



# DUPONT CIRCLE VILLAGE

## SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“How did it get so late  
so soon?”

Dr. Seuss

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### Welcome New Members!

Bessie Alexander  
Agnes Beale  
Constant Bryant  
Bernice Hamilton  
Romaine Johnson  
Creighton (Tony) Phelps

## Instagram's Lucrative Market for Older Influencers

For a long time, businesses have used celebrities and iconic figures to promote their products. Popular images that come to mind include: the Marlboro Man; Mean Joe Greene; Sammy Davis Jr.; the Most Interesting Man in the World; Joan Collins and the ubiquitous Flo from Progressive Insurance. In an episode of the 70s TV show, *Charlie's Angels*, Farrah Fawcett wore the Nike Cortez tennis shoe and sales immediately skyrocketed.

Since the advent of social media, especially Instagram, the way products are promoted and the marketing strategies behind them are changing fast for a potential audience of billions. These developments have given birth to a new multi-billion-dollar industry called “influencer marketing” (IM). IM diverges from the traditional celebrity marketer and taps a broader pool of individuals—those with influence—to promote products or services. That's because more and more everyday people have large followings on social media, giving brands a larger pool of influencers from which to choose.

Anyone who thinks that social media sites, such as Instagram, are reserved for young people is totally out of the loop. There is a whole host of mostly older women (George Takei of the original *Star Trek* fame is one



of the men) from the baby boomer generation and upwards who are smashing stereotypes and cashing in on the IM trend. They're living and posting with attitude and style while sometimes teaching us to embrace our differences and dress or be who we want to be at any age. Some have hundreds of thousands of followers and advertisers have taken note. An influencer can wear a product and it will be seen by thousands of their followers and that can easily translate to mass visibility and sales. To more effectively target today's markets,

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# President's Notes



than 30 events on our calendar. A few examples are illustrative. Our longest-running program, Live & Learn, continued its unbroken streak of providing useful and timely information. The twice weekly walking group must have walked at least 500 miles over the year. A new group, the French Challenge, is consistently fully booked with some of our Francophile members.

The common thread between membership and activities is the newly combined Membership and Activities Committee. Under the able leadership of **Abigail Wiebenson**, the committee is a real driver for much of what DCV does.

Another important component of these many activities is our previously underutilized online registration system. **Eva M. Lucero** and **Ann Talty** have made the system an integral part of managing many (but not yet all) Village events. For the events covered in the system, we had more than 1,500 registrants during 2019.

A highlight of the year for many of our members was the hugely successful 2019 DCV Gala. Held at

the newly renovated AGU building, our members and guests had a thoroughly enjoyable evening. The Gala also served as the platform for the first Linda Harsh Distinguished Service Awards to members who have given so much of their time and efforts to get DCV to our current strong footing: **Kathy Cardille, Iris Molotsky** and **Peg Simpson**.

Another behind-the-scenes good news story is a significant expansion of our Open Village membership, for individuals with limited financial means. We increased DCV's financial support for these Open Village members, including expanding the subsidies provided for Open Village members to participate in Village events such as theatre outings. We also instituted a program to ensure these members have access to free transportation for medical and other necessary trips.

At this point, I would normally continue this topic in next month's Newsletter. However, since this is my final President's Notes, I will just say thanks to Eva M. Lucero, Ann Talty, and all the dedicated, hard-working DCV members who have made my being President such a pleasure.

## What a Year at DCV!

**2019** has been quite a year for Dupont Circle Village. There is so much to cover that I am certain this column will miss many of the highlights, but here is a valiant effort.

We are fortunate to have had a fairly stable membership during 2019. With about 250 members, Dupont Circle Village has gotten to a size that allows us to support an incredible variety of events while maintaining our extremely important sense of community.

Speaking of events, in a typical month during 2019, DCV had more

## Instagram Influencers

*Continued from page 1*

more and more brands are diverting advertising dollars away from traditional costly ads towards social influencer channels like Instagram. Instagram influencers can make up to \$10,000 a post, according to Thomas Rankin, CEO of Dash Hudson, a company that helps brands monetize on Instagram. "Every brand we talk to has made Instagram its #1 priority," said Rankin. "We estimate brands will spend up to \$1.5 billion on native advertising on Instagram next year."

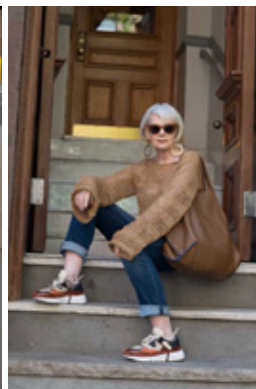
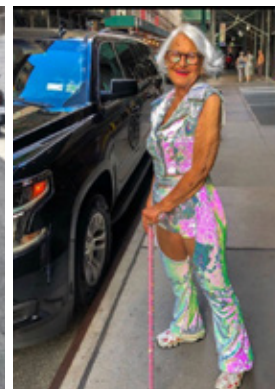
Meet some older influencers who've turned their social media audiences on Instagram, into fortunes.

Lyn Slater, 66, is a fashion influencer with a following of 698,000 on Instagram and goes by the name Accidental Icon. When she's not posting pictures of herself on Instagram (which landed her a contract with Elite Models), she's teaching at Fordham University where she's a clinical associate professor of social work and law. Her sponsors include Reebok, Perricone MD, Oribe and the French fashion house Maison Margiela.



Moon Lin, 90, is noted for her street wear style defying the notion that street wear has an age limit. She promotes various brands to her 84,000 Instagram followers including Puma and Adidas and Taiwanese

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# Monthly Calendar

To register online for an event, go to:  
[www.dupontcirclevillage.net](http://www.dupontcirclevillage.net) and select "Calendar,"  
find the event, and register.

## Live and Learn: How to Survive a Hospital Stay

Monday, December 2, 3:30–5:00

Location: West End Library, 2301 L St NW

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

daunting experience. The best way to deal with it is to be prepared. What items and documents should you take with you? What questions do you need to ask? What services are available to help patients and their families/support systems? Bonnie Friedman, author of *Hospital Warrior: How to get the Best Care for Your Loved One*, will discuss practical approaches to successfully navigate the hospital system.

## Free Senior Yoga

Tuesdays, December 3, 10, 17, 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 experience how to build physical strength by improving posture, balance, breathing and flexibility.

## Coping with Loss Around the Holiday Season

Tuesday, December 3, 10:30 a.m.

Grand Lodge of DC, 5428 MacArthur Boulevard NW

RSVP: Palisades Village (202) 244-3310 or  
[ebanton@palisadesvillage.org](mailto:ebanton@palisadesvillage.org)

Presented by a Capital Caring Health bereavement counselor, this workshop will help you prepare for the holidays after the death of a loved one.



## Recent Retiree Coffee

Wednesday, December 4, 9:30 am

Location: Uptown Market and Café,  
4465 Connecticut Ave NW

Questions: Barbara Scott at

[casemanager@dupontcirclevillage.net](mailto: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.

## 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: \$15; Limit: DCV Members

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.



# Monthly Calendar



## CelebSalon: Martin Walker, Author (the Bruno Books)

Wednesday, December 4, 7:00-9:00 pm

Hosted by Annie Groer and Abigail Wiebenson,  
2500 Q St NW # 604

Limit: 13; Cost: \$75

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

Each year, Martin Walker, the London-based international journalist turned mystery writer, comes to Washington to plot out his next whodunit, starring Bruno, Chief of Police. In the latest book, Bruno attempts to keep the peace in Southwest France amidst murders, terrorist attacks, and trafficking in fake black truffles.

Like all good Frenchmen, Bruno seeks to preserve the traditions of great local wine and food, which led Martin's wife, Julia Watson, to mastermind two gorgeous volumes of Bruno cookbooks. The meal served will be a Bruno specialty—wine-braised chicken with fennel and roasted grapes.

## 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.

## Coffee and Conversation

Thursdays, December 5, 12, 19, 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 will 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 which has agreed to reserve space each Thursday morning of October for us. When you enter Emissary, simply order your coffee and/or food, pay for it at the counter, and join us. (No need to worry about splitting / figuring out a check!) If you order specialty coffee or food, Emissary's staff will bring it to you.

## Museum Tour: Fast Fashion/Slow Art

Tuesday, December 10, 1:30-2:30 pm

Location: 500 17th St NW (former Corcoran Gallery of Art)

Cost: Free; Limit: 10 people

Register online

This exhibition explores issues of waste, consumerism, and the human cost of mass production through a series of films and artifacts designed to provoke conversations about the global production and distribution of clothing and textiles. This should be of interest to folks interested in environmentalism and technology, as well as artists' responses.

The tour will be led by Phyllis Rosenzweig, co-curator of this exhibit. Meet in the Luther W. Brady Art Gallery in the Corcoran's Flagg Building (500 17th St NW). Accessible entrance is from the New York Avenue side of the building.

## Mosaic Theater: Eureka Day

Thursday, December 12, 11:00 am

Atlas Performing Arts Center, 1333 H St NE

Free for DCV Members

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

At Eureka Day School in Berkeley, all decisions are made by consensus, diversity and inclusion are valued, and vaccinations are a personal matter. When a mumps outbreak hits the school, it turns out that not everyone in the community has the same definition of social justice. Now the board of directors must confront the central question: how do you find consensus when you can't agree on the facts? A comedy for our moment!

This event is free for DCV Members. Meet Kathy Cardille in the theater lobby to claim your ticket.

# Monthly Calendar



## Cookie Exchange

Friday, December 13, 2:00 pm  
Hosted by Ann McFarren, 1870 Wyoming Ave NW #603  
Limit: 18 people  
Register online or contact DCV Office at (202) 436-5252

## Sunday Soup Salon: t/b/a

Sunday, December 15, 6:00–8:00 pm  
Co-hosted by Caroline Mindel and Lynn Lewis,  
1760 Swann St NW  
Register online

More details will be made available in upcoming Friday e-blasts.

## Men's Book Group

Monday, December 16, 3:00 pm  
West End Library Conference Room, 2301 L Street NW  
RSVP: Peter Vandevanter (202) 215-2394 or  
[petervandevanter@gmail.com](mailto:petervandevanter@gmail.com)  
This month's book: *Sea of Poppies* by Amitav Ghosh

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, December 17

French Challenge will have a festive holiday dinner at Petits Plats Restaurant in Woodley Park. Watch for more details, including time, menu and cost in the weekly E-Blast.

## DCV Movie Group

Thursday, December 18

This group meets approximately 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 in the weekly E-Blast.

## Senior Cinema Day at the Avalon

Thursday, December 19, 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.

## Capital Encore Chorale: Free Holiday Concert

Thursday, December 19, 7:30 pm  
Church of the Epiphany, 1317 G St NW  
No Registration Required

The Capital Encore Chorale (Creativity for Older Adults) presents their free Holiday Concert. This performance will feature seasonal holiday classics and a variety of other choral favorites. For more information, contact Encore at (301) 261-5747 or visit [www.encorecreativity.org](http://www.encorecreativity.org)

## Instagram Influencers

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brands A A Stairs (ALT) and Plain Me.

Sarah Jane Adams, 63, is a jewelry designer and hashtags all her posts to her 150,000 Instagram followers, #MyWrinklesAreMyStripes. Her sponsors include Priceline, IBM, 7 for all Mankind and Marimekko.

One of the most popular older adult influencers is Helen "Baddie" Winkle. This quirky 91-year-old

great-grandmother hails from eastern Kentucky and before Instagram fame she was a factory worker for 28 years. She has steadily cobbled together over 3.8 million Instagram followers with fans from around the world. Her tagline is "Stealing your man since 1928". Her vibrant and, at times, controversial style has garnered the attention of fashion designers who send her their most "out-there" duds for her to model. One Instagram post can garner 60,000 likes from her

followers and thousands of dollars for Baddie. Some of her sponsors include Smirnoff, MissGuided, and Stash Investments. Baddie's net worth was \$1.3 million in 2019.

These older women and many others on social media are receiving, and maintaining, prominence which is a positive sign for the future. Advertisers are acknowledging a more mature market, pushing a concept of inclusion to extend not just to race and ethnicity but also to age.

## Medicare: Still Intact, but Still Complicated

In spite of rumors that Medicare Part A will go bankrupt in a few years, the Medicare program—launched by President Lyndon B. Johnson in 1965 and expanded

by President George W. Bush in 2006—is still alive and well.

However, Medicare is more mind-boggling than ever. Thank goodness that Medicare expert Cheryl Smith was once again willing to host a DCV Live and Learn Program on the subject October 28 and guide some 25 of those of us in attendance through the Medicare maze. Smith works for the DC State Health Insurance Assistance Program, which is part of the DC Department of Aging and Community Living (DACL).

Today seniors have two Medicare options, Smith explained. They can participate in either the “Original Medicare” health insurance plan or in a “Medicare Advantage” health insurance plan. Under the former, Medicare pays for your medical expenses on a traditional fee-for-service basis. Under the latter, you get your medical care through a health maintenance organization (HMO), and Medicare then pays the HMO for that care.

Most seniors have the Original Medicare health insurance plan. Such coverage consists of Parts A, B, and D.

Medicare Part A helps cover inpatient hospital care, short-term stays in a nursing facility, home health care, and hospice care. Moreover, you usually don’t have to pay a monthly premium for Part A if you or your spouse paid Medicare taxes while working for a certain amount of time.

Medicare Part B helps pay for doctor services both in and out of the hospital, home health services, mental health services, a number of preventive services, durable medical equipment, ambulance transport, and

some other medical services.

You can also purchase a Medigap policy to help pay for Medicare A and B-approved services that are not totally reimbursed by Medicare A and B. Some of these policies also cover a few things that Medicare A and B would not pay for at all—say, medical care while traveling outside the United States. Generally Medigap policies do not cover dental care, eyeglasses, hearing aids, long-term nursing care, or private-duty nursing.

Finally, you can purchase a Medicare Part D plan to help pay for your prescription medications. Not all Part D plans cover the same medications. So you’ll want to select one that is appropriate for your needs. Most drug plans charge a monthly fee that varies by plan.

The most dramatic change since last year is that monthly premiums for Part B will be going up in 2020, Smith reported. For instance, a person with an annual income up to \$85,000 is currently paying \$134 a month. In 2020, that will be \$135.50 a month.

Perhaps the most notable informa-

tion that Smith provided is that more DC residents than you might think could qualify for help with Medicare monthly premiums, deductibles, and copays. The help comes from an arm of Medicaid called the Qualified Medicare Beneficiary Program. To qualify, you have to have a monthly income below \$3,123 per month. However, required minimum distributions taken from pension money annually rather than monthly are not included in the \$3,123. This is not the case in Maryland and Virginia, Smith stressed.

Smith would be happy to answer Villagers’ questions about Medicare, she said, or to meet with them to discuss any problems they are having. But it might take more than a day or two for her or one of her colleagues to get back to you if you call or e-mail. They are a small group and often swamped with calls for help, she said.

Smith’s office is located at 250 E Street, SW, in DC. Her e-mail address is [Cheryl.Smith3@dc.gov](mailto:Cheryl.Smith3@dc.gov). Her phone number is 202 727-8370.

## Bon Appétit

“I don’t think of you folks as “food mavens.” To me, you’re “food angels.” The minestrone soup was delicious! Thank you ever so much!” (member LC)

Are you in need of a home cooked meal? Ready for some TLC and a pot of soup to get you back on your feet? DCV Meal Mavens to the rescue! When **Abigail Wiebenson** sent out the word two years ago, seven villagers, who like to cook answered and have since brought many comforting, nutritious meals to Villagers in need. The number of mavens has grown to 10 and many more are welcome and needed. So if you are interested in making a meal, get in touch with Abigail and join the cooks! Mavens include **Michaela Buhler, Kathy Cardille, Laurie Calhoun, Chris Hannah, Monica Heppel, Jo-Ann Hersh, Sheila Lopez, Kathy Z. Price, Abigail Wiebenson, and Sandra Yarrington.**



## A Taste of Isolation



**A**s some of you know, I was out during November for hip surgery and recovery. It went very well, thank you.

*By Ann Talty* I have experienced social isolation before for various reasons, and as my world shrank because of pain and exhaustion, I was reminded of what it feels like, and during my month at home, definitely tasted the experience again.

I found again how easy it is to slip into a negative state, of hopelessness, victim mode, depression, and inertia. Leading into the surgery, I had basically stopped having a life outside of my home or work, with my work ethic being the only reason for going out at all. I stopped making plans because I was afraid of the pain, of being too tired, of not going out because I wanted to hide the pain and my inability to walk very far.

The decision to have surgery was very freeing—I was taking a positive step toward regaining control of my body and my life. That is not always an option, but it was for me. First, though, I had to turn over control to the medical community, to family, friends, and Villagers. In many ways, it was a relief.

I was reminded that it's okay to need and receive help. Reminded that giving assistance is actually fulfilling for the giver. My medical team at Sibley were wonderful—warm, caring, encouraging, and informative. My cousin was with me for the surgery and the next couple of days—she took care of me, kept me on track, fed me, cleaned my apartment and did 4 loads of laundry, thus providing me with a more positive surrounding. I received cards, emails and flowers from Villagers, a ride to a post-op appointment,

some meals from our Meal Mavens, as well as Thanksgiving meal delivery for 2. Other Villagers supported me in other ways, with everyone supporting me ahead of time to keep me on a positive track.

Yes, some of the journey has been hard and discouraging. That is “normal.” Not easy, but expected. Having the overall support group helped keep me on track, and the ability for me to reach out to them kept me mostly positive. It has been great having others to rejoice with as I make progress—that dynamic has sustained me.

I remember my mother when

her health was declining and she wouldn't do various activities any more. I would ask her if it was that she had to give something up, or could I help her do it in a different way. I have definitely been asking myself that question—I think Mummy was whispering that in my ear on my more difficult days. I recommend that same question to all of you.

Many thanks to the Board for giving me this month off so I could concentrate on healing. And thanks to **Eva M. Lucero, Steve Kittrell, Sandra Yarrington**, the Membership Committee, and anyone else who has been filling in the gaps in my absence in addition to their support!



## November Birthdays



◀ November birthday celebrants pose with **Monica Heppel's** delicious Burnt Sugar Cake. **Carmela Vetri, Janet Kegg, Judith Kirvan and Greg Milman**  
Back row: **Jim Chamberlin, Joan Ludlow, Michaela Buhler and Kathy Jordan.**

# Yes, it Really Does Take a Village

**D**upont Circle Village (DCV) has had another very productive and successful year. With a staff of three (one full-time, one half-time and one contract), and a large volunteer corps serving more than 260 members who reside in three different neighborhoods, it really does take a Village to keep the organization running with such efficiency. Fortunately for all of us, DCV also has an incredibly talented board of directors who are always available to provide guidance and a helping hand.

*By Eva M. Lucero,  
Executive Director*

Anyone familiar with the non-profit world has probably heard stories of organizations that stumble or crumble as a result of a weak board. This is not DCV's case; we have a very strong board. We owe the board members a debt of gratitude for they are some of the most exemplary people in our Village who have given years of service to our community with no expectation of a reward. As far as I know, none have come to serve on the Board under duress, no, these are people who give of their time. Tremendous amounts of time,

their wisdom, their resources, their goodness and their compassion not to get something back but because our Village and you matter to them.

For the last three years, much of the strength of the organization can be attributed to our board president, **Steve Kittrell** and his exceptional leadership. During his tenure, DCV has made important advances particularly in the area of financial management. DCV incorporated best practices by hiring a professional bookkeeper, audit team, and money manager to achieve full fiduciary compliance. As a result, DCV has produced clean audits three years in a row and solidified its financial stability and future growth. Furthermore, Steve's guidance and mentorship have been invaluable to me, and I am grateful.

Steve will be stepping down as DCV board president at the end of this month. His leadership set the bar high for me and his successor, **Ann McFarren**. With DCV's solid footing, we are taking on that challenge with enthusiasm and look forward to continuing the momentum and making you all proud.



Eva M. Lucero, DCV executive director and Steve Kittrell, DCV board president

I wholeheartedly want to thank all DCV board and committee members, our volunteers including **Nancy Hartsock**, who has been an outstanding chair of DCV's finance committee for many years and is also stepping down. It truly takes a Village and I couldn't be more thrilled to see our Village leverage the talents, wisdom, experience and skills of so many individuals to build a caring community that dignifies aging for all our members.

## Where Are They Now?



◀ **Monica Heppel, Kathy Cardille, and Marie Matthews** have a breakfast espresso in Naples. Not Italian by their own heritage, they joined a group of families with their roots deep in the wine and olive country outside of Venice, Florence, Rome and Naples. Exceptional weather, wonderful art, and dramatically good dining were the hallmarks of the trip.



# Where Are They Now?



▲ **Kathy and Alex Jordan** recently traveled to Tanzania and went on a safari and stopped in Dubai on their way home. In Tanzania they visited Arusha, Tarangire National Park, Ngorongoro Crater and the Serengeti then visited the Jumeirah Mosque in the historic Deira district of Dubai. Highlight of the trip was seeing a black rhino and her baby in the Serengeti.



▲ **Matt Abrams** at La Chaya Maya in Merida Mexico.



▲ **Steve Kittrell and Susan Hattan** ran a Turkey 5K in Kansas City with Susan's family.



▲ **Nancy LaVerda** at sunset in Negril, Jamaica.



## Where Are They Now?



◀ **Nancy Turnbull** and **Judi Lambart** were in Croatia-Montenegro-Slovenia in October. They are pictured with their Dupont friend **Peggy Long** on the Croatian coast.

## Out & About with DCV



▲ **Carol Galaty** and **Ken Shuck** generously hosted a Thanksgiving dinner and invited many Villagers to attend. According to Carol, there was non-stop conversations (no one left out), plenty of laughter as well as deep serious conversations, plenty of wine and delicious food eaten by candlelight, and a recitation by **Lex Rieffel** of Art Buchwald's explanation of Thanksgiving for the French.



# Out & About with DCV



▲ The crew prepared homemade Thanksgiving meals to be distributed to some of our members. **Eva M. Lucero** (haricots verts), **Sandra Yarrington** (mashed potatoes), **Lois Berlin**, (turkey, gravy and stuffing), **Abigail Wiebenson** (pie and bread) and not pictured **Ann McFarren** (cranberry sauce) and **Annie Groer** and **Ted Mann** (drivers).



◀ Villagers enjoyed an afternoon at the National Portrait Gallery where DCV member and docent, **Sheila Lopez**, led the group on a fascinating and richly illustrative tour of the current exhibition *Votes for Women: A Portrait of Persistence* about the history of women's equality and empowerment efforts since the 1840's.



# Out & About with DCV



▲ Villagers enjoyed learning about Algeria from speaker, **Ali Rebatchi**, at the November French Challenge. They ate his delicious homemade Algerian pound cake, baclava and dates that he brought back from Algeria. The treats were washed down with champagne, wine and tea and accompanied by a fascinating talk on Algerian history and culture as well as a video (in English) of the very beautiful different types of scenery, from desert, to mountains, lush oasis and incredible Roman ruins.

▶ DCV sponsored a screening of the documentary, *Backpack Full of Cash*, at the Westend Cinema. The documentary explores the real cost of privatizing America's public schools. Filmmaker, Sarah Mondale is the daughter of longtime member, **Gini Mondale**, and is a proud graduate of the DC public school system.



◀ Villagers enjoying coffee and camaraderie at DCV's Coffee and Conversation. This gathering takes place every Thursday, 10:00 a.m. at Emissary Coffee, an independent coffeehouse, bar, and café right in our Dupont Circle neighborhood.

## Yummy Roasted Potatoes



I had these potatoes for the first time at my friend Elaine's house. They are crisp, flavorful, addicting and easy to make. Little new potatoes are available at the Farmer's Market now, and I saw a bag of them at Costco recently. You can really adjust the ingredient you use to suit your taste. Enjoy!

By Lois Berlin

### Ingredients

- 1 lb of new potatoes, scrubbed clean
- 2 Tbsp olive oil
- 4-5 Crushed and finely chopped garlic gloves (the amount you use depends on your love—or not—of garlic!)
- Salt and pepper to taste

Put the potatoes in a pan of water filled to cover the potatoes. Bring to a boil and cook until the potatoes are just fork tender. Drain the potatoes and place on a baking sheet. Using a fork or potato masher, mash each potato flat while keeping them intact. In other words, you want to have some potato meat showing without turning them into mashed potatoes!

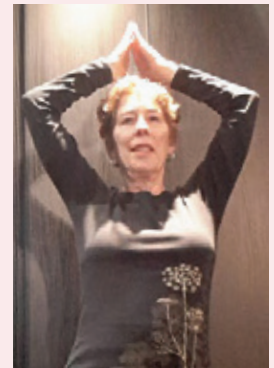
Sprinkle the potatoes with olive oil, spread the garlic evenly over them and salt and pepper them to taste.

Bake in a preheated 400 degree oven until they are slightly browned and crispy—about 30–45 minutes. Serve as a side dish to your favorite main dish or enjoy them all by themselves!! A dollop of sour cream or fat free plain yogurt on top is an added taste treat!

## Yoga Tips

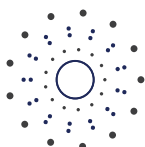


*Judy Silberman,  
Yoga Master*



Let's go back to getting up from a chair (tip of June, 2018), but this time focus on how to get out of a car on the passenger side. Your muscles have been resting in the seat as you ride, but now they have to work. Move your back away from the seat back. Move forward to push feet into the floor. Fold forward slightly with chin down. Using arms and legs, swivel to the right where the door has been opened. Focus eyes on the ground, keeping chin down. Extend one leg, as your hands and the other foot push the forward leg to the ground. Continue pushing as your bum comes up and the other leg comes forward. You have changed your center of gravity, so you can get up. Feel steady, then raise chin to be parallel to the ground, correct your posture and be on your way. Three notes: Help from others should not involve pulling. Pushing your head and torso back will work against your goal and may hurt your neck and back. Of course, be aware of ice or slush this time of year!

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**  
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