

DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“I miss you more than I remember you.”

Ocean Vuong—On Earth
We're Briefly Gorgeous

What's Inside

- 1 The Art of Obituary Writing
- 2 President's Notes
- 3 Monthly Calendar
- 6 Live and Learn—Cyber Security Controls
- 7 Ask Ann
- July-August Birthdays
- 8 New Member
- 9 Where Are They Now?
- 12 Out and About
- 13 DCV Cooks
- Yoga Tips

Welcome New Members!

Stephanie Baker
Ted Baker
Mark Goldstein
Lynn Skyneer
Moustafa Soliman
Michael Speer
David Stevens
Mary Stevens

Working the Graveyard Shift— The Art of Obituary Writing

Obituaries can be traced back to around 59 B.C. in early Rome. Julius Caesar published the *Acta Diurna* (“Daily Acts”), a daily papyrus newsletter distributed to the public that kept Romans up on current events of interest such as imperial family gossip, gladiator games,

By Eva M. Lucero,
Executive Director

crime, births, and deaths. Fast forward two millennia and the obituary's purpose is exactly the same—to let a community know of a recent death—but what has changed, is the storytelling. Back in the day, obituaries were formulaic (who, what, when, and how) boring and were assigned to journalists as punishment assignments. Nowadays, obituaries can often be awe inspiring, very funny, sometimes sad, but always illuminating.

The scores of obituaries and beautiful tributes recently heaped upon American writer, Toni Morrison, is testament to how the genre has evolved. In the not-so-distant past, the vast majority of obituary subjects were white men who were considered by the publishers of mainstream newspapers such as the Washington Post

and the New York Times (NYT) as the prominent shapers of society who held the levers of power in politics and business. With the advancement of civil rights and the rise of changing gender and racial dynamics and popular movements, NYT readers called for more coverage of the lives and obituaries of women and people of color. The NYT addressed this call with the launch of their [Overlooked](#) series. Its first issue showcased the stories of 15 remarkable women who were left out of the NYT obituaries. The NYT adds to this collection each week, and Overlooked is now a reg-



ular feature in the obituaries section and expands the lens beyond women to include other marginalized groups such as computer programmer Alan Turing. It's hard to believe that this brilliant man never got a more publicized obituary, even though his work decoding German messages

Continued on page 2

President's Notes



We Can Help: Please Ask!

What does an organization do when it has more helpers than requests for help? Your Village is trying to figure that out. DCV is blessed with many volunteers who want to help DCV with one of its goals:

To provide a robust array of volunteer services to members who need a hand to meet some of the challenges that living longer can bring.

Asking for help from DCV volunteers is easy. Just send an email to volunteer@dupontcircuitvillage.net or call the office at 202-436-5252.

While we cannot always find a volunteer, it is very rare when we don't. You can increase the odds of getting a volunteer if you give us as much notice as possible.

Some DCV members think that volunteers are only those who drive to doctor appointments, help with recovery from hospitalization, or make friendly visits and calls. While those are important volunteer activities, DCV has volunteers who can and want to do so much more.

What else, you ask? Just about anything involved in living in DC that does not require a professional (like a plumber, electrician, roofer) and that a member can use a helping hand to get done. We have volunteers who have:

- Helped with organizing and down-sizing
- Been companions in movie-going, game-playing and other recreational activities
- Fixed cabinet door hinges
- Done gardening work and checked for packages while a member was on vacation
- Assisted with getting technology to work
- Rearranged furniture
- SO MUCH MORE!

So, if you want to make the day of one of our volunteers, PLEASE ASK FOR HELP.

The Art of Obituary Writing

Continued from page 1

during World War II helped end the war. Instead, he died a criminal for his sexual orientation, and he was forced to endure chemical castration.

Every field has a superstar and among obituary writers, the gatekeeper for this highly exclusive club is a woman named Margalit Fox. During her 14-year career as the senior obituary writer at the NYT (she retired in 2018), Margalit authored more than 1,400 obituaries. Many appeared on the front page of the newspaper, the ultimate compliment in her field. She often penned the 'advance obits', obituaries of prominent personalities that have been researched, written, fact-checked, edited and copy-edited, laid out on a page and sometimes even supplied with accompanying videos for online viewing. Then, when the time comes, an editor has only to drop in the when, the where and the how of the death, an act known in obituary parlance as "putting the top on the story." These obits are kept on

file in the office "morgue" and can be accessed at a moment's notice. The day Toni Morrison died, the NYT went with Margalit's advance obit and she sent a message via her Twitter account, *"I have rarely felt so sad to see one of my pieces run."*

Although 'advance obits' are common practice for western newspapers, in other parts of the world especially in dictatorship countries, there are no 'advance obits.' It's considered taboo to suggest that a dictator may die and in many countries can result in a prison sentence for the writer.

There are also cultural differences in obituary writing. British obituaries tend to be edgier and more amusing. They use more euphemisms such as a Bon Vivant (sloppy drunk), "didn't suffer fools" (total jerk), "leaves behind many children" (philanderer). Tim Bullamore, an obituary writer for the Daily Telegraph in London finds the American obsession with the cause of death irksome, "they're dead, get over it." You can just imagine his eyeroll as he describes reading

an American obituary "desperate" to offer a cause of death by stating "causes associated with aging."

If you are one of those people who really enjoy reading the obituary page, you are not alone. You can easily access this subculture on the internet. There is a passionate tribe of obituary readers who have active online forums, podcasts and links to morbid media channels where other obit fans gather. It is perfectly fine to relish the obituary, after all, some of the best and most illuminating writing can be found on that page. And for those who want to learn more about the morbid art, the next *ObitCon*, the conference for professional obituary writers, will be held in Washington, D.C., October 3–5. One highlight of the *ObitCon* is the awarding of The Grimmys in various categories such as the best short form obit, best long form obit, best obit of an ordinary Joe/Jane, obituary writer of the year and lifetime achievement in obituary writing. The winners take home a coveted tombstone for their achievements.

Monthly Calendar

To register online for an event, go to:
www.dupontcirclevillage.net and select "Calendar,"
find the event, and register.

Free Senior Yoga

Tuesdays, September 3, 10, 17, 24, 10:30–11:30 am
Location: Church of the Pilgrims, 2201 P St NW
RSVP: Register online or contact DCV Office at
(202) 436-5252

In partnership with the DC Office on Aging & Community Living, DCV offers free hour-long senior yoga classes at Church of the Pilgrims. Come experience how to build physical strength by improving posture, balance, breathing and flexibility.

Memoir Writing with Bea Epstein: Part Two

Wednesdays, September 4, 11, 18, 25 and
October 2, 10:30–noon
Location: Friends Meeting House, Decatur Room

Event is full

Wise Aging Seminar Series

Wednesdays, September 4–October 23, 10:30–noon
Location: Cleveland Park Library,
2nd Floor Conference Room
3310 Connecticut Ave NW

The Wise Aging Seminar Series, led by trained facilitator Harriett Stonehill, is designed to initiate key conversations in a small group about addressing the challenges and opportunities of aging. The seminar series is based on *Wise Aging Living with Joy, Resilience, and Spirit* by Rachel Cowel and Linda Thal. Learning models include contemplative listening and speaking, mindfulness, movement exercises, reflecting, and journaling. This class is limited to 15 participants and will close once 15 attendees sign up.

The program consists of weekly workshops held on Wednesday mornings from 10:30 am until 12 pm. The weekly class will take place September 4th through October 23rd in the Cleveland Park Library Second Floor Conference Room. Visit dclibrary.org/node/64519. The CP Library is located at 3310 Connecticut Avenue NW DC 20008. This program is free and suggested audience is age 55 plus.



DCV Ice Cream Social

Monday, September 9, 1:30–3:30 pm
Friends Meeting House—Front Terrace
Florida & Decatur gate (stairs);
Florida and Phelps (no stairs)
RSVP: Register online or contact DCV Office at
(202) 436-5252

Welcome back from the summer! Please join us for camaraderie and a variety of ice creams, sorbets, etc. on the newly finished terrace and garden at the Friends Meeting. Note that there are 2 gates to enter by—one on Phelps (no stairs), and one on Decatur (definitely stairs)

CelebSalon: Adam Immerwahr and Jojo Ruf, Theater J

Tuesday, September 10, 7:00–9:00 pm
Hosted by Sheila Lopez and Bella Rosenberg
1870 Wyoming Ave NW, # 604

This CelebSalon is sold out

Volunteer Training

Saturday, September 14, 10:00–noon
Friends Meeting House—Decatur Room,
corner of Florida and Decatur Place
RSVP: Register online or contact the DCV Office at
(202) 436-5252

This training is suggested for all new volunteers and current volunteers who would like a refresher on volunteering basics.

Sunday Soup Salon: Star-Studded Evening

Sunday, September 15, 6:00–8:00 pm
Co-hosted by Caroline Mindel and Lynn Lewis

Event is full

Monthly Calendar



CelebSalon: Gary Ginstling, Executive Director, NSO

Monday, September 16, 7:00–9:00 pm

Hosted by Caroline Mindel and Lynn Lewis,
1760 Swann Street NW

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

Limit: 20 people; Cost: \$75

Gary Ginstling came to the National Symphony Orchestra in 2017 after working with orchestras in Indianapolis, Cleveland, and San Francisco. He also played 12 years with West Coast orchestras as a clarinetist.

Tech Tuesday

Tuesday, September 17, 11:00 am

Location: La Tomate Caffe, corner of Connecticut & R

RSVP: Register online, or Lucy Cooney (202) 667-7115 or
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 better ways to use technology. 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

Men's Book Group

Tuesday, September 17, 3:00 pm

West End Library Conference Room, 2301 L Street NW

RSVP: Peter Vandevanter (202) 215-2394 or

petervandevanter@gmail.com

This month's book: *Earthly Remains* by Donna Leon

Many of the group have dinner after the meeting in the Bluestone Lane Cafe in the Library. Feel free to join us. At this meeting (chaired by Peter Vandevanter), the group will decide if the 3rd Tuesday of every month is the right day to meet.

Arena Stage: Jitney

Tuesday, September 17, 7:30 pm

Arena Stage—Kreeger Theater, 1101 6th Street SW

Cost: \$47.25

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

If sold out, contact DCV Office to be put on waiting list

August Wilson's *Jitney* opens Arena Stage's season-long August Wilson Festival celebrating the Pulitzer Prize-winning giant with Ruben Santiago-Hudson directing his 2017 Broadway production—recipient of the 2017 Tony Award for Best Revival of a Play. The dramatic story of a Pittsburgh jitney station, a symbol of stability, struggling against an oppressive lack of opportunity and unnerving neighborhood gentrification that threatens the way they live and work. The drivers resist powerful forces while coming to grips with their pasts to fulfill their own hopes and dreams for the future. Arena Stage's presentation kicks off the National Tour of one of this great master's masterpieces.

NOTE: If there is enough interest, we will organize meeting up for dinner ahead of the show. Arena offers groups a \$5 discount on their three-course, prix-fixe dinner menu at Richard's Place Café; cost is \$20.

Mosaic Theater: Fabulation, or the Re-Education of Undine

Wednesday, Thursday, September 19, 11:00 am

Location: Mosaic Theater, 1333 H St NE

Cost: **Free** to DCV members

RSVP: lucy1030@starpower.net

Two-time Pulitzer Prize and MacArthur Genius Award recipient Lynn Nottage's satirical tale that follows successful African-American publicist Undine, as she stumbles down the social ladder after her husband steals her hard-earned fortune. Broke and now pregnant, Undine is forced to return to her childhood home in the projects, where she must face the realities of the life she left behind. Penned with "the firecracker snap of unexpected humor" (New York Times), *Fabulation* reveals the folly of outrunning where we come from, and the challenge of returning home. (Runtime: 2 hours with one intermission. This production contains profanity, drug use, and sexual content.)

Monthly Calendar



80+ Group

Thursday, September 19, 2:00 pm

DCV Office: 2121 Decatur Pl NW

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

Would you like to get together with others and hang out, drink some coffee, and enjoy each others' company on a monthly basis? If you're hesitant, are you willing to try it out? What do you have to lose but an hour or so on one afternoon! Coffee, tea, and cookies will be served.

Live and Learn: *Modifying Your Home for Comfort and Safety as You Age*

Monday, September 23, 3:30–5:00 pm

Location: West End Library, 2301 L Street NW

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

Safety modifications to your home (such as installing grab bars or shower seats in your bathroom) might make you feel more confident in your day-to-day life. Installing a private security camera system could also allow you to feel safer in your home. But how do you know what you need to do to maximize your dwelling's "age friendliness" in terms of accessibility, safety, and security? How much will modifications cost? How will you pay for them?

Tori Goldhammer MS, OTR/L, ATP, ECHM, CAPS, CEAC, LMT is an expert in answering these questions. She is currently the Clinical Manager of D.C.'s Department of Aging and Community Living's Safe at Home Program and a Continuing Education instructor. She will discuss modifications that help seniors age-in-place and how the Safe at Home Program provides safety adaptations in and around the homes of qualifying seniors and adults with disabilities. Depending on your household's income, you may be eligible for financial support in making the adaptations.

Ms. Goldhammer will also share contact information for professionals who provide services for home modifications and remodeling plans for accessibility, caregiver support, and increased independence.

French Challenge

Tuesday, September 24, 4:30–6:00 pm

Hosted by Iris Molotsky, 1735 T Street NW

RSVP: iris.molotsky@gmail.com or (202) 328-1121

All those wishing to use their French are invited to come and they are welcome to bring a friend or two. An agenda will be circulated before the meeting. As usual we will have French snacks and wine (or other drinks for those who don't want wine).

Recent Retiree Coffee

Wednesday, September 25, 9:00 am

Location: Firehook Bakery, 3411 Connecticut Ave NW

Questions: DCV Case Manager Barbara Scott at casemanager@dupontcirclevillage.net

Join recent retirees for coffee and to discuss issues of common interest and activities. Our last coffee included retirees from the Northwest Neighbors Village; Palisades Village; Cleveland/Woodley Park Village and Dupont Circle. Firehook Bakery (across from the Uptown Theatre and Cleveland Park Metro) 3411 Connecticut Avenue NW WDC. Meet in the back garden.

NOTE: Following our coffee, there is a seminar series at the Cleveland Park Library beginning at 10:30 am on "Wise Aging". For those interested, we can meet for coffee and then quickly walk over and attend the seminar together. If you are interested in this series, you need to pre-register. It is limited to 15 participants.

Cyber Security Controls

Looking for a practical and relatively stress-free approach to passwords and IDs? Lisa Friedman, a retired lawyer with a long-standing interest in IT, shared some great secrets to success in her DCV Live & Learn presentation on June 4th. Among other things, Friedman teaches in the OLLI program at American University.

If you are like most people, with an average 120 online accounts, chances are you worry every time you hear about the latest security breach. You probably worry about where and how to store your passwords, user IDs, and answers to security questions to ensure they are both safe and easily accessible. Friedman addressed these and several other issues in her presentation.

Categorize your accounts:

Friedman recommends sorting your accounts into two groups—those where unauthorized access could do real harm and those where the associated risks of exposure are minimal. Examples in the high-risk category are e-mail, bank, and credit card accounts.

Consider your time and trouble:

Create an easy-to-remember or access password for accounts you use frequently. Friedman says she uses the same password for several such accounts/sites particularly when security is not a major concern.

Create strong passwords: When security IS a concern, create unique and strong user IDs and passwords for each account. These will need more secure storage and more of your time to access.

Strong passwords should be **12 to 16 characters, contain no easily identifiable words, include upper- and lower-case letters, numbers, and use some non-alphabetical/non-numerical keyboard**



characters. Avoid using words or numbers based on personal information, single words that can be found in a dictionary, doublewords, or reversals of familiar words/numbers. To find out more, check out Splashdata's 2017 worst passwords list: <https://s13639.pcdn.co/wp-content/uploads/2017/12/Top-100-Worst-Passwords-of-2017a.pdf>.

Create your own complex password: What about accounts you want to access regularly where security IS a concern? Friedman summarizes the following expert advice. Start with a simple password and add the same character or combination of characters to make the password long or create a "pass phrase" unique to you. Here is an example, "^lj-D_C_V=2019." Also, change your passwords periodically. If you want to check out how easy it might be to hack your password here is one of four sites Friedman listed: <https://password.kaspersky.com/>. The sample password would take about 4 centuries to figure out!

Use a password generator: An option is to use a password generator. Examples Friedman provides include: Norton Password Generator—<http://tinyurl.com/kz9ltkf>, LastPassPassword Generator—<http://tinyurl.com/o5mch5b>, and Dashlane Password Generator—<http://tinyurl.com/ydxqep3e>. Friedman suggests it is probably safer to use password generator software that is installed on your computer rather than going to an online site.

Store passwords/user IDs/ answers to security questions:

Friedman recommends storing security information by writing it down on paper and securing multiple copies of the document, typing it into a document on your computer and protecting it using a strong password or encryption, or using a third-party password-protection and encryption program, such as a password manager. *Dashlane*, *LastPass*, *Roboform*, *1Password*, and *Keepass* are usually on professional reviewers' "best" lists for password managers.

Alcoholism—My Family Disease



Ask Ann

Once upon a time I didn't think that alcoholism had affected me. After all, my mother stopped drinking when I was nine, and my father (still drinking) was only

occasionally a part of my life.

What I discovered is that it isn't just the alcohol, rather it's all the behaviours and dynamics that go with it, and that it is a disease that affects everyone around that person.

12-step programs encourage you to tell your story: My family has alcoholism on both sides of the family and all but one or two people in 3 generations. As my mother told me, whether it's physical or environmental, my brothers and I were definitely at risk. Luckily for one of my brothers and me, she taught us enough so that we both recognized red flags about our drinking when we were in our 20s, long before it could overtake us. Instead, I turn to food as my addiction, which I am working on fixing.

Classic lies by the alcoholic and

family and friends: it's just wine; it's just beer; it's only on weekends; it's only a few times a year; it was only a few drinks (try at least doubling that); I can stop any time I want to; performs well in a job (so can't be an alcoholic); etc.

Denial of reality: the alcoholic is not feeling well or has a headache or has an upset stomach and can't go to work. Sure, just lie. Number of drinks (yes, on the list again). Oh, they wouldn't hide bottles; pour alcohol into any liquid (yes, coffee, tea, soup and more); deserve any reprimands at work; never accept that something might actually be the alcoholic's fault—the blame is always on someone else.

Children find ways to survive.

As they grow up, they repeat the pattern—either by becoming an alcoholic, marrying an alcoholic (or other compulsive personality), or exhibiting the effects of the disease on the family.

Classic patterns of behavior of a family member: isolated and afraid of people and authority figures; approval seekers; frightened by angry

people and personal criticism; live as victims and attract those who will victimize; judge yourself harshly/low sense of self-esteem; "rescue" people; feel guilty standing up for oneself instead of giving in; perfectionism—trying to ward off what might happen if things aren't perfect with a sense of impending doom if they aren't (it doesn't work); fly into rages; don't drink, but exhibit all of these behaviours.

Al-Anon or Adult Children of Alcoholics: This is one way to learn to start dealing with the alcoholic and the result of being around the alcoholic. The first thing you learn is that you can't fix the alcoholic—all you can do is work on yourself and your reactions and behaviours. Also much recommended is therapy with a therapist who understands the disease. I personally recommend both approaches. They have really helped me to develop into the person I am today.

Feel free to talk to me about this—that is why I am sharing.



July-August Birthdays



◀ So many birthdays in July and August! Back row: **Charles Bien, Susan Bien, Bobbi Milman, Sandra Yarrington, Jane Cave, Sheila Lopez, Bill O'Brien** Front row: **Marie Marcoux, Olga Hudeck, Bené Durant, Helene Diener, Ceceile Richter, Monica Heppel, Carolyn Harlow, Jeanne Downing, Ann McFarren.**

Spider web architecture and President Obama's high school classmate— **Meet new members Dawn Southard and Dennis Hollier**

Dawn Southard and Dennis Hollier have lived in DC, on and off, since the late 1970's. Dawn was born in Miami, Florida; but, as a child, she spent most summers here at her grandmother's hotel in Foggy Bottom. When she was 15, she moved to DC to live with her grandmother full-time and attend better schools. She graduated from Emerson Preparatory school in Dupont Circle, then went on to earn an Associates in Architectural Engineering, a Bachelors in Natural Resource Management, and a Master's in Systematic Entomology.

While still an undergraduate at the University of Maryland, Dawn received a prestigious fellowship to study spider morphology and taxonomy at the Smithsonian Natural History Museum (NHM). She continued at the NHM through her graduate school career as a research associate in the Arachnology section of the Department of Entomology, doing fieldwork in the Ecuadorian Amazon, and studying the evolution of spider web architecture and male genitalia across all spiders.

After graduate school, Dawn went into the non-profit world as a conservation biologist. She opened a Washington office for an international insect conservation organization, founded a national trade association for native seed producers, ran membership and development for a museum, and served as executive director of an international marine conservation organization. Twenty years later, she has found herself to be a professional nonprofit "fixer".

Dawn currently spends her time weaving—a hobby that she is passionately turning into a second career.

Dennis grew up traveling. His father was in the military and then the diplomatic corps, so the family moved every few years. The longest he lived anywhere growing up was five years in Bangkok, where his father served as an attaché. When his father



retired, the family moved to Hawaii, where Dennis went to high school. (He was a classmate of then-Barry Obama.) In 1979, he moved to Washington to attend American University.

While Dennis was still in school, an 18-year-old Dawn hired him to work as a desk clerk at her grandmother's hotel. Eventually, he became manager of the hotel, running the Foggy Bottom institution for nearly two decades. At the same time, Dawn and Dennis traveled extensively, with frequent trips to Turkey, Greece, Thailand, and Mexico. They also

became avid sailors, cruising their own boat, a 32-foot Westsail, up and down the Chesapeake and as far as Bermuda. They also cruised in the Caribbean and the Mediterranean.

After Dawn's grandmother passed away, Dawn and Dennis moved to Oahu, where they lived for 11 years. Dawn continued her work in nonprofits and conservation; Dennis became a magazine writer. For the most part, he wrote about science and culture, both for local and national publications. For eight years, he served as the feature writer for Hawaii Business Magazine. In the meantime, Dawn and Dennis hiked, swam, and paddled every corner of the Islands.

Hawaii was an incredible experience on many levels; however, after more than a decade away, Dawn and Dennis were homesick for DC. So, when Hawaii Business offered Dennis the opportunity to serve as the magazine's Washington correspondent, they jumped at the chance. They moved back to DC in the Fall of 2016, and were astonished to find how much the city had changed. They say they are happy to be back and to have found and joined DCV.

Where Are They Now?



◀ **Ted Bracken**
with son Todd
at East Chop
Light, Martha's
Vineyard this
July.



▲ **Laurie Calhoun**
visited Glacier
National Park
in Montana and
Waterton Lakes
National Park in
Alberta Canada in
July.



▲ **Monica Heppel**
and her daughter
Jennifer on a bear
viewing trip to
Katami National
Park in Alaska.



◀ **Caroline Mindel and Lynn Lewis** visited Bulgaria and Romania, countries of stark contrasts between ancient and modern, both struggling after decades of Communist and dictator rule, plus millennia of invasions.

Where Are They Now?



◀ **Lucia Edmonds** and her goddaughter Taur Orange on Citadel Hill in front of the Old Town Clock in Halifax Nova Scotia where Maude Lewis, a woman with gnarled hands, turned pieces of board into art; and where the government apologized to its black citizens for past injustices; and where Viola Desmond, a civil rights activist, became the first woman to grace a regularly circulating Canadian bank note.



▲ **Judith Neibrief** is back from Botswana, where she explored Moremi Game Reserve, the Okavango Delta, and Chobe National Park and saw a bit of Johannesburg and Victoria Falls as well. The focus of the trip was searching out animals on land cruisers and boats. "I enjoyed watching favorites like elephants, rhinos, cats, warthogs, and all those antelope and birds (keeping them distinguished continues to baffle), and I developed a new appreciation for some stork species and mongooses (why can't they be mongeese?)."

Where Are They Now?

▶ From June 26-30 in New York City, **Pender M. McCarter** and his friend of more than 30 years, Robert J. Feiertag, joined hundreds of thousands of celebrants at World Pride commemorating the 50th anniversary of the Stonewall rebellion that sparked the gay liberation movement. Pender recalls reading about Stonewall in The New York Times when, as a teacher, he spent the summers of 1969 and 1970 in New York researching the computer profession for a workshop chaired by former Kennedy Labor Secretary Willard Wirtz. The part-time research position led to Pender's career in high-tech journalism and public relations.



▲ **Alex and Kathy Jordan** spent the July 4th holiday with family in Hilton Head, SC and enjoyed taking their grandson Camden on a sunset dolphin cruise.



▲ **Lucia Edmonds and Peg Simpson** at the Hopewell Rocks in the Bay of Fundy in New Brunswick. The picture is of them at low tide. Six hours later when they came back, the tide had risen 38 feet and almost totally covered the rocks!



▲ **Peg Simpson** in Shediac, New Brunswick on the occasion of a birthday dinner for Lucia Edmonds.



◀ **Donna Batcho** spent two weeks in Scotland and visiting friends at the University of Edinburgh. Then Labor Day weekend back to her Jersey roots and a visit to the Jersey shore. Local boy Bruce rocks the senior transport in Asbury Park. These seniors may be born to run, but every now and then, they need a ride.



Where Are They Now?



◀ **Steve Kittrell** and **Susan Hattan** enjoy the Stockholm, Sweden, waterfront. Their trip also included time in Copenhagen, Denmark.



▶ **Carol Galaty** and **Ken Shuck** on their first wedding anniversary hiking at Deep Creek Lake MD, (6 1/2 months out from broken ankle surgery).

Out & About with DCV



◀ Villagers toured the American Geophysical Union (AGU) building in July. It's the first net zero renovation in Washington, DC.



▲ **Pender McCarter** snapped this lovely photo of **Alice** and **Lincoln Day** at the Dupont Sunday Farmer's Market.

▶ Many Villagers feted **Gini Mondale** with a lunch for her 94th birthday at La Tomate in Dupont Circle.



Watermelon Salad



By Lois Berlin

It's melon season and that means yummy, sweet melon. This is the time of year I like to capitalize on the wonderful fresh produce we get at the weekly Farmer's Market and watermelon is one of my all time favorites. I love the way the salty feta and olives compliment the sweetness of watermelon and the pungent flavor of basil. This

recipe can have lots of options, but I will give you the simple version I use. There are a number of recipe writers who have versions of this, but this one is my own!!

Ingredients

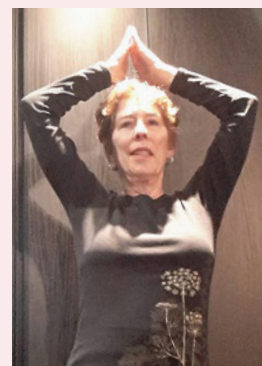
- 10 cups of watermelon cut into one-inch cube size pieces (this would be a small melon)
- $\frac{3}{4}$ cup crumbled feta cheese
- $\frac{1}{2}$ cup Kalamata olives sliced into quarters
- $\frac{1}{4}$ chopped basil

Mix all the ingredients together and enjoy. There are options—you can drizzle lime juice and olive oil over the salad if you like. Or you can substitute mint for basil or add slivered red onion. I like the simple version. It's very juicy without any additional dressing and healthier, too.

Yoga Tips



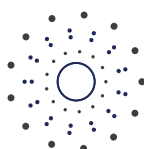
Judy Silberman,
Yoga Master



Back to improving grip and overall arm strength, using a hand weight:

- Sit on a chair with right forearm on right thigh. Hold weight with fingers, while thumb points up. Exhaling, rock the wrist and thumb toward your body, inhaling back to neutral. Do 5 reps and switch to the left side.
- Lower arm again on the thigh, palm up. Rock hand up and down, using the wrist.
- Same position, but palm is down this time.
- My favorite, hold weight with palm up. Open fingers slowly so weight rolls down fingers, and then fingers catch the weight and bring it back up.
- If you have hand putty, squeeze as hard as you can, fingernails going all the way through. 5–10 reps.

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
Mike Kain, *treasurer*
Ann McFarren, *vice president*
Abigail Wiebensohn
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