

*"It takes a long time
to grow young."*

Pablo Picasso (1881—1973)

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NEW MEMBERS

A warm welcome to newest members:

Robert Alexander
Sheila Lopez
Faith Payne
Eve Tetaz

**DUPONT
CIRCLE
VILLAGE**

September 22 Private Reception for DCV Members and Guests

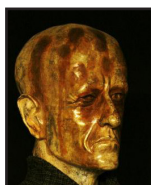
Meet Artists New to DC

Set aside Sunday, September 22, for an afternoon of art and conviviality at the Aisling Gallery at 1761 R Street NW, Suite A to meet newcomers to Washington.

The exhibiting artists are **Micheal Madigan**, painter, and **John McDevitt**, sculptor.



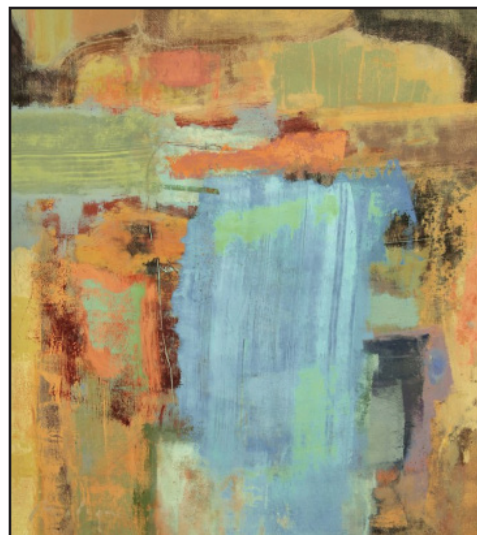
Micheal Madigan grew up in Pennsylvania. His bio says: *His work explores the power of dynamic color and emphasizes the evocative potential of nonobjective painting. Ireland, England, Italy, Spain and the American southwest have influenced his work. Today his work explores the nature of memory, its structure and how it is modeled and changed by time.*



John McDevitt writes: *Steel surrounds me in my New Hope, PA studio. It is my partner in a journey to improve myself and connect with the world. Steel is my material of choice. I am not sure if I chose it, or it chose me. Cold, hard, static...but with the potential to warm, move and engage.*

A reception is planned from 1 to 5 p.m. at the gallery where you will have an opportunity to meet the artists who will discuss their works and how they are created.

Aisling Gallery is a not-for-profit gallery open only by invitation or appointment featuring established artists who are being introduced to the Washington art community.



Cascade, Micheal Madigan

There will be no charge for the event but there will be an opportunity to purchase the artists' works and at the same time contribute to the activities of the Dupont Circle Village (DCV).

The artists, in support of the DCV programs, have generously agreed to forgo a substantial portion of the price for their works to go as a donation to the Village.

Please make a place on your calendar for this event.

Further details will be forthcoming soon about the artists, their works and how you can support the Dupont Circle Village. ■



John McDevitt



MONTHLY Calendar

TUESDAY, AUGUST 20 12 – 2PM

Lunch at El Centro D.F., an authentic Mexican restaurant, offering DCV members a two-course lunch for \$20 exclusive of tax, tip and drinks. RSVP by August 16 to Judith Neibrief. Put EL CENTRO in the subject line. Location: 1819 14th Street NW.

SATURDAY, AUGUST 24 8:00AM – ONWARDS

50th Anniversary March on Washington. United together against the recent attack on voter rights, against Stand Your Ground and racial profiling, and to continue to raise awareness on unemployment, poverty, gun violence, immigration, gay rights and other critical issues affecting our nation. Rally at the Lincoln Memorial, followed by a march to the King Memorial. Stay tuned to WNDC for more information.

MONDAY, AUGUST 26 3:30 – 5:00PM

The Live and Learn seminar will have Dr. Majd Alwan, Sr.VP and Executive Director at the LeadingAge Center for Aging Services and Technologies (CAST), explaining new developments in fall detection and prevention, telehealth and remote patient monitoring and electronic health records. At the General Federation of Women's Clubs, 1734 N Street NW. Reservations: Linda Harsh, 202-234-2567, or lindajkh@mac.com. Free for Village members and \$10 for others.

SATURDAY, SEPTEMBER 14 12 – 6PM

Join us at the 17th Street Festival. DCV will have a booth to introduce themselves to the community and raise funds through a bake sale.

SUNDAY, SEPTEMBER 15 6 – 8:00PM

Save the date for the first fall Sunday Soup Salon.

Know Before You Go

Questions About Travel Logistics

—Peggy Simpson

Ask the experts. That's what the Live & Learn Committee did in putting together a July seminar on all-things-travel. We recruited our own villagers with decades of travel experience to share their insights on the pitfalls and pleasures of global travel.

This was the first L&L program in three-and-a-half years to feature our own members and, judging by the enthusiastic reaction, it won't be the last.

Former International Monetary Fund economist **Burke Dillon** chaired the panel, comprised of **Dan Gamber**, who spent 41 years with the foreign service; **Helene Scher**, who spent 17 years at United Airlines' Dulles customer service; and **Marilyn Lutter**, who is functionally blind and began globe-trotting "after marrying a blind man who had travelled to 37 countries."

"Travel is a good way to keep your mind stimulated," says Dan.

He and Marilyn agreed that physical limitations shouldn't prevent your exploring the world, just require you to do more planning in advance.

Here are tangible tips from these frequent fliers:

Core documents:

- Make copies of your passport, credit cards, and itinerary. Keep originals in your suitcase and carry copies with you. (An old passport also gives you instant credentials if you show up at a U.S. Embassy to report a lost or stolen passport.)
- Put a copy of your itinerary in a baggage tag can help airlines track you down if your luggage is lost.



Panel members from the left, Helene Scher, Burke Dillon, Marilyn Lutter and Dan Gamber

- Create a cellphone address for "ICE" – key names and numbers to contact in case of an emergency.

Medical:

- Put your key medical information (prescription pills, health conditions, names of doctors) on a thumb drive and keep it with you
- Check the Centers for Disease Control website for country-by-country health issues.
- Check MDtravelhealth.com for vaccination requirements.
- Use the Moss Rehabilitation Center website for resources for people travelling with disabilities.
- Keep important medicines with you, never in checked luggage. Make sure you have enough for the length of your trip and a few more for unexpected delays.
- Tell airport-screening officials about your implants or artificial hip joints.
- Specify to airlines what you need, in advance. Do you want a wheelchair at the curb? Or are you travelling with your own wheelchair, which usually means you get an aisle seat.
- Prevent deep-vein thrombosis by exercising/stretching during long flights. Pressure stockings also help.
- Don't hesitate to get medical treatment if you need it. Don't travel if you don't feel well.

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**TUESDAY, SEPTEMBER 17
11:45AM – 12:45PM**

A Democracy of Images: Photographs from the Smithsonian American Art Museum. An exhibition tracing the evolution of photography in America from a purely documentary medium to a full-fledged artistic genre. RSVP by Friday, September 13 to Kathy Cardille at kcardille@gmail.com. Please put "IMAGES" in e-mail subject line. Meet at the Information Desk entrance at G and 8th Streets, NW

**WEDNESDAY, SEPTEMBER 18
6 – 9:00PM**

The DCV Annual Meeting. New and continuing board members will be introduced. Members can share with the board their ideas for the future directions of the DCV. Sumner School, 17th and M Streets NW

**MONDAY, SEPTEMBER 23
3:30 – 5PM**

Live and Learn Seminar place holder. More information will be forthcoming via e-blast.

**TUESDAY, SEPTEMBER 24
6:00 – 8:00PM**

Dinner at Scion Restaurant, 2100 P St NW, For reservations, contact Kathy Cardille at kcardille@gmail.com with SCION in the subject line or by phone at 202-248-4347. ■

SAVE THE DATE!**DCCA 2013 Dupont Circle
House Tour and Tea**

Sunday, October 20, 12 – 5:00 PM

Please contact us at info@dupont-circle.org if you would like to serve on the House Tour Planning Committee or one of the following subcommittees:

- Advertisement & Sponsorships
- House Selection
- Public Relations
- Volunteer Management

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Financial:

- Turn off your cellphone's push-notification aspects or face many hundreds of dollars in roaming charges. Another option is to buy a cheap \$50 cellphone and a SIM card at the local newsstand.
- Check your back-home bank account regularly to guard against bad charges
- Take a small amount of U.S. currency and get local money at an ATM.

Miscellaneous Travel tips:

- Be a savvy traveler and research websites in advance. Sign up with the Department of State for updates on trouble spots.
- Check visa requirements on embassy web-sites.
- Avoid travelling at peak traffic times by looking at busiest times for specific airports on Customs and Border Control websites.
- Brief yourself about what's happening in cities you will visit to avoid arriving in the midst of a festival that has booked all hotel rooms.
- Group your electronic devices in one small bag
- Carry your own headphones to screen out airplane drone.
- Don't lose your glasses. Keep them, and other small stuff, in a packet that hangs around your neck.
- A GPS can help you navigate, even around the Yucatan.

Use common sense, says Helene. Listen to the announcements and the safety briefings on board the plane. "The recent Asiana disaster dramatized that importance," she said.

And check those seat pockets before you get off the plane. That is where travellers lose most valuables, from books to iPads.

The last word goes to Marilyn Lutter who says when she and her husband took foreign trips, the first thing they did in every country "was learn how to say 'please' and 'thank you.'"

Join Us at the 17th Street Festival

—*Iris Molotsky*

The Dupont Circle Village will be among the many vendors and artists taking part in this year's 17th Street Festival on Saturday, September 4 from noon – 6 pm.

"It's a great chance for us to introduce ourselves to a wider audience and to discuss what we do and invite them to become involved," president **Iris Molotsky** says. The event is a successful community-building event that features local artists, businesses and nonprofits. This is the fourth annual Festival.

The Village is casting a wide net and hopes to attract the sweet-tooth crowd by sponsoring a bake sale at its booth—food for thought and for nourishment. The bake sale will be the second in a series of smaller community-focused fundraisers for the Village this year: Festival crowds will also get a chance to consider joining and/or volunteering for the Village.

This year's festival is scheduled on Yom Kippur, the most holy of Jewish holidays. "It was a difficult decision to decide whether we should participate, but the DCV Board of Directors ultimately decided that it is important for the Village to be represented in this annual community effort," said Molotsky. In the letter sent to the Festival organizers, we strongly urged Festival organizers to avoid future conflicts like this.

Villagers or volunteers who would like to contribute baked goods or help staff the both (or both) should contact Bernice Hutchinson by e-mail at bernice@dupontcirclevillage.org. ■

Liberation and Solitude Discovered in an Optimum Size City

"After living in many different venues during my lifetime—suburbs, city, town, rural—I have discovered that, at heart, I am an urban person – BUT not sufficiently urban to live in New York City! Washington, DC and especially, Dupont Circle, suits me down to the ground,"

Ted Bracken says. In fact, for Ted the Dupont Circle Village is an important part of living here. "Now that I'm newly retired, I look forward to expanding my volunteer work, especially in the areas of English as a Second Language (ESL) and financial literacy, areas that hold special interest to me and that the Village has been very good at presenting to its members."

Ted grew up in the western suburbs of Boston, went off to Dartmouth College in rural New Hampshire, then travelled down to Columbia University in New York City for his graduate degrees (This is when he realized there can be too much urban!). After graduate study, off he went to work at Princeton for three years. It was a perfect place, according to Ted; he labeled this period as "town living." He lived right on Nassau Street within walking distance of all he and his family needed, never using a car except for excursions out of town. Ted then got a stint at rural life when he returned for a four-year position at Dartmouth. There he lived a country life in the small town of Lyme, NH, with a house on six acres, his family, chickens and various other animals.

He has especially close ties to Dartmouth: "I feel it offers a 'sense of place,' three of my four children attended the College and I currently sit on the board of the nationally ranked Rugby Club. Sports have always been a strong component of Dartmouth's culture. I do admit to sometimes thinking about retiring to the Dartmouth area for part of the year. It is really beautiful up there."

In the academic world, moving around the country is not at all unusual; if you want to progress in your career, you go where the best positions are available. Thus, he and his family finally roosted in Washington, DC with The Consortium on Financing Higher Education (COFHE), a group of 31 private, higher education institutions. Ted retired as director of federal relations for COFHE this June, currently working as a consultant to write a history of the organization and providing staffing for a group of schools that are exploring reforms in their financial aid policies. Ted commented, "I am pleased to be able to continue my association with COFHE; after forty years it has become an important part of my life."

Although Ted first lived in Silver Spring, one day, while parking his car for a meeting at 1 Dupont Circle, he saw a for sale sign in front of a house on the 2200 block of Q Street. He inquired about the house, toured it, and after much discussion with the church that owned it, purchased it. For the last thirty-two years he has lived in the house, which he stripped back to the studs and renovated. "I love this house. I am where I want to be in an optimum-size city in which everything is convenient – grocery, restaurants, daily services and mass transit."

Ted has travelled extensively, but is looking forward to adding more countries to his list of places to visit; diving on the Great Barrier Reef, Myanmar, the Baltic countries and Russia, and India/Nepal this November. Ted remembers the '60's and the crucible we grew up in and formed us for years to come. In 2012 he visited Viet Nam because he wanted to see first-hand the experience that shaped us as a nation. His class of '65 has more names on The Wall than any other Dartmouth class. He is finding this time of his life is one of getting comfortable with being independent and



Ted Bracken

having time for some solitude – a new and liberating feeling after forty-two years of marriage and raising four children.

Ted looks forward to meeting DCV members and enjoying their company at the social events offered as well as volunteering when needed. ■

NATURAL GAS SAFETY

Natural gas is non-toxic, colorless, odorless and combustible. Washington Gas adds an unpleasant odorant to warn users of a potential leak. If you suspect a gas leak, or other gas emergency, evacuate the area immediately and call 911 from a safe location. Leave doors unlocked as you go.

A small portion of the system is not odorized, but visible and audible signs might be noted. Hissing or blowing sounds, dirt being thrown into the air, fire coming from the ground or water bubbling are indicators of a leak. Follow the same evacuation procedures. Don't create an ignition source—don't use a telephone or battery powered equipment or turn light switches on/off or start your car.

THE HOUSE OF TRUTH, 1727 19th St NW

The Crusaders for Progressivism in the Heart of Dupont Circle

—Nicholas Ludlow

"It was Justice Holmes who gave the place the name, The House of Truth. It was to tease us because we were all so certain we were right. He also said we were the brightest minds and the fastest talkers in Washington. And we were." US Supreme Court Justice **Felix Frankfurter**, quoted by **James Srodes** in *On Dupont Circle* (Counterpoint Press).

In early 1916, new crusaders for Progressivism gathered in a former boarding house a few blocks from Dupont Circle, which came to be known as *The House of Truth*. It was an informally run boarding house owned by Robert Grosvenor Valentine, a liberal, wealthy MIT engineering professor, whose wife and daughter had to leave DC for health reasons.

Most of the members of this group had one thing in common: although they were from wealthy families, bright and highly educated (mostly at Harvard, Yale and Princeton) and raised in the era of fortunes made by industrialists and bankers in automobiles, oil, railroads, and mass production, they were also compassionate revolutionaries inculcated in social responsibility who felt the need for big government to intercede in the consequent plight of working people and the individual citizen.

Residents and visitors to the *House* spent long nights around the dinner table covered with empty wine bottles and full ashtrays, debating policies. Early House resident **Eustace Percy** commented that "law and politics...was the focus of its endless table talk and even more endless flow of casual guests." (Risen)

Walter Lippman asserted that experts and seasoned managers grounded in science and hard facts must take control of public decisions. Experts were needed to lead. Srodes writes: Science became a faith that replaced religion in the Progressive mind. The engineer, the sociologist, and the economist could devise the solutions that the political specialist would use to convince the generally ignorant citizen how to build a better life for himself and his society.

A dozen or so tenants of and visitors to the *House of Truth* (see box) had a profound impact on American Presidents and their policies, including World War I, FDR's New Deals and the establishment of the United Nations, as Srodes portrays in his recent book

Once President **Woodrow Wilson** and the US were committed to War, as Srodes writes, "America's role in World War I could not have been possible without the Dupont Circle set, especially the residents of the *House of Truth*." Lippman joined a frequent drop-in guest to the House, **Franklin Roosevelt**, on the task force charged with erecting scores of training camps for troops that could be sent to France. They also ran a massive ship building program that functioned without a single labor stoppage. A frequent guest at the *House*, a well-to-do Stanford-educated mining engineer, **Herbert Hoover**, ran the government's food rationing program (with "meatless Mondays" and "wheat-less Wednesdays").

As the War drew to a close in the Spring of 1918, the crusaders of Dupont Circle



1727 19 Street NW

saw "an unprecedented chance to help shape the peace of the world." They were at the Paris Peace Conference in 1919 and the signing of the Treaty of Versailles in June of that year, which, according to Srodes, would be "the formative event of the lives of all of the Dupont Circle set." Another frequent visitor to the House, **John Foster Dulles** negotiated the reparations clauses of the Treaty. Thereafter, the set played significant roles in US domestic and foreign politics leading to FDR's two New Deals, and after World War II.

In 1926, Hoover presciently predicted a huge financial bubble was being created that would eventually burst, with dire consequences. After the Wall Street crash of October 1929 that ushered in the Great Depression, Frankfurter, became the chief legal advocate for civil liberties and labor cases in the US. "Nearly every facet of economic security we enjoy today - minimum wage standards, labor laws, union contracts etc.," writes Srodes, "were hammered out by Frankfurter in the courts."

In 1932, after a landslide victory, FDR pledged to reform Wall Street, balance the budget and restore prosperity. That

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year, five members of the *House of Truth* - **Hamilton Armstrong**, **William Bullitt**, **Felix Frankfurter**, **Walter Lippman** and **Sumner Welles**, became advisors to FDR, among other things helping to draft the first plans for a Social Security system. Welles became FDR's chief foreign policy advisor, and point man for FDR's Good Neighbor policy in Latin America.

Soon afterwards FDR signed into law key New Deal Reforms, including the Banking Act and Glass-Steagall Act (1933) that had banks separate commercial and investment operations, and the Social Security Act (1935), for which Frankfurter had paved the way in the courts, that introduced a system of old-age benefits for workers, including benefits for victims of industrial accidents, and unemployment insurance. FDR's two New Deals (1933-34 and 1935-38) altogether encompassed 25 separate programs.

In 1935, after Germany, Italy and Japan, had pulled out of the League of Nations, Foster Dulles advised FDR via an article in the *Atlantic Monthly*, what was needed was a "central authority which owes and feels a duty to the group as a whole and to all of its constituent parts...and which must create a condition of flexibility, which will give qualified and balanced satisfaction to both dynamic and static nations."

He called it a new world order; the germ of an idea that led to consensus to scrap the League of Nations and start a new world peace mechanism – the United Nations. This was agreed upon by 34 nations in Teheran in 1943. After the War, the UN opened in 1945. The League closed in 1946.

Risen, Clay, *The House of Truth*, The Morning Times, July 19, 2006 ■

HOUSE OF TRUTH TENANTS AND VISITORS

The *House of Truth* progressives included Harvard-educated **Franklin Roosevelt**, who backed Woodrow Wilson's presidential election in 1912; **Herbert Hoover**, a well-to-do mining engineer; **Walter Lippman**, a Harvard-educated advisor to Roosevelt, who co-founded *The New Republic*; **Felix Frankfurter**, brought up on NYC's Lower East Side, graduated with honors from Harvard Law School, and came to Washington in 1916 to work in the War Department; **John Foster Dulles**, **Allen W. Dulles**, graduates of Princeton; **William C. Bullitt**, a wealthy Yale graduate and well-known journalist; **Sumner Welles**, advisor to FDR and a page at the wedding of Franklin and Eleanor Roosevelt in 1905; and **Hamilton Fish Armstrong**, born to a wealthy New York society family.

There were also two aristocratic Brits – **Phillip Kerr**, who stayed at the *House* on his visits to DC, educated at Eton and Oxford, a top foreign affairs adviser to David Lloyd George, the British Prime Minister; and **Lord Eustace Percy**, an Oxford graduate posted to the British Embassy in Washington and an early tenant of the *House*. —NL ■



by Judy duBerrier

I took a Chilean cooking class in Valparaiso. What fun! Chef Boris (pictured here with Rush and me) was a true character. I will be featuring recipes from their delicious cuisine in future columns, but first up was one of my favorites. Razor Clams Parmesan would be a terrific appetizer for favored guests, or eat as part of a great meal. By the way, the Pisco Sour I am holding is the go-to drink in South America. I can say with authority this is the best ever. Email me if you want this recipe.

Razor Clams Parmesan

36 large razor clams, (may sub any kind of clams or scallops)
4 tablespoons butter
3 tablespoons parmesan cheese
Salt & pepper
White wine

Pry open clams with the tip of a knife.
Remove meat from shells, clean thoroughly

and set aside. Wash shells and place them on a cookie sheet. Drop a dollop of butter on each shell, then about ½ tsp. white wine. Replace clams in their shells. Sprinkle salt and pepper on each. Finally cover clams with parmesan. Bake at 425 until cheese is slightly brown and bubbly. Serves 6 (in our case, 3!)

Questions/Recipe submissions:
judyduberrier@verizon.net,
(202) 328-9123. ■



From left, Rush Fritz, Chef Boris, and Judy duBerrier

The House that Douglass called Home

—Ted Bracken

On July 9, a group of intrepid Villagers gathered for a guided visit of the **Frederick Douglass** National Historic Site and a walking tour of the surrounding Anacostia neighborhood. Arranged by Villager **Burke Dillon**, the site visit was the second DCV event to focus on the life and times of this former slave and abolitionist leader during his years in Washington, the first having been a dinner and book discussion at Burke's lovely West End residence in June.

The group first gathered in the Park Service facility on the Douglass homestead where we were met by Douglass scholar and Anacostia authority **John Muller**, author of the book, *Frederick Douglass in Washington, D.C.: The Lion of Anacostia*. John then led the group on an energizing walk through the historic Anacostia neighborhood that was known in Douglass's time as Uniontown. Incorporated in 1854, Uniontown was one of DC's first suburbs and, although anyone of African or Irish descent was initially barred from living there, in 1877 Douglass bought a home from town's the developer and lived there until his death in 1895. He and his first wife, Anna, named their home "Cedar

Hill" and expanded the house from 14 to 21 rooms and one year later, Douglass purchased adjoining lots and expanded the property to 15 acres. **Helene Scher** and **Kenlee Ray** had their lunch on the front porch of the house and remarked "this is a beautiful spot with a magnificent view of the downtown Washington skyline."

Frederick Douglass was an escaped slave from Maryland who became a leader of the abolitionist movement, a newspaper publisher, an early supporter of women's suffrage, an adviser to presidents, and a diplomat. He moved to the District of Columbia in 1872 and was appointed U.S. Marshal of the District in 1877 and Recorder of Deeds in 1882.

Before touring the Douglass Homestead, John took us on an extensive and educational tour of the nearby neighborhoods and shared with us his great knowledge of Anacostia, past and present. As we meandered along the tree-lined and often hilly streets, John pointed out the many historic homes and churches that would have been familiar to Douglass and his family. Several are in various states of disrepair and renovation efforts are underway to restore some of these architectural treasures of this historic neighborhood.

Cedar Hill has been restored by the Park Service to resemble the Douglass residence as his family enjoyed it, including many of the original furnishings and personal effects of the nineteenth century's most renowned African-American. The house tour was led by a knowledgeable National Park Service guide who led us through the main floor where Douglass would have entertained his many distinguished guests and up to the second floor with its ample sleeping quarters for Douglass's large family. The wallpaper and window hangings, although not original, have been replicated to resemble what preservationists have been able to learn from photographs about what the home looked like in Douglass's



Home of Frederick Douglass

time. Helen commented that "the tour provided us with a fascinating glimpse of another time. There is no indoor plumbing (chamber pots are under the beds) and everyone had a separate bedroom including married couples!"

After his death (1895), his second wife, Helen Pitts, a white feminist and Mount Holyoke College (then Seminary) graduate, had the foresight to retain many of the furnishings and other items that now adorn the hilltop manse. Their inter-racial marriage, after the death of Douglass's first wife, Anna, was the cause of many difficulties on both sides of the family. A small photograph of Helen hangs in the one of the main rooms of the house along with portraits of many dignitaries who were guests at Cedar Hill over the years. Helen founded the Frederick Douglass Memorial and Historical Association in 1900 and in 1916, the National Association of Colored Women's Clubs joined with the association to manage the house until 1962, when the federal government took the deed to the property through the National Park Service.

After the house tour, we were able to view a brief documentary of Douglass's life in the Park Service facility and many participants stayed to enjoy a luncheon together.

For those wishing to visit the house on their own, it is located at 1411 W St, SE and is open M-F 9-5. Ranger-led hourly tours are the only way to see the inside of the house, tours are ticketed and of limited number. Tickets are available by reservation or on a first-come, first-served walk-in basis, if available. For information, go to www.nps.gov/frdol/index.htm. ■



DCV Members on the Front Porch of the Douglass Home

BRAQUE EXHIBIT AT THE PHILLIPS

"Learning to Feel with Your Eyes"

A crowd-pleasing Georges Braque exhibit drew one of the largest group of DCV members (28) to the Phillips Gallery recently. Docent **Lisa Leinberger**, a knowledgeable and helpful guide offered us an innovative way to view Braque's works, placing him and his art within the context of his times. **Kathy Cardille** commented, "I was amazed at how awesome the tour was...a whole new way of looking at Braque, almost like he's got his own vocabulary...I always knew that about Van Gogh and his shorthand, now I can see it in other artists! Shows me what a good teacher/guide does."

Georges Braque and the Cubist Still Life, 1928–1945 is the first in-depth study of still life in Braque's career that is framed within the historical and political context of 1928 to 1945. About 40 paintings chart Braque's work in this genre from small, intimate interior scenes of the late 1920's, to vibrant, large-scale canvases of the 1930's, and to darker and more personal interpretations of daily life in the 1940's.

A man who was badly wounded in WWI and disillusioned by war, Braque retreated to a creative world, where he painted "what we see, but viewed it differently." He and Picasso worked closely together developing Cubism, a style that showed multiple viewpoints of a subject. As time moved on, Braque transitioned to a more personal style, adding texture because he wanted the viewers "to feel with their eyes." At one point, he lived near a talc mine and used the quartz and sand to add texture and color to his paintings.

Braque was born in a Northern France, grew up in the blue collar, industrial seaport of Le Havre, was a musician and trained as a painter-decorator, later attending art school. These various influences can be seen in many of his paintings. Many dark, sober colors, musical refrains including instruments, and his general decorator esthetic. Lisa indicated that new research has expanded the way we view Braque's art—"viewers' observations can be a valid interpretation—there is no one way to view his art."



Georges Braque, *The Round Table*, 1929.

you!); **Peg Simpson** mentioned that some items in his paintings looked African; **Nick Ludlow** commented on Braque's focusing on meals with specific foods (grapes, lemons, fish). Lisa indicated how certain items (guitars, grapes, pitchers) reappeared over the years and how they morphed into different shapes, which provided his paintings with continuity.

The Braque Exhibit will be at the Phillips Gallery, 1621 21 Street NW, through September 1. ■



Members gathering at the Phillips: from left, Lisa Leinberger, docent, Ginny Mondale, Trisha Hoban, Lois Berlin, Dean Pugh, Pete Mondale, and Marilyn Newton

Lisa encouraged the group to use their imagination and comment on what they saw in his paintings. **Kirk Perrow** commented on his post-WWII paintings providing a sense of instability – many items, on the edge of tables, about to fall off, items providing a sense of paranoia (camera looking straight at viewer – we are watching

REDUCED HAND STRENGTH

To provide greater stability and add support for holding a glass or cup, put your pinky finger out under the drinking vessel. Also, decant the large half-gallon or gallon containers into 2-cup containers. You will have much more control with the smaller container. JK



—Judy Silberman, Yoga Master

The classic Tree Pose is excellent for improving balance, concentration and posture, while strengthening leg muscles.

Allow stomach muscles to relax, as you breathe normally. Move into position slowly, staring at one spot on the wall or floor in front of you. Use a chair or wall for support as you begin.

Hold back of chair with left hand as you stand straight in Mountain Pose for 3 gentle full breaths. Lift right foot and place it on left foot (for starters), calf, or at knee joint. Feel balanced. Breathe in as you slowly lift right arm overhead. If you feel steady, try to lift left hand slightly off the chair. Relax, breath out, and lower right arm and leg. Repeat on other side.

When you are confident, try lifting both arms overhead, with your left hip or buttock against the chair or wall for support. Try to hold the pose for 3 full breaths, correcting posture a bit more with each breath. ■



Judith Neibrief is off on a well-deserved holiday to Greece for a two-week hiking holiday in the Cyclades Islands.



SENIOR YOGA BEGINS OCTOBER 3RD

Dupont Circle Village (DCV) Senior Yoga session will take place October 3 through November 7, 2013 at the Jewish Community Center, 1529 16th St NW. DCV and the Jewish Community Center are partnering to offer classes to their members. Classes are offered in six-week sessions from 2:15 to 3:30 pm on Thursdays at the JCC. Session One Dates: October 3, 10, 17, 24, 31 and November 7. Registration is on a first response basis and is considered complete upon receipt of payment. All participants are expected to register and pay for a complete six-week session (\$60). The registration deadline for the first session is **September 26, 2013**.

Senior Yoga is designed to build strength, balance, and flexibility. Instructor Judy Silberman brings a wealth of experience and welcomes a range of abilities and all levels of yoga experience. The exercises can be done from a chair, if needed.

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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