



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“It takes a village
to raise a child
but it takes a vineyard
to raise one in a
quarantined home.”

— Clive Byrne

What's Inside

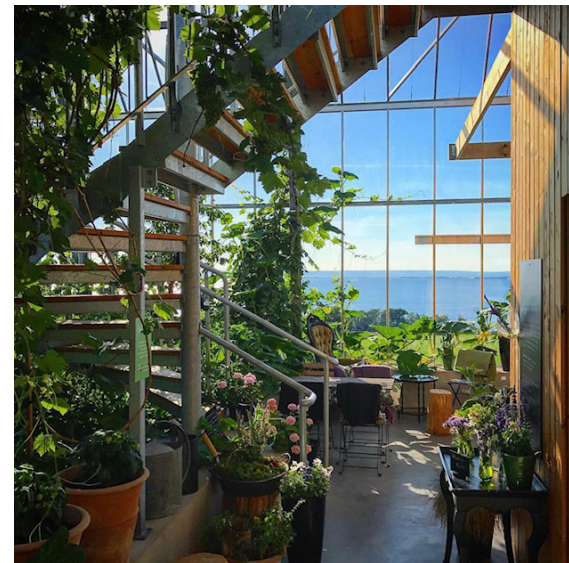
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Living Life in a Giant Terrarium

Spring is here. Flowers and trees are blooming, birds are chirping. It's the perfect time to get out, spend time in nature, and put a little skip in your step. Studies have shown, and personal experiences can attest, that being in nature helps reduce anxiety, improve one's mental state and well-being, and bolster physical health. Because of COVID 19, many people are opting out of their usual 'nature escapes'—hikes in Rock Creek Park, walks around the neighborhoods, or strolls along the Potomac.

What if you were able to take a break from your pandemic confinement and connect to the nourishing power of nature within your own home? Just slip right into a 'nature escape' from your own doorstep? Yes, it can be done, and it is increasingly happening across the globe as architects create innovative housing that reimagines how to incorporate the natural world within the home. This concept is called *Naturhus* (Nature House), an entire house wrapped in its own private greenhouse.

It's not a new concept; the first *Naturhus* was built in Stockholm, Sweden, in 1976 by eco-architect Bengt Warne. Bengt spent his entire career devoted to designing and erecting houses that would allow people to live in harmony with nature. The *Naturhus* consists of three parts: an insulated building, a greenhouse with large, protected outdoor



spaces, and a loop for recycling wastewater. The elements earth, water, air and fire are used to maintain the house. Mull earth is produced in a room below the bathroom. Kitchen and garden waste is composted.

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President's Notes



Greetings!

I start with a "Hats Off" to our Mask Makers, **Carol Galaty, Helene Scher, Susan Hattan and Kathy Price** who made the masks, and **Abigail Wiebenson, Susan Hattan and Eva M. Lucero** who delivered the 125 masks. These creative masks have raised people's spirits and are keeping Villagers safer. Bravo!

Thank you to **Lynne and Joe Horning**, Ruth and Donald Gorman and the Washington Home for recent generous donations. We have been able to offer additional food to members who need a boost during the crisis.

We have suspended all volunteer activities that could put members or volunteers at risk, yet we are still helping our members. For example, groceries are being delivered by various commercial services recommended by members; this effort keeps our members secure and volunteers safe. We are also arranging for medication deliveries and rides for members via Go-Go GrandDaddy. If you need help, please let us know, and we will make every effort to help you.

I have been talking with many members lately. Many of us are struggling to keep our energy and spirits up. The strategies below can help. In many cases DCV is offering programs that can inspire you. Check the calendar for DCV's offerings via Zoom; you can join by phone if you don't want to Zoom. If you are having trouble getting on Zoom, please let **Ann Talty** (admin@dupontcircle-village.net) know, and she will help you. Check out the article on Zoom

elsewhere in this newsletter.

- 1. Consider setting up a schedule for each day**, with a reasonable starting and ending time.
- 2. Take care of your body.** Include exercise and walking in your schedule. For people who have physical limitations, try the Chair Yoga program.
- 3. Take care of your mind.** Be intentional, try meditation. DCV is offering a meditation program twice a week.
- 4. Be kind to yourself.** Try indulging in a special treat: a book that you have wanted to read, a movie you've wanted to see, a warm, lazy bath or shower. Reconnect with a friend.
- 5. Have fun!** Figure out ways to have fun. How about a puzzle or a group game on your phone?
- 6. Join the next Celeb Salon!** Call a Villager if you are lonely—that person is probably lonely too!

Stay tough and Hang in there! Together we are going to make it through this.

Naturhus

Continued from page 1

Rainwater is collected, used for baths, dishes and laundry and then returned to irrigate the gardens and plants. The plants clean and enrich the air.

Naturhus being built now have evolved with the times but are just as unique and innovative. Many come with patios, pools, saunas, open fireplaces, barbecue pits, lounge space, and children's play areas. In line with Warne's original vision, the gardens within the *Naturhus* receive nutrients via a natural water system and composting. Because of an insulating glass shell, the *Naturhus* is highly energy-efficient; residents can expect to spend roughly half on electric bills compared to those living

in traditional houses. Around the enclosed homes are gardens that grow many plant varieties that could not survive the Swedish seasons without the protective glass covering. The Mediterranean climate that is created is ideal for growing figs, kiwi, peaches, roses, and grapes, all in the dead of a Swedish winter.

Before his death in 2006, *Naturhus*-inventor and eco-living pioneer Bengt Warne remarked, "Living in a greenhouse gives architecture a fourth dimension, where time is represented by movements of naturally recycled, endless flow of growth, sun, rain, wind and soil in plants, energy, air water and earth."



You may not be able to venture into your own *Naturhus* to enjoy nature during the pandemic, but you can always visit these websites from the comfort of your home and just use your imagination. [Naturhus](#). [Tree Hugger](#). [ArchitecDigest](#).

Monthly Calendar

Currently, activities are being offered online, by way of Zoom. Updates will be posted in the Friday e-blast. We are in the process of adding more activities. Instructions for Zoom can be found under the Library tab at <https://dcv.clubexpress.com/>

We do ask you to register online at www.dupontcirclevillage.net and select "Calendar," find the event, and register. If you can't join an online event or figure out how to register, please email or call Ann Talty at admin@dupontcirclevillage.net or (202) 436-5252. Some of the events are accessi phone, so not having a computer does not necessarily rule you out.

Online Meditation with Christina

Mondays & Thursdays, 9:00–9:30 am

Location: Virtual (*could be done just by phone*)

RSVP: Register online or contact DCV Office at (202) 436-5252 or admin@dupontcirclevillage.net

Accessible Mat Yoga Online

Mondays, 3:30–4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office at (202) 436-5252 or admin@dupontcirclevillage.net

Chair Yoga Online

Tuesdays, 10:30–11:30 am

Location: Virtual

RSVP: Register online or contact DCV Office at (202) 436-5252 or admin@dupontcirclevillage.net

Online Feldenkrais Method Awareness Through Movement

Wednesdays, 10:00–11:00 am

Location: Virtual

RSVP: Register online or contact DCV Office at (202) 436-5252 or admin@dupontcirclevillage.net

The classes are about improving function and well-being in our day-to-day activities, which is why they are good for improving walking, running, sitting, standing, gardening, relieving pain, breathing, working, and playing. The classes are usually done on mats on the floor, sometimes lying, sometimes sitting, or even standing. You may also do it on your bed.

Coffee and Conversation

Thursdays, 10:00–11:00 am

Location: Virtual (*could be done by phone*)

RSVP: Register online or contact DCV Office at (202) 436-5252 or admin@dupontcirclevillage.net



DCV Knitting Group with Georgetown Village

Thursdays, 4:00 p.m.

Location: Virtual

RSVP/Info: Sheila Lopez, sheilablopez@gmail.com or (202)841-8567

DCV Virtual Movie Group

Wednesday, May 6, 3:45–5:00 p.m.

Location: Virtual

Movie to see ahead of meeting: **The Last Man In San Francisco**

RSVP: **Required** registration online or contact DCV Office at (202) 436-5252 or admin@dupontcirclevillage.net
Limit 14

Live and Learn Online

Monday, May 18, 3:30–5:00 pm

Location: Virtual

Specific subject & description will be sent in Friday E-blast

CelebSalons Online

DC Literary Activist and Poet Extraordinaire, E. Ethelbert Miller

Tuesday, May 19, 6 p.m.–7p.m.

Location: Virtual

RSVP: Register online or contact the DCV office at (202) 436-5252 or admin@dupontcirclevillage.net

Space is limited **Mystery Book Group Online**

Friday, May 28, 3:00 p.m.

Location: Virtual

RSVP: Register online or contact DCV Office at (202) 436-5252 or admin@dupontcirclevillage.net

This month's book is **In the Woods** by Tana French

DCV Happy Hour Online

Dates as announced in Friday E-blast

Sunday Soup Salon

We are exploring ways to do this online

Meet Nancy Duff Campbell

Nancy Duff Campbell (also known as Duffy) is originally from Indianapolis, Indiana. She earned a law degree from New York University in 1968 and joined the legal staff of the newly established Center on Social Welfare Policy and Law (CSWPL) in New York (now the National Center for Law and

DCV Member Profile

Economic Justice). There she played a major role in developing the law of public benefits (particularly the Aid to Families with Dependent Children program). For the next 45 years she was widely recognized as a women's rights advocate who used litigation, legislative and administrative advocacy, and education to expand opportunities for women, with a particular emphasis on issues affecting low-income women and their families.

In 1974, she moved to DC to teach law full time, first at Catholic University and then at Georgetown, where she developed courses in social welfare law and administrative advocacy, in addition to bringing her poverty law perspective to her courses on administrative law and torts.

In 1978, Campbell joined the Women's Rights Project of the Center for Law and Social Policy, one of the nation's first public interest law firms, with the express goal of enhancing its work on low-income women's issues. In 1981, she co-founded the National Women's Law Center (NWLC), successfully transitioning the Women's Rights Project to an independent organization, where she served as Co-President until July 2017. Under Campbell's direction, NWLC had a long history of developing and mentoring women law students and recent law graduates. Early on, it established a legal internship program in which law students spent a semester in Washington and

received equivalent course credit at their law schools. It helped found the Women's Law and Public Policy Fellowship Program, which places recent law graduates at NWLC and other public interest organizations or government agencies to work on women's rights issues. It participated in other well-known fellowship programs and developed its own fellowship program to train recent law graduates on women's legal issues.

Campbell has had a profound effect on countless numbers of women in the profession in other ways, as well. Throughout her career, she has worked with, taught, and mentored many women who are now partners in major firms, judges on state and federal courts, law professors, public officials, and public interest advocates. She has actively worked to recruit highly qualified women lawyers for positions in the federal government and has used her connections and advocacy skills to ensure greater diversity in high government ranks—including women general counsels in Cabinet agencies, other high-level administrative positions, and judges. She served on the NWLC team that helped secure the confirmations of Justices Ruth Bader Ginsburg, Sonia Sotomayor, and Elena Kagan. Campbell's efforts to ensure that women from all walks of life are equipped for success have enriched the lives of countless women—and men. In her four decades at NWLC, she received awards from numerous universities, organizations, and government agencies and a Lifetime Achievement Award from the U.S. Department of Health and Human Services.

In retirement Duffy has stayed involved in women's rights activities. Last year she achieved a long-time goal—getting the U.S. Board on Geographic Names of the Department of the Interior to name a mountain in the Adirondack Mountains of New York after an early suffragist, Inez



Milholland. Milholland was a lawyer who had a family home in the Adirondacks and is buried there. She died campaigning for suffrage in 1916 at the age of 30, when she became the first woman to be memorialized in Statuary Hall at the U.S. Capitol.

Duffy, too, has a cabin in the Adirondacks where she enjoys spending time with family and friends. She loves being outside, especially when she can indulge in her favorite activities: hiking, birding, or just walking. She is currently auditing a course at Georgetown (now online), and hopes to do more of that, as well as continue catching up on novels, movies, and TV shows she missed while working. One of her favorite places in D.C. is Nationals Park, since she is a big Nationals fan, and she very much misses baseball right now.

In the short time that Duffy has been a Villager, she likes the support that staff and other Villagers provide each other, especially during the current health and economic crisis.

The daily emails with both information and amusements are just one example of this. She looks forward to meeting more members in person, as current restrictions ease!

To Zoom or Not to Zoom



That is indeed the question. **What is Zoom?** It is a way to join others through the internet to learn about something, have an activity, converse, discuss, or just see one another. It isn't the same as in person, but it certainly does serve a purpose during this time of social distancing.

By Ann Talty

There isn't anything I'm interested in. We would love to hear from you about what you would like to see, particularly something that would be worth learning Zoom for. Not everything lends itself to Zoom, but we are getting better and better at getting close.

I'm not good at technology. Once you have been through it the first time, it's really easy. It's also not that difficult the first time. There are [instructions on our website](#). Always feel free to contact Ann Talty at admin@dupontcirclevillage.net to make an appointment to walk you through it. The host of any Zoom

meeting gets on Zoom early, specifically to help you connect.

I don't have a computer. Zoom also works on smartphones and tablets. For some activities (like Meditation), you can simply use any phone to call in, and you can then listen and talk.

Why do I have to register? We would like to track participation in our activities, and the morning of the activity, you will be emailed instructions for how to access the particular activity, which has a meeting number that you will need. For security reasons, we are moving more and more toward not publishing the link on our website.

I've heard that it isn't safe. Well, there is never 100% security guaranteed for anything online, but Zoom has been really stepping up its security features. We are embedding a password on the link we give you, which already makes it safer. The program's encryption is now upgraded with a dual focus—higher level encryption of the data, and higher

level of blocking others from hacking in. We are looking at other security features that will require us to admit only people who have registered, or we may even lock a meeting once people are on the call.

Is using the camera safe? It is even safer than it was. You are not required to use the camera—just not to allow access to it. You can also disable it once you have joined the meeting. If you are having a bad hair day, you don't have to have the camera activated! Or if you don't want people looking at something, you can also use a "virtual background."

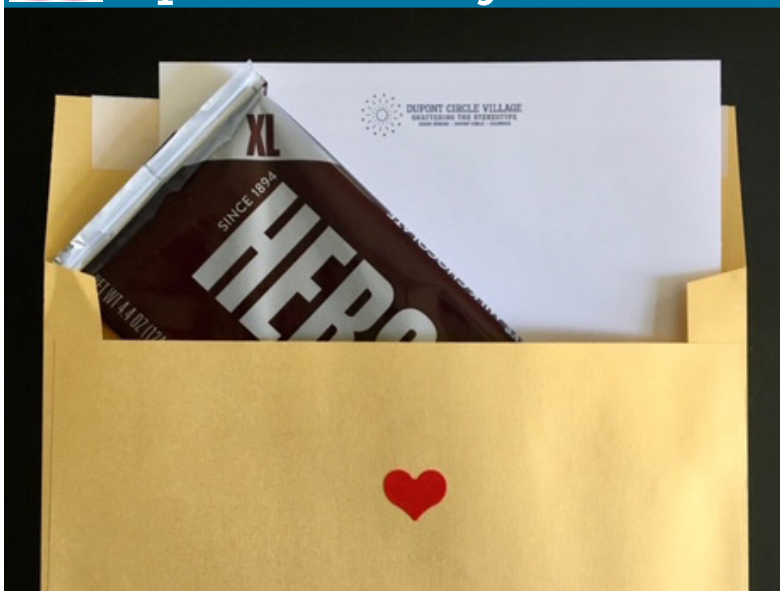
Is it HIPAA compliant? Zoom is doing more and more to work toward that. That makes any data safer.

When I go to Zoom, I get a pop-up box asking if I want to update Zoom. You absolutely want to click on that. If you don't, you will not be getting the latest security updates.

So, all in all, we would like to hear your ideas and questions. Do ask for assistance—we love to help you!



April Birthdays



Happy Pandemic Birthday!

In lieu of an April birthday gathering, members who had April birthdays received a golden envelope because all you need is love and a little chocolate. **Carol Balassa, Jeanette Barker, Will Berry, Ted Bracken, Duffy Campbell, Rose Darby, Angela Elkins, Edward Elmendorf, Robert Finkel, Barbara Friday, Anita Gottlieb, Charlotte Holloman, Alex Jordan, Mary McIntosh, Janet McMahon, Bob Meehan, Joele Michaud, Jeffery Paine, Jane Pierson, Margot Polivy, David Schwarz, Mike Silverstein, Bob Spiegel, Jan Vandevanter, Faith Williams and Diana Wright**

CelebSalons

We all were guinea pigs AND IT WORKED!

Jane Pierson recruited the musical talent, **Ann Talty** handled the technology and the musicians were fabulous for DCV's first Celeb Salon of 2020. 25 DCV members signed

By Peg Simpson on to see this first virtual salon, through Zoom.

Earlier this year, Jane had recruited Elizabeth Puljer-Owen to bring us a trio of musicians from the Kennedy Center Orchestra as part of our 2020 CelebSalons line-up. When we had to cancel all salons due to the coronavirus, she called Elizabeth who said she wasn't that surprised—she and her musician husband also were housebound and daughter Cecilia had come home early from her freshman year at Oberlin. The only "public" music they were playing was from their driveway, for neighbors!

She and Jane both laughed about that. But when Jane told the Celeb-Salon committee, we wondered if we should try a virtual salon with this family of musicians, from their home.

And so it was, with a special "magical strings" concert on April 22. We limited the audience to 25 and everyone successfully logged on. The musicians played from their home which gave it an intimacy akin to the CelebSalons that for years have been in the homes of Village members.

Elizabeth, who plays the viola, and her husband Drew Owens, a cellist, are experienced musicians and as free agents with the orchestra that plays for the ballet and the opera at the Kennedy Center, they are nimble and flexible. Both of them teach as well as play. And they seemed to be thrilled to play for our village. They



chose a mixture of string music—daughter Cecilia is a violinist—from the familiar to the new.

And the villagers seemed to relish the music—and the diversion from hard news about the coronavirus.

The CelebSalon Committee is going to see about other Celebs we could bring to the Village via Zoom, so stay tuned!

Where Are They Now?



◀ In March, **Mimi Higgins** traveled with a group of 37 to Cyprus and Athens, returning to DC on, of all days, Friday the 13th! All of us are grateful to have had this opportunity as it may be a long, long time before we can venture forth again.



▲ **Carol Galaty** and **Ken Shuck** picnicking in a Baltimore cemetery looking for Ken's ancestors as part of his genealogy research.

The Stakeout

Editors note: *DCV has been offering a Memoir Writing class with memoirist and author, Bea Epstein, since spring of 2019. Participating villagers have now completed Memoir Writing Part 3. They will be sharing some of their writings in the monthly DCV newsletter.*

A recent visit to the newly relocated Spy Museum in Washington, DC conjured up a 35-year old memory of celebrity, spy craft, spontaneity, and friendship.

It was November 13, 1984. President Ronald Reagan had just won reelection in a landslide victory. Totally expected, but disheartening nonetheless, I thought to myself. A soothing voice framed by a ruggedly handsome face and a pleasant demeanor could never compensate for four more years of regressive domestic policies—an eternity in political time.

My United flight from DC to Denver landed at Stapleton Airport during rush hour. Fortunately, most of the traffic was headed in the opposite direction during the three-mile cab ride into the city.

Check in to a downtown hotel that evening. Walk over to the National Conference of State Legislatures offices for a staff meeting the next morning. Catch a cab back to the airport. Fly home...It was a familiar work ritual.

The Denver Hyatt near the convention center did not appear that crowded as I entered the glistening lobby with its multiple glass elevators that soared to the rooftop. After checking in, I pushed the elevator “up” button, with thoughts of ordering a Taco salad and frozen margarita at a local restaurant while also devouring a magazine and observing people

strolling along the busy Sixteenth Street Mall.

The only other elevator occupant looked familiar, elflike with thick brown hair and meat chop sideburns. Rather than acknowledge each other, we did what most captives in an elevator do—stare up at the floor numbers as our temporary shared space ascended. “Still,” I thought, “could my companion really be guitarist Nils Lofgren, who had just joined the E Street Band?” After depositing a suitcase in my room, I decided to investigate.

I approached the bell cap station in the lobby. “Are there any heavy-duty rock & roll bands playing in town tonight?” I tentatively inquired. “No, not tonight that I know of,” responded one of the two young kids on duty, as they exchanged a knowing look.

Something about that look prompted a follow up question. “OK, well did Bruce Springsteen perform in town last night—and are they staying in your hotel?” I asked more pointedly.

This time they both smiled as the second bell cap leaned forward to whisper, “Look, we’re not supposed to tell anyone when famous guests stay here...but Springsteen did play at the convention center yesterday.”¹ He then paused, as if inviting me to join the conspiracy before revealing, “And we did see ‘The Boss’ and ‘The Big Man’ take the hotel limo to the gym about an hour ago.”

Even the most casual rock & roll fans would recognize the reference. And “casual” is the last way to describe Springsteen fans, ardent activists in an enduring musical movement that makes attending one of his concerts such a singular experience:

Full-on three-hour performances

¹ Only later did I learn that Springsteen and the E Street Band were in Denver as part of their memorable multi-year “Born in the USA” tour across North America and Europe.

that ricochet between star and audience surrounded by pulsating drum beats, signature guitar riffs and piano melodies, and soaring sax solos from “The Big Man” (the late great Clarence Clemons.) Framed by personal narratives of growing up working class near the Jersey shore. And inevitably capped off by “The Boss” jumping full throttle into the audience—trusting those nearby to shuttle him safely back on stage—while the entire venue rises as if one, joyous in the sacrament of singing along with every lyric.

I decided to wait. It was less a choice than a calling, as I staked out a seat in the lobby facing the front doors. Ten minutes later, my decision was rewarded as Patty Scialfa, Springsteen’s bandmate and future wife, her long, flaming red hair a tell-tale clue, entered the giftshop.



Springsteen Concert in DC, January 29, 2016

Two familiar figures soon emerged from a black limo. In they walked—The Boss with The Big Man—now a half a lobby away and headed to the elevators. Success! But if I wanted more, then more from my end was required.

I quickly approached them, fully aware of and nearly dissuaded by the disequilibrium inherent in any relationship between a famous person and his or her fans. My investment in Springsteen, at least the public persona, was both long-standing and intense, enriched

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A wrong email address, a lurking follower and a new friend!

The DCV knitting group is pleased to announce its first honorary member. Serendipity took the form of a typographical error in an email address and brought Will into our group. It turns out this photo, which was distributed to the group by one of our auspicious members, prompted him to reveal himself to us in this time of the coronavirus.

Will wrote:

Hey everyone! :)

You know, the funny thing about this group is, I have no idea how I got on this list. I'm a 36-year-old engineer from Richmond—name is

Will. Somehow, I've been on your knitting email group list for—I don't know—two years or more? As much as I have enjoyed the knitting status updates, I figure in these strange times I would just introduce myself to the group. We could all use a new friend. Hope everyone is staying safe and doing well. Feel free to remove me from the list or keep me on it. Doesn't matter to me. But if you do remove me, just know I wish all your future knits to be beautiful, efficient and rework-free. :)

So, we are happy to welcome our new friend, and send him our very best wishes for a happy, healthy future. And who knows? Maybe he'll even take up knitting one of these days.



The Stakeout

Continued from page 7

by recollections—mine, not his—summoned by the vivid images that inhabited his music. Yet he knew nothing about me, one among the anonymous masses who screamed “Bruuuuuue” during his concerts or who eagerly anticipated and wolfed down each album.

For starters, what should I say? “Hi, Bruce. I’m a big fan!” felt ludicrous and to what end? Requesting an autograph seemed to be my best—and only—shot at memorializing the moment. I silently cursed my lack of preparation, since the only paper on hand was my dinner reading material.

“I love your music!” I blurted out, adding, “Uh, would you mind signing this?” as I thrust the Newsweek Magazine and a pen into his hand. He complied without speaking, for which I was grateful, since scrawling his name meant autographing Ronald Reagan’s smiling face on the cover—the ultimate act of political dissonance. I stood there awkwardly, having nothing to do but observe the little things up close—like his enormous biceps, no doubt the result of

all that gym work, as well as oddly, the protrusion of his lower lip.

Emboldened, I followed the band into the elevator, eager to prolong the moment in the off chance to hang out—temporarily conflating the communal intimacy felt by fans at a Springsteen concert with the reality of encountering him in person. Instead, I returned to my own room alone, with the inkling of a less delusional second act beginning to take hold in my mind.

Despite the two-hour time difference, I dialed a home phone number back in DC, knowing that all would be forgiven for potentially awakening the person on the other end of the line. Once connected, I asked, while not needing to, “Royelen, if you could score an autograph from anyone in the world, who would that be?”

Royelen’s birthright to Boss fandom as a Jersey Girl surpassed even my own. Whenever Springsteen performed in DC, I had been able to secure a ticket, if lucky, to a single concert. Whereas Royelen would often shell out a week’s pay to attend on multiple nights, frequently pursuing the band on the road as well. My

friend also racked up bonus points for simply being a good colleague and an even better person.

Besides, the act of requesting an autograph had always struck me as weird. What did evidence of their penmanship have to do with whatever made performance artists and sports figures—or even authors renowned for their writing skills—so special?

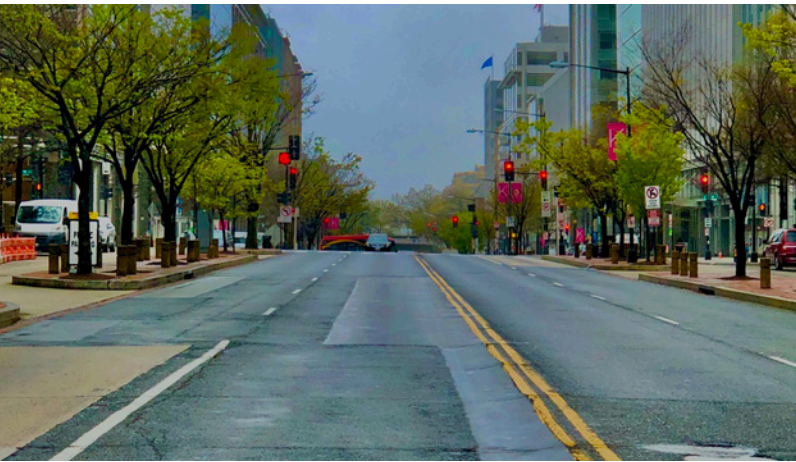
No matter. In the end, the loyalty of a superfan had been properly acknowledged with an implausible gift—a Springsteen autograph that adorned the 40th President’s face—the perfect conclusion to a serendipitous stakeout.

To quote the Boss: “Someday girl, I don’t know when, we’re gonna get to that place where we really want to go and we’ll work in the sun. But till then, tramps like us, baby...

...we were born to run.” Not just you, Ronald Reagan, not just you!



Quarantine Stories



◀ **John Richardson** exploring a desolate DC during his quarantine walks through the city.



◀ **DCV Stitches Unite!**
A group of talented Villagers, (**Carol Galaty, Susan Hattan, Kathy Price** and **Helene Scher**) dusted off their sewing machines and volunteered to produce face masks for members who needed one. Following mask templates downloaded from the internet or instructions shared among themselves, over a period of five days, these four women sewed over 125 masks. They are part of a worldwide network of stitchers who are helping slow the spread of COVID 19 one member mask at a time.

Quarantine Stories

Hiding Out with Robin Hood to Escape the Pandemic

by Joan Treichel

In mid-March 2020, as the Covid-19 pandemic swept down on Washington, DC, I fled my Dupont Circle condo for my more secluded digs in Sherwood Forest, Maryland.

Sherwood Forest is a small community in the woods, tucked away on the Severn River near Annapolis. All of the little streets in the community are named after characters in the tales of Robin Hood. The air is generally fresh and, I hope, free of the infamous covid-19 virus. Moreover, spring is the best time of year for animal-watching in the forest. Thus, as the pandemic swirls through the United States, I've been hunkered down here in the forest, courting and observing the wildlife.

All sorts of birds visit the bird feeder outside my window, which I keep filled with sunflower seeds. The roster includes cardinals, chickadees, downy woodpeckers, flickers, mourning doves, nuthatches, titmice, and wrens. Mr. Wren is especially amusing to watch. Not fully satisfied with the sunflower seeds in the tray of the feeder, he sometimes climbs into the top of the funnel that dispenses the seeds. Talk about a gourmand!

I also scatter a blend of birdseed outside my backdoor. This has been attracting four squirrels, one chipmunk, blue jays, and skittish little juncos. Near the door I keep a shallow dish filled with water. The various creatures often drink from it after they have dined. But my favorite backdoor visitor is Mr. Fox. I place some cooked ground beef outside for him. Right now he looks so pathetic, having lost his winter coat. I figure he could use a little assistance.

But my biggest thrill came on April 6th when a pair of chickadees "rented" my birdhouse for the season—the first time in several years that I've had any tenants. The chickadees started to bring down wisps of grass and plants to build a nest in the birdhouse. Then, to my surprise, a third chickadee appeared on the scene and appeared to want to move into the house too. The intruder clung to the perch near the entrance hole to the birdhouse, but lacked the courage actually to enter the house. Then, while the intruder was still hanging there, one of the chickadee pair that had already moved in returned with nesting material in its beak. The bird dove at the intruder in rage. The intruder flew away but didn't go far. It made several more attempts to cling to the entrance hole. Finally, around 6 pm., it gave up and accepted defeat.

In addition to watching the show, I listen to the animals and even talk to them. And I swear I saw Robin Hood slipping through the forest wearing a mask. Is the Widow Treichel growing eccentric? I'm afraid so, and I blame it all on the pandemic!



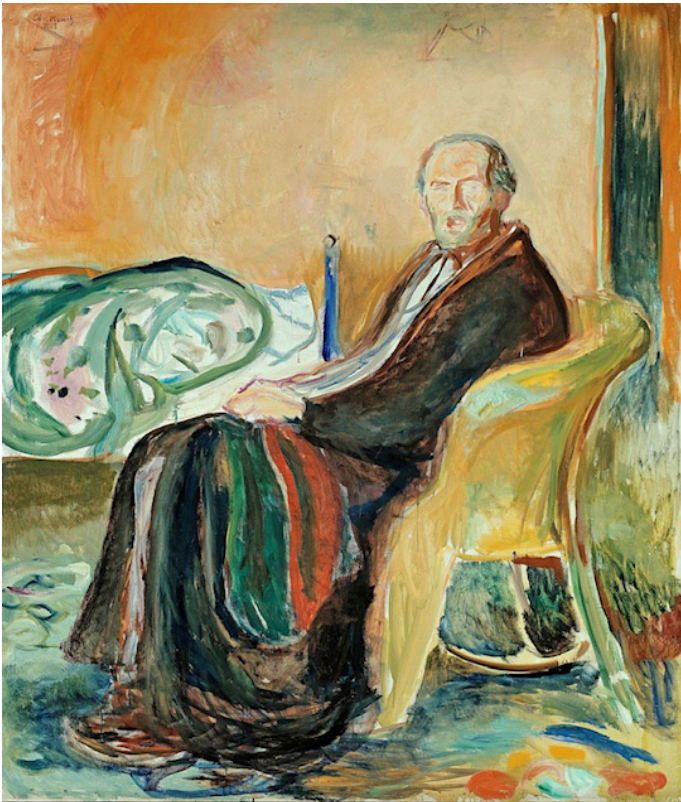
Who is that masked Villager?

1st column: **Kathy Price, Steve Kittrell, Pender McCarter, Gretchen Ellsworth**, 2nd Column: **Susan Hattan, Eva M. Lucero, Annie Groer, Ann Talty**, 3rd column: **Carol Galaty, Bob Hirsh, Brooke Dillon, Carmela Vetri, Ken Shuck**



▲ **Ed and Stephanie Baker** enjoying a weekly stoop party on Bancroft Place (Easter/Passover Sunday).

Art Archive

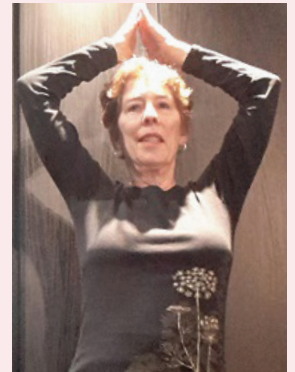


Self Portrait with Spanish Flu (Edvard Munch 1863–1944 Norwegian), National Gallery of Norway

Yoga Tips

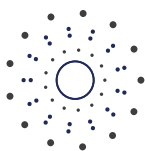


Judy Silberman, Yoga Master



With your arms hanging loosely, swivel your body left and right (= 1 repetition), allowing your back heel to lift as you pivot on the toes of that foot. If your arms are relaxed, they will lightly “slap” against your body, stimulating the blood vessels on the surface of the skin. 1st three repetitions, let your head follow your body by looking over your shoulder and noticing what you can comfortably see. 2nd set of three repetitions let the body swivel around, but keep your head facing forward. 3rd set of three repetitions, let your head follow your body to notice if you can twist more easily. You probably can see farther around, because your neck and back muscles have warmed and lengthened!

The Dupont Circle Village is a non-profit volunteer organization that connects neighbors to services and educational, cultural/social and health and wellness activities. Please consider a donation now or remember us in your will.



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