

*The years go by,  
as quickly as a wink*

*Enjoy yourself, enjoy yourself,  
it's later than you think*

Music-Carl Sigman; lyrics-Herb Magidson

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#### NEW MEMBERS

A warm welcome to new member:

**Bene L. Durant**

DUPONT  
CIRCLE  
VILLAGE

## Seats for a Fabulous Evening of Conversation Still Available

—Peg Simpson

Forgot to buy a seat for one of the **Celeb Salon dinners**? It's not too late! Remember, they are open to everyone. We are counting on your enthusiasm and participation to help spread the word!

Our **Celebs** usually command national audiences and big fees, but they are donating their time and talent, which allows us to sell seats at a nominal fee of \$75 each (\$50 is tax-deductible) to help raise money for the Dupont Circle Village.

Many of the tickets were sold at the fabulous Silent Auction. We will continue selling tickets until the events are sold out. To purchase tickets, or for further information, contact Celeb Salon Co-chair, Georgette Sobel: 202-387-3624, georgettesobel@verizon.net.



• Listen to **Susan Stamberg**, a founding mother of National Public Radio on Saturday, April 20, at 7 p.m. **Sold Out!**

• Come ask former Fed vice chairman **Donald Kohn** how the global financial meltdown looked from inside one of the world's most influential regulatory bodies, the Federal Reserve, on Wednesday, April 24, at 7 p.m.

• Your passion is movies? Join NPR film critic **Bob Mondello** on Friday, April 26, at 7 p.m.

• Author **Jim Srodes** will tell you about The Dupont Circle Set, the saga of young progressives in the 1920s on Monday, April 29, at 6:30 p.m.

• Pioneer auctioneer **Stephanie Kenyon** will teach you how auction houses work and how ordinary people

get their valuable treasures appraised on Saturday, May 4, at 7 p.m.

• Did you hang on **Phyllis Richman's** every word in her *Washington Post* restaurant reviews? Come meet her for brunch on Sunday, May 5, at 1 p.m.

• Join **Jennie Chin Hansen**, a national innovator on complex issues of health, aging and independence on Tuesday, May 14, at 7 p.m.

• **Bradley Graham** and **Lissa Muscatine**, new owners of Politics & Prose, discuss what it takes to keep a powerhouse independent bookstore operating successfully. Join them on Friday, May 17, at 7:30 p.m.

• How does **Andrea Powell** stand up to thugs in the sex trafficking world, both here and abroad, and win international recognition for her FAIR Girls? Come find out on Wednesday, May 22, at 7 p.m.



• What's the take on Washington power politics from a reporter-turned author and a veteran political press secretary and now PR executive? **Patricia O'Brien** and **Frank Mankiewicz** share their insights on Friday, June 7, at 7 p.m. ■

#### It's Spring Break!

**Please note that this is the April-May DCV Newsletter.**

The next newsletter will be published on June 16. We are taking a short break in May and look forward to seeing you in June. Enjoy the spring!

DCV Editors

## President's Letter

### *A Great Party! and a Successful Silent Auction*

—Iris Molotsky

As I walked through the crowd at the silent auction, someone stopped me and said, "The Village knows how to throw a great party." I could only agree.

I'm writing this the morning after the event while the glow of a successful auction and the relief of not having to correct another bid sheet are mingled together in a less fevered mind but still amazingly cluttered office.

Great music by the band, *Some Like It Hot*, tasty and abundant food generously contributed by local merchants and augmented by our superb food committee **Abigail Wiebenson** and **Judy duBerrier** set the stage for bidders to explore the over 500 items on display.

And while having a good time is important, insuring financial stability for the Village is paramount, and this is what made the auction successful in my mind. The auction is DCV's major fundraiser each year and each year we have surpassed previous goals.

This year 215 people came to the auction, a strong show of support for the Village. It's too early to accurately report the amount of money raised, but it appears sales have exceeded \$34,000. And we sold almost every item offered, a tribute to the taste of both donors and buyers.

This year's auction was a combination of the familiar and the new. One of the most exciting new features is our Celeb Salon dinners. Our dynamic co-chairs **Peggy Simpson** and **Georgette Sobel** lined up 12 stellar speakers for ten dinners or brunches. WE STILL HAVE SOME SEATS AVAILABLE AT SOME OF THE DINNERS, which will be held throughout April, May and June. Website, [www.dupontcirclevillage.org](http://www.dupontcirclevillage.org)

[dupontcirclevillage.org](http://dupontcirclevillage.org) to find out more about the salons and to purchase tickets.

We also held an online auction for the first time. This year's was limited in the number of items displayed, next year's will no doubt be larger. Being able to purchase tickets online was a distinct advantage for participants and the Village. **Michele Molotsky**, our online administrator, did an amazing job setting up the program, posting items, preparing bid sheets, keeping records—the challenges were endless and she met them. (I'm obviously a proud mother). I have to single out **Carol Ragsdale**—she singlehandedly wrote almost all of the item descriptions. I also want to thank **Phil Carney**, our own Dupont Circle photographer extraordinaire, who donated his skills and time to chronicle the wonderful evening.

**Renee Poussaint** our host for the evening, transformed a daunting noise challenge into smooth transitions as she seamlessly announced table closings calmly with enormous professional skill. It is impossible for me to list all of the people who helped make the evening a success. We needed a great number of volunteers to make this work and we had them.

Members, friends, community leaders – all stepped forward and lent a hand. A special thanks to parents of Ross School who used their skills and knowledge of the computer software to make registration and check out run smoothly. We appreciate the two students from the Duke Ellington School for the Arts, who were our excellent greeters. **Bob McDonald**, DCV's volunteer coordinator, efficiently and effectively organized the evening's activities to ensure the many tasks were covered.

I cannot imagine doing this event, or any

FROM  
THE  
President



other Village event, without the support and wise counsel of our executive director, **Bernice Hutchinson**. Her experience, her recommendations and most of all, her commitment to the Village, are invaluable. And, as I noted at the auction, it was a family undertaking too. Her husband **Garry** and daughter **Alexandra** were with us throughout the entire process and their contributions are valued. And I end by thanking my husband, Irv, who was my greatest supporter through the long months and sometimes stressful periods. He cooked many dinners, ran emergency errands and survived in an indescribably cluttered house.

I cannot mention everyone by name who helped in this limited space, but I thank you all. This auction was successful because of your efforts and your devotion to the Village. We know that you are the backbone that provides the Village with its strength and structure. ■

## Thank You!

*Dupont Circle Village is pleased to acknowledge and thank the sponsors of this year's Silent Auction.*

## AUCTION SPONSORS

### Platinum

Anonymous  
John E. and Caron G. Avery Jr. Foundation  
Michael and Marlana Kain  
TD Bank

### Silver

Anonymous  
Curtis Farrar and Carol Lancaster  
Enterprise Settlement Services  
Nancy Hartsock

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## MONTHLY Calendar

### SUNDAY: APRIL 21

6:00 – 8:00PM

*Emmy-award winning network broadcaster and filmmaker Renee Poussaint* is the speaker at Sunday Soup Salon. Poussaint will speak about "Twenty Years in the World of TV Oz" as she puts it. She anchored the ABC Evening News and did segments for *Good Morning America*. She was also a correspondent for the CBS Network and ABC's news magazine show, *Prime Time Live*. Poussaint also has an independent documentary film company, filming here and in parts of Africa. She now teaches journalism at the University of Maryland. Peg Simpson's house, 1719 Swann St NW. RSVP: Linda Harsh, lindajkh@mac.com or 202-234-2567

### MONDAY, APRIL 22

3:30 – 5:00PM

*Live and Learn seminar* will have Dr Lauretta DiPietro discuss and demonstrate exercises targeted to various conditions that many of us experience as we age. St. Matthew's Cathedral North Conference Room. just east of the Cathedral entry. 1725 Rhode Island Avenue NW. For reservations, contact Linda Harsh, 202-234-2567, or lindajkh@mac.com.

### TUESDAY, APRIL 23

NOON – 2PM

*Lunch at Lauriol Plaza*, the neighborhood restaurant offering affordable, delicious Tex-Mex and Latin American dishes. The restaurant will be serving DCV members a three-course luncheon, \$20 per member (includes tax and gratuity). All beverages (plus tax and gratuity) are additional. RSVP by Saturday, APRIL 20, 2013 to Judith Neibrief at jneibrief@aol.com. Please put "LAURIOL PLAZA" in the subject line of your e-mail. 1835 18th Street, NW.

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#### Bronze

Comfort One Shoes  
Eagle Bank  
The Feldman Hearing Studios  
Marcy Logan, Swann Street Gallery

#### Friends

David J. Insinga and Robert McDonald  
Lois Berlin  
Lucia Edmonds  
Pender McCarter  
Richard Busch  
Susan and Dorsey Dunn

## AUCTION DONORS

**Thank you to the following merchants who generously contributed food to the Silent Auction.**

Au Bon Pain  
Black Rock Orchards  
Cafe Asia  
Firehook Bakery  
Seth Long  
Lauriol Plaza  
Zorba's Cafe

**The following merchants and corporations supported this year's auction with extraordinary donations. Please show your appreciation for their support by patronizing their businesses.**

Assaggi Mozzarella Bar  
Bethesda Bagels  
Betsy Fisher  
Bray & Scarff Appliances  
Café Luna  
Cairo Liquors and Wines - DC Wine Guy  
Carol Ridker Interiors  
Cedarbrook Farm  
Chichie's Grooming Spa  
Comfort One Shoes  
Concierge America  
DC Scoop  
Diego's Hair Salon  
Diener's Jewelers  
Dupont Nails  
Eric Tobin Design  
Farmhouse Flowers  
FlexAware/Feldenkrais Method  
Folger Theater  
Frederic Kellogg  
Fusian Day Spa

George Kassouf, Fitness Trainer  
Georgetown Emporium  
Glen's Garden Market  
Grillfish Oyster Bar  
Heritage India  
Heurich House Museum  
Ibhana Collection  
Inn at Little Washington  
Inn at 202 Dover - Peacock Restaurant  
Inn at Perry Cabin  
Just That Simple  
La Tomate  
Manuel Sanchez  
Martin's Wine and Spirits  
Marrakech Restaurant  
Mourayo Restaurant  
Opera Lafayette  
Patrick Segui Hair Salon  
The Phillips Collection  
Queen Nails  
Raku Asian Dining  
Reiki Healing Sessions, Thavma Phillips  
Rizik Brothers  
RLJ Entertainment  
Ron Holley, Fitness Trainer  
Sondra N. Arkin  
Shakespeare Theatre, Sidney Harmon Hall  
Somerset Systems  
Soupergirl  
Starbucks, 21st and P Streets  
Tabandeh - Mazza Gallerie  
Tabletop  
True Value Hardware Store, 17th Street, NW  
VIDA  
Washington Sports Club  
Well Being Massage  
West End Cinema  
Zorba's Café ■

### Part of Our Occasional Series:

#### Fall Prevention Helpful Hint

If companions have low vision or poor balance, stand behind them on the stairway or escalator going up and ahead of them going down. This proximity provides them a sense of security and mitigates their fear of falling or loss of balance. J.K.





## MONTHLY Calendar

**TUESDAY, MAY 7**  
**10:30 – 11:15AM**

*Guided tour of the US Botanic Garden Conservatory.* There is also an exhibit, Understory --photographer Jackie Bailey Labovitz celebrates the forest understory. RSVP by Thursday, APRIL 25, 2013 to Judith Neibrief at [jneibrief@aol.com](mailto:jneibrief@aol.com). Put "BOTANIC GARDEN" in the email subject line. 100 Maryland Avenue, SW.

**SUNDAY, MAY 19**  
**6:00 – 8:00PM**

*Sunday Soup Salon* –More information will be forthcoming.

**MONDAY, MAY 20**  
**3:30 – 5:00PM**

*Live & Learn* - Dr. Rajiv Luthra will speak on Living with Vision Problems. He is an adjunct Assistant Professor, Ophthalmology at Georgetown University School of Medicine. At Studio Theater, 3rd Floor. Contact Linda Harsh, 202-234-2567, or [lindajkh@mac.com](mailto:lindajkh@mac.com). Free for Village members and \$10 for others.

**TUESDAY, MAY 21**  
**6:00 – 8:00PM**

*DCV members dinner* at Banana Leaves, an Asian and Sushi Bar restaurant at 2020 Florida Ave, NW. Three-course menu \$25 per member (includes tax and gratuity). All beverages (plus tax and gratuity) are additional. RSVP by Friday, MAY 17, 2013 to Judith Neibrief at [jneibrief@aol.com](mailto:jneibrief@aol.com). Please put "BANANA LEAVES" in the subject line of your e-mail.

**TUESDAY, JUNE 4**  
**10:30AM – NOON**

*A tour of Dumbarton Oaks Research Library and Collection* touching upon their five major areas. \$8 per person, with a minimum of ten participants. RSVP by Wednesday, May 1, 2013 to Judith Neibrief at [jneibrief@aol.com](mailto:jneibrief@aol.com). Put "DUMBARTON OAKS" in the e-mail subject line. 1703 32nd Street, between R and S Streets, NW. *NOTE: If you sign up, you are committing to pay the \$8 fee*

## Auction Moments



*Potential buyers reviewing many tempting items*



*Dancing to Some Like It Hot*



*The bar was another busy place!*



*Renee Pouissaint announcing closing of bids*



*Expectantly awaiting results*



*Auction Committee members happy at the close of business*



*Bernice Hutchinson and her daughter Alexandra after a busy and successful evening*

# Clara, A Newly Painted Lady Glows

## Owners Recognized

—Susan Meehan

On May 6, the DC Office of Historic Preservation will give DCV members, **Bob and Susan Meehan** an award in "recognition of efforts on behalf of a significant historic resource ... that exemplifies superior stewardship and preservation" at a ceremony at the National Academy of Sciences.

That 'resource' is The Clara at 301 M Street NW, where New Jersey and New York Avenues intersect. The Clara, is a majestic "painted lady" of the 19<sup>th</sup> century, an apartment building whose appearance masks a Washingtonian tale of brothels, drug markets and a private detective.

The Meehans first noticed The Clara back in the 1970s when Susan drove past it going to work. She realized how beautiful it must have once been and dreamed of restoring it. When it went on sale some 30 years ago, they jumped to buy it.

At first the Meehans didn't know what they were getting into, but found out fast. The Clara's principal floor was being used as a house of ill repute, complete with red lights. It was rented out to a **Mr. Tyger**, a fierce and muscular pimp who did not believe in paying rent. He had so terrified the previous owners that no rent had been collected for over a year. Clearly, Mr. Tyger had to go! So the Meehans called in every possible inspector – for water, gas, electrical and fire. After which Mr. Tyger bailed, leaving only a graffito in the front hall as a personal memento.

A challenge that one of Mr. Tyger's ladies created was the state of the floor's principal rooms. Everything was painted bright blue – the floors, the 11" plaster walls, the windows, the pocket doors – even the plaster ceiling medallions. Underneath were wonderful discoveries – wide-plank hearts of pine

floors, windows framed with splendid, built-in mahogany shutters, mahogany pocket-doors with silver-plated locks, and plaster ceiling medallions once again ornate after being cleaned with dental picks!

Bob and Susan Meehan's first renovation of The Clara was limited. They could not afford more at that time; nor had the neighborhood begun to gentrify. It was still an adventure when the Meehans began a full top-to-bottom restoration. Many restorations don't go as planned. Finding a firm that made historically accurate wood windows with a curved upper sash was difficult. They ended up hiring one who claimed to have known Susan 30 years before! Unfortunately, he turned out to be a scoundrel who took their money and disappeared. By the time windows from another contractor were installed, seven expensive months of delay had passed. With the help of a redoubtable female lawyer with 12 years of active Marine service and a private detective, the previous "window maker" has been pursued vigorously.

The Clara's final restoration was undertaken by the whole Meehan family. Bob was The Clara's general contractor, and son Christopher the project supervisor. Bob dealt with most aspects involving city and federal authorities – a nerve-wracking job. Chris put his skilled restoration crew from New Orleans to work. Daughter Alisoun, too, advised them by Skype and email from Cairo on many aspects of The Clara's restoration.

Susan's role was aesthetic, in charge of design and interior decoration, as well as painting The Clara's exterior – seven exuberant shades of teal, with navy blue and gold accents, all based upon careful study of Painted Lady period homes across



*Clara, the newly 'painted lady' with Bob and Susan Meehan*

the United States. (The brick itself was not painted, but was repointed.) The whole neighborhood advised them on how to undertake the job, and cheered them on in the process. This was most gratifying to the Meehans, as it took two full years to carry out the restoration.

The future is bright for The Clara. As high rises replace older houses, The Clara will be even more cherished. And because of her visibility at a major intersection, she will always be a bellwether for classic beauty.

The Historic Preservation Award ceremony will take place Monday, May 6, at 7:00 p.m. in the auditorium of the National Academy of Sciences, 2101 Constitution Ave NW. After the awards, there will be food and drink at the Reception – and it's free if you register. To register go to: <http://www.dcpreservation.org/2013/04/2013-district-of-columbia-awards-for-excellence-in-historic-preservation/>. ■



## DISCOVERING HOW AMERICAN FURNITURE EVOLVED

### *DCV at the NGA*

On a very rainy, windy morning we gathered on the ground floor of the West Wing of the National Gallery of Art to view the newest addition to the museum's permanent collection—nearly 100 examples of early American furniture and related decorative arts in the exhibit, *Masterpieces of American Furniture from the Kaufman Collection, 1700–1830*, from the collection of **George M. and Linda H. Kaufman**, of Norfolk, VA.

This exhibit represents a small portion of five decades of collecting American antiques for Kaufman's home. It comes with many interesting stories of how items were obtained including their provenance. Provenance is a key aspect in valuing an antique. One 19<sup>th</sup> century mirror purchased by Mrs. Kaufman did not come with its provenance; but at an antiques show she found exactly the same mirror and the dealer did have the needed information, so she immediately purchased the mirror!

On those occasions when she visits the exhibit, Mrs. Kaufman enjoys talking with the staff and visitors about her collection. In fact, one day she left her purse in one of the cabinets and a guard had to retrieve it for her. Old habits die hard!

The exhibit begins with American custom-made copies of the early 1700's popular English Chippendale style. As we walked through the exhibit, examples of the new nation's Federal-style furniture began appearing. American cabinet makers reached back to classical design as their

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## Today's Life in the Peace Corps – In China

### *Sunday Soup Salon*

DCV members met at **Alaire and Lex Rieffel's** lovely home for an evening of hot soup, fresh bread and an update of today's life in the Peace Corps in China.

**Wendy Slee**, a recently returned volunteer newly resident in Washington, DC, joined us to speak about her recent experiences in China as a teacher of English at Chongqing University situated in the heart of China.

Being in a relatively small town of 500,000 outside of Chongqing, a city of 13,000,000, Wendy found the town's streets very crowded and the people quite aggressive. There is massive construction going on, with wealth being invested in real estate. Only those buildings with 9 or more floors have elevators.

After more than ten years as a water rights attorney in Colorado, Wendy joined the Peace Corps. She spent four years developing community education workshops in Leon, Mexico, before "jumping at the opportunity offered by the Peace Corps to go to China." Here, volunteers are recruited only to teach English as a second language and they are carefully monitored. Slee commented, "Chinese students were exuberant, enthusiastic, demonstrative and seeming much younger than their years (21-24). The interior provinces have a preference for American English; the King's English is spoken on the coast."

"I found it a challenge to have my class of 50 students speak English in the classroom. They are much more used to class lectures with no

student participation expected", according to Wendy. She went on to describe the structure of the Chinese language including basic literacy requiring memorization of 3000 characters. **Dorothy Marschak** commented on her similar experience with Japanese when she was in Japan.

Wendy described her living arrangements (faculty housing), the student's attitude to their teachers (appreciated native English speakers and called her Wendy) but "I found the students anxious about finding jobs. They never spoke about US or Chinese political issues and foreign faculty had a 10:30pm curfew."

Members **Nick Ludlow, Judith Neibrief** and **Dorothy Marschak** spoke of their experiences in the '80s and '90s either with the Peace Corps or their visits to China. Wendy provided an update on the Peace Corps and the celebration of their 50<sup>th</sup> Anniversary. Lex commented that a 2003 study on International Volunteering suggested that the Corps numbers be doubled. But that is not to be because of the political climate today. He pointed out that more Chinese speak English than all Americans! ■



From left, Norman Brown, Wendy Slee, Judith Neibrief, Caroline Mindel, Lucia Edmonds, Linda Harsh, Peg Simpson, Joan Ludlow and Dorothy Marschak.

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inspiration for design elements found in this period's furniture. But there were further individual design elements represented by each of the major East coast city centers—Boston, Newport, New York, Philadelphia, Charleston and Williamsburg – all cities with well-known cabinet makers who provided the well-to-do with custom-made furniture specific to that urban center.

By the early 1800s, designs had again changed to the Empire Style, based on the French influence and its emperor, Napoleon. This style introduced curvilinear forms favoring more robust proportions.

This is an interesting exhibit that highlights the craftsmanship and creative design of the early American cabinet makers and those willing to pay for such workmanship.

*NOTE: The exhibit is ongoing at the National Gallery of Art, West Wing, ground floor ■*



Desk and Bookcase  
Philadelphia  
1755–1765  
mahogany; glass; brass

## MATCHBOX DINNER

It was a blast, everyone said so!

Dinner at the *Matchbox* at corner of 14th and T Streets NW on March 19th was one of the best DCV occasions.



*Burke Dillon and Ted Bracken enjoying dinner*

In a convivial atmosphere, two dozen members enjoyed choices of two kinds of salad, ten types of pizzas of which Matchbox meat (pepperoni, Italian sausage, bacon), chicken pesto, and spicy meatball were favorites, and to finish off, for those with room to spare, dessert donuts with a coffee flavored sauce and delicious crispy fruit pizzas sprinkled with blackberries, raspberries and strawberries.

Matchbox is a cornucopia of beverages, with dozens of choices of local and

non-local on-tap beers and ales and many wines, in all forms, bottles, small glasses, large glasses, refills.

By half-way through the evening, everyone was pleasantly relaxed, mingling with immediate neighbors and those across the table, and discovering the diversity of well-travelled DCV people who seemed to have been everywhere and for whom seventy is indeed the new thirty.

There was no doubt, by the end of the evening, everyone had warm, happy feelings.

"This was a great occasion!" said **Debby Taylor, Bob von der Lippe** commented "One of the best!" "Good, good, good!" exclaimed **Helene Scher**. "I really enjoyed this evening," said another. ■



*From left, John Taylor, Mary Braden and Helene Scher*

## Island Wilderness in the Potomac

DCV member, **Abigail Wiebenson**, a longtime member of the Sycamore Island Club, invited Villagers to join her on April 6th for a brown bag lunch and walk around this small island paradise that sits in the middle of the Potomac.

Just 20 minutes from downtown DC, accessible from the Maryland side of the river, the secluded island is reached by pulling a cable that rings a cowbell on the other side, alerting the caretaker to come fetch you by a pull ferry. Upon arrival, you feel as if you are in a Robinson Crusoe story.

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*Abigail Wiebenson and Frances Oakley pulling the ferry*



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This sunny day, geese were the prevailing residents, nesting, taking off, flying and circling the island, happy as the residents of the day to be there.



*Arriving on the island, from left, Frances Oakley, Joan Ludlow, Ann von der Lippe and her guest, Abigail Wiebenson, and Bob von der Lippe.*

The Sycamore Island Club began in 1889 as a philosophical and recreation club. Today, it is a sylvan retreat with a small clubhouse with bathrooms, a kitchen, a pool table and a sunlit deck on which our DCV group basked while eating lunch. ■



*Leaving for the mainland, from the left, Abigail Wiebenson, Bob von der Lippe, Joan Ludlow, Ann's guest, Frances Oakley, and Ann von der Lippe.*

## Adapting to the Future

### *Live and Learn – Creating a Safer Home Environment*

In March, a group of villagers filled the studio apartment of **Jim Ostryniec**, a DCV member who redesigned his apartment to address what he thought would be his future needs. **Stephen Hage**, a certified Aging in Place Specialist, then spoke to adapting homes and apartments for aging persons, after which, attendees had a first hand look at the changes Jim made to his apartment.

**Peg Simpson**, DCV president emerita, after her bad fall last year, spoke of not using her shower until having Stephen install grab bars in her bathroom. He commented, "if you see handprints on the walls you probably need a hand bar. As you walk through your home you can observe that one environment segues into another and your needs change. The design of your home should reflect your specific needs." Asked about American Disabilities Act (ADA), Stephen indicated that he believes in customizing home design rather than building to a 'one size fits all' template.

**Ann von der Lippe** and **Judith Werdel**, both of whom live in apartment buildings, asked questions about how to address their Condominium Boards regarding additions of front entry bannisters and/or ramps for greater stability. Stephen suggested they "go to the Board and speak to them about the possibilities. Board members usually need education and are not willful in their ignorance."

Jim pointed out that the interior entry to his building not only had steps, but also a ramp. He said residents of all ages find the ramp helpful, e.g., mothers with strollers appreciate the ease with which they can

push their strollers up to the elevator. He suggested that, in presenting your case, make sure you address the benefits to residents of all ages such as residents with temporary disabilities such as a broken leg and those who have luggage.

After Jim's presentation, members toured the apartment, seeing how the new floor plan could easily accommodate a wheel chair from entry through to the bathroom, including an open space under the kitchen sink for easy access to the sink and counter top. Also, the kitchen cabinets above the sink could be dropped to accommodate a wheelchair. The wide bathroom doorway had no sill and there was a continuous roll into the shower.



*Jim Ostryniec, Linda Harsh, Dillon Burke, and Joan Ludlow at the kitchen sink.*

The sink was sufficiently high and thrust forward to accommodate the wheelchair.

Many questions were asked and answered about how a home could offer a much safer environment as we age and need adaptation of our living space. It was a most interesting presentation and we all thanked Jim for opening his apartment to us! ■





by Judy duBerrier

## CALLING ALL CARNIVORES!

It's okay to eat meat. Just do so in moderation. And believe it or not, there are plenty of options for nearly guilt free choices. This month, we feature flank steak. It is relatively economical, practically no fat, and endlessly adaptable. First up, Villager Abigail Wiebenson shares her updated version of a super-easy, company-worthy entree:

### Mustard Marinated Flank Steak (Adapted from The Barefoot Contessa)

24 hours before serving, marinate a 1 lb flank steak in a glass or pottery baking dish. Score the meat, then make the marinade. Whisk together 1/3 cup each white wine and dijon mustard and one

cup olive oil. Add two chopped shallots (may substitute regular onion) 1 tablespoon minced garlic and two tablespoons fresh tarragon leaves. Cover and refrigerate. An hour before serving, remove from fridge. Heat a large frying pan with some butter. Remove meat from marinade, pat dry. Cook approximately 5 minutes each side for medium rare. Let stand off heat for 5 minutes. Slice thinly across the grain. Abigail likes to serve this dish with simple roasted vegetables. Leftovers make a great salad the next day.

### Broiled Flank Steak

Squeeze the juice from one whole lime onto a 1 1/2 lb flank steak. Add salt and pepper to taste and 1 teaspoon olive oil on both sides. Marinate no more than 30 minutes. Broil 4 to 5 minutes each side. Allow meat to rest, then slice on the diagonal. I like this with cauliflower smashed potatoes (50-50 mixture.) After boiling, smash mixture with masher or heavy spoon, adding low sodium chicken broth, scallions and fresh garlic to taste.

### Flank Steak with Chimichurri Sauce

Broil or pan fry room temp meat 4-6 minutes each side. Salt and pepper to taste. Allow meat to rest, then slice on the diagonal. Serve with Chimichurri sauce. Mix all together in a bowl: 1/4 cup chopped flat leaf parsley, 4 minced garlic cloves, 1 tablespoon minced onion, 1/4 teaspoon dried oregano, 1/2 teaspoon each salt and pepper, 1/4 cup white vinegar, 2 1/2 tablespoon water. Slowly whisk in 1/4 cup olive oil. (Optional: may add 1/4 minced jalapeno or hot sauce to taste.) Allow sauce to blend for at least 30 minutes before serving. Sop up this delicious sauce with no-yolk egg noodles or jasmine rice. Extra sauce lasts 2 weeks in the fridge.

Questions/comments/recipes:  
judydubrier@verizon.net.  
202-328-9123. ■

## Let's Continue Our Collaboration

—Carolyn Ward

The Georgetown University Medical Center's Memory Disorders Program (MDP) and the Dupont Circle Village have a history of working together. Dupont Circle Village is involved in our Senior Mentor Medical School program, which pairs first-year medical students interested in geriatrics with older individuals to learn about geriatric care from both patient and clinical perspectives.

MDP staff members have made presentations about Alzheimer's disease, our clinic, and our clinical research program to Village members. Dupont Circle Village Executive Director Bernice Hutchinson spoke at the Memory Disorders Program November 2012 Annual Patient and Caregiver Appreciation Luncheon on "Villages: Communities of Care and Support," explaining the Village concept

to families who are served by the Memory Disorders Program.

We propose to build on our collaboration with the Dupont Circle Village – providing the Village with educational programs, opportunities to undergo clinical evaluations if you, family members or friends are concerned about memory issues, or to participate in clinical trials. It is imperative that programs like ours connect with Villages. More and more, our studies are seeking volunteers who may have concerns about their memory, but who may not manifest clinical signs of memory problems. We plan to develop a model of collaboration that could be fostered with other villages in the greater Washington DC area. Such a program could be exported to Medical Centers across the country - and beyond.

Many possibilities exist – we could exchange newsletters, conduct a "town hall" meeting with interested village members to identify possible collaborative projects, develop a "Senior Ambassador" program where village members could pass along information about our program to family and friends in a nonthreatening way to get the word out that such programs exist to serve elders with memory concerns in the community.

If you would like to learn more about our program or are interested in participating, contact me, Carolyn Ward, Program Coordinator, at cw2@georgetown.edu or (202) 784-6671 or DCV Executive Director Bernice Hutchinson. ■

## Curious about that Rug or Wall Hanging You Have?

—Joan Ludlow

The Textile Museum has a program entitled *Ask a Curator, Ask a Conservator* that meets once a month on Wednesdays at 10:30a.m. – 1p.m. You can bring up to three items to have the museum's curators and conservators evaluate your treasures as to origin, age and condition. They also will tell you how to care for the textiles.

Reading about this service, I rolled up two of my rugs and went off last Wednesday morning to find out about them. As a non-member, I paid the \$5 fee, received my number and went into the meeting room where white sheet-covered tables were set up at either of the room.

Suitcases were rolled up, laid down, zipped open and textiles of all varieties were placed on the clean sheets. They were small, large, colorful, drab and included wall hangings, rugs, and some framed textiles. Sitting on the sidelines of the room, one could see, even from afar, how beautiful some of them were – glistening in the overhead lights, subtle and soft, colors that still shone after who knows how many years of life.

No reservations are required. The session is on the first Wednesday of each month, September through May. The last program this spring will be held May 1. ■

## Volunteer Services Update

### *Heavy Demand in February*

—Bob McDonald

Here is an update on what's been happening in our volunteer services program lately:

- While February is the shortest month of the year, it was long on volunteer services provided to our members. A total of 53 requests were serviced amounting to 97 volunteer hours provided. This is a higher level of requests and hours than we have had since last summer.

- We have vetted and initiated 24 new volunteers for the Village in the past three months. This process includes reviewing the applications, interviewing the applicants and conducting background checks including contacting references. It is an extremely important component of our volunteer program and is most gratifying as I learn about the unique skills, interests, and generous commitment of our new volunteers.

- Among the new volunteers we have screened are students from George Washington University and, through GW, students from DC's School Without Walls. These students are part of the intergenerational grant program from GW that is assisting our members with their computer skills. So, I want to extend a big welcome to: **Caroline Lahti, Eden Hambric, Francisco Alvarez, Dominique Bartak, and Max Steininger.**

- The updating of our volunteer database is now complete. Through this process, we were able to identify those who have relocated or whose situations have changed where they are no longer able to provide volunteer services. In addition, it was most helpful to get updated contact information on our active volunteers. We currently have 60 volunteers: 31 member volunteers and 29 non-member volunteers. Thanks to all who participated in this update! ■

## Where Are They?

**Linda Harsh** will be holidaying in the Dordogne region of France during the early part of May.

**Nick and Joan Ludlow** are off for the month of May to the UK to visit family and friends.

**Peg Simpson** had such a great time last year in China she is returning for a few weeks in May with her friends to further explore the country. ■



—Judy Silberman, Yoga Master

For more energy, and to start the day on the right foot, so to speak, spend a few minutes stretching your body before you get out of bed.

Lying on your back, push the balls of your feet forward, as you reach way back with your hands. Breathe 2 full breaths. Then, flex the feet, pushing forward with your heels while you push back with your upturned palms. Again, hold for 2 breaths. Keep legs still as you reach way over to the left with your right arm, trying to touch the bed with your right hand. Then, reverse, using your left arm.

Bring one knee to your chest, then the other and hug. Slowly, turn your body to the free side of the bed (not against a wall). Without moving your legs, use the other side's hand and that side's elbow to push your body up into Little Mermaid pose and then into a seated position, with legs down the side of the bed. Rest for a minute or so. Then, carefully get up and begin your day. ■



## CHINESE TO GRACE KALORAMA WITH A CURVACEOUS CHANCERY

Over the next two years or so, the Chinese are to grace Kalorama with a pleasantly curvaceous new brick Chancery Building, with surrounding and rooftop trees that will be bursting in green splendor by the time the building and its rear courtyard are complete.

The nine-story Chancery will incorporate original bricks from the historic Saint Albans apartment house dating to 1923, which forms part of the new structure, with a 'countercurve' designed to create a transition with the new building. The Chancery will form an integrated part of the neighborhood at Kalorama Road and Connecticut Ave NW.

Work on the site, where the previous Chinese Embassy stood, is to start May 2, and continue through July 2015, according to **Chris Reutershan**, project manager for developer DTZ. The architect is **Phil Esocoff**, who for years lived literally across the road, at the Woodward and has a deep personal involvement and pride in designing a gracious and neighborly new building.

The building will include 153 furnished apartments for use by chancery staff. The first level below ground will include a fitness center; recreation room, indoor swimming pool and three bike rooms. The second level below ground will include 15,000 square feet of consular space, plus parking. The third level will be for parking. A total of 194 parking spaces will be provided and 69 bicycle parking spaces. There will be an outdoor play area for children.

According to Chris Reutershan, the developers intend to be especially conscious of the impact construction will have on the vicinity by adhering to strict DC noise and environmental standards. Contract workers on the site will be requested to park their cars as far away from the site as possible so as not inconvenience neighbors who use nearby streets for parking. NL ■



*Architect's rendering of China's apartment and Chancery*

The Dupont Circle Village is a **NONPROFIT** neighborhood organization that **CONNECTS RESIDENTS** to services and cultural/social activities. Membership enables Villagers to **MAINTAIN** their **HEALTH** and home as they **EMBRACE** the **BENEFITS** and **CHALLENGES** of aging.



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