beautiful home of **Ed and Susan Elmendorf**. Board members **Abigail Wiebenson, Jane Pierson and Mike Gould** welcome new member **Patricia Baranek**. Host **Susan Elmendorf** welcomes new members **Anita Gottlieb and Mimi Feinstein**. **Bob Macdonald and David Insinga** enjoy talking to **Lois Berlin and Steve Kittrell**.



Close to 100 DCV members and friends attended the annual Winter Party at the Chastleton Ballroom. It was a lovely evening with plenty to eat, drink and a nice time to catch up with friends old and new. Once again, the DCV Membership Committee outdid themselves!



# Where Are They Now?



▲ **Abigail Wiebenson** and her partner **Stephen Grant** ringing in the New Year in St. Thomas.



◀ **Joe Auslander** and **Barbara Meeker** were in south India last December. The photo shows them at the very southernmost tip of India, in Tamil Nadu, backs to the Arabian Sea. They are at the memorial to Swami Vivekananda.



▲ **Pender M. McCarter** and friends escaped the January polar vortex with a seven-day trip to Puerto Vallarta, Mexico, which Frommer's says "does a better job than any other coastal city of balancing Mexico's sophisticated resort environment with captivating colonial-era charm." Photos include a typical fanciful art on "The Malecon," a mile-long esplanade overlooking Banderas Bay and the Pacific Ocean in Puerto Vallarta's zona romantica and a family scraping cactus, near Paso Ancho, on Cuale River -- a 90-minute walk down hill to Puerto Vallarta.



## Creamy Polenta with Sautéed Mushrooms

Many years ago, Larry and I were in New Orleans and ate at one of the many fabulous restaurants in the French Quarter. We had creamy polenta with sautéed wild mushrooms and I thought I would never be the same. We went back twice! I came home and tried to replicate it and couldn't get it right. I finally got up the nerve to call the restaurant and ask them if they would share the recipe. My recipe is a smidge healthier but still yummy!

By Lois Berlin

### For the polenta:

4 cups water or chicken broth (I mix the two with a heavier dose of broth)  
1 tsp salt  
1 cup polenta or yellow cornmeal  
½ cup cheese (I use Parmesan and add a little extra to sprinkle on top)  
1-3 Tbsp butter (I use all 3!!)

### For the mushrooms:

1½ lb of a mix of mushrooms - cremini, shiitake, portobello, etc. wiped clean and sliced thinly  
1 Tbsp olive oil  
1-2 Tbsp butter (yes - I use both)  
1 Tbsp balsamic vinegar  
Salt and pepper to taste

### Cooking the polenta:

1. Bring the water/chicken broth in a 2-3 quart pot (that has a lid) and add the salt. Pour the polenta into the boiling liquid in a steady stream while whisking gently.
2. Turn down the heat to low and continue whisking until the polenta has thickened enough that it doesn't settle back on the bottom of the pan when you stop stirring.
3. Cover the pot and continue cooking 30-40 minutes. Stir vigorously every 10 minutes or so, making sure to scrape the sides, bottom and corners of the pan. Cook 30 minutes for softer porridge-like polenta or 40 minutes for thicker polenta.
4. Stir in the cheese and butter. If you want, you can also stir in a 1/4 cup of

cream!! Serve immediately or cover the pan and let it sit at the back of the stove for up to 15 minutes before serving.

### Cooking the mushrooms:

1. Before you start the polenta, have the mushrooms clean and sliced. While the polenta is cooking (after the boil and whisk and cover at low heat), heat the olive oil and butter in a frying pan over medium heat and add mushrooms.
2. Sauté the mushrooms until they are soft and slightly browned. Add salt and pepper to taste and add the balsamic vinegar and stir thoroughly. The vinegar will evaporate and leave a lovely tang.

### Serving:

Put the polenta on a plate or in a serving bowl and add put the mushrooms on top. Sprinkle with cheese. I love this as a meal with a salad. It's a great side to a chicken, beef or a duck dish, too.

*Note: Leftover polenta will solidify into the shape of the container it's in. Leftover polenta can be sliced or cubed and roasted, grilled or fried. It's lovely fried in a little butter! To make it creamy again, warm it with a little broth, milk or water and stir vigorously. It won't be as creamy as it was originally, but it should be pourable again.*

## Yoga Tips



Judy Silberman,  
Yoga Master

### Gratitude

I am grateful that I am alive today.

I am grateful for health and the possibility of healing.

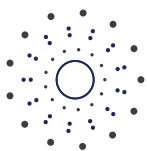
I am grateful for the people in my life.

I am grateful for all that has been given to me.

Breathing in, I receive Divine blessings.

Breathing out, I offer my gratitude.

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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**Dupont Circle Village**  
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