

*The old believe everything;
the middle-aged suspect everything;
the young know everything.*

Oscar Wilde (1854 – 1900)

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NEW MEMBERS

A warm welcome to new members
of the DCV:

Joy G. Rodman
R. Michael and
Eileen M. Tanner

New Year's Resolutions

—Iris Molotsky

Happy New Year to everyone and,
especially, a healthy 2013 for all.

This is, of course, the time for resolutions.
More importantly, it's also the time to
look ahead -- to define goals, layout our
objectives and determine strategies for the
coming year.

The reinvigorated and energized
membership committee led by
membership coordinator Abigail
Wiebenson, has set a goal of 150 members
by the end of the year. A vital aspect of
our recruiting efforts is the bi-monthly
meetings that Abigail hosts. We bring
potential members together to learn
about the Village and enjoy an evening of
lively conversation with neighbors. The
one constant at all of these dinners is the
recurring "small world" theme. It is always
a joy to discover the connections that
exist between previously unacquainted
participants.

Please help us meet our membership
goal. Contact **Abigail Wiebenson**
(abigailwiebenson@gmail.com or 332-6857)
and give her the names of potential members.
The next dinner is scheduled for February 12
-- tell us who you want us to invite.

Talk to friends about the Village; distribute
brochures and flyers in the neighborhood.
Tell us what you need and we will get it
to you.

Thank you to all of our members,
volunteers and friends who have
responded to our annual contribution
mailing. We will have a summary report
available next month. If you've been
meaning to contribute but the pledge card
is still on your desk, it's not too late!

With Christmas and New Year's behind
us, the fundraising committee is back in
gear and hard at work. We've got lots of
events planned -- formal and quirky--and
hope by mixing fun with funding, everyone
will benefit. We've launched our business

community
outreach and
committee
members are
hard at work. We
also need several
support teams
who can do follow-up and administrative
tasks. If you prefer not to be on the
fundraising front lines but are willing to be
part of the "behind the scenes" support
effort, please contact **Iris Molotsky** (iris.
molotsky@gmail.com or 328-1121), for
additional information.



The Village movement continues
to grow. The future promises to be
exciting as we expand our agendas.
One welcome development for villages
is the growing interest by developers in
"horizontal housing," which is one-floor
housing designed to accommodate
the needs of aging residents. Another
is the growing awareness among the
general population of what a village is.
We have first-hand evidence of this: we
now receive inquiries from children and
friends who have heard about DCV or
have researched us and think we are
the answer for their mother, father or
beloved relative.

And while we look toward the future, we
should also pause a moment to remember
Villager **Yolanda Horan** and former
Villager **Lucille Frohling**, who both died
in 2012.

As Washington prepares for the
inauguration, we too are preparing for
the coming year. We pledge to strengthen
existing programs, explore new projects
and will, alas, struggle with balancing the
budget. But we promise there will be no
cliffs to fall off of, no down-to-the-last-
minute budget decisions and definitely no
lack of civility. ■



MONTHLY Calendar

SUNDAY, JANUARY 20 1:00 – 2:30 PM

The "From Slavery to Freedom in Adams Morgan" walking tour begins at Sun Trust Bank Plaza, 18th and Columbia Road, going through Kalorama Park, thence to Walter C. Pierce Community Park, the site of the first Quaker Cemetery and the city's largest African American burial ground. Historians Mary Belscher and Eddie Becker will lead the walk, rain or shine. More information call Mary (202)462-9069 or contact Eddie at eddie_becker@yahoo.com. Handicapped accessible. Sponsored by the Kalorama Citizens Association.

SUNDAY, JANUARY 20 6:00 – 8:00 PM

Former Columbia University professor and dean, Gillian Lindt will speak at the members-only Sunday Soup Salon. She'll talk about major loss of her eyesight through macular degeneration at age 70 and how she began a new stage of an independent life with her guide dog Bridgette. Lindt will be accompanied by Bridgette, a Labrador/Poodle who has been her constant companion since 2005. She also uses today's assistive computer technology. At Anne Stephansky's home, 2116 Bancroft PL N.W. (a half block west of Connecticut Ave). RSVP to Linda Harsh: lindajkh@mac.com.

MONDAY JANUARY 28 3:30 – 5:00 PM

Care Options as We Age. Should you stay in your home or should you make a move? What are the available facilities? What care can you get at home? Christine Bitzer, LICSW, LCSW, Assistant Director of the Care Management Program at Seabury Resources for Aging, will explore the many services that are available at all levels of care.

continued on next page

This month, we will explore healthy legume recipes. Villager **Judith Neibrief** shared her black-eyed pea salad at Carol Galaty's New Year's Eve party. Those 25 lucky guests should do well this year because it is said, "Eat poor on New Year's, and eat fat the rest of the year."

Black-Eyed Pea Salad

Combine the following in a bowl:

- 2-15 oz cans black-eyed peas, rinsed and drained
- 2 scallions cut into 1/2" pieces
- 1 red bell pepper, seeded and finely chopped
- 1/4 cup Italian parsley or cilantro, finely chopped
- 1/4 cup chervil, finely chopped (optional)
- 1 clove garlic, minced

Whisk the following together and pour over salad just before serving:

- 3 Tablespoons red wine vinegar
- 1-2 Tablespoons whole grain mustard
- 1 fresh jalapeno pepper, seeded and finely minced
- salt and pepper to taste

Upcoming DCV Annual Silent Auction

SAVE THE DATE:

Friday, April 12
6:30-10 pm

For his year's silent auction we are returning again to Woman's National Democratic Club, which was such a hit last year.

NEW THIS YEAR: Online bidding. For the first time, you will have the chance to bid in advance for the item you want.



— Judy duBerrier

White Bean Ragout

- 2 large carrots, peeled and cut into 1" pieces on the diagonal
- 1 small sweet onion, cut into chunks (leave root end on as much as possible)
- 1 small rutabaga or turnip, peeled and cut into 1/2" pieces (any other leftover veggies such as green beans, cauliflower, butternut squash, etc.)
- 1 clove garlic, minced
- 2 tablespoons *herbes de provence* (optional)
- 1 can white beans, rinsed and drained
- 1/4 cup chopped Italian parsley
- 1 1/2 cups chicken broth, plus extra
- 2 teaspoons cornstarch mixed with 1/4 cup cold water and set aside

Heat oven to 375°F. In a large, heavy bottomed skillet, combine veggies with olive oil, salt & pepper to coat. Bake until crisp-tender (about 10 minutes) turning once or twice. Add garlic to mixture the last 2 minutes. Remove veggies to a plate. Mix with optional *herbes de provence*.

Heat skillet on stovetop to high. Deglaze pan with chicken broth. When boiling, add reserved cornstarch mixture. Lower heat and reduce sauce by half. Add veggies and white beans to pan and cook until hot. Add more broth if needed, correct seasoning, sprinkle with parsley, and serve.

Options: for extra flavor, shave parmesan on top. For a filling meal, make ragout extra soupy and serve on a bed of polenta.

Questions/Comments:

judydubierrier@verizon.net
202-328-9123. ■



MONTHLY Calendar

Session is at The Residences at Thomas Circle, 1330 Massachusetts Avenue NW. Following the talk, Erin Armstrong, Director of Marketing at the Residences at Thomas Circle, will explain the features of this facility and provide an optional tour. Contact Linda Harsh, 202-234-2567, or lindajkh@mac.com. The talk is free for Village members and \$10 for others. Wheelchair accessible

TUESDAY, JANUARY 29 10:30 – 11:30 AM

Inaugural Balls at the National Building Museum. Villagers are invited to cap off the election season with a nonpartisan look at the history and pageantry of presidential inaugurations that have been celebrated at the Pension Building, now the home of the National Building Museum, 401 F Street NW. \$5 admission charge for tour and museum. Put "INAUGURAL BALLS" in e-mail subject line to jneibrief@aol.com by January 26. Metro Red line to Judiciary Square (F Street exit). Handicapped accessible at G Street entrance.

SATURDAY, FEBRUARY 2 8:15 AM

Groundhog Day at Dupont Circle Fountain. Will we have 6 more weeks of winter or will spring come early? Join your neighbors, local celebrities, VIPs, children and polka dancers to find out the answer!

TUESDAY, FEBRUARY 12 12:00 – 2:00 PM

DCV member Luncheon at Eatonville, 2121 14 Street NW
More information to follow.

TUESDAY, FEBRUARY 12 6:30 – 8:30 PM

Potential members dinner. Participants learn about the Village and enjoy an evening of lively conversation with neighbors. Please contact Abigail Wiebenson (abigailwiebenson@gmail.com or call 332-6857) and provide her the names of potential members who will be attending.

Looking Back and Ahead – Growth, Brand, and Infrastructure

—Bernice Hutchinson

Dupont Circle Village celebrated a remarkable year in 2012. Looking back, three words come to mind – growth, brand, and infrastructure. We grew as the Village moved from a virtual to an actual office space. Our annual Silent Auction flourished, with guests overflowing, inventory in abundance, and sales exceeding our expectations. We knew we had arrived when DCV was strategically positioned in front of the audience to showcase our best practices and served as moderator for a day at this year's National Village to Village Gathering in Atlanta. The Board of Directors displayed its growing maturity by the ease with which they developed a new strategic plan. Our yoga class outgrew its space. And, six Villagers became certified coaches in falls prevention.

The Village unveiled a stunning new brand in a logo, brochure, and calendar. The photographs associated with this effort garnered national acclaim and a prize for our sophisticated approach to aging and living well in the community. MetLife Foundation helped us move closer to institutionalizing our brand by awarding us a 2012 grant to look at sustainability. The foundation was intrigued enough by our concept and awarded a second year of funding for 2013 to continue this work. A delegation from France visited our new offices as part of their research of Villages on the rise.

The addition of two new team members has bolstered our Village infrastructure. **Bob McDonald**, Volunteer Coordinator, has taken the volunteer development efforts to greater heights. **Jim Whaley** is wrapping up a successful sustainability project for 2012. Our data collection improved our annual appeal materials and included the first measurements of volunteer usage and impact. Members are now volunteering to staff the office, bringing more stability and consistency to

operations. Our Live and Learn, Sunday Soup Salon and cultural and social events coordination became a cornerstone of our Village infrastructure as increasing numbers patronized these events on a regular basis.

Looking ahead, we are projecting a banner year for membership. Just today, the doorbell rang and a prospective member stopped by to consider joining. At the end of a long day, I received a phone call from another prospective member. This year we'll be busy growing our membership and setting up new administrative functions. Look for a new website. We're also working on streamlining administrative tasks through an electronic back office operation.

Finally, look for a number of new and exciting opportunities to engage, learn and grow in our neighborhood through this amazing Village. ■

In Case of Snow...

Red Alert Team is again ready to help just in case our winter spring ends and snow arrives. We will be calling upon our membership and volunteers to shovel steps and walkways, make hot meals, run errands and provide transportation. Please also let us know whether you have a four wheel drive vehicle and spare equipment to move the snow. Please contact Bernice@dupontcirclevillage.org.

Such Fun, We Almost Missed Midnight!

—Carol Galaty

New Year's Eve was a delightfully fun evening, a treat for the eyes with Villagers dressed elegantly in sparkles from around the world, rare costumes from exotic lands, and hats and skirts evoking past days and glories.

There was so much talking and mixing that the consumption of the delicious display of mouth-watering food and array of wines took the full evening to disappear.

It was half-an-hour before midnight before people were willing to let the main course be put away and the beautiful, delicate desserts and "champagne" brought out.

We almost missed the count down to 2013! But we made it!

And amid kisses, cheers and Auld Lang Syne, there were only minor references to the Fiscal Cliff and fear of what it would bring in the New Year:

Gillian Lindt said "Yet another fabulous New Year's Eve party. Great food, great wine, a fabulous house and perhaps most important, wonderful company! Thank you so much." **Marilyn Newton** commented, "A wonderful New Year's Eve. We all appreciated it so much. Otherwise I would have sat home."

"What a wonderful way to ring in the New Year!" wrote **Ann von der Lippe**. "Good friends, good food, good drinks, topped by a good game of Dictionary." **Judith Neibrief** fully agreed and felt "this should set us up for a good 2013."

Jane Cave expressed the feeling of everyone attending: "Thanks for organizing such a wonderful party yesterday. Yet another reason to be happy we joined the Village!" with **Eugene Versluysen** adding the comment, "The jolliest way to leave 2012 behind, and hope for a better—gun free—New Year!" ■



Ann Brown and Cecile Richter



Marilyn Newton with Susan Meehan and Faith Williams



Eugene Versluysen and Gillian Lindt with her guide dog Bridgette



Ann and Bob von der Lippe with Helene Scher



Judith Neibrief enjoying a great meal



Stephen Grant with Laurie Coburn and Bettina Del Sesto

Physical Fitness for the New Year

Not only does the DCV listen and write about good health and exercise, it also practices what it preaches!

Please come join us for exercise classes at the Washington Sports Club (WSC) and/or think about walking with one of the DCV walking groups.

The WSC classes meet 9:30 – 10:30am Mondays and Wednesdays. We have a fabulous teacher who leads us through a warm up, cardio, abs and weights exercises. WSC invites you to try out a class or two at no charge. If you chose to join, and tell them you are a DCV member, the reduced monthly fee is \$64. That covers the 8 classes a month and provides you an initial evaluation with a personal trainer:

If you are inclined to walk, the walking group meets Monday, Wednesday and Friday at 8:30 am at the Dupont Circle fountain. There is also a weekend walking group that meets at 7:40am every Saturday at **Caroline Mindel's**, 1760 Swann Street NW. The group then car pools to the National Arboretum, 3501 New York Ave NE for a delightful 1.5 hour walk.

E-mail Abigail Wiebenson at abigailwiebenson@gmail.com or call 202-492-7086, if you wish to talk further about either exercise opportunity. ■



Members of the walking group include: Front, from left: Mary Braden, and Judith Neibrief; Rear: Susan Meehan, Peggy Simpson, Judy duBerrier, and Frances Oakley



Judy duBerrier, Anne Stephansky, and Mary Braden lifting weights at the WSC fitness class



Judith Neibrief and Judy duBerrier exercising



—Judy Silberman, Yoga Master

Seated Mountain Pose is a great one for aligning the body's back and neck.

Sit comfortably in a chair; with your back away from the back of the chair and feet firmly on the floor. Feet should be hip-width apart and parallel, which may feel as if they are pigeon-toed. Be able to see your toes, to put less stress on the knees.

Come into pelvic tilt, with belly button veering back and abs engaged. Roll shoulders back and down, with arms

hanging easily from shoulders. Bring head back, so that chin is over sternum and ears are over shoulders. Chin should be parallel to the floor.

Close your eyes and relax in the pose. With each exhale, lower your shoulders and elongate your neck a little more. Try to relax and feel comfortable, knowing that your posture and alignment are as good as they can be at this moment in time. (Try Standing Mountain Pose following the same basic instructions.) ■

Memories of Dupont Circle at Sunday Soup Salon

—Peg Simpson

Kay Eckles and **Susan Meehan** drew a large and enthusiastic crowd for the December Sunday Soup Salon when they talked about early days in the Dupont neighborhood. Eckles had been a neighborhood activist since the 1950s, helping curb huge commercial incursions that would have shattered the character of the community. Meehan moved here in the 1960s and was on one of the first elected bodies in the District before home rule and later served many years as an ANC commissioner. ■



DC Planning Officer Takes Flak, Reveals New Data

—Peggy Simpson

Harriet Tregoning, director of the DC Office of Planning, took a lot of flak about controversies on height of buildings and commercial entries in established residential neighborhoods when she talked to the Dupont Circle Citizens Association late last year. But she also revealed some new and fascinating nuggets about changes in the District, from Census data.

The District population is growing, in contrast to its recent past, with a gain of 30,000 in a decade and more than 16,000 just since spring 2010.

The newcomers comprise two blocs: empty nesters 50 and over and highly educated 35-and-under people. The private sector grows, as far fewer work in government jobs, which total 27 percent of the jobs today.

Fewer own cars. The number of car-free households jumped from 35 percent to 38.5 percent in one year alone and the trend since 2008 has been toward one-car households.

DC residents are earning a reputation for embracing new methods of getting around. The bike-sharing program is the most successful in the country. Zipcar, a two-way car rental plan, and the new Daimler Car2Go one-way rental program are seen as national successes.

The same is true of ParkMobile parking meters, with the fastest growth in the country.

"I think it says something about Washington's readiness to look at transportation options that are new," Tregoning said. ■

Thank you to Retiring ANC2B Dupont Circle Commissioners Bob Meehan and Victor Wexler

At December's ANC2B meeting DCV members, **Bob Meehan** and **Victor Wexler**, along with three other outgoing ANC Commissioners, were presented with a resolution unanimously approved by the DC Council and presented by Councilmember Evans. "I have known these Commissioners for the entire time they have served and ... I know how much their service has meant to this community" said Evans. He wished them all well and thanked them for their many years of service.

The Village thanks our colleagues for their fine work on behalf of our community and wishes them the best for the future. ■

DCV Volunteer Services Data

—Bob McDonald

With the end of 2012, Dupont Circle Village now has some significant data regarding the volunteer services provided to our members. Since last July, we have been tracking data on the number of requests for volunteer services, the types of requests, the hours that have been provided, and who is providing these services.

The data we have collected over the course of these past six months is impressive. Here are some of the highlights of this data.

From July 1 through December 31, 2012:

- DCV received and responded to 187 requests for volunteer services
- These requests came from 23 different DCV members
- A total of 43 volunteers responded to the requests and provided services
- 481 hours of services were provided by our volunteers – an average of 80 hours of service per month

We have started to categorize the types of service for statistical purposes. Here are the hours of service provided by type:

Service Category	Number of Requests	Number of Hours
Escort, Companion, Friendly Visits	68	180.5
Transportation	52	121.5
Home Maintenance – light	24	75.0
Meals Assistance	9	37.0
Administrative Tasks	13	25.5
Downsizing and Donations	5	15.0
Home Maintenance – heavy	5	11.0
Technology Support (computers)	5	8.0
Neighborhood Errands	4	5.5
Electronic Support (TV, appliances)	1	1.0
Gardening and Yard Work	1	1.0

Moving forward, we will be continuing to track this and other data on our volunteer services. Having this information is vital not only for giving us a picture of how effectively we are serving our members, but also in communicating to prospective members, donors, businesses, and grantors.

Thanks to our volunteers who not only provided these services, but who also have been diligent in reporting these data. Good job, volunteers! ■



Kudos

Kudos and appreciation to **Carol Galaty**, who again was the perfect host for the Village's New Year's Eve party. Guests reported "wonderful food and light-hearted, lively conversation" made the evening a great success. **Judy Krueger** says "it seemed so convivial and compatible and folks dressed up, some with period or international costumes. We chatted and laughed and played games and got better acquainted. It was a truly delightful way to close out the old and bring in the New."

Biscuits to **Bridgette, Gillian Lindt's** service dog. Bridgette and Gillian were standing outside of their apartment building when a car jumped the curb. Bridgette pushed Gillian aside away from the car, but she was hit and suffered two broken ribs. Gillian is fine and Bridgette is recovering. We can only marvel at the training and faithfulness this incident reveals. Gillian is going to be this month's Sunday Soup Salon speaker; when she will talk about how, as an adult, she has learned to cope with blindness. (see calendar page 2, for more information). ■

DID YOU KNOW?

Villagers get a free membership to the on-line version of Washington Consumers Checkbook, including ratings of products and services. For more information contact Executive Director Bernice Hutchinson



Where Are They?



Carol Galaty is off to the Far East countries of Cambodia, Vietnam and Singapore for a few weeks.

Sampling Serenity

Snow-shoeing in Vermont's North East Kingdom is an expedition in tranquility, requiring one to stay put in each glade, taking time to bask in nature's purest silence.

Nick and Joan Ludlow spent the holidays in the Vermont countryside. ■

Vermont's North East Kingdom



TIME FOR SPRING CLASSES!

If you have had a desire to study archeology, American Literature or any number of interesting subjects, this is your time to do it.

George Washington University (GWU) began accepting Course Audit registration forms on January 7 for Spring 2013 Classes beginning January 14. The deadline for receiving registration forms without penalty is **January 28** for full-semester courses.

The tuition fee for DCV members is \$65 per course. Laboratory fees are additional.

Four Steps to Audit a Course

- Find a course you are interested in at <http://my.gwu.edu/mod/pws/>
 - Complete the course form
 - Contact the professor to get his/her signature on the form.
- No e-mails accepted

Submit your form and payment information in person, by USPO mail or by e-mail to the Office of Alumni Relations during normal business hours.

Reminder: courses taken through the Alumni Course Audit program are not for grade or credit.

For more information call the Office of Alumni Relations 202.994.6435 or alumni@gwu.edu. ■

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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