

DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.”

— Epictetus

What's Inside

- 1 Gratitude
- 2 President's Notes
- 3 Monthly Calendar
- 5 September-October Birthdays
- 6 My Blessings Today CelebSalons
- 7 Live and Learn—Making your Home Dreamier
- 8 Ask Ann Member Profile
- 9 Where Are They Now?
- 11 Out and About
- 13 DCV Cooks Yoga Tips

Welcome New Members!

Will Berry
Richard Fitz
Joyce Liberto
Sam Liberto
Kathy Spiegel

Gratitude

In grade-school, most of us became familiar with the amicable story set in 17th century New England where European Pilgrims

By Eva M. Lucero,
Executive Director came together with Indians to feast over a meal.

We recognize this event as the origin of modern-day Thanksgiving. This myth was then woven into American school curricula and made its way into textbooks in the 20th century as a largely unchallenged fact. Most teachers to this day fail to explain why we actually celebrate the holiday. So why do we? Who shall we credit?

Credit should be given to Sarah Josepha Hale, a novelist and poet, who successfully lobbied President Abraham Lincoln to make Thanksgiving a national holiday in the spirit of acknowledging and finding joy and

gratitude for the blessings of the year.

Through Hale's role as the editor of *Godey's Lady's Book*, a women's home journal, she began a relentless 17-year campaign for a national holiday called Thanksgiving. From 1847 on, Hale published a yearly editorial calling upon states and territories

to institute Thanksgiving. She wrote thousands of letters to prominent citizens, ambassadors, military commanders, governors, and seven presidents to call for a national celebration of the holiday.

Hale's reasoning for the holiday—and tireless advocacy promoting it—had nothing to do with the Pilgrims and Indians, rather, it was about the goodness of humanity and

gratitude for abundance:

"Autumn is the time when the overflowing garner of America call for an expression of joyful gratitude. When it shall be observed, on the

Continued on page 2

President's Notes



Shattering the Stereotype: DCV and Washington Nationals

When you read this column, we will know how the Washington Nationals did in the first World Series in our Nation's capital since 1933. As you can guess, I am hoping for a Nationals victory.

The 2019 Nationals are shattering the stereotype in the same way that DCV does it every day. An article in the Washington Post by Tom Boswell made the point about how the maturity of many Nats players was a critical factor in their success this year.

The depth of experience on the team is clear. The Nats have the overall oldest roster in MLB. That includes Fernando Rodney, the oldest player by three years. The MVP of the NLCS, Howie Kendrick, is 36 and

has the highest batting average in baseball for the last three years. The players who are considered "over the hill" by the new crop of math geeks include Max Scherzer, Anibal Sanchez, and Ryan Zimmerman. The Nats are also getting Geraldo Parra (of Baby Shark fame) and Asdrubal Cabrera for free after they were cut, mostly so their prior teams could save money.

By going against the new orthodoxy of "younger and cheaper", the Nats have turned in an historic season. By valuing and using our members' experience, DCV continues to grow as a productive part of our neighborhoods' continuing history.

So, let's savor the 2019 Nats, win or lose in the World Series, and enjoy the ongoing value of being a DCV member.

Gratitude

Continued from page 1

same day, throughout all the states and territories..."

Gratitude is derived from the Latin word *gratia*, meaning grace, graciousness, and gratefulness. Gratitude is a state of mind and heart that has elements of wonder, appreciation, and thankfulness. Studies show that the ability to experience and express gratitude are essential for emotional health and well being. When we can experience and express gratitude we can often see wonder and find joy in even the most mundane things, even in the face of great hardship.

The spirit of gratitude doesn't have to be limited to this annual holiday. In fact, if you're looking for an easy but powerful way to improve your well-being, cultivate an attitude of gratitude by taking a moment to acknowledge and give thanks for the everyday blessings that surround you by incorporating some simple ideas into your daily routine.

- **Weave a web of gratitude and gratefulness** by expressing your



appreciation out loud to others.

- **Pay it forward** by giving generously to others.
- Focus on the **positive intentions** of others as you receive acts of kindness and gifts of acknowledgment.
- Keep a **gratitude journal** writing about aspects of your life that make you grateful.
- **Practice mindfulness.** Put your cell

phone away and pay attention to what's going on around you.

There is always something you can be grateful for every single day—open your senses and be grateful for the world around you and be grateful for the opportunity. Oh, and let's not forget to be grateful for Sarah Josepha Hale. A joyous Thanksgiving to you and yours!

Monthly Calendar

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

Arena Stage: Newsies

Tuesday, November 5, 7:30 pm
Arena Stage, Fichandler Stage, 1101 6th St SW
Limit: 15; Cost: \$54.75 – call the DCV Office at (202) 436-5252

Newsies – A musical based on the Disney film, originally produced on Broadway by Disney Theatrical Productions. Directed by Molly Smith – Choreographed by Parker Esse.

In the summer of 1899, the newsboys of New York City took on two of the most powerful men in the country – Joseph Pulitzer and William Randolph Hearst – and won. Inspired by true events, the Broadway smash hit is a testament to the power of standing up and speaking out. The high energy, Tony Award-winning musical features fan-favorites like "Carrying the Banner," "King of New York," and "Seize the Day."

Mosaic Theatre: Theory

Thursday, November 7, 11:00 am
Atlas Performing Arts Center, 1333 H St NE
RSVP: Lucy Cooney at (202) 667-7115
or lucy1030@starpower.net

Isabelle, a young tenure-track professor, tests the limits of free speech by encouraging her students to contribute to an unmoderated discussion group, even as her wife, Lee, advises caution. When an anonymous student posts offensive comments and videos, Isabelle must decide whether to intervene or to let the social experiment play out. Soon, the posts turn abusive and threatening, leading Isabelle and her unknown tormentor to engage in a high-stakes game of cat-and-mouse that not only have Isabelle questioning her beliefs, but fearing for her life. (*Runtime: 90 minutes with no intermission. This production contains strong language plus sexual/violent videos.*)

This event is **FREE** for DCV Members. Meet Lucy Cooney in the theater lobby to claim your ticket.



Coffee and Conversation

Thursdays, November 7, 14, 21, 10:00-11:00 am
Location: Emissary Coffeehouse and Café, 2032 P St NW

Members gather on a weekly basis for coffee and conversation at Emissary located at the corner of P and 21st Streets NW. The purpose is to bring us together on a very informal basis with no agenda or commitments. We simply gather to have coffee and perhaps breakfast items that are offered by Emissary, to engage in conversation, and to get to know other Villagers. Emissary is a community-minded coffeehouse and reserves a space each Thursday morning for DCV. When you enter, simply order your coffee and/or food, pay for it at the counter, and join us.

Free Senior Yoga

Tuesdays, November 12, 19, 26, 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 yoga classes. Come experience how to build physical strength by improving posture, balance, breathing and flexibility.

Sunday Soup Salon: Tales from Under His Hat

Sunday, November 17, 6:00-8:00 pm
Co-hosted by Caroline Mindel, 1760 Swann St NW
RSVP: carolinejmindel@gmail.com or (202) 271-1760

Marc Langston, attorney, historian and creator of "The History Hat" YouTube channel, will lead us on an audiovisual exploration of Dupont Circle's artists, activists, architects, authors, and special spaces: Walt Whitman, Langston Hughes, John Cavanaugh, Mary Church Terrell, the Dupont Circle Fountain, the First Gay Pride Parade, the Brewmasters Castle and more.

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

Monthly Calendar



Men's Book Group

Monday, November 18, 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: *Our Man: Richard Holbrooke* by George Packer

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, November 19, 4:30-6:00 pm
Hosted by Carol Galaty, 1910 S St NW
RSVP: carolgalaty@gmail.com or (202) 232-7259

Ali Rebatchi, a French Challenge member from Algeria, will have just returned from visiting his family in Algeria and will do a presentation on Algeria. He is also providing pastries he brought back for us. All those 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. As usual we will have French snacks, wine and other beverages.

Tour of "Votes for Women: A Portrait of Persistence"

Wednesday, November 20, 1:00 pm
National Portrait Gallery, meet at the G Street entrance
Register online, or contact DCV Office at (202) 436-5252

Docent-led tour with Villager Sheila Lopez:
Commemorating the 100th anniversary of the passage of the 19th Amendment, this exhibit outlines the more than 72-year movement during which women struggled to obtain the right to vote. This complex story is told through an array of early photographs, engravings, works on paper, lithographs, video, newspapers, banners, fliers, and other artifacts. Portraits of the movement's pioneers, including Susan B. Anthony, Elizabeth Cady Stanton, Lucy Stone, Alice Paul, Lucy Burns, and many others are on view. The exhibit also sheds light on the racial struggles of the suffrage movement and how African American women, often excluded by white women from the main suffrage organizations and events, organized for citizenship rights, including the right to vote. The exhibit includes portraits of African American contributors to the

movement, including Ida B. Wells, who advocated for federal laws against lynching; Mary Church Terrell, who established the National Association of Colored Women; and Sarah Redmond, who filed one of the earliest lawsuits protesting race segregation.

Senior Cinema Day at the Avalon

Thursday, November 21, 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 of \$5.
Sponsored by the Avalon, Sibley and Chevy Chase House.

DCV Movie Group

Thursday, November 21

This group meets monthly. Two movies are chosen for members to see ahead of time, and then they meet up over supper to discuss them. Watch for more information on the Friday E-blast.

Recent Retiree Coffee with DCV Case Manager, Barbara Scott

Wednesday, November 13, 27 at 9:30 am
Wednesday, December 4th at 9:30 am
location: Uptown Market and Cafe
4465 Connecticut Avenue
Questions: Barbara Scott at casemanager@dupontcirclecleveland.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.

Live and Learn: t/b/a

Monday, December 2, 3:30-5:00 pm
Location: t/b/a
RSVP: Register online or contact DCV Office at (202) 436-5252

This group is combining the November & December meetings. They generally have a guest speaker on various topics. More details will be posted on the website calendar and in the Friday E-blast.

Monthly Calendar



Theater J: Edward Albee's Occupant

Wednesday, December 4, noon-1:30 pm
Edlavitch DC Jewish Community Center – enter on Q St
off 16th St

Cost for DCV Members: \$15; Limit: 12

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

Plan to arrive by 11:30 am and get your ticket from DCV member, Bella Rosenberg, at the Box Office.

This late-career masterpiece of multiple Pulitzer Prize-winner Edward Albee tells the story of renowned sculptor Louise Nevelson – in an interview from beyond the grave. Through Nevelson's turmoil, contradictions and evasions, we witness a pioneer for free-thinking women finding her voice and emerging as one of the 20th century's greatest artistic minds.

Post-Show Discussion: If you are interested in sharing your views of the play with fellow Villagers, meet at the box office after the show.

Note: Although the Special Discount is the best deal, Theater J is also offering Villagers a 15% discount to any performance, Nov. 7-Dec. 8. Purchase these other tickets using code VILLAGES at checkout. Or call the Box Office, M-F, 12-4 pm, at (202) 777-3210; use the code. Offer cannot be combined with any other discounts.

Arena Stage: Dear Jack, Dear Louise

Wednesday, December 4, 7:30 pm

Kreeger Theater, 1101 6th St SW

Limit: 10 people; Cost: \$47.25

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

WORLD PREMIERE

Two strangers meet by letter during World War II and a love story begins. U.S. Army Captain Jack Ludwig, a military doctor stationed in Oregon, begins writing to Louise Rabiner, an aspiring actress and dancer in New York City, hoping to meet her someday if the war will allow. But as the war continues, it threatens to end their relationship before it even starts. Tony Award-winning playwright Ken Ludwig (*Baskerville: A Sherlock Holmes Mystery*, *Lend Me a Tenor*) tells the joyous, heart-warming story of his parents' courtship during World War II and the results are anything but expected.



September-October Birthdays



▲ September birthday celebrants include **Lynn Lewis, Karen St. John, Sarah Burger, Nancy LaVerda, Nick Ludlow, Dorothy Marshack** and **Joe Auslander**.



▲ October birthday celebrants **Ann Von der Lippe, Dianna Eshman, Joyce O'Brien, Lucy Cooney, Sondra Cohen** and **Mimi Higgins**.

My blessings today include DCV Volunteers

Do you know that song from Fiddler on the Roof, "Wonder of Wonders, Miracle of Miracles?" Thanks to DCV volunteers, I've been singing it in my head for a month now. **Mike Gould, Craig**

*By Laurie Coburn
(DCV Member
since 2011)*

Crutchfield, Sheila Lopez, and Michael Speer are the folks who've been helping me

walk without crutches outdoors, and this week we've gone around the block twice. For me, THAT'S A MIRACLE! And it's not my first!

It's kind of like what happened 50 years ago when we lived near Somerville, New Jersey and my then-husband, Richard, and I were driving home from Princeton in our Dodge van. We were hit head-on by a drunk teenager. We had four pre-school children, including our newly-adopted African American baby, Seth. Thank God they were not with us! My seatbelt saved my life, but my legs were crushed so badly that the doctors recommended they be amputated. Richard refused to sign for that. I was unconscious for two weeks.

When I "woke up," neighbors and friends (many from my church) had

moved in and taken over. I was in the hospital for six weeks, came home, and went back for more surgery and skin grafts. After about six months, I started walking again. Volunteers were at our house 24/7 for those six months and then part-time for many more. Richard and I were counting our blessings, for sure.

And after 50 years, the wear and tear on my back and hips has come back to haunt me. For years I was able to ski and tend my dairy goat farm, lead our 4-H club, publish a national newsletter, travel to China, Russia and Europe, advocate for gay rights, etc., but in the '90s, my back, hips, and legs rebelled, and I resorted to using a mobility scooter.

And once again, VOLUNTEERS have come my rescue! This time from DUPONT CIRCLE VILLAGE!

I am so blessed, and so grateful. If it weren't for the two Michaels, Craig, Sheila, **Laurie Calhoun** and **Barbara Scott**, I'd still be wobbling around, grabbing onto whoever would/could keep me from falling around. WON-DER OF WONDERS! And heartfelt thanks to all the DC Villagers who made it possible!



This photo of **Laurie Coburn** on the corner of 17th and Q streets, an inauspicious corner of Washington, DC, that is as appropriate as any of the more exotic corners of the world normally included in the "Where Are They Now". Getting there marked a singular achievement for Laurie. It was her goal when she began her daily walking sessions with **Mike Gould, Craig Crutchfield, Michael Speer** and **Sheila Lopez**. She was able to walk outdoors, without crutches, around the block, not once, but twice, and "For me, THAT'S A MIRACLE!" Laurie proclaimed. Congrats to all, and especially to Laurie for her indomitable spirit. (Sheila Lopez)

CelebSalons



The Writer and Storyteller, Alice McDermott

14 DCV members and guests attended the last Celeb Salon of the series at the beautiful new home of **Kathy Price**. Kathy,

By Fred Gladstone with the help of friends, prepared and served a wonderful dinner

and desert before our guest, the writer Alice McDermott, began her discussion with the group.

Alice is an award-winning novelist known for her portrayals of Irish American family life. She's published 9 books, her 1998 novel *Charming Billy* winning an American Book Award and the U.S. National Book Award for Fiction.

She spoke about her process for writing novels describing how the characters take on a life of their own and direct the plot. Then, when the plot demands, how new characters are introduced, and how

the story evolves. When Alice is unable to draw on her own life experience for these new characters, she does a great deal of research. Case in point, the invention of Sister Illuminata of the order "Little Nursing Sisters of the Sick Poor, Congregation of Mary Before the Cross". Both the sister and the order are a product of Alice's research and imagination.

Her characters are so vivid and universal that a reader once sent a letter saying that except for drink and the lack of high cholesterol foods, the families she describes could be the Jewish families he knew.

The evening concluded when Alice related how a professor in a Freshman composition class told her "I've got bad news for you kid, you're a writer." She is that, and an accomplished story teller.

It Doesn't Take an Aladdin's Lamp to Make Your Home Dreamier

So, there you are, nestled in your dream home near Dupont Circle — complete with Persian rugs, works of art from various countries, a

By Joan Treichel

stunning view of the Washington Monu-

ment, cuddly canines...

Life couldn't get any better, could it? Well, maybe. How about designer grab bars or a toilet that lights up at night?

Or a shower that you can switch on with your smart phone? Or a transit wheelchair that can pass through a conventional, narrow bathroom door?

No matter what your wish is, a product probably exists to fulfill it, Tori Goldhammer,

an occupational therapist and expert on home comfort and safety for seniors, told some 25 of us Villagers at a Village Live and Learn Program on the subject, which was held September 23.

Here are some of the things, besides those listed above, which are now available....

Bathroom: Walk-in or roll-in showers; portable showers; seats in the shower; grab bars in the shower; chairs to help you get into the shower or tub; a toilet tilt to help you get up from the toilet.

Bedroom: For the bedroom, there are pull-out closet shelves and stools with handles to help you climb into bed.

Living room: Iron railings can be installed to help you step safely down into a sunken living room.

Stairs: Ramps are often not feasible substitutes for outdoor stairs leading into DC houses because they take up a lot of space; for every inch of height, you need a foot of ramp. However, chairlifts are an option. And there is a chair that can climb either outdoor or indoor stairs with you in

it. It is called a Scalamobil. Talk about a high-tech magic carpet!

If Goldhammer could offer us Villagers only one piece of advice about modifying our homes for comfort and safety, she said, it would be this: Install two railings for staircases



and grab bars for the bathroom. The reason? Research has shown that they can prevent falls by seniors. The home environment accounts for 25 percent of senior falls, she added. Poor vision, balance problems, and other environments account for the other 75 percent.

However, she wouldn't recommend all the products that can be currently purchased, she stressed — for instance, a walk-in tub. First off, you must step over a ledge to get into the tub. Then you must close the door to the tub, sit down in the tub, turn on the water, and wait for the tub to fill with it. And after you have bathed, you must remain in the tub until all the water has drained until

you open the tub door and step out.

She likewise cautioned that not all contractors are competent at installing products or devices for seniors. Two contractors she would recommend are Strategies for Independent Living, LLC and Get a Grip Construction Services, Inc.

The former assists seniors in home-modification decisions by identifying the problem they want to solve and educating them about various options, at various prices, for solving it. Expensive products are not always the best choice, Goldhammer stressed. "Sometimes, you just need to be a little creative."

The latter sells and installs products that can improve home safety for seniors, such as access ramps; grab bars; stair lifts; and wood or iron railings for stairs.

Finally, Goldhammer pointed out, the DC Department of Aging and Community Living has set up a Safe at Home Program to give seniors in DC some financial help in making safety adaptations to their homes. The amount of financial help the program provides is based on seniors' gross annual incomes. Yet even seniors with large incomes may qualify for some financial help, she said.

For more information about the Safe at Home Program, call (202) 724-5626 or e-mail Goldhammer at tgoldhammer@homecarepartners.org Goldhammer is the clinical manager of the Safe at Home Program for Home Care Partners, a non-profit home health agency located at 1234 Massachusetts Avenue, NW. Goldhammer would be happy to answer other types of questions about home comfort and safety as well, she said.

The Web site for Strategies for Independent Living is <https://strategiesforindependentliving.com> The phone number is (301) 585-5738.

The Web site for Get a Grip is <http://getagriphelps.com> The phone number is (240) 372-0770.

Is it OK to be an introvert? YES!



Ask Ann

One interesting phenomenon is that while introverts can understand extroverts, it seems to be really difficult for extroverts to understand introverts. Often extro-

By Ann Talty

verts have the effect of introverts feeling as if something is wrong with them. There is nothing wrong, just different.

You have probably heard of the Myers Briggs test (based on Jung's findings). Through a series of questions, it can help sort out basic personality types. It's largely about your comfort zone in many areas. Your type can change with time. How strongly you are in a particular category can also change. There is no good or bad. Having a group that are all the same type is not a good idea – you need a healthy mix to have all areas covered. For instance, if you have a work group that has only people who look at broad strokes and always want to keep options open, you may not get timely decisions, or develop a comprehensive plan, much less carry it out. Likewise, you do not want

to have a group consisting only of people who concentrate on minutiae and want to act immediately once a decision is made.

This article concentrates on the introvert/extrovert aspect of this. This has to do with how you get your energy. Do you find being drained after being with people, in a high-energy room, lots of stimulation? Chances are that you're an introvert. You need to go off and be alone for a length of time before re-engaging with people. You need a chance to be alone with your thoughts to think over ideas.

Do you get totally energized by being with people, and being physically and mentally stimulated? Do you love brainstorming? Chances are that you're an extrovert, and that you're always looking for excitement to feel really alive.

My aunt and uncle are a perfect example of each extreme of this. They took a 3-week trip to Southern Africa, did a lot of activities and touring, and had business meetings with boards of colleges and universities. On the way home, over the Atlantic Ocean, my

uncle said, hey, let's have a party to-night when we get home. Meanwhile, my aunt could only think of having a relaxing bath, perhaps curling up with a book, and going to bed early. I think that for once, he deferred to her.

Many people are not one extreme or the other – most come out somewhere in the middle. It doesn't mean you can't operate in a different zone, it's where your preference is. You just need to be aware that how you are is not the only "right" way to be.

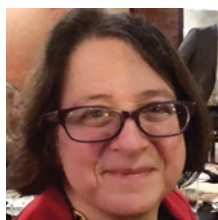
For me, I describe myself as a friendly introvert. I do not do well in crowds and the accompanying noise. However, I can do well one on one, or with just a few people. I like people, just not en masse. If I am comfortable in my surroundings, I can even get some energy off of the people and conversation, but still require a lot of down-time to recover.

Introverts like to be behind the scenes with activities: extroverts like to be front and center. We need both. There is nothing wrong with you if you are an introvert or an extrovert, just different.

DCV Member Profile

Carmela Vetri

Carmela Vetri is a Jersey girl, although she was born and raised just eight miles from



Manhattan's Lincoln Tunnel. She comes from a classic immigrant family and always had leftover Italian food in her lunchbox.

After going to Rutgers University to study journalism and international relations, with a minor in the Italian

language, she moved to Washington, D.C. in 1981 to participate in an internship with the United States Information Agency (USIA), which has since become a part of the United States State Department. She has lived here ever since (now officially more than half of her life).

In her professional life, she was involved in international affairs, first working to prepare teenage students (mostly foreign, but also some American) to come to the United States to live with an American host family, go to an American high school and make American friends. While at first this type of spending was considered

non-essential, it is now considered one of the most universally successful forms of public diplomacy.

She is very proud that she was on the team which built a youth exchange scholarship program with the countries of the former Soviet Union (FSU). This program was modeled on very successful similar programs with Germany and Japan.

She joined Dupont Circle Village five years ago, and has since become a member of the membership committee. She loves to cook, entertain, and listen to music. She is blessed with a wonderful circle of friends and happy to be a member of the village.

Where Are They Now?



▲ **Carol Galaty**, her son-in-law and granddaughter sailing in Sweden — the tail of the hurricane winds from the US.



▶ **Abigail Wiebenson** traveled through fjords and magnificent scenery up and back along the coast of Norway — an idyllic trip. The Hurtigruten cargo, vehicle and passenger ships are an ever-interesting, delicious and relaxing way to learn about this country.



▲ **Lex Rieffel** gave a talk at the Parami Institute in Yangon, Myanmar in October.

Where Are They Now?



▲ **Deborah Mendelson** was recently in Morocco where she saw camels on the beach in Essaouira, Roman ruins in Volubilis and an amazing antique store in Sale, across the river from Rabat.



▲ **Kenlee Ray** was recently in Venice and this is the view from her hotel.

Some may say six weeks is too much and others may think it is not enough. **Olga Hudecek** and her friend were on two back to back cruises with ten days in Greece. They saw many fantastic places, including St. Petersburg, Russia, the nearby islands of Greece as well as a "swimming" trip to the Dead Sea. Many Ports of Call introduced them to beautiful sights, good food and drink, and some wonderful people that they met along the way.



Out & About with DCV



DCV celebrated its annual Fall Gathering in October. 85 Villagers enjoyed an evening of food, drink and socializing. **Eva M. Lucero** presented the first ever community partnership award to Sydney Wang, PharmD, of Giant Pharmacy for all her help with DCV's vaccination clinics. Additionally, the selection of DCV's next Board President was announced. **Ann McFarren** will succeed **Steve Kittrell** beginning on January 1, 2020.



Out & About with DCV



▲ Susan Hattan and Steve Kittrell celebrate the Nationals going to the World Series at the park.



◀ Kenlee Ray took her cat, Suu Kyi, to the Blessing of the Animals at All Souls Episcopal Church in October. Clearly Suu Kyi is saying "Mom, he's not really going to use water for the blessing is he?"



By Lois Berlin

Spicy Sausage, Potato and Kale Soup

A few years ago, my niece came to visit and brought this recipe with her. We made it together as a first for both of us and were completely wowed by the result. It's hardy and yummy and delicious and perfect for dinner as the weather cools down. I love very spicy sausage, but you can adjust the heat level according to your tolerance or love of heat.

Ingredients

- | | |
|---|---|
| 3-4 pound boneless beef chuck 1 lb spicy sausage (your choice of chicken or pork—I use chicken Chorizo) | ½ tsp crushed red pepper flakes |
| 2 TBSP butter or olive oil | 2 large bunches of kale, stemmed and chopped (4 overflowing handfuls) |
| 1 large onion, chopped | ¼ tsp freshly ground nutmeg |
| 3 garlic cloves, minced | 4 medium or two large potatoes, sliced |
| 1 tsp salt or to taste | 8 cups chicken broth |
| 1 tsp pepper | ½ cup heavy cream |

Steps

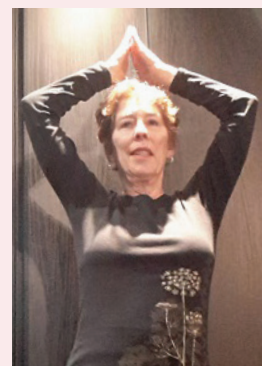
1. Heat large heavy duty pot over medium high heat. Once pot is heated, add sausage that has been removed from casings. Using a wooden spoon, break up sausage as it cooks until fully browned and remove it from the pot. I use a slotted spoon to do this.
2. Lower heat to medium, add butter or oil and throw in onions and garlic. Stir to bring up browned bits from sausage and cook until soft and translucent (3-5 min). Season with S & P and crushed red pepper flakes. Continue to sauté until onions are caramelized. Add chopped kale in bunches, allowing it to wilt down as it cooks. Add nutmeg and stir. Cook the kale until its bright green and completely wilted down. Throw in sliced potatoes and cooked sausage.
3. Pour chicken stock in and bring to a boil. Lower heat and allow the soup to simmer until the potatoes

are cooked tender and soft. Taste for seasoning. Once the potatoes are cooked, add heavy cream and stir. (This makes it rich but can be omitted for a more healthy soup! It's still good.) Serve right away with some bread on the side.

Yoga Tips



Judy Silberman,
Yoga Master



Let's work on the muscles of the hands. Stand in front of a table, counter, or chair, whole hands down, fingers pointing away from you. Rock back and forth feeling all the muscles in your two hands working to feel and control the shift in your body weight. If your wrists are weak, be cautious and gentle. Then, press the thumb pads down and release, pads of the other fingers down one at a time and release, the heels of the hands down and release, push down the top of the palm with the fingers and heel up. Rest. Lift the pinkies and push down, ring fingers up and down, middle fingers, pointers, and then thumbs. Play some pretend scales. Be creative. When your session is over, your hands should feel tired. Massage them dry or use a nice hand cream.

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

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