

*"I celebrate everyone's religious holidays. If it's good enough for the righteous, it's good enough for the self-righteous, I always say."*

**Bette Midler**

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## New Members

*DCV warmly welcomes its newest members:*

**Jim Chamberlain**  
**Isabelle Jeannette**  
**Deborah Mendelson**  
**Greg and Bobbi Milman**

**D U P O N T**  
**C I R C L E**  
**V I L L A G E**

## President's Letter

---Lois Berlin

The holiday season can bring a myriad of emotions for each of us – the excitement of travel, the warmth and closeness of family and friends, the melancholy of missing those close to us who have died, the stress or exhilaration of shopping, cooking and general holiday preparations, or the frustration of being so busy that you lose sight of the holiday spirit.

For some, this is a lonely time of year, and that is where the Village plays such an important role. I have been so moved when one of our Villagers, like **Caroline Mindel**, sends out a message that there is room at her Thanksgiving table for anyone without plans, or each time a volunteer responds to a call for service. These are the aspects of our Village that turns every day of the year into a giving and receiving time.

You recently received our annual appeal letter asking that you consider a monetary gift to the Village. Only a third of our expenses are covered by dues, so the need to raise funds is a fact of Village life. I hope you will consider a contribution to help sustain our efforts to support you and our community of members. Your generosity says you believe in the Village and care enough to want it to survive and prosper, and I am deeply grateful for whatever you can contribute.

One of our efforts to make the Village more user friendly for our members is Club Express, our constantly evolving computer program. This is the program we use to maintain membership records; notify members of, and record, their dues and payments; organize volunteers and record services provided; and generally maintain records that are important to our organization.

We are fortunate to have **Joanetta Bolden** at the helm of our web and technology efforts. Several board members and our

executive director recently had a Club Express "summit" with Joanetta to clarify what we can and cannot do on Club Express and to determine how we can eliminate some of the growing pains we have experienced with the program.



One of the things you can do to support this process is to check your spam folders occasionally to see if you have notices from DCV. Joanetta has included instructions in this Newsletter to help you include Club Express in your email address book so you receive all DCV communications. Please work with us and have patience as we continue to expand the capabilities of Club Express to serve us better.

A little more than two weeks ago, we all watched in shock as Paris sustained multiple terrorist attacks. Many of us reached out to **Iris** and **Irv Molotsky**, knowing of their close ties to this magical city, and were relieved that they were home in DC. These terrible events brought back sad memories of 9/11 and other terrorist attacks, and continue to make us aware of how vulnerable we are, wherever we are.

That's why we should live everyday with gusto -- do all of those things you have on your bucket list. My dear mother was a fatalist. She always said that if it was meant to be, it was meant to be. With that in mind, I have adopted the attitude that we can't control anything other than what we want to do for the remainder of our lives. Being a part of the Village is a source of comfort and support at times like this, and I am grateful for each and every one of you. ■



## MONTHLY Calendar

### **Peacock Room Remix**

**Friday, December 4, 11:15 am**

Freer and Sackler Galleries, National Mall  
Jefferson Drive at 12th Street  
Learn the story behind Whistler's Peacock Room at the Freer Gallery and *Filthy Lucre*, Darren Waterston's decadent reimagining of Whistler's masterpiece, at the Sackler Gallery. There is a short underground walk and a few steps between the two galleries. RSVP to Sheila Lopez at [sheilablopez@gmail.com](mailto:sheilablopez@gmail.com).

### **Live and Learn: Re-imagining the Holidays**

**Monday, December 7,**

**3:30 – 5:00 pm**

St. Thomas Episcopal Church (wheelchair accessible)

Join fellow Villagers in a session of sharing ideas, commitments and needs for the season. Brainstorm creative personal and community activities that can brighten the holidays and the remaining gray days of winter. Free for Village members, \$10 for others.

### **DCV Holiday Potluck Dinner**

**Tuesday, December 8,**

**6:30 – 8:30 pm**

Chastleton Ballroom, 1701 16th Street, NW  
RSVP to the Office Administrator at [admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net) or to the E-vite you will be receiving shortly.

### **Tech Tuesdays Inaugural Meeting**

**Tuesday, December 15, 11:00 am**

La Tomate Bistro, 1701 Connecticut Avenue, NW (up several steps)

If you love technology and find tech-talk fascinating, join other like-minded Villagers for a \$5 special breakfast. RSVP to Lucy Cooney at [lucy1030@starpower.net](mailto:lucy1030@starpower.net).

### **Info Dinner for Prospective Members**

**Tuesday, December 15,**

**6:30 – 8:30 pm**

1916 S Street, NW (home of Abigail Wiebenson)

Please send names of prospective members to [abigailwiebenson@gmail.com](mailto:abigailwiebenson@gmail.com).

*continues on page 3*

## “Netiquette” Nuances

---Eva M. Lucero, Executive Director

The intellectual curiosity that many of our Village members exhibit is something that I relish, and we consistently strive to address this appetite with cultural and educational programming that keeps members engaged in an ever-changing world. While change is constant, the rate of change has been accelerating unlike anything past generations have witnessed.

Consider technology. When **Mike Gould**, DCV Volunteer Coordinator, sent out a survey asking about member wants/needs, the number one response was help with technology. Providing new programming and discussions to address this need is one of the Village's short-term goals.

Along with trying to make technology choices (gadgets, apps, etc.), one also has to “talk the talk” and keep up with new terminology – Internet slang, Internet shorthand, cyber-slang, tech jargon, net speak and text speak – that can seem like a whole new language.

Internet slang, the most popular, consists of acronyms, keyboard symbols and abbreviations; it is now commonplace when one is communicating by email, text, instant messaging or even speaking.

Common Internet slang includes LOL (laugh out loud), IDK (I don't know), TTYL (talk to you later), and OMG (oh my gosh). Another acronym I recently came across on a Twitter feed and had no clue about what it meant was ICYMI (in case you missed it).

There is lively debate about how the use of Internet slang influences language and expression, but that is a whole other article, perhaps a guest lecture or even something Villagers want to engage in on social media. Twitter, Facebook, Instagram, and LinkedIn are all popular platforms to connect, share and debate with friends, family, community and beyond.

Language is constantly evolving and new words are added on an ongoing basis. The Village plans to help our members navigate different social media platforms and learn to “talk the talk.” Keep a lookout for our new tech programming and, in the meantime, it might be fun to learn the difference between a meme and a selfie so that you can post one or the other while portraying your mood with an emoticon or an Emoji to share with the world on your blog, Vlog or Vidcast or one of the many other options listed above. ■



from left: Ben James Brown, Wells Fargo District Manager North; Eva Lucero, executive director; Iris Molotsky, past president; and Nebiyu Amene, Connecticut and N Street Store Manager.

### **DCV Receives Wells Fargo Community Connections Award**

DCV is the proud recipient of a 2015 Wells Fargo Community Connections award. This certificate of recognition, which includes a \$1,000 check, is given yearly to support nonprofits that “work to strengthen their communities.” After learning about our goals and programs, Mr. Amene chose DCV as his area's nominee for an award.

*Calendar, continued from page 2*

### **TED Time**

**Thursday, December 17,  
6:30 - 8:30 pm**

1760 Swann Street, NW (Caroline Mindel's home)

Broaden your horizon by joining fellow Villagers to hear one of the fantastic TED Talks, with Caroline Mindel, facilitator, followed by dessert and discussion. RSVP to Lucy Cooney at [lucy1030@starpower.net](mailto:lucy1030@starpower.net), and let her know if you can bring a dessert.

### **Sunday Soup Salon**

**Sunday, December 20,  
6:00 - 8:00 pm**

1916 S Street, NW

(Abigail Wiebenson's home)

Speaker Jodie Z. Bernstein is widely recognized for her Federal Trade Commission work in two key areas: rooting out deceptive marketing practices and shaping federal privacy policies. She also served as general counsel to the Environmental Protection Agency and to the Department of Health and Human Services. Members only. RSVP to Linda Harsh at [lindajkh@mac.com](mailto:lindajkh@mac.com) or 202/234-2567, and let her know if you can bring soup.

### **Bring a Friend - Help DCV Get to 200 by 2016**

Be an ambassador for the Dupont Circle Village. Take advantage of this opportunity to invite a friend to any of DCV's programs between now and the end of the year. See the calendar on page 2 and the E-Blast circulated every Friday for a full listing of the activities, classes, and affinity groups that are available.

Introduce your friends to the many interesting and enlightening events they would enjoy as DCV members, the good people they would meet, and the important work they would be doing.

## **Making Our Volunteer System Work**

*---Mike Gould, Volunteers Chair and Coordinator*

### **Volunteer Time**

We made a major effort during the month of October to get members and volunteers to report their time. As a result, we got a seven-fold increase, from 11.5 to 75 hours, in the time reported for assisting individuals and a small increase in the time reported for serving DCV and its group activities.

Time reporting is important, not only to better understand how DCV is using its resources, but also to attract donors and members. There is still a substantial amount of unreported time as some of the Committees and individuals are not reporting, so we will continue to urge all volunteers to report their time.

### **Results of the Needs Assessment Survey**

We received 48 replies to the survey, which is impressive given the fact that some members do not have particular needs for personal services from the Village.

The results are interesting in their own right, but also have possible implications for our service operations. Following is a tabulation of needs:

Electronics and Computers	68%
Transportation	48%
Home Maintenance	38%
Grocery Shopping	25%
Administration	18%
Escort Services	8%
Reading	8%
Friendly Visits	6%

This list is particularly interesting when you consider that the vast majority of requests that come through our system are for transportation. We do have people on our volunteer list who can help in all of these areas; please do not hesitate to ask at [volunteer@dupontcirclevillage.net](mailto:volunteer@dupontcirclevillage.net).

### **Cleaning Up Past Volunteer Applications**

We have now reached out to all of the people who had applied to become volunteers but had not been contacted for long periods, thus eliminating that backlog. We also have organized a small group to interview and get references for those volunteers who have not yet been vetted and cleared.

Finally, we have a major job ahead of vetting and training volunteer drivers.

### **Demand for Volunteers**

We are receiving only a handful of requests from individuals each month and have far more volunteer capacity than we are using. The biggest question for the volunteer program is how to expand the demand for services from our very large and competent volunteer corps to meet important needs of the people in our community! ■

### **Membership Committee Report**

*---Abigail Wiebenson, Chair*

The outpouring of suggestions over the past month for new members has been astounding and greatly appreciated. To date, 14 percent of our membership or 23 individuals have given us the names of 36 prospects. Our last informational dinner in 2015 will be on Tuesday, December 15 (see Calendar). It's not too late to suggest guests for this dinner.

There is no question that our ranks are swelling. There will be a full accounting in January of our success toward reaching 200 members by the end of 2015. Thank you, one and all! Keep on sending those names, along with contact information, to [abigailwiebenson@gmail.com](mailto:abigailwiebenson@gmail.com).

## Norman Brown:

### *In Memoriam*

**Norman Brown** (1923-2015), one of our earliest Village members, died peacefully in his home on November 7th. It was a fitting grace for this man of peace.

In 1943, Norman was a sophomore at M.I.T. majoring in chemical engineering when he volunteered for the Army's Enlisted Reserve Corps. After completing infantry basic training, he was asked to join the Army Specialized Training Program, where he studied electrical engineering. Shortly thereafter, he was recruited into what turned out to be the Manhattan Project, first at Oak Ridge and then at Los Alamos, where he worked on purifying plutonium for the Nagasaki bomb and Alamogordo test and built technical equipment.

Norman's rich stories of his wartime experience were captured in 2005 in an interview he did for Voices of the Manhattan Project (<http://www.manhattanprojectvoices.org/oral-histories/norman-browns-interview-2005>). Villagers who attended his Soup Salon presentation years later also remember his funny, and ironic, anecdotes about compiling top-secret information that he couldn't look at because he didn't have the proper security clearance.

Above all, Norman was deeply shaken by how the fruits of the Manhattan Project were used. As his family wrote in the *Washington Post* obituary (11/21/15): "He was proud at the time of his contribution to ending the war, but when he realized and understood the devastating death and destruction caused by the bombs, he became a peace activist.... He continued to protest wars and injustice throughout his life."

After the war, Norman returned to M.I.T. and then earned a doctorate from Brown University. He worked for General Electric in NY and then at the National Bureau of Standards in Wash., DC. And in 1957, he married Janet Welsh Brown,

with whom he had three children, Leah, Mira and Ian, whose upbringing included frequent attendance with their parents at demonstrations for peace and justice.



Marriage and fatherhood changed Norman in other ways. As his family wrote, "in all of his subsequent jobs he applied his scientific training to the solution of human problems, at first addressing hunger, and later in the development and application of small scale and renewable energy technologies in developing countries." He worked at the Bureau of Commercial Fisheries, the National Academy of Sciences, the Department of Energy and the Agency for International Development (AID). And after retirement from the government, he worked as a consultant for AID, the World Bank, the Food and Agriculture Organization and other international organizations.

Being an engineer, it's not surprising that Norman was great at designing and building things. But the range of his talents and skills went well beyond the expected: carpenter; cabinet maker and home builder; plumber and electrician; computer builder; musician (recorder); and, for a time, even sheep farmer! He was also on the founding board of the Shakespeare Festival and of the Selma Levine School of Music. And, as many Villagers can attest, he was always willing to share his knowledge and skills with friends and neighbors. We will miss him.

The family will hold a memorial celebration on Saturday, December 12, 5:30 pm, at the Levine School of Music, 2801 Upton Street, NW. ■ BR

### Dupont Circle Village Annual Fund Appeal

---Iris Molotsky

Why is Dupont Circle Village important? Supporting our choice to stay in our own homes and our independence; companionship on a museum tour; at a lunch or dinner; rides to a medical appointment; sharing ideas at a Sunday Soup Salon or TED Talk; and more. The Village is a valuable connector for hundreds of older adults who live in our area. It is your organization, and it is worthy of your support.

By now you will have received a letter asking for your donation. As the holidays approach, consider a gift to DCV as a gift that keeps on giving and is also tax-deductible. Your contribution ensures that DCV will be here for you and others in our community. Please give generously.

Return the envelope in the mailing, or give online at [www.dupontcirclevillage.net](http://www.dupontcirclevillage.net).



# Medicare Open Season

*Live and Learn, October 26*

If you want to change into or out of original Medicare or get a new prescription plan, etc., hurry. Medicare Open Enrollment ends December 7. We present some basics of the Medicare system below. But, if you need help, call 1-800-MEDICARE or go to [www.Medicare.gov](http://www.Medicare.gov).

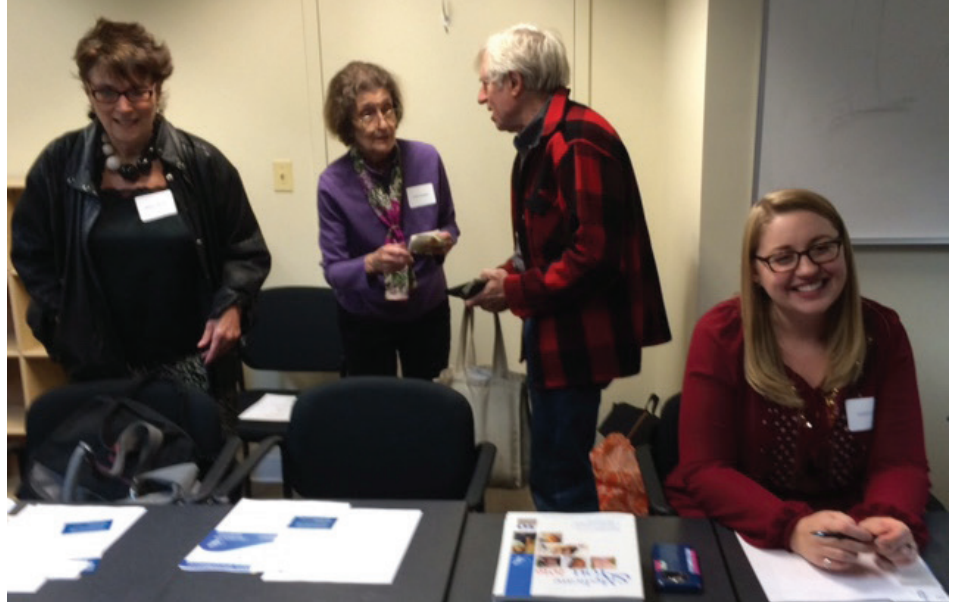
Better yet, contact the Health Insurance Counseling Project (HICP) at [dchicp@gmail.com](mailto:dchicp@gmail.com) or 202-994-6272, which provides free information, assistance and education about health insurance to seniors and persons with Medicare living in DC, including those in federal retiree health plans. HICP will usually respond to you within two days. Judging from HICP staff attorney Alexis Cole's Live and Learn presentation, you'll get first-rate help.

## Basics of Medicare

**Part A** covers in-patient hospital costs. Don't assume that you're in-patient just because you're in a hospital, Cole cautions, or you may be stuck with big bills. Ask. Part A also covers skilled nursing after you've been a hospital in-patient for three days and your physician prescribes it. Long-term care is not covered.

**Part B** covers doctor visits and tests. You pay a premium, now typically \$104.90/month, and a \$147/year deductible. Then, Medicare typically pays 80 percent of costs. You must see Medicare doctors and ask if they accept assignment, which means they accept Medicare's rate and charge no more. Non-participating providers may charge you 15 percent over the Medicare rate. To find Medicare doctors, go to [Medicare.gov](http://Medicare.gov) and search by entering your zip code. But, Cole advises, also contact the doctors' offices because Medicare's list is not necessarily current.

**Part D** refers to prescription coverage, which is always through a private insurer that you choose. Costs of plans vary, and each plan has a slightly different formulary of covered drugs, so you should find one that most closely matches your medications. Federal retirees in an FEHB plan generally don't need a Part D plan



From left: Peggy Siegel, Linda Harsh, Ed Levy (Georgetown Village), Alexis Cole (seated)

because they have their own plan. Don't get two plans because they won't coordinate, Cole counseled. She also warned against deferring Part D coverage if you have no prescriptions now because if you want it later, you'll pay enduring penalties for late sign-up. Instead, pick the cheapest Part D drug plan, and upgrade later during another open enrollment period if your medication needs change.

**Part C, Medicare Advantage**, takes Medicare Parts A, B and D and puts them together in one plan that typically charges a premium on top of the original Medicare premium in return for some limited extra benefits, such as very basic dental and/or vision services. Part C works like an HMO or PPO, meaning it limits the doctors you can use, which can be a problem for travelers. Don't assume that a plan with a national provider, like Kaiser, means you can use any of its doctors nationwide, she warned. Your plan limits you to a local or regional area.

The Medicare **initial enrollment period** extends from three months before, the month of and three months after your 65th birthday. Do it sooner, and absolutely don't do it later than this seven-month window or you'll incur enduring penalties. But if you're still working at 65 and insured by your employer, you can defer enrollment.

## Supplemental Insurance

Often called Medigap, supplemental insurance plans, which are through private

providers, deal with the costs that Medicare doesn't pay. The government sets the benefits for the plan options, which are listed by letter (e.g., F, K). Plan F is the most comprehensive, Cole said.

Every company's letter-plans must offer the same benefits, but rates differ by letter and by company. Many plans tie rates to your age. Avoid plans whose premiums go up by age because that can become expensive. Sign up for Medigap within the prescribed time after Medicare enrollment so companies can't take into account your pre-existing medical conditions.

Medigap plans can be compared on [Medicare.gov](http://Medicare.gov). It's best to look for plans with a community rating, which research finds to be most cost effective. In this area, United Healthcare/AARP and BC/BS fit that bill, Cole noted.

## DC Medicare Savings Program

This relatively unknown program can save eligible recipients over \$5,000/year in Medicare expenses and prescription costs. You must be a DC resident who is eligible for Medicare and have a monthly income below \$2,963 (single) or \$4,003 (couple). Income limits have increased each year. If you work, the income limit is higher. Savings, or other assets, are not counted for this program. Contact HICP for further information or an application. ■ BR

## Little-Known Gems

*Eds.' Note: From time to time, we will present short profiles of little-known stores, restaurants and other services within the boundaries of DCV that we think merit your attention. We invite your contributions, as well.*

### Little Fountain Café

Think 18th St. in Adams Morgan is just filled with bars? Think again. Little Fountain Café, which has been owned for 22 years by Kim O'Neill and Patrick O'Donnell, is a delightful, Zagat-hailed *real* restaurant located in the English basement of a row house built in the 1880's. With only 15 tables and about 38 seats, it is a quiet and cozy dining room with white tablecloths, offering American classics with a French influence. Tom Sietsema gives it one of the best noise-level ratings. Service is professional and friendly, the food is tasty, and the wine list is good and reasonably priced. Dinner items include soups, salads, fish, steaks, poultry, pastas



and homemade desserts, all moderately priced. There are also *prix fixe* options and ½ price wine with entrees on Wednesdays. Outside dining is available, weather permitting. Parking can be had at nearby Colonial Parking on 18th St.; present your receipt for a discount at the Café.

2339 18th Street, NW (corner Belmont Road), 202-462-8100, [www.littlefountaincafe.com](http://www.littlefountaincafe.com).

### Urban Dwell

"Elements for home & self" is the subtitle of this relatively recent addition to Columbia Road in Adams Morgan, meaning that Urban Dwell offers a hand-picked selection of trendy merchandise, including home décor, women's and men's accessories, kitchen/bath products and baby gifts. Need a gift for your host/hostess that you won't see all over the place? Want to treat yourself to something fun and practical (think kale-themed socks or dog/cat high-quality dish towels, for example)? Looking for a baby gift that'll make a statement? Need some fabulous holiday gifts? This customer-friendly store is the place to go. Indeed, there are hardly any like it left in the DCV area.

Owner Tom McMahon recently opened the store after 22 years in the Air Force, retiring at the level of lieutenant colonel, intelligence services. Rather than going



to the usual post-military, Beltway desk job, he was inspired by his sister's store in Richmond, VA, and opted for something different and more daring. His neighbors in Adams Morgan are thrilled. Urban Dwell is filling an important retail hole and freshening up the face of the neighborhood.

1837 Columbia Road, NW (between Mintwood Place and Biltmore Street), 202-558-9087.

[www.urbandwelldc.com](http://www.urbandwelldc.com) (check website for store hours) ■ BR



### Marty Davis Testifies To DC Council: Financing Senior-Supportive Home Modifications

On October 27, former DCV President **Marty Davis** testified on behalf of the Village before the DC Council, Committees on Housing and Community Development and Finance and Revenue, in support of the Safe at Home Act of 2015. The Act is designed to help elderly residents finance modifications to their homes that will make them safe and functional, thereby promoting the Aging in Place movement's goal of enabling seniors to remain in their homes and communities as long as they wish.

Davis emphasized that relatively simple modifications, such as bathtub bars, indoor handrails and elevated toilets, can prevent many injuries that elderly people sustain in homes that were not designed for the needs of seniors. The act would allow low-income residents to apply for grants to finance safety modifications and also provide tax credits to homeowners of more than modest means for making similar modifications. Not only would these adjustments be less expensive than the average \$6,700 monthly cost for nursing facilities, Davis noted, they would also provide intangible benefits by facilitating independent living and promoting well-being and peace of mind. Bravo Marty! ■ SL

## Health & Wellness Alert

### The Vegetarian–Longevity Link

*Eds' Note: The following article by **Bené Durant**, with an introduction by **Lucia Edmonds**, was originally written for Lucia's blog. Both have been substantially cut to accommodate the Newsletter's space constraints.*

Loma Linda is a small California city where many people enjoy a lifespan that is five to seven years longer than the average American's. Populated mostly by Seventh Day Adventists, the community is so famous for longevity that it was named one of the world's five "Blue Zones" – spots where people live extraordinarily long lives: the only city so named in the United States.

Seventh Day Adventists' lifestyle includes a plant-based diet, regular exercise and a commitment to rest on the seventh day. A long-term study involving 34,000 members of the church concluded that their lifestyle added a significant number of years to the average lifespan, and made a special note of the "striking" protective effects of a vegetarian diet.

Even though a vegetarian diet may not be for everyone, the evidence of a relationship between a plant-based diet and longevity is strong enough to trigger curiosity about what it might be like to transition from meat eating to vegetarianism. Villager **Bené Durant** made that journey many years ago and has been gracious enough to share it with us.

■ Lucia Edmonds

#### My Journey to Vegetarianism

I grew up in the 1950s in Portsmouth, Virginia. Our diet was typical of most people in the South -- lots of meat, usually fried; starchy sides; and lots of butter.

In 1974, after a job I had in DC ended, I took some time off and traveled to Mexico, renting an apartment in San Miguel de Allende in the mountains. I walked a lot but was frequently out

of breath in the mountain air, so I gave up eating meat because it made me feel heavier and my breathing more difficult. I also began eating more rice and beans, which also helped.

The next year I was in Madison, WI, where a nearby Oscar Mayer meat plant had made vegetarians of many people. There were vegetarian restaurants and at least one vegetarian entrée in most restaurants. I joined and shopped at the Mifflin Street Co-op, where my job was cutting cheese. I also sought out books and information on becoming a vegetarian.

By the time I returned to DC in 1976, I had given up meat, poultry and seafood. I continued to eat eggs and dairy products, which made me a lacto-ova vegetarian. Trips to Virginia to see my parents were hard. My parents could not understand why I no longer ate turkey, Smithfield ham and my Dad's seafood gumbo. The smell of bacon cooking made me sick, and I couldn't stand the sight of the can of bacon grease on the stove.

I left DC again in 1984 to take a job in New York City. NY was a vegetarian's paradise, with lots of great vegetarian restaurants and markets. I also began to eat more plant proteins (e.g., quinoa, chia seeds, soy).

Returning to DC in 1998, I joined the Vegetarian Society of DC ([www.vsd.org](http://www.vsd.org)), as well as a sub group, the African American Networking Group. I ate at Vegetate (now closed) and Sticky Fingers, shopped at Yes Organic Market and Whole Foods and began buying more organic, whole grain and non-genetically modified foods.

I continue to be a vegetarian because it works for me. I don't have a weight problem, don't need laxatives, and menopause was a breeze. My colonoscopy was clean, and I don't get sick from anesthesia.

In addition to eggs and dairy products, which I don't eat every day, I get protein from tofu, edamame, quinoa, lentils, beans, and nuts and seeds. (Some vegetarians eat fish.) I start my day with hot water and lemon, eat fruit -- my favorite food -- for breakfast and don't eat after 8 pm. My doctor was more concerned about my calcium intake than my protein, but my calcium level tested normal. I'm currently on a trial vegan fast, but I'm not sure I'll become a vegan. Vegans eat no animal products, and I would miss my organic, plain, low-fat Greek yogurt.

My advice for someone contemplating becoming a vegetarian is to read and learn as much as you can. A good source is the Vegetarian Starter Kit, which is available from [www.pcrm.org](http://www.pcrm.org). The pamphlet is also available on some streets in the green containers.

Another source is the annual DC Veg-Fest, a free event that includes exhibitors, cooking demonstrations, free food samples, speakers and more. See [www.dcvfest.com](http://www.dcvfest.com) for more information.

■ Bené Durant

#### Health and Wellness Survey: Just Do It, Please!

You recently received a survey about your interests in health and wellness programming. Many of you filled it out. Thank you! More of you didn't. Sigh.

If you still have the survey, please take the little time it takes to complete and return it. If you don't have it, don't feel guilty – yet. The survey will be sent out again, pleading for a response. Please do so.

Why? Because your interest in Village programs depends on your telling your fellow Villagers who design these programs what you are and are not interested in. Thanks for your input.



## Web Wise

---Joanetta Bolden, DCV Web Administrator

- **Donating to DCV:** When you join DCV or renew your membership (both online and print form), you have the option to include a donation to the Village. Online on the **Additional Charge** page, check the **'Make a Donation'** box, and enter your desired amount. The donation automatically adds to your renewal dues before you submit your online payment. In addition, you can make a donation anytime through your **Online Profile**. Just go to the **'Financial'** section, and click the **'Optional Additional Charge'** link to access the **'Make a Donation'** page.
- **Spam Alert:** You might be missing important information from DCV! Didn't get a renewal notice? Haven't seen a DCV newsletter lately? Can't update your password? Be sure you get DCV communications by adding these two addresses to your contacts: [execdir@dupontcirclevillage.net](mailto:execdir@dupontcirclevillage.net) and [mailer@mail2.clubexpress.com](mailto:mailer@mail2.clubexpress.com).
- **DCV Website Security:** The DCV online membership administration website, powered by ClubExpress, is a secure system. Member and admin passwords are fully encrypted and cannot be read by anyone. Credit card data are encrypted and fully PCI (Payment Card Industry) Compliant. When you log in, your entire interaction is a secure session. Every member has full control over the visibility of his or her data, including whether to appear in the online Member Directory and what information is shown. The system is always free of advertisement, and your data are never sold or otherwise shared.
- If you need online assistance or have feedback, contact [web@dupontcirclevillage.net](mailto:web@dupontcirclevillage.net).

## Iona LGBT Aging Series Debuts

Research has shown that the lesbian, gay, bisexual and transgender (LGBT) community is more likely to live alone as they age. Iona Senior Services has announced its inaugural LGBT101 -- Take Charge of Your Aging series, designed for LGBT individuals who are five years pre- or post-retirement. According to Iona, the series "will provide successful LGBT aging guidance and inspiration on long-term housing, legal, financial and lifestyle choices" from the organization's aging-in-community specialists.

Sessions are scheduled in December at Iona's Tenleytown-AU, Metro-accessible location from 3:30-5:30 p.m. on Wednesdays, Dec. 9, 16, 23 and 30. Tuition is \$85 for the four-part series, with financial aid available. For more information and to register, visit <http://www.iona.org/education-and-events/take-charge-age-well-academy.html>.

## New Member Profile: Olga Hudecek

Olga Hudecek describes herself as a "world citizen, having lived 18 years in Madrid, Spain, over two years in various parts of India, several months at a time in Biarritz, France, and currently sharing living between D.C. and Campinas, Brazil. I enjoyed working in three different careers: as an international economist, teacher and a tour/travel agent before settling back in the U.S. in 1985."



"I enjoy painting, singing, writing children's stories and, of course, traveling. Being a life-long learner, I still participate in university courses for senior citizens while in Brazil, as well as doing a variety of readings online when I am in the U.S. My philosophy of a good life is to always remain active and also mindful of one's physical, mental and social/emotional maintenance throughout."





## Out & About with DCV

**DCV Dance Series Program.** Villagers enjoyed a modern dance performance by Adrienne Clancy and her ClancyWorks Dance Company, a group that uses the arts as a vehicle to develop mutual understanding and advance positive social action. Villagers learned African dance motions, which are interpretation of natural elements, like wind, water, and mountains.



**Knitting and Stitching Group.** Judy Lambart's granddaughter Lois, who is a frequent, adorable and extraordinarily well-



behaved attendee at Village events, is here modeling a hat made by a Knitting Group member. The other Knitting Group members on hand that day – from left to right, Kim Nettles (guest), Iris Molotsky,

Sheila Lopez, Abigail Wiebenson and Joyce O'Brien – behaved well, too.

### Dark Fields of the Republic.

Photographer Alexander Gardner left us a fascinating, if sometimes unflattering, chronicle of the history of our country in the second half of the 19th century. On a docent-led tour at the Smithsonian's American Art Gallery, Villagers viewed images including the hanging of Lincoln's assassination conspirators; peace talks between native American tribal delegations and



the U.S. government; portraits of Lincoln and several Civil War generals; and grand vistas of the American West.

**Stories in Stone.** Several Villagers joined the festivities at the opening night of the latest exhibit of **Massimo Righini's** sculptures. Massimo's mythological tales in stone, along with his poetic musings, are well worth a trip to the L'Enfant Galerie in Georgetown. The exhibit runs through December 30th.



**Renwick Gallery.** Oh the Wonder of it all! Cliché aside, there seems no better way to characterize the exhibit that was commissioned to celebrate the reopening of the Renwick Gallery. The larger-than-life works of nine contemporary artists installed in individual rooms of the revamped building combine art and architecture and made for a stimulating tour. If you missed it, go!



Patrick Dougherty's monumental organic structures woven from tree saplings; Janet Echelman's suspended hand-woven net surging across the hundred-foot length of the Grand Salon; John Grade's reconstructed hemlock tree from the Cascade Mountains, based around a plaster cast with tiny hand-carved woodblocks and suspended from the ceiling; Maya Lin's rendering of the Chesapeake Bay in green marbles flowing across the floor; with its tributaries winding up the walls, windows and ceiling – these are just a few of the works in this exhibit, which comes together in a stunning display of the artists' imaginations and the natural materials they adapted so beautifully for their creations. And besides all that, it's great fun. ■ SL





## Where Are They Now?

"I was recently in Iran for two weeks with a Dartmouth Alumni Group," reports **Ted Bracken**. "It was a fascinating trip to a pivotal spot in the world. I am attaching a photo of me in Persepolis, Cyrus the Great's city that was burned to the ground by Alexander the Great."



**Maria (Mimi) Higgins** was in Sicily recently and sent this photo from Enna. Shortly after, she took off on another National Press Club trip, this time to India and Bhutan.



**Tricia and Chris Hoban** were recently in Seattle, WA, getting to know their grandson, Miles. Congratulations!



In October, **Nick and Joan Ludlow** spent three sunny weeks in Japan, "filled with many widely diverse experiences in a lovely, civilized land, steeped both in history and a certain *joie de vivre*."

Do talk to them because the highlights they listed were so numerous, we can only accommodate a few: "courteous, cultured and charming people who went out of their way to be helpful, even though they spoke only Japanese;" delightful sculpted public parks; Buddhist temples, "each unique, ancient and filled with devotees;" "shinkansen -- high speed trains travelling up to 200 mph to all major cities, every few minutes;" old native villages in the Japanese alps; Odaiba Island in Tokyo Bay; and "hot baths (*onsens*), some in the open air overlooking valleys below."

**The Ludlows** are pictured with the Great Buddha of Kamakura, the Daibutsu, south of Tokyo. ■ BR, with thanks to the travelers



Here are two quick, easy and tasty recipes designed to alleviate stress in between those elaborate holiday meals.

#### Smoked Trout Salad (from Sheila Lopez)

5-6 smoked trout fillets  
 ½ cup minced parsley  
 ½ cup chopped scallions  
 Juice of one lime  
 3-4TB mayonnaise (or to taste)

Flake the trout. Add parsley, scallions, lime and enough mayonnaise to hold it together. Makes six servings when scooped on a bed of greens for lunch or first course. Or serve alongside Sloan's Kale Salad.



#### Kale Salad (from Sloan Rogers)

1 large bunch of fresh kale  
 1 can northern white beans, drained  
 1 cup sliced roasted beets

Wash and thoroughly massage a large bowl of fresh kale with olive oil. Add a cup of drained northern white beans and a cup of sliced roasted beets. (Whole Foods sells packages of beets already roasted.) Salad can be prepared ahead to this point and kept in the refrigerator for several hours. When ready to serve, add Annie's or Annie's Light Goddess Dressing (not Green Goddess). ■



---Judy Silberman,  
 Yoga Master



There have recently been a number of articles relating posture and mood. Slouched shoulders, head forward and down, a slow and shuffling step all contribute to a look of weariness, hopelessness and sadness. When we look that way, we also feel that way.

Look into a mirror and do a bit of improv, trying to portray a very pitiful you. Then, roll your shoulders back, lift your head so that your chin is parallel to the floor and your ears are over your shoulders, and put a little bounce to your step. Now, smile at that person in the mirror! Try it, and see if you don't feel better about yourself and life. ■

**Happy Hanukkah Merry Christmas Habari Gani (Kwanzaa greeting)**

**Please Give to DCV!**

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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