



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“When haters go after your looks and differences, it means they have nowhere left to go. And then you know you’re winning! I have Aspergers and that means I’m sometimes a bit different from the norm. And —given the right circumstances—being different is a superpower.”

—Greta Thunberg
16 year old climate activist

What’s Inside

- 1 Sorry, Not Sorry
- 2 President’s Notes
- 3 Monthly Calendar
- 5 New Initiatives!
- 6 CelebSalons
- 7 Live and Learn—Exercise for Seniors
- 8 Ask Ann
- 9 New Members
- 10 Where Are They Now?
- 12 Out and About
- 14 DCV Cooks
Yoga Tips

Welcome New Members!

Dino Bonaldo
Craig Howell
Leanne Kaslow
Richard Kaslow

Sorry, Not Sorry

It seems like every day a politician, CEO, celebrity or some prominent figure is apologizing for something. As a result, the art of the apology has

By Eva M. Lucero,
Executive Director

become a carefully choreographed performance watched and critiqued by millions. Nowadays, when an apology is offered it’s usually in the passive voice (“mistakes were made”), or conditional (“if I have offended anyone, I’m sorry”), and rarely entails an outright admission of wrongdoing. It’s ironic that the word “apology” today means nearly the opposite of what it originally signified. The original meaning wasn’t ‘I’m sorry’ at all. To the Greeks and Romans, an apology was a defense or justification against accusations.

Because we live in a digital age with everything at our fingertips, it’s easy to do an online search and get loads of advice on how to apologize. In fact, we now have an “Apology Culture” that has become monetized. There are books, tapes, professional tutors and coaches all with either dubious or extraordinary expertise on the correct dos and don’ts for successful apologies. One author notes that she’s been studying apologies for two decades and has a “unique perspective on the challenge.” Another stresses that “one does not have to

become a carefully choreographed performance watched and critiqued by millions. Nowadays, when an apology is offered it’s usually in the passive voice (“mistakes were made”), or conditional (“if I have offended anyone, I’m sorry”), and rarely entails an outright admission of wrongdoing. It’s ironic that the word “apology” today means nearly the opposite of what it originally signified. The original meaning wasn’t ‘I’m sorry’ at all. To the Greeks and Romans, an apology was a defense or justification against accusations.

Because we live in a digital age with everything at our fingertips, it’s easy to do an online search and get loads of advice on how to apologize. In fact, we now have an “Apology Culture” that has become monetized. There are books, tapes, professional tutors and coaches all with either dubious or extraordinary expertise on the correct dos and don’ts for successful apologies. One author notes that she’s been studying apologies for two decades and has a “unique perspective on the challenge.” Another stresses that “one does not have to

Continued on page 2



President's Notes



make it as easy as possible for you to keep track of your time.

To help you report your time faster and easier, DCV has a new online system for time reporting: **Track It Forward**. Automating the time keeping process is intended to make it easier for volunteers.

The program is designed for two types of DCV volunteers:

Volunteers who help our members, such as by driving or being in a care group, and

Volunteers who assist in the operations of DCV, like being on the Membership and Activities Committee or helping with events.

Track It Forward is an on-line hours tracking system. It allows you to enter time when you want, rather than

making a month-end report. Track It Forward works on your phone or any computer.

Time entry is as easy as one, two, three, four:

HOURS: Select the time spent from a drop down menu.

DATE VOLUNTEERED Select the date that you volunteered.

ACTIVITY: Select from the categories on the drop down menu.

NOTES: There is an optional text box for entering additional information.

You may have received an email invitation to join the DCV Track It Forward system. If you are volunteering for DCV and did not get an invitation, please let us know by emailing Eva M. Lucero at execdir@dupontcirclevillage.net.

Volunteer For DCV? This New Program Is for You

Reporting of hours that members and volunteers devote to DCV is important to us. DCV wants to

Sorry, Not Sorry

Continued from page 1

have the benefit of cultural or religious grounding," her tool (yes, she calls it a tool) "artful apology" guarantees you emotional control and a better life. A crowd favorite is the Sorrygram whereby a thumb drive is delivered to the offended with your pick of apology songs.

Good apologies don't have names, but bad ones do. *Bropology* is an apology given by 'bros' of all types and ages. It's used by a 'bro' who's been caught doing something controversial and is forced to apologize; however, they don't really think they should. A *Bropology* is grounded in a sense that the offended party is just over-reacting (too PC) and they only do so to get everyone off their back. A *Twitpology* is done on Twitter and usually by a business. It's brief (280 characters) but not great because it's hard to take responsibility in one tweet. A *Textology* is done by text to avoid any personal contact and tend to be popular in romantic or work situations. Finally, there's the *Instapology*, an apology with a colorful photo or attachment on Instagram.

An example of this approach is when the celebrity chef/restaurantier Mario Batali, after being accused of sexual harassment from his female employees, vaguely apologized and added "by the way here's a recipe" on his Instagram account.

One of the most interesting and comprehensive services on social media is *SorryWatch*. It analyzes both effective and botched apologies in news, media, history and literature. Its coverage of apology culture is entertaining, embarrassing and distressing. The

B	I	N	G	O
avoidance of first person singular	"there is a lot going on in my life"	"it distresses me that"	"my heart goes out to"	censorship
"misconstrued"	VAGUENESS	"this is not who I am"	Whine Whine Whine	"I regret what happened"
"those closest to me know"	"sorry if"	FREE	"obviously"	"my black/gay/latinx friend wasn't upset"
"sorry you misunderstood"	"I am paying the price"	"mistakes were made"	"it is unfortunate"	"I was exhausted"
reference to political enemies	"what I meant was"	"it was not my intent"	"my humor is edgy"	"let us move forward"

SorryWatch archive is worth a look. You'll be reminded that American doping scandal cyclist, Lance Armstrong, is STILL not actually sorry and remains the lousiest sports-related apology they ever covered. SorryWatch is also the creator of Bad Apology Bingo playing cards of what not to say when apologizing. The cards are full of pithy, helpful hints as you form your apology. But keep in mind, no one is under any obligation to accept an apology, some acts are just unforgiveable, including an insincere apology.

Free Senior Yoga

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.

Wednesday, October 2, 10:30-noon;
Monday, October 7, 2:00-4:00 pm
Location: Friends Meeting House, Decatur Room
Event is full

Wednesdays, October 3, 10, 17, 24, 31, 10:00-11:00 am
Location: Emissary Coffeehouse and Café, 2032 P St NW
Questions: Contact Bob McDonald at bobmcdcdc@gmail.com

A weekly gathering for Villagers for coffee and conversation at Emissary located at the corner of 21st and P Streets NW. Emissary is a community-minded coffeehouse. When you enter Emissary, simply order your coffee and/or food, pay for it at the counter, and join us.

Thursday, October 3, 4:00 pm
Hosted by Gretchen Ellsworth, 1852 Columbia Rd NW # 602
RSVP: (202) 306-7259 or gretchengayle@gmail.com

All are welcome to join this group. Press the number "8" at the building call box so that Gretchen can buzz you in.

Thursday, October 3, 6:30-8:30 pm
Hosted by Abigail Wiebenson, 1916 S St NW
RSVP: Susan Doolittle (event is full)

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 signup sheet before the meeting. Attendance is limited to 16, first come first served basis.

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.

Monday, October 7, 5:30-7:00 pm
Location: Tico Restaurant DC, 1926 14th St NW
RSVP: Register online or contact the DCV Office at
(202) 436-5252

Summer's over. Welcome fall with your DCV friends at Tico while enjoying a margarita, draft beer or glass of wine. Food selections include tacos and small plates such as charred tomato salsa and homemade chorizo. Salud!

Monthly Calendar



Tech Tuesday

Tuesday, October 15, 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

Senior Cinema Day at the Avalon

Thursday, October 17, 10:30-12:30

Avalon Theater, 5612 Connecticut Ave NW

Every 3rd Thursday of the month, the Avalon Theater shows a featured film at a discounted price for seniors. Cost is \$5. Sponsored by the Avalon & Sibley, Chevy Chase House.

Sunday Soup Salon: Celebrating Caregivers – The Ceca Foundation

Sunday, October 20, 6:00-8:00 pm

Co-hosted by Caroline Mindel and Lynn Lewis, 1760 Swann St NW

RSVP: Lynn Lewis at (202) 365-7055 or lynnlewis940@gmail.com

Celebrating exceptional but often unsung caregivers working in facilities serving the mentally and developmentally disabled...from housekeepers to technicians, from chaplains to volunteer coordinators to psychiatric counselors and more...is the Ceca Foundation's unique mission.

Founders Matt and Rosemary Lawlor will highlight how Ceca awards recognize the myriad acts of kindness and compassionate touch that make employees feel valued. The result: boosting a patient-centric culture in hospitals, hospices, SNFs, rehab facilities, mental health and assisted living communities in the Washington Metro area and in nearby states.

As always, offers of soup, wine, bread and dessert are welcome but not necessary to attend.

Men's Book Group

Monday, October 21, 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: *Rules of Civility* by Amor Towles

Many of the group have dinner after the meeting in the Bluestone Lane Cafe in the Library. Feel free to join us. NOTE: This group has now moved to the 3rd Monday of the month.

French Challenge

Tuesday, October 22, 4:30-6:00 pm

Hosted by Carol Galaty, 1910 S St NW

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

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

Recent Retiree Coffee

Wednesday, October 23, 9:00 am

Location: Firehook Bakery, 3411 Connecticut Ave NW

Questions: 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. We will resume our usual 9:30 am time once this series has ended.

Monthly Calendar



CelebSalon: Alice McDermott, Author

Wednesday, October 23, 7:00-9:00 pm
Hosted by Kathy Price, 2030 16th St NW
Event is full

Alice McDermott is an award-winning author who writes about Irish-American families. One of her recent acclaimed novels, *The Ninth Hour*, portrays the grim realities of illness and death among the poor.

At Dupont Circle Village's October Live & Learn Program, co-sponsored by the Foggy Bottom West End Village, Cheryl Smith, from the D.C. Department of Aging and Community Living, will answer your Medicare and Medicaid questions. This event is co-sponsored with Foggy Bottom West End Village.

DCV's Annual Fall Gathering for Members

Thursday, October 24
6:30 – 8:30 p.m.
The Chastelton Ball Room
1701 16th Street NW

Live and Learn: All About Medicare and Medicaid

Monday, October 28, 3:30-5:00 pm
Location: West End Library, 2301 L Street NW
RSVP: Register online or contact DCV Office at (202) 436-5252

What is covered by Medicare? What changes can be made during the Medicare Open Enrollment? What is Medicaid and how do you qualify for it? What is Part D?

Screening of Backpack Full of Cash

Wednesday, October 30, 1:00-3:30 pm
Landmark Theatre's West End Cinema, 2301 M St NW
RSVP: Register online or contact DCV Office at (202) 436-5252

FREE for DCV members.

DCV presents a new documentary film that explores the real cost of privatizing public schools. Narrated by Matt Damon. The film is produced by Sarah Mondale, daughter of longtime DCV member, Gini Mondale.

Q & A with the producers to follow the showing.

New Initiatives!

The Membership/Activities Committee is launching a trio of new activities, giving members even more opportunities to know one another and stretch their minds.

A **Mystery Book Group** will be headed by a member who is a serious and avid reader and collector of mysteries. Slated to meet monthly, the time and place will be decided when we know how



many men and women are interested in being a part of this group.



Coffee and Conversation is a weekly gathering of members at Emissary, a coffee house located at 21st and P. There's a quiet back room that works well for us. The gathering time is between 10 and 11 am.

Board Game Night will do a test run at the home of a Villager couple.



All of these initiatives will be launched later this month. Look for the dates and locations in our Friday e-blast. Many thanks go to Villagers who generated the ideas.

If you have questions, leave a message with Ann Talty, our Office Manager, by phone or email and she will convey them to the relevant organizer.

CelebSalons

Theater J's Dynamic Duo

Dupont Circle Village kicked off its fall CelebSalon lineup with Theater J's artistic director, Adam Immerwahr and managing director, JoJo Ruf. The tremendous

energy, experience, enthusiasm and vision they

bring to Theater J was on display at the Salon hosted by **Bella Rosenberg** and **Sheila Lopez**. The evening's format was fun, funny and creative. Adam and JoJo conducted lively interviews with one another, exploring their passion for theater, individual work styles, and views on the biggest challenges facing the industry today.

As artistic director, Adam is dedicated to championing emerging playwrights and presenting older works that highlight the Jewish and human experience. He is also reviving forgotten Yiddish works of historical and artistic significance with the creation of Theater J's *Yiddish Theater Lab*. Fun fact about Adam: prior to joining Theater J, he ran his own

senior citizen theatre company called OnStage, where senior citizens in central New Jersey performed the stories of their community to their community in nursing homes, assisted living, conferences on aging, and penitentiaries.

JoJo brings a creative business sense to her managing director role that leverages her Georgetown MBA and vast national and international theater network. Prior to Theater J, JoJo was the managing director of Georgetown's Laboratory for Global Performance and Politics which works with international theater groups to stage productions in the U.S. and abroad.

As co-leaders, Adam and JoJo regularly brainstorm on audience development and challenges and have a couple of areas of concern. One is with the state of journalism. Theatre reviews traditionally gave theaters visibility and were relied upon by many theater goers. As of this writing, the Washington Post's



long standing and highly regarded theater critic, Nelson Pressley retired in early September and no one is in line to replace him. Another concern is competition, not from other theaters, rather from social media, video games, and on-line streaming services. However, as any regular theater goer knows, there is no comparison to the connection one gets when viewing a live performance on stage!

If you are interested in exploring that special connection, please reach out to take advantage of DCV's new partnership with Theater J and watch as they carve out their vital space in the DC theatre landscape with soul-stirring and thought-provoking art.

A Well-Rounded Executive – Gary Ginstling, NSO Executive Director

Gary Ginstling, National Symphony Orchestra (NSO)

executive director, arrived in Washington in 2017 with a wide

range of both managerial and artistic experience. Before assuming the position at the NSO, Gary held leadership positions in top-tier orchestras in San Francisco, Cleveland and Indianapolis and he was an orchestral clarinetist for 12 years. DCV members and friends were delighted to hear of his

experiences and his innovative plans for the NSO at the CelebSalon hosted by **Caroline Mindel** and **Lynn Lewis**.

Gary started the discussion by explaining the unique characteristics of orchestras which include a Board of Directors, comprised of community-based leaders (typically non-musicians) at the top; the Executive Director and administrative staff; and the Music Director (conductor) as the chief artistic leader. Added to this complexity is the unique na-

Continued on page 7



Exercise for Seniors

Get up and move! No matter how many times we've heard that, it can't be enough. Exercise is crucial for preventing or mitigating the impact of disease, including

By Bella Rosenberg

heart conditions, cancer, hypertension, stroke, arthritis, diabetes, Alzheimer's, mood disorders, and many more. It is also critical for sustaining the capacity to live independently, with or without disease.

When Dr. Mary J. Barron of the Milken Institute School of Public Health at George Washington University finished her presentation, no excuse for not exercising was left standing. For one, it doesn't take all that much time: 150-300 minutes/week of moderate-intensity activity or 75-150 minutes/week of vigorous activity (some panting involved); muscle strengthening two times/week; daily balance training; and breaking up sitting time every 20 minutes by doing *anything* for two or three minutes that moves our legs and arms. (Prolonged sitting is the worst thing we can do to our body in older age.)



Second, we can accomplish almost all of the above just by walking about 30 minutes/day – and it doesn't even have to be done in one bout! Walking is simultaneously aerobic, weight bearing, calorie burning, strengthening (especially on hills and stairs), and balance promoting.

Third, we can incorporate muscle strengthening into walking if we're short of time. For example, use hand-held weights or even soup cans, a weight vest, or Thera bands. Just be sure, for the sake of maintaining functional capacity, to do some

overhead lifting.

Finally, we can do balance exercises almost anywhere, anytime. For safety's sake, stay close to a chair, wall, railing, counter, or another person. And for safety in all exercise, warm up and cool down; start easy and work up; and hydrate.

As Dr. Barron said, none of the above requires a gym membership or personal trainer, unless those will be motivating. (Research trainers, she cautioned.) The only necessary expense is a decent pair of walking shoes.

In other words, just do it!

CelebSalons

A Well-Rounded Executive

Continued from page 6

ture of the Kennedy Center/NSO with Congress providing oversight and support for the building but not for operations. No discussion about the NSO can exclude *the Nosedo factor*: according to Gary, the NSO is branding itself around the skills and charisma of NSO Musical Director Gianandrea Nosedo, who has signed a contract through 2025. For the last two years, the NSO has stopped what has been a steady decline in ticket

sales, the first year the NSO was .5% in the green and made an impressive 19% jump last year.

The NSO's recent efforts to expand its audience (especially in underserved communities) with various community engagement initiatives are laudable. The NSO's *In Your Neighborhood* provides free NSO performances and activities for one week in specific D.C. neighborhoods. The first *In Your Neighborhood* took place in September in neighborhoods across Wards 5, 6 and 7. Some of the innovative programs reaching younger audiences that the NSO is offering

include mixing hip hop and classical music; performing musical scores showcasing blockbuster movies such as *ET* and *Star Wars*; and the *DE-CLASSIFIED* events where artists from multiple genres collaborate with the NSO to create unique live music experiences under the artistic guidance of popular musician Ben Folds.

All in all the evening was delightful, Gary is a very warm person. Many attendees are very excited about the direction the NSO is headed and are completely confident in this very capable leader.

Preparing for Winter



Ask Ann

This is not the story about the ant and the grasshopper. It's about recognizing and preparing for the realities of Seasonal Affective Disorder (SAD), a form of depression, typically starting in the late fall and early winter and going away during the spring and summer.

By Ann Talty

The first thing for me to say is that having depression and/or SAD is not something to be ashamed of — many, many people experience this, myself included.

If you have never had depression, learning more about it would be good. Feeling down or sad is not comparable. Telling people to “snap out of it” is not helpful. You need to understand that if someone has just curled up on the couch and not moved for hours or days, what they are feeling is basically soul-sucking. If you have read or watched the Harry Potter series, it's basically like the dementors. The effort of remembering you can do something, say, call someone, is exhausting, and putting thought into action is incredibly overwhelming.

Symptoms of Major Depression: Feeling depressed most of the day, nearly every day; Feeling hopeless

or worthless; Having low energy; Losing interest in activities you once enjoyed; Having problems with sleep; Experiencing changes in your appetite or weight; Feeling sluggish or agitated; Having difficulty concentrating; Having frequent thoughts of death or suicide.

Symptoms of SAD include: Having low energy; Hypersomnia; Overeating; Weight gain; Craving for carbohydrates; Social withdrawal (feel like “hibernating”).

Treatments: medication, light therapy, psychotherapy, vitamin D — alone or in combination.

For me, if it is dark out, my brain doesn't want me to wake up. Likewise, the moment it gets dark in the late afternoon or early evening, my brain shuts off. Here are some of the things I do to prepare for my season of SAD - before it hits:

- I try to pack my freezer with nutritious meals.
- I avoid alcohol, which is a depressant.
- I use 2 forms of light therapy — a dawn-rizer, and a sunbox. Light therapy at the beginning of the day does help. It involves 10,000 lux of light with little to no UV light. My devices are from Sunbox Company, but other companies stock them

as well. The dawn-rizer works with your alarm clock to simulate dawn. The sunbox is next to my chair where I drink my morning tea and read the paper — it gives me light and therapy at the same time.

- I try to look ahead and put things on the calendar. During the late fall and winter, it is more difficult to come up with ideas, much less execute them. Try to make some of your plans with people.
- Get out of the house, even if it means just walking to the corner and back. No, you don't want to. I have conversations with myself about this. No, it's too much trouble, it's too cold or wet, I just can't. When conversations in my head don't work, I have them out loud. I find that it's easier to recognize that I'm making excuses: “Now Ann, you haven't been outside your apartment all weekend and you know that isn't good for you. How about at least going to check the mail.” The point is to break that lethargy, at least for a while.

I hope that sharing this helps some of you. You already know that social isolation is not good, so resist doing it to yourself. I don't do it perfectly, but I do keep trying.



Meet New Members Mark Goldstein and Michael Speer

Mark and Michael have lived in Washington since the 1970s. They see Washington as a well-kept secret with wonderful, walkable neighborhoods, great restaurants, entertainment, and people. They agree that the 1500 block of Corcoran Street must be one of the loveliest blocks in town. Not just the gingkoes and brick walks, but also a welcoming place for a gay couple who still finds this situation remarkable. No car, no cells, just a delightful on-foot existence.

Mark moved from hometown Chicago to Washington to attend Georgetown University, studying at the School of Foreign Service, graduating in 1979. At Georgetown he was a founder of the Gay Students' Alliance and crossed paths with Frank Kameny who consulted to the forming group; Pearl Bailey, who, in her elderhood, was his ally in a class with an anti-Semitic professor; and later, Maya Lin, who rented a room in his group house while she was designing the Viet Nam Memorial. The coincidences of Washington!

From Georgetown to Middlebury College for a Master's in French and on to Paris for a year. Then back to Washington, followed by two years in San Francisco at the California Culinary Academy. Finally, returning here for the third time—the *charm*—to become Executive Director of Help Unlimited where he found jobs for thousands of aspiring, idealistic young people, mostly in the not-for-profit sector.

Michael, grew up in small-town Mississippi, an amazing survival feat for any gay boy in those days, and escaped north to Tennessee to attend Sewanee, earning a degree in history in 1965 (also, Phi Beta Kappa!). From there on to grad school at Ohio State and a Ph.D. in 1972. There were so many Ph.D. historians in those days that he moved to Washington to work at the (now) Government Accountability Office until he retired, as Director of Training, in 2003.



While at the GAO he began to discover his passion for communications and group dynamics, taking courses with National Training Labs, among other groups, and eventually becoming a certified consultant for the A. K. Rice Institute. During these years and after, he taught and consulted around the country and served as a board member or officer of organizations that studied and offered training in group and systems dynamics. He became a fellow of the Burns Academy of Leadership at the University of Maryland and for 15 years offered courses in leadership and group dynamics there. He continues to coach individuals and consult to local organizations.

Mark and Michael met and became a couple in 1985 and were married in 2010, standing at the Dupont Circle fountain on a clear March day.

These are the résumé outlines. But this view from the outside is, of course, only part of Mark and Michael's story and only part of what these two are bringing to DCV. Both are explorers. Mark has been a world traveler since his youth and leads the couple in geographical explorations.

Last winter they sailed from New York to Sydney. Being with each other and fellow travelers for over 2 months leads to learning. It never ends. Michael never tires of learning how groups work—or don't—and what that can mean for the group's members, the world, or for Dupont Circle Village.

The couple is a team of complementarities. Mark is food (especially after CCA), and Michael is beverage. Mark shops and cooks daily, and Michael, and their friends, are the happy beneficiaries. Mark is the diplomat, while Michael is *sometimes* a bit more direct. Mark plans; Michael appreciates.

Their days are full of reading, working out, entertaining, engaging in what they call their intergalactic conversation—enjoying life.

They are happy to be members of the DCV and look forward to contributing to it, financially, as volunteers, and perhaps in other ways, too. They like the idea of meeting and getting to know new people, neighbors who live close-by. They have joined DCV partly, too, because of their own ages. Time to regard the clock. To be even more in the moment. Time to give back.

Where Are They Now?



▶ **Judith Neibrief** spent two weeks in southern France in September. Starting in Bordeaux and moving east through lovely countryside, enjoying prehistoric cave art and fine cuisine.



◀ **Annie Groer** recently spent time in London and in the Perigord in southwest France, where the enormous straw mammoth is an homage to the nearby pre-historic cave paintings.



◀ **Eva M. Lucero**, DCV executive director, **Peg Simpson**, DCV emerita-president, and **Ann McFarren**, DCV board member were recently in Chicago attending the annual Village to Village Network conference.

Where Are They Now?



▲ **Pender M. McCarter** visited Butrint, Albania, "Little Troy," a stop for Aeneas and his exiled Trojans on their epic journey — part of a seven-day, five-country Smithsonian Adriatic-Aegean cruise in September on a small French ship from Venice to Athens. Pender is shown in the third-century B.C. amphitheater, designated a UN World Heritage Site.



▶ **Marie Marcoux** was recently in Bulgaria where she visited a UNESCO World Heritage Site and the Rila monastery.



◀ **Carol Galaty** and **Ken Shuck** enjoying the beautiful National Parks in South Dakota before all are given to commercial drillers. Mount Rushmore and the Badlands provided some challenging hikes!



Out & About with DCV



▲ It was so nice to see so many Villagers at the end of the summer Ice Cream Social. This annual event has become very popular!



◀ Villagers (**Susan Bien, Charles Bien, Bill O'Brien, Joyce O'Brien, Janet McMahon, Jo-Anne Hersh, and Jerry Hersh**) cheering on the Washington Nationals (Nats) against the Philadelphia Phillies. The Nats won 4-1 and eliminated the Phillies from post season contention. Go Nats!

Out & About with DCV



◀ DCV held its fall volunteer training in September. 16 volunteers participated in the 2-hour session.

Presenters included, **Eva M. Lucero**, executive director, **Mike Gould**, volunteer coordinator, **Barbara Scott**, case manager/social worker and **Kathy Jennison** and **Nancy Turnbull** DCV volunteers.



▲ DCV's partnership with Giant Pharmacy and Sydney Wang, PharmaD, continues to be beneficial to members who take advantage of DCV's semi-annual immunization clinics.



▲ DCV case manager/social worker, **Barbara Scott**, and DCV executive director, **Eva M. Lucero** attended training workshops: *Aging & Trauma: Innovations in Person-Centered, Trauma-Informed Care for Older Populations* at the Carnegie Institution in Dupont Circle.



L'Shanah Tovah!

Rosh Hashanah and Yom Kippur, the High Holy Days of Judaism take place the end of September and the second week of October respectively this year. When I think of these important Jewish holidays, I think of comfort food. One of my favorite things from those meals was the pot roast.

Make ahead: The pot roast is best if made at least a day before you plan to serve it. To serve, reheat in a 300 degree oven until desired temperature is reached.

By Lois Berlin

Ingredients

- | | |
|--|--|
| 3-4 pound boneless beef chuck roast, preferably tied | 2 teaspoons onion powder |
| 1/2 teaspoon kosher salt, plus more if needed | 1 28 ounce can whole peeled tomatoes |
| Freshly ground black pepper | 1 cup beef stock |
| 4 tablespoons extra virgin olive oil | 3/4 cup dry red wine |
| 2 large yellow onions, halved through the root and thinly sliced | 1 pound new potatoes, halved if large |
| 6 garlic gloves, thinly sliced | 2 large carrots, halved lengthwise if thick and cut into 1/2 inch chunks |
| 2 bay leaves | |

Steps

1. Preheat the oven to 325 degrees and position the rack in the middle.
2. Thoroughly pat the roast dry and season generously all over with salt and pepper. In a Dutch oven or other large ovenproof pot with a lid, heat 2 tablespoons of oil over medium high heat until shimmering. Add the roast and sear, turning until browned on all sides, 3-4 minutes per side.
3. Transfer the seared roast to a cutting board. Add the remaining 2 tablespoons of oil to the pan, followed by the onions, garlic and bay leaves and cook, stirring often, until the onions soften and start to caramelize, 7-10 minutes. Add the onion powder and cook, stirring, until fragrant, about 1 minute.
4. Add the tomatoes with their juice, stock, wine and 1/2 teaspoon salt. Gently break up the tomatoes with the back of a spoon and bring the mixture to a boil. Nestle the seared meat into sauce, spooning sauce on top.
5. Cover the pot with a piece of parchment paper, followed by the lid and transfer to the oven. Cook for 2 hours; then remove front the oven, uncover and carefully flip the meat over. Add the potatoes and carrots, tucking them into the sauce. Re-cover with the parchment and lid and continue to cook until the vegetables are soft and the meat is fork tender, about 2 hours.

6. Transfer the meat to a carving board, drape loosely with foil and let rest 10-15 minutes before slicing. Arrange the sliced meat on a serving platter and surround it with the potatoes, carrots and any large pieces of tomato. Discard the bay leaves. Set the pan over medium high heat and boil, stirrings occasionally until the sauce is reduced by about 1/3, about 10-15 minutes. Spoon the sauce over the meat and vegetables and serve warm.

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

Yoga Tips



Judy Silberman,
Yoga Master



Straightening and squaring your shoulders can not only improve your posture, but also increase your lung capacity. More oxygen to the brain. Yay! Lie on a flat surface, your bed is fine, with your arms at your sides, palms down. Focus on your shoulders as you turn your palms up. Push the shoulders back and down, and your thumbnails down. Bring right shoulder up to right ear and down, left to left, and then both up and then down. Visualize your lungs as open as they are meant to be. Inhale deeply and fully through your nose, filling up those lungs. Hold the breath. Then, let your diaphragm and belly muscles push out the stale air. Try this sitting and also standing. You may notice a bit more vigor and alertness! And, you may look and feel younger and healthier!