



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“

The problem with quotes found on the internet is that they are often not true.”

— Abraham Lincoln

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Welcome New Members!

David DeLeon
Mary Jane Owen
Eva Sterner

The Sears Catalog of this Generation

Amazon, the e-commerce giant, is searching for a new headquarters and DC is in the running. Over 240 cities and regions

By Eva M. Lucero,
Executive Director

applied to be home to Amazon HQ2. As the competition narrows, three of the 20 finalists are in the Washington DC area including the city itself, northern Virginia and Montgomery County, Maryland.

In addition to HQ2, Amazon is expanding its physical presence with recent purchases of brick and mortar retailers. Over the last two years, Amazon has opened 11 physical bookstores, purchased 400 Whole Food grocery locations, and announced a partnership with Kohls department stores.

It is worth noting that to understand Amazon's sky rocketing growth and success, one must look at Sears, Roebuck and Co., that transformative company launched over 100 years ago. Amazon's do it all corporate strategy adheres fairly strictly to the Sears playbook. People of a certain age will recall, long before Amazon, there was Sears and its world-famous catalog. Sears was one of the original

mail-order companies, before the internet, Sears made it possible to shop at home and have items delivered to your front door through telegraph and rail.

Since its launch in 1995, Amazon has emulated Sears. Its universal logo, an arrow running from A-Z, reflects the idea that Amazon sells everything just like Sears. The genius and innovation of Sears 100 years ago was to market itself as an everything store



for consumers with an unrivaled range of products. Sears's feel for consumer demand was so uncanny and its operations so effi-

cient, that for many of its customers, it was not just the best retail option, it was the only option worth considering. Many people feel that exact same way about Amazon today.

In order to manage Sears's overwhelming torrent of orders, massive warehouses were built including its central 16-acre mail order facility in Chicago. Amazon 'fulfillment centers' are also colossal; its warehouse in Baltimore covers roughly 23 acres about one million square feet. An employee told the Washington Post

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President's Notes



In last month's newsletter, this column covered the first part of the DCV Strategic Plan for 2018-2020, Supporting the Village's Role in Member Care. This month, I want to address the second prong of the plan, **Aligning Our Programs With A Growing And Changing Membership.**

The wide variety of programs offered through DCV are a key part of what our members see as an important benefit of membership. Our programs have evolved substantially in the last two years based on the interests of our members. DCV wants to encourage and facilitate this process.

A vital element in determining our programming is the

participation of our members in identifying and leading the new programs. Look at two recent examples. We have a French conversation and a movie group because one or two members were motivated to set up the groups. With that as a base, we were able to help these members put their interests into action.

We hope that other members are inspired to follow up on their passions to help DCV create new activities. If there is a group activity that you would like to help start, you should contact **Kathy Cardille** or **Eva Lucero**.

As to the strategic plan, there are two specific portions that are important in creating new activities for members.

- Determine new social activities and programs that will be valued by our Members and support those new activities.
- Increase use of our financial resources to supplement and support the volunteer efforts of our Members in programming.

To support the strategic plan, the DCV Board has approved specific financial resources for the use of the Activities Committee in 2018. In addition to supporting some of the existing activities, these resources should help get new programs off the ground. Another focus of these funds will be to expand the participation of our Open Village members in various activities.

Next month's topic is the membership portions of the strategic plan.

The Sears Catalog of this Generation

Continued from page 1

that he walks about 13 miles each shift fulfilling orders.

Early growth for both companies was dramatic. In the decade between 1895 and 1905, Sears's revenue grew by a factor of 50, from about \$750,000 to \$38 million. By comparison, in 1997, Amazon was worth a modest \$438 million, 20 years later it is the second largest publicly traded company and is worth \$460 billion (yes, that's with a b).

Another striking signal that Amazon wants to be the Sears of this generation, it is expanding into the housing market and began selling prefabricated tiny houses in October 2017. The Sears mail order home kits were very successful over the program's 33-year history and can still be found across the United States. More than 70,000 homes with 370 different designs in a wide range of



architectural styles and sizes were sold in North America between 1908 and 1940. In the Washington, DC area, the "Martha Washington" kit model was popular in the 1920s. About half a dozen of these homes can still be found in Northwest DC



including Cleveland Park, Shepherd Park, and Takoma DC, and two are in Chevy Chase, Maryland. Just last year, a Sears "Martha Washington" kit home, advertised in the company's ubiquitous catalog for \$3,764 in the 1920s sold in DC for \$1.06 million.

Monthly Calendar

DCV's 10th ANNIVERSARY GALA

Friday, April 27

6:30–9:00 pm

Embassy of Haiti, 2311 Massachusetts Ave NW

Tickets are \$125 (\$100 of it is tax deductible) and can be purchased now — [Register online](#).

Once again our silent auction will offer an amazing array of destinations and gift certificates. CelebSalons tickets will be available. Plus, a raffle with a great prize for the winner - something you won't want to miss!

COOK, EAT AND BE HEALTHY

(a new DCV initiative)

Wednesday, April 11

11:30 a.m.–2:00 p.m.

1719 Swann Street, NW

How many times have you attended a DCV event only to ask, "How does s/he do it?" Well, we're ready to teach the secrets in a series of four sessions during the next year led by a DCV member and held in members' homes. You may attend one or all sessions. This is not a look and be-served course: it is a course where you will participate in cleaning, prepping, measuring, cooking, serving, savoring and cleaning up—very hands on. Best of all, you will ALSO get to eat our lessons! Peggy Simpson will host our first class. She will help us learn to cook savory vegetables for this session.

In this class, you will learn how to put a meal together that is easy, healthy and attractive. We'll give attention to cost, food prep time, and storability. You will learn the essential tools and key ingredients that you'll need to enhance and add flavor to any dish, as well as healthy eating tips for maintaining a vegetarian diet if that is your preference. We look forward to your joining us. Bon Appetit!



RSVP: lucia.edmonds@gmail.com

Limited to 14

Or [Register](#)

ASK ANN ABOUT THE WEBSITE

Thursday, April 12

10:30 a.m.–noon

2121 Decatur Place, NW (DCV office)

This month's class will concentrate on learning to log in, and how to register for the DCV Gala and for any Celeb Salons and other events throughout the year. Bring your electronic device and your credit card (to pay for any registrations.) Limited to 6 [Register](#)

A MORNING AT MOSAIC THEATER— PAPER DOLLS—A PLAY WITH SONGS— FREE!

Thursday, April 12

11:00 a.m. Curtain

This vibrant and thought-provoking musical illuminates the world of five gay male Filipino nurses in Tel Aviv who care for elderly Orthodox and Chasidic men six days a week—and headline a drag show on their day off! Based on the true story behind a 2006 Israeli documentary, "Paper Dolls" is a rich, unforgettable karaoke musical about the challenges that migrant workers face while yearning for citizenship and a home. This American premiere plays as part of the 2018 Voices From a Changing Middle East Festival, and is directed by veteran Broadway director Mark Brokaw.

Getting there: Mosaic Theater has as its home Atlas Performing Arts Center, 1333 H Street NE. This is easily accessible by taking the Red Line Metro to Union Station, going upstairs to the bus loading dock, walking out onto H Street and taking the free streetcar to the front door of the theater. RSVP to Lucy Cooney at lucy1030@starpower.net

Dupont Circle Village

Save the Date!

10th

anniversary
gala

Friday, April 27
6:30 – 9 pm
Embassy of Haiti
More info to follow

Monthly Calendar

IONA'S TAKE CHARGE/AGE WELL ACADEMY:

A Roadmap To Aging Well: A No-Cost All-Day Workshop For LGBTQ People Over 60

Saturday, April 14
9:00 am–5:00 p.m.
Iona Senior Services
4125 Albemarle Street NW

Participants will:

- Gain knowledge about how to plan effectively for their own aging;
- Meet other LGBTQ peers;
- Enjoy a catered lunch;
- Learn about helpful aging-related resources in DC;
- Experience a day of community-building with members of the LGBTQ community across DC.

Register at <https://www.iona.org/event/roadmap-aging-well-lgbtq/2018-04-14/>

SOUP SALON – FIFTY-FIVE, UNEMPLOYED AND FAKING NORMAL

Sunday, April 15
6:00–8:00 p.m.
1760 Swann Street, NW

"HELP, I'M FALLING OUT OF THE MIDDLE CLASS" is quote from Elizabeth White, author of "Fifty-five, Unemployed, and Faking Normal." Ms. White, who has an MBA from the Harvard Business School, has written a book about her experience (and that of untold numbers of older Americans) facing downward mobility despite what seemed like good career choices, a decent income, etc. The book provides tools and strategies some Villagers may want to utilize, to better make sense of curtailed circumstances and provide ways to better manage future, less than favorable financial circumstances. Offers of soup, bread, dessert or beverages are welcome but not necessary to attend. Please coordinate with Caroline Mindel and RSVP carolinejmindel@gmail.com or at 202-271-1760.

TECH TUESDAY

Tuesday, April 17
11:00 a.m.–12:30 p.m.

La Tomate Caffe, corner of Connecticut and R
Bring your questions and your latest tech purchases/discoveries to share. Ken Shuck, Rob Finkel and other tech-smart Villagers will be there to help, should you need it. Come for breakfast or coffee, possible solutions and good company.

RSVP to Lucy Cooney at lucy1030@starpower.net



FRENCH CHALLENGE OUTING: EDITH PIAF

Tuesday, April 17, 8:00–10:30 p.m.
La Maison Française
4101 Reservoir Rd, NW, Washington, DC 20007

The first French Challenge outing will be Tuesday, April 17 and will be a singer presenting a retrospective of Edith Piaf at the "Maison Française de Washington." Anyone interested in joining the group at this performance needs to purchase their own tickets (if any are still available) online (<https://www.eventbrite.co.uk/e/piaf-the-show-starring-the-internationally-acclaimed-anne-carrere-tickets-39215859692>) for \$65.

NOTE: You must bring your receipt AND a government-issued ID to be admitted.

NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY AND CULTURE

Wednesday, April 18
11:45 a.m.–29 tickets or
12:15 p.m.–6 tickets

The NMAAHC has been open for nearly two years, and if you have visited already, you know it is a massive and glorious museum. Enjoy seeing it at your own pace with free tickets provided by DCV member Larry Stuebing. (Many thanks, Larry!) Do you want to see history? With three floors of history below ground level, that is the place to start. Prefer a little art or music? If so, head upstairs to the culture at the very top floor. Don't forget my favorite part, the Community Floor! Wear good walking shoes and plan to meet other members of the group at 1:30 in the cafe. This is optional – you may want to just keep going! RSVP: Lucy Cooney at lucy1030@starpower.net.

SENIOR MATINEE AT THE AVALON

Thursday, April 19
10:30 a.m.

\$5.00 gives you an opportunity to enjoy a first-run film at Washington's only non-profit movie palace – in Avalon 1 on the Big Screen. Two recent offerings were "I, Tonya" and "Molly's Game," both award nominees/winners. This happens on the third Thursday of every month, so think about making it a regular habit. Ice cream, popcorn or a pecan sticky bun for a guilty-pleasure breakfast (costs extra but worth it!)

Listing in the Washington Post or on line at the Avalon website, www.theavalon.org will tell you what's playing. You might also be interested in signing up for their newsletter.

Monthly Calendar



LIVE & LEARN —D.C. DEATH WITH DIGNITY LAW AND END OF LIFE OPTIONS

Monday, April 23

3:30–5:00 p.m.

The Residences at Thomas Circle, 1330 Massachusetts Avenue N.W.

What do you know about the D.C. Death with Dignity law? Do you want to ensure that you can control your own health care decisions especially at the end of your life? Are you aware of the full range of end-of-life choices? At this Dupont Circle Village Live & Learn Seminar, Donna Smith, D.C. Access Campaign Manager for Compassion and Choices, will cover the District of Columbia's recently passed Death With Dignity Law. She will discuss improving hospice and palliative care as well as ending unwanted medical treatments. Compassion and Choices is dedicated to improving care and to expanding options for end-of-life care. This program will be held in conjunction with The Residences at Thomas Circle,

RESERVATIONS ARE REQUIRED. [Register online at www.dupontcircle.net](http://www.dupontcircle.net), or contact admin@dupontcircle.net or 202-436-5252 by Friday, April 20.

Participation is limited to 20. Members of the Dupont Circle Village will be given first preference.

THE FRENCH CHALLENGE

Tuesday, April 24

4:30–6:00 p.m.

1910 S Street, NW

The French Challenge, held on the 4th Tuesday of every month, is for DCV men and women as well as their friends, who are native French speakers or enjoy an opportunity to use the French they have learned. The challenge is to have some fun using French. The Group meets once a month to discuss issues in French as well as to enjoy French food and drinks as well as periodic outings together to the theater and restaurants. Each gathering one member gives a short presentations on a topic that the group selected for the previous month and then general discussions follow on the presentation and such topics as events and travel adventures, things happening in our lives, and French music/songs/poems/plays.

RSVP: carolgalaty@gmail.com or call her at 202-232-7259 by April 20 or [online](#)

Meetings will be at the home of Carol Galaty and Ken Shuck unless you are otherwise notified.

DCV MOVIE DISCUSSION GROUP — USUALLY THE THIRD THURSDAY OF THE MONTH (APRIL 19) SO SAVE THE DATE

Then look for all the particulars in an upcoming Friday e-blast.

Gerri Michalska

(1945 – 2018)

By Eva M. Lucero

Dupont Circle Village member Gerri Michalska died unexpectedly on January 23, 2018. Gerri was born in Miami Beach, Florida and graduated from Miami Beach High School in 1963. She attended Marquette University in Wisconsin and then left to study art in Florence, Italy — as such, she knew a lot about Renaissance painting and sculpture and was fluent in Italian. She frequented the museums here in

In Memoriam

the city and knew them through and through.

Gerri was a champion of the underdog and would always stand on the side of anyone who she believed wasn't getting a fair shake (including herself!). She referred to herself as a fulltime activist and could be seen around town at various protests. She was an avid supporter and participant of the Occupy DC movement a few years ago. Additionally, she served as a United Nations elections monitor in various countries.

Her longtime friend, Dennis Hobb, told me that once she found Dupont



Circle Village she felt like she had found something she could invest herself in. It brought her a sense of belonging and service—the two things that make us uniquely human.

Results of Latest DCV Member Poll Suggest Putting Emphasis on Affordable Housing

By Pender M. McCarter

The Dupont Circle Advisory Neighborhood Commission 2 B convened a town hall in February on homelessness with representatives from the Inter-agency Council on Homeless-

This Month's DCV Member Poll

ness, Charlie's Place, N Street Village, Friendship Place, Miriam's Kitchen, Pathways to Housing DC, and the Metropolitan Police Department. One speaker estimated that there are as many as 7,500 people homeless in the DC area each night. Several members of the Village attended the forum at the Keegan Theatre on February 6.

The February DCV member poll sought Villagers' opinions on how the city addresses homelessness in our neighborhoods, as well as on member and Village involvement with the issue. Eight members responded — four rated the city's overall response to handling homeless in the last year at "three" on a scale of one to five — with one "poor" and five "excellent." Seven of the respondents included affordable housing in their list of ways to address the problem. Six of the respondents included rescue efforts; five included employment services, health care and community support.

Responding to a question about involvement with local groups that help combat homelessness, one member indicated that she works

with the Children's Studio School on the Go Go program for homeless children. Another cited food services provided by the Quakers.

Respondents listed multiple groups they support including: Iona, Youth Build, Samaritan Inns, SOME, Martha's Table, Luther Place Memorial Church, Salvation Army, Whitman-Walker, Bread for the City, House of Ruth, Miriam's Kitchen, Christ House, Capital Area Food Bank, Capital Caring, DC Rape Crisis Center, and N Street Village.

Responding to a question on whether the Village should address homelessness in our community, members provided varied opin-

ions. One respondent suggested the Village should provide support to groups which aid the homeless and advocate before the city government on free and affordable housing. Another suggested the Board

"could identify one or two groups each year and then develop a volunteer program for DCV members for those groups." "At a minimum," a third member wrote, "the Village could spread the word about opportunities to help," e.g., with Charlie's Place on clothing donations, serving breakfast, and other unspecified needs. One Villager suggested the organization should be helping "homeless seniors." Another recommended lobbying with Villages in DC "to get the DC government do a better job."

As this informal survey shows, many members are committed actively involved in addressing homelessness in their neighborhoods.



Vintage Ad

Cringeworthy?
You Decide.



Cooking Up...Something



Letter to the Editor*

"I have been floored by the technology I use at home to supervise my mom and protect myself from going unassisted in an emergency. Cameras, panic buttons, security sensors I can monitor in addition to the security company. Tracking devices so I can find her if she is lost. Devices to find missing keys and wallets — all tied to our phones. Our next medical purchase will be a small defibrillator and in-home first aid and resuscitation training (YouTube)! And all wireless! I am connected to all her medical records also in real time. My family member missed out on most of this — thank goodness. Technology — our curse, a burden and blessing."

* A family member of a Villager responded to the article in January on how Villagers use technology services to age in place.

Bankrolling Your Home Stretch

One evening last year, Villager **Marilyn Newton** returned home after playing tennis, went to bed, and did not wake up. That was an amazingly swift — and economical — exit for an 87-year-old!

Alas, most of us Villagers will probably not be as fortunate. As our parts expire piece by piece, home care, assisted living, or even nursing homes may beckon. Oy vey! It currently costs \$1,000 a week for home care, \$100,000 a year for a cognitive care facility.

So how can you bankroll your home stretch? Rick Gow, a certified senior advisor who works for the financial planning firm Lara, May & Associates in Falls Church, Virginia, shared some valuable suggestions with 20 of us Villagers at a February 26 Live and Learn Seminar.

First off, the bad news. Medicare isn't going to pick up the tab for any of your long-term health care expenses, Gow reported. Nor is Medicaid, unless you have no more than \$2,000 to \$4,500 in liquid assets like cash, bank accounts, CD's, and 401K's. (However, you can still qualify for Medicaid if you own a home and a car.)

Although only eight percent of American seniors have long-term care insurance, it is an option, Gow said. You can buy long-term care insurance all the way up to 85-years-of-age. However, a key factor is that the longer you wait, the more expensive it will be. On the other hand, he explained, each policy can be modified to work within the client's financial picture. For instance, you could be a 65-year-old and be paying \$3,000 a year for \$219,000 of coverage. Or you could be a 75-year-old paying \$6,100 a year for \$221,000 of coverage. And once you need to cash in

on the coverage, you will no longer have premium payments. Many newer policies also cover home care, which older ones did not, he noted.

The most popular revenue source for cash-poor seniors is a reverse mortgage, Gow related. A reverse mortgage has some advantages. You can stay in your home rather than sell it. After you die, all your children need to do is turn the keys to your home over to the bank or sell the house to pay off the mortgage and keep the remaining equity. One disadvantage is that a reverse mortgage would disqualify you for Medicaid or Veterans long-term care benefits. Another drawback is that it would

give you only up to \$625,000, even if your home is worth much more than that.

Any seniors who have served in the military can potentially tap Veterans long-term care benefits called VA Aid & Attendance, Gow pointed out. The benefits are over \$2,000 a month. "That is a significant amount of money, especially when you consider that a third of American seniors live on Social Security checks alone," Gow observed.

Selling a life insurance policy is yet another way to finance your home stretch, Gow indicated. For example, if you have a \$1 million life insurance policy and your beneficiaries won't need that money after you die, you could sell the policy for between 30 percent and 70 percent of its value — that is, \$30,000 to \$70,000.

If you own a second property, say a farm, you could sell it and reinvest the money in something called a Delaware Statutory Trust (DST) 1031 Exchange to bring in extra revenue, Gow proposed. An advantage is that the amount of money you receive for sale of the property can be inherited by your heirs.

And how about renting your home and using the money for, say, a stay in

an assisted living facility, Villager **Olga Hudecek** asked. It's a possibility, Gow said. Another would be to stay in your home, but to rent out part of it.

How did some Villagers find Gow's presentation?

"It was a wonderful overview of a wide array of financial considerations," **Helene Scher** commented. "I was surprised by the information on Medicaid, especially the fact that you had to deplete all assets before you could qualify."

"I was struck by the number of different — in some cases 'creative' — options that are available for seniors who need money," **Beth Merricks** said.

Added **Sawon Hong** and husband **Richard Moore**: "The most informative for us was the coverage about the various financial thresholds, such as those involving possessions, costs, and payouts pertinent to accessing Medicaid. It was also good to be reminded that the costs of insurance and care will continue to rise...."

"He updated assumptions and stereotypes about reverse mortgages which have few risks today," **Peg Simpson** remarked. "I know because I considered doing one two years [ago], then didn't. But I recently revisited the issue, compared it with a 30-year mortgage, and before I left, signed the paperwork to apply for a reverse mortgage."

"I was surprised that he mentioned DST 1031 exchanges," **Joan Ludlow** admitted. "They are not well known, but an interesting investment option.... You get to reinvest all money from a sale in 'like and kind' real estate which can provide a decent return on investment (at this time five percent). [However,] capital is tied up for three-to-seven years and is a riskier investment than many others at a lower rate."

If any Villagers have questions about financial planning, Rick Gow said that he would be happy to answer them. His e-mail address is rgow@aramayllc.com His phone number is 703 966 9249.





Buy A Ticket!

By Ann Talty

You can buy tickets to our 10th Anniversary Gala (April 27), and to our CelebSalons!

Go to the DCV website (www.dupontcirclevillage.net) and log in. If you can't remember how, give me a call. For paid events, it is important to actually log in so that your payment records can reside in your record (otherwise you'll create a non-member account). Click on the Gala tab or the CelebSalons tab. There is a link to the registration part of the site.

It should help if you remember these basic instructions about the event site:

1. **It needs to know what event** – the initial click will take you to more information, including the location of the event.
2. **It needs to know who you are** –

if you are already logged in, you are already set. If not, the next choices will lead you to a sign-in screen.

3. First question is **select what category of people you are registering** – if it's you, it will automatically register you and then ask for any guests.
4. When you click on the **guest registration**, you will see two tabs at the top of the inset box – if you're registering your spouse/partner or another member, click on "Add a Member." We are working on getting a change to the program, but at the moment, you will click through a couple of other screens where you have to keep clicking on adding a member. If you are including a non-member, then just follow the tab for guests.
5. Once you have registered everyone, finish it off, and click on **"Complete Registration."**

6. Last is the **payment page**.

NOTE: you have 30 minutes to enter your credit card information, so do it right away so the system doesn't cancel all your hard work.

7. The system will send you a confirmation email.

If you need to **add someone to your registration later**, remember that the registration still needs to know who you are. Under #3 above, you would select "register another member." You will then need to click on "already registered" meaning for yourself. Then you will run through steps #4-6.

Confused? You can also register for the next Ask Ann About the Website class on April 12, or give me a call (202-436-5252) or email me at admin@dupontcirclevillage.net for some help.

You Can Wake Up In Paris

Dupont Circle Village (DCV) will celebrate its 10th Anniversary Gala on April 27, at the Embassy of Haiti, 2311 Massachusetts Avenue, NW. DCV, founded in 2008, was

one of the first villages formed in Washington.

This year's gala features multiple attractions: beginning with a patio reception with an open bar, followed by a buffet featuring Haitian specialties, and a silent auction offering more than 35 items. A lucky raffle winner will take home an original oil painting of a waterfront scene donated by Rick Harsh, Linda's brother, who is a noted California artist.

Destinations this year include a week in an apartment in Paris, stays

at a house close to the beach in Falmouth, Cape Cod, and country homes in Shenandoah, West Virginia (near Berkeley Springs), Rappahannock Valley, and Chincoteague Island.

Closer to home, gala-goers can picnic on Sycamore Island, tour the Congressional Cemetery including lunch, sailors can take a cruise on the Potomac or watch boats go by at an afternoon reception at the Potomac River Boat Club. Baseball fans get a chance to bid on Nationals tickets and there are many gift certificates from local merchants, restaurants, and theatres. These and other auction items are previewed on the Village website, take a look and pick out the ones that interest you.

The gala will kick off this year's

CelebSalons featuring local notable people, including Arena Stage's Molly Smith, the Washington Post's political writer Dan Balz, and Richard Painter, former White House ethics lawyer in the George W. Bush Administration among many others. Gala guests will have the opportunity to sign up for this year's salons that evening.

Tickets for the gala are \$125 each of which \$100 is tax-deductible, and includes food and drinks on the patio and a buffet meal. Ticket information and sales are available at www.dupontcirclevillage.net or 202-436-5252.

The Village is dedicated to serving all community members regardless of income, race, religion or sexual orientation. Proceeds from the gala will support our existing programs and help us respond to needs as they arise.

Out & About with DCV

Washington Sports Club Trainer ▶
Macavoy Tyree (second row, center) joins his "No Pretenders" workout group on Valentine's Day. The "Aging Gracefully" class meets in Kalorama from 9:30 a.m. to 10:30 a.m. on Mondays, Wednesdays and Fridays, and includes many Villagers. **Carol Ridker** launched the Village-affiliated group in 2012.



Villagers attended the first poetry ▶
seminar hosted by **Susan Meehan**. She began the session by saying, "a poem is not an intellectual exercise but an exercise of expressing your feelings." The attendees then proceeded to write poetry. For some it was their first attempt at this creative discipline.



Susan Meehan welcomed guests ▶
at the "Meehan Irish Wearing of the Green Party." Dozens of Susan's and Bob's friends feasted on "live music, live poetry and traditional refreshments" at their home on Corcoran Street. "Slainte!"



▶ **Gretchen Ellsworth** was given a wonderful tribute for her 24 years of devoted service and leadership on the CentroNía Board of Directors. They held a surprise celebration in her honor. It was a lovely event and a lot was said about Gretchen's devotion to CentroNía, and the sage advice she has provided over the years to the Director, the Board Chair, and staff.



▶ March Birthday Tea celebrants, **Eileen Tanner, Sloan Rogers, Abigail Wiebenson, Carol Galaty, Mike Tanner, and Caroline Mindel.**



▶ Villagers got a jump on St. Patrick's Day celebrations and enjoyed some adult beverages at the neighborhood pub, Across the Pond on Connecticut Avenue.

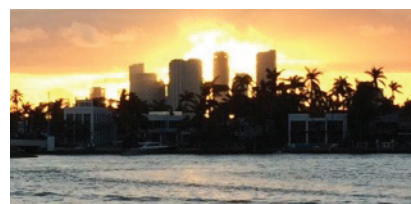
Where Are They Now?



▶ **Ted Bracken** with his sons Lane and Todd in Nevis, West Indies for Lane's wedding over MLK Weekend in January.



▶ **Matt Abrams** was hanging out in Panama City, Panama and then on to Cartagena, Colombia watching voters head to the polls in mid-March.



▶ **Kathy Cardille** with a Bedouin woman in a camp in Dubai.

▶ **Kenlee Ray** was visiting **Burke Dillon** in South Beach, Florida when Burke snapped this beautiful sunset over Miami from her pool area.

CelebSalons

We've lined up a banner group of Celebs for our sixth annual CelebSalons!

As in the past, these are held in the homes of DCV members, seats are priced at \$75 each, with all the proceeds going to DCV.

We guarantee a scintillating evening of close-up conversations with Celebs ranging from top political reporters, movie reviewers, ethicists, theater directors, foodies, authors and public policy standouts.

Among these are Arena Stage's director Molly Smith, immigration expert Doris Meissner, ethicist Rich-

ard Painter from the George W. Bush administration, former Federal Communications Commission director Tom Wheeler and movie critic Ann Hornaday.

We also feature two well-known Washington Post writers, national political reporter Dan Balz and local columnist John Kelly.

In addition, Ris LaCoste of Ris restaurant will be our Celeb as well as authors Judith Viorst and Jack Farrell who has a new book on Richard Nixon.

We'll begin selling tickets on line shortly before the April 27th Gala. We will also sell them at the Gala and will

continue online sales until all seats are sold.

You get a \$50 tax deduction on your \$75 ticket; the Celebs donate their time and talent and the hosts donate the food and drink.

We hope you'll join us and invite your friends and neighbors!

Here is the lineup by date:

May 7: Jack Farrell, new book on Richard Nixon

May 10: Doris Meissner, former head of the U.S. Immigration & Naturalization Service (INS) and senior fellow at the Migration Policy Institute.

May 14: Tom Wheeler, former director of the Federal Communications Commission (FCC).

May 16: Arena Stage director Molly Smith

May 17: John Kelly, local columnist for the Washington Post

May 23: Washington Post movie critic Ann Hornaday

June 1: author Judith Viorst

June 2: Dan Balz, veteran political reporter and analyst for the Washington Post

June 4: Ris LaCoste, owner of cafe Ris

NOTE: We're still negotiating a date for ethicist Richard Painter.

Peg Simpson, co-chair of the Celeb-Salon Committee, with **Jane Pierson**, **Andres Doernberg**, **Lindsey Holaday**, **Georgette Sobel**, **Kathy Cardille**.

Where Are They Now?



Abigail Wiebenson, Gillian Lindt and Stella on the Halifax River in Ormond Beach, Florida.

Brussell Sprout Salad



By Lois Berlin

I love Brussels sprouts. I love them baked, steamed or raw. They are just sweet little cabbages and I am always so pleased when they are readily available. I just got a bunch of really large and yummy ones from Glen's Garden Market which is why

I was inspired to share this particular recipe. Glen's makes a Caesar Brussel sprout salad that is yummy, but has a few more calories than mine since it include mayonnaise. Mine does not. You can spread the sprouts in your food processor or slice them thinly by hand. I like to slice them by hand when I have the time. If I am adding the Parmesan cheese, I do that right before we eat and only to the serving we are eating. If you add it to the whole salad and store leftovers, it will get soggy. This salad is great without the Parmesan and gets better the longer its in the fridge.

Ingredients

1 lb of Brussel sprouts—cleaned and shredded
1/4 cup of olive oil
1/8 cup of lemon juice
Salt and pepper to taste (I use lots of pepper)
Shredded Parmesan cheese (optional)

Directions

Clean and shred the Brussel sprouts and place them in a bowl. Mix the olive oil, lemon juice and salt and pepper together and whisk briskly. Add the dressing to the sprouts and mix thoroughly. If needed, add more salt and pepper to taste.



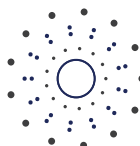
Yoga Tips

Judy Silberman,
Yoga Master



To protect your spine while strengthening your abs, fold a hand towel in half and then into thirds and place it under the small of your back, as you lie on a mat or rug with knees up, feet flat on floor. As you exhale, squeeze your glutes (bum) and feel your hip bones slightly rounding and coming closer together. You will feel your lower abs engage. Try to hold for 3 or 4 full breaths, and do this multiple times. You might also try it with the soles of your feet touching, knees out to the sides. Remember to keep your chin close to your chest, pointing forward, not up. Next month we will continue.

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

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