



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“You can’t go back and change the beginning, but you can start where you are and change the ending.”

—C.S. Lewis

What’s Inside

- 1 Presidential Transitions
- 2 President’s Notes
- 3 Monthly Calendar
- 5 Thank You!
- 6 Celeb Salons: Historic Dupont Circle Main Streets
- 7 Live and Learn: Resilience
- 8 Member Profile: Hélène Diener
- 9 DCV Mystery Book Club
- 10 Ask Anne: Caregiving January Birthdays
- 11 Negro Baseball Leagues
- 12 I Won’t Die, Mommy. I Promise. Another Plague. Another Vaccine
- 14 Quarantine Stories
- 16 Art Archives
Poetry Corner

Welcome New Members!

Valentine Wilber

Presidential Transitions: Some Gracious, Some Not So Much

Presidential transitions have existed in one form or another since 1797, when George Washington handed over the presidency to John Adams. Some have gone smoothly, many have been bumpy and a few verged on catastrophic.

By Eva M. Lucero, Executive Director
Typically, the outgoing president hosts the president-elect at the White House within a week after the election where the president and first lady welcome their successors for a tour, lunch, and discussions in the Oval Office. President Ronald Reagan began the tradition of leaving a handwritten note in the Oval Office for the next president. Defeated president George H.W. Bush carried on this new custom with a gracious letter to incoming president Bill Clinton. Here is the full text of the letter:

Dear Bill,
When I walked into this office just now I felt the same sense of wonder and respect that I felt four years ago. I know you will feel that, too.

I wish you great happiness here. I never felt the loneliness some Presidents have described.

There will be very tough times, made even more difficult by criticism you may not think is fair. I’m not a very good one to give advice; but just don’t let the critics discourage you or push you off course.

You will be our President when you read this note. I wish you well. I wish your family well.

Your success now is our country’s success. I am rooting hard for you.

Good luck—
George

Presidential transitions extend, of course, to the entire family including First Children. The twin daughters of president George W. Bush, Jenna and Barbara, wrote a letter (2008) to Sasha and Malia Obama during their fathers’ transition and welcomed them to the White House with a private tour.



Dear Sasha and Malia, here is some advice to you from two sisters who have stood where you will stand and who have lived where you will live:

- Surround yourself with loyal friends. They’ll protect and calm you and join in on some of the fun, and appreciate the history.

Continued on page 2

President's Notes



Happy New Year!

Recently a member was discussing the Village and said we live in a world of people who consistently think of “me” first and foremost. The reason I deeply appreciate the Village is because people think of “us.” Members of the Village consistently reach out to others to show they care. A lovely thought, and so true!

There have been so many acts of caring during this exceedingly difficult year. We have reached out to each other even when we couldn't be physically together, offered help to many of our members, and made real efforts to ease other's distress during the last few months. I want to thank all of you for reaching out and caring. I genuinely believe it has

helped us “stay the course” through this difficult time.

As we look forward with hope to the year ahead, we will again meet our members' needs and arrange programming that supports our diverse interests. This year we may even get to face the challenge of implementing

face-to-face programming again—won't that be great?!

This is the time of year when Dupont Circle Village Board members transition. The three outstanding board members who are retiring are extraordinary. They have taken on many leadership positions during their tenures. I am happy to say that all have agreed to continue with leadership roles in the future. **Lois Berlin** has served as President of the Board, Chairs the Gala, cooks turkeys for Thanksgiving meals, and so much more. As Secretary of the board for the last several years, **Jane Pierson** has taken on many additional responsibilities including currently co-chairing the Fundraising Committee and always a member of the CelebSalon Committee. “Next Gen”

was **Mary MacIntosh's** “baby,” conceiving and developing the concept of inviting younger members to join and “pay it forward.” We often get requests from other Villages about NextGen, since they would like to replicate the program. A huge “Thank You!” to Lois, Jane, and Mary. We are grateful that they will continue their work with DCV.

In come the new! Our new board members bring a host of experience to DCV and we are pleased to welcome them to the board. **Sarah Burger** has led the Member Services committee for the last year and works on the Gala Committee and has been a Health Care Navigator volunteer. **Patricia Baranek** is a volunteer extraordinaire, assisting in the DCV office when asked. She is also a member of the Membership and Activities Committee. **David Schwarz** has been involved in many DCV activities, is a regular at Coffee and Conversation, and brings a wealth of board experience. David has been the Board Chair President of Bet Mishpachah, Washington's LGBTQ synagogue. Welcome to these three Board members!

Presidential Transitions

Continued from page 1

- If you ever need a hug, go find Ramsey. If you want to talk football look for Buddy. And if you just need a smile, look for ‘Smiley’.

- A note on White House puppies—our sweet puppy Spot was nursed on the lawn of the White House. And then of course, there's Barney, who most recently bit a reporter. Cherish your animals because sometimes you'll need the quiet comfort that only animals can provide.

- Slide down the banister of the

solarium, go to all T-ball games, have swimming parties, and play Sardines on the White House lawn. Have fun and enjoy your childhood. It's such a magical place to live and play.

- When your dad throws out the first pitch for the Yankees, go to the game.

- In fact, go to anything and everything you possibly can: the Kennedy Center for theater, State Dinners, Christmas parties (the White House staff party is our favorite!) museum openings, arrival ceremonies, and walks around the monuments. Just go. Four years goes by so fast, so absorb it all, enjoy it all!!!

- Remember he is our father, not the sketch in a paper or a skit on TV. Many people will think they know him, but they have no idea how he felt the day you were born, the pride he felt on your first day of school or how much you both love being his daughters. So here is our most important piece of advice: remember who your dad really is.

The lesson that I take from these letters is that presidential transitions are so much bigger than one person and graciousness, civility and kindness knows no age.

Monthly Calendar

Currently, activities are being offered online, by way of Zoom. Updates will be posted in the Friday e-blast. Instructions for Zoom can be found under the Library tab at <https://dcv.clubexpress.com/>

We do ask you to register online at www.dupontcirclevillage.net and select "Calendar," find the event, and register. If you can't join an online event or figure out how to register, please email or call Ann Talty at admin@dupontcirclevillage.net or (202) 436-5252.

Over 80 Group—moderated by Phyllis Kramer

Tuesday, January 12 2:30 p.m.

Location: Virtual

RSVP: Register online or contact the DCV office

CelebSalon: John Kelly, Washington Post

Wednesday, January 13, 6:00–7:00 pm

Location: Virtual

Limit: 40; Cost: free

RSVP: Register online or contact DCV Office

Who better to write about Washington than a witty native Washingtonian who's seen it all? Kelly's *Washington Post* columns give devoted readers a daily dose of perspective. Plus he plays the drums in a rock 'n roll band!

WELLNESS WEDNESDAYS

A new programming initiative with the DC Villages consortium

Wednesday, January 13, 1:00–2:00 p.m.

Location: Virtual

RSVP: [Palisades Calendar](#)

Creative Care (Palisades Village)

Sunday Soup Salon

Sunday, January 17, 5:00–6:30

The format of these events during COVID-19 will take the form of discussion of specific TED Talks. Watch for details in upcoming e-blasts.

Men's Book Group

Monday, January 18, 11:00 am

Location: Virtual

RSVP: Robert Hirsch (rmhirsch49@yahoo.com)

The book this month is **Beyond the Hundredth Meridian** by Wallace Stegner



Live and Learn: t/b/a

Monday, January 25, 3:30–5:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Look for more details in upcoming Friday e-blasts

DCV Movie Group

Wednesday, January 27, 3:55–5:15 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Details will be announced in upcoming Friday e-blasts.

WELLNESS WEDNESDAYS

A new programming initiative with the DC Villages consortium

Wednesday, January 27, 1:00–2:00 p.m.

Location: Virtual

RSVP: [Waterfront Village Calendar](#)

Medication Management for Older Adults (Waterfront Village)

Mystery Book Group

Friday, January 29, 3:00–4:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

This month's book is **Istanbul Passage** by Joseph Kanon.

Online Meditation with Christina

Mondays & Thursdays, 9:00–9:30 am

Location: Virtual

RSVP: Register online or contact DCV Office

Accessible Mat Yoga

Mondays, 5:00–6:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Chair Yoga

Tuesdays, 5:00–6:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Continued on page 4

Continued from page 3

Online Feldenkrais Method Awareness Through Movement

Wednesdays, 10:00–11:00 am

Location: Virtual

RSVP: Register online or contact DCV Office

The classes are about improving function and well-being in our day-to-day activities, which is why they are good for improving walking, running, sitting, standing, gardening, relieving pain, breathing, working, and playing. The classes are usually done on mats on the floor, sometimes lying, sometimes sitting, or even standing. You may also do it on your bed.

Coffee and Conversation

Thursdays, 10:00–11:00

Location: Virtual

RSVP: Register online or contact DCV Office



WELLNESS WEDNESDAYS

*A new programming initiative
with the DC Villages consortium*

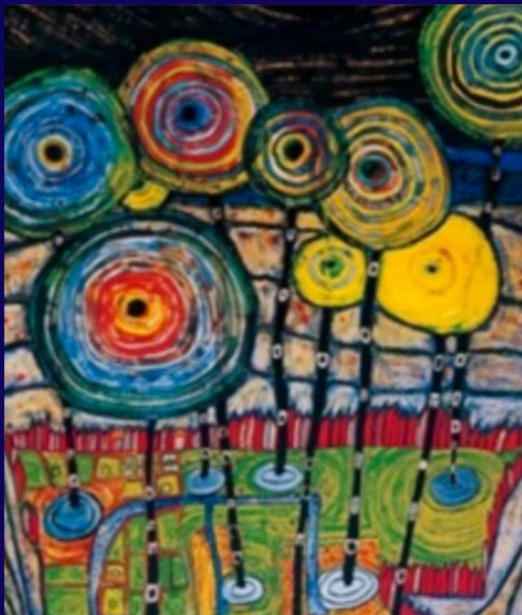
Wednesday, February 3, 1:00–2:00 p.m.

Location: Virtual

RSVP: [Dupont Circle Village Calendar](#)

Cooking Demonstration with Monica Heppel,
Multigrain Pancakes (Dupont Circle Village)

Save the Date



**You Are A Guest
of the Earth...Behave**

**Dupont Circle Village
2021 Virtual Gala
Thursday April 22
6 p.m.**

Thank You!

**We are very grateful for all the support we received this past year
from these wonderful and generous donors.**

January 1–December 31, 2020

Matt Abrams
Anonymous
Patricia A. Baranek
Donna Batcho
Lois Berlin & Larry Stuebing
Gordon Binder & Michael Rawson
Sue Bremner
Sarah Brown
Sarah G. Burger
Richard T. Busch
Kay Bush
Laurie R. Calhoun
Gene Calvert
Kathy Cardille
Leslie A. Carothers
Jane Cave
Raffaele Conate
Kari Cunningham
David DeLeon
Morris & Nancy Deutsch
Marjorie & Bill Dick Stuart
Helène Diener
Andres Doernberg
Marianne Drowne
Bené Durant
Lucia Edmonds
Gretchen Ellsworth
Geri Ferber
Richard Fitz & Kathy Spiegel
Elisabeth French
Lucy Fusco
Carol Galaty & Ken Shuck
Nancy & Dan Gamber
Alan Gambrell
Barbara & William Geffen
Georgetown Village
Ruth & Rusty Gorman
Anita Gottlieb
Freya Grand
Katharine B. Gresham
Annie Groer
John Hammer & Peter Klempay
Monica Heppel
Christina Hannah
Frances Hawkins
Mike Higgins & Judith Kirvan
Chris Hoban
Michael P. Hoffman
Charlotte Holloman

Joe & Lynne Horning
W. Craig Howell
Olga Hudecek
Elizabeth Hylton
Matthew & Genevieve Jaffe
Ralph Johanson
Kathy & Alex Jordan
Averil & Philip Kadis
Mike & Marlana Kain
Richard & Leanne Kaslow
Sheldon & Audrey Katz
Janet Kegg
Donald Keller
Kevin Keller & Keith Brengle
Suedeene Kelly
Zaven & Alidz Khachaturian
Ellen Kirsh
Steve Kittrell & Susan Hattan
Gail Kohn
Jeffrey Kraskin
Richard Kuisel
Ann Kurzius
Lynn L. Lewis
Marcy Logan
Sheila Lopez
Marie Lovenheim
Allison Luchs
Nicholas & Joan Ludlow
Marie Marcoux
Marie A. Matthews
Patricia McCafferty
Geraldine McCann
Pender M. McCarter
Bob McDonald & David Insinga
Ann McFarren & Bill Roberts
Mary McIntosh
Janet McMahon
Beth Merricks
Kris Miller
Roberta & Greg Milman
Richard C. Mollineaux
Gini Mondale
Robert Mulligan
Judith Neibrief
Joyce & Bill O'Brien
Janis Oehmann
Akiko Okuma
Deirdre M. O'Neill
Kirk Perrow

Tony Phelps
Margot Polivy
Kathy Z. Price
Kenlee Ray
Elaine Reuben
Lex Rieffel
Marilou & Massimo Righini
Joy Rodman
Sloan Rogers
Bella Rosenberg
Allen Rotz
Ed Sambuco
Tommy Sams
Leslie Sawin
Helene Scher
Miriam Schottland
Janet Schumann
Peter R. & Claudia A. Sherman
Charitable Giving Fund
Christopher Shirley
Peggy M. Siegel
Wayne Silby
Peg Simpson
Georgette Sobel
Rene Steichen
Mary H. Stevens
Betsy Stewart
Karen A St John
Ingrid & Richard Suisman
Eileen & Michael Tanner
Pamela Tomski
Darrell Totman
The Washington Home
Gloria M. Valle
Holly Van Fleet
Gretchen Van Pool
Susie Van Pool
John VerSteeg & Jane Pierson
Carmela Vetri
Ann & Bob von der Lippe
Robert Weiss
Mary Wheeler
Abigail Wiebensohn
Sandra Yarrington
Mary Yoder
Sharon Zamore
Patty Zweibel & Dan Leathers

Historic Dupont Circle Main Streets

This is a dire time for small business owners. The Pandemic will stretch on into 2021 and will threaten the very existence of many businesses near and dear to people in Dupont Circle. It's OUR neighborhood, and we have a big stake in preserving the mixture of small commercial shops as well as the dozens of cafes and restaurants.

By Peg Simpson

Villagers can help. Bill McLeod, executive director of Historic Dupont Circle Main Streets, told a CelebSalon in mid-December that there are many things villagers can do.

"Your patronage matters now more than ever," he said.



- You can order takeout from a café, restaurant or even a specialty foodie store such as Glen's. You can fetch the food yourself, curbside, or hire a delivery service. Sometimes the cafes are delivering orders for free within the DCV area (this is true of RIS, the restaurant owned by Ris Lacoste, and of Glen's Garden Market, owned by Danielle Vogel—both of whom have been Celebs at our earlier 2020 salons).
- You can buy a friend a gift certificate to a restaurant, usually with a \$50 minimum. "You can't imagine how much that means, right now," McLeod said.

- If you don't need to get your clothes cleaned because your Pandemic dress code consists mostly of sweats, you still can come to the aid of your neighborhood cleaners. What about getting that dress or suit jacket altered, as you've been putting off doing? The cleaners are ready and able to help you out.

McLeod said he fears up to 30 percent of the small businesses may not make it.

Large commercial office buildings are also hard hit. Some may be retrofitted as rental units, he said. Homeowners with rental units are not immune from financial pain during the Pandemic. If they're unlucky enough to have a vacancy in their basement rental unit, it might be months before they find new tenants. Colleges are not doing in-person classes so students log in from afar. Many nonprofits who usually hire a lot of new graduates are cutting back. That means lots of would-be tenants didn't come to DC as expected. Many who were here earlier in the year went home to their parents to ride out the Pandemic. That has created a glut of once-coveted rental units in Dupont. Landlords reduce rents to compete for live bodies. And then they reduce them again. One survey said the Dupont-Logan Circle area had an average rent reduction of 17 percent. That's great for tenants, not so much for landowners who've relied on that basement rent.

Hotels are dark because conventions have been cancelled and business travelers aren't coming in. That includes the Washington Hilton. The quirky art deco boutique hotel, the Carlyle, was sold and now is closed for renovations. Hotel closures reverberate, cutting off suppliers and depriving cafes nearby of customers.

In many cases, rent is just too



steep when business is off by 70 percent. McLeod said the longtime Connecticut Avenue jewelry store, Bedazzled, which went out of business months ago, couldn't make its \$13,000 a month rent. Some businesses are trying out new models for survival, including sharing space. There might be an art gallery on the first floor, for instance, and a yoga studio on the second. The yoga classes may bring in steady income, and a shared space could keep the art gallery alive for another day.

McLeod said the relatively new office and residential spaces on 14th Street have different problems. They were the glitzy newcomers, attracting tenants and customers from Dupont. But they are larger, on average, than properties here. That can make it harder to adjust when business plummets.

"I really think when this is all over that we'll be better off in Dupont than they will," said McLeod, "because of the greater variety of businesses and the smaller scale. That's a strength, long term."

But meanwhile—the challenges of just existing day to day remain formidable for small businesses. "And whatever villagers can do to help give them a hand would be a huge help," McLeod says.

Resilience is More Than Just Powering Through

Congratulations! You've just survived the most challenging year in recent history.

So you are obviously tough.

But you might like to become even more robust. After all, as 2021 is moving into gear, Covid-19 is still lurking around the corner.

And if so, Barbara Beizer, a DC resilience expert and leadership coach, could be of help. She spoke to 25 of us Villagers at a virtual Live and Learn Program on December 8. The major focus of her talk: "What COVID confinement is teaching us about personal resilience." However, she also addressed some of the things that research has divulged about it.

First off, what is resilience? It consists, to a large degree, of coping successfully with chronic stress, which all of us are currently experiencing to an incredible degree. Beizer reported. The chronic stress in turn can be due to a plethora of stressors: the danger of being infected or even killed by Covid-19; racial violence; political tensions; seasonal depression; Holiday blues; and so much deprivation—an inability to see friends and family, to dine out or to shop; a disruption in routines or in traditions; a loss in livelihood, a loss in identity, a loss of loved ones to Covid-19 or other illnesses.

There are a number of ways to cope with chronic stress and thus become more resilient, Beizer continued....

Engage in activities that bring you comfort and joy—not in those that would have pleased your deceased parents or spouse! Having a pet might be one answer. One study found that while 15 percent of subjects reporting finding solace in a spouse or partner in times of stress, even more—20 percent—reported finding it in a pet.

Some people can't say "no" when others ask favors of them. As a result, they find themselves overburdened, and such exhaustion in turn can sap their resilience. If you are one of these individuals, practice saying "no." Each time, it should become a little easier.

Move! Even standing up and waving your arms around can dissipate stress to some degree.

Practice patience, tolerance, and managing your annoyance or anger.

Use humor to ease your frustrations. Black humor can be particularly cathartic. For instance, a woman who was trying to deal with having an incurable cancer went around telling people, "The man with the sickle is after me."

Set goals for yourself and truly believe that you can make a difference.

Try to turn negatives into positives. For example, if you're weary of having to wash your hands all the time, try to turn handwashing into a pleasant ritual, taking time to stroke and sooth your fingers, palms, and the back of your hands.

Look for something to be grateful for each day.

And perhaps most crucially, attempt to deal with the losses you've experienced this past year. An "amazing website" can help you in this regard, Beizer asserts. It's called whatsyourgrief.com. It offers online courses, webinars, and booklets on a range of topics related to coping with loss—for instance, managing your grief on holidays and special days, how to grieve non-death losses, a beginner's guide to exploring grief through photography, and the danger of comparing your grieving to that others have experienced.

However, there is no one way that is better than others to cope with chronic stress, research has shown. So that's why it's a good idea to deploy a number of techniques.

But resilience isn't just about



copied with chronic stress, with rebounding, or surviving, Beizer emphasized. It also includes learning from what we've been through and applying those skills when adversity once again slams us.

For instance, some of the things that Covid confinement has been teaching us....

Mental focus is harder during times of chronic stress.

Being alone is not the same as feeling lonely. Introverts can generally be alone and not feel lonely better than extroverts can.

Things that might not bother us during normal times may do so during periods of chronic stress. Beizer noted that her husband tends to trail crumbs all over the house. She used to find that habit slightly annoying. But since the pandemic, he has been home much more, and his "Hansel and Gretel" trails of crumbs have really been riling her.

Barbara Beizer, cofounder of the Resilience Lab and a leadership and transition coach, is located at 4025 Connecticut Avenue, NW, Washington, DC 20008. Her phone number is (202) 669-0800. Her email address is b2works.coaching@gmail.com

The World Traveler—Heléne Diener

I'm a "Valley Girl" from the suburbs of Los Angeles. I knew when I was born that I had to escape. I started playing piano, by ear, when I was five years old. I taught children and adults to sight-read when I was in junior and senior high. I studied diligently, no parties or boyfriends, and was accepted to University of California Berkeley. I was a Fine Art's major

DCV Member Profile

and received a scholarship to the Academy of the Arts in San Francisco where I did freelance graphic design.

In the back of my mind I wanted to study sumi-e (ink painting). I learned about it at Berkeley. My artwork had always been precise, tight. Sumi-e is meditation, starting with the rhythmic grinding of ink on stone, your brush is part of your being like your breath. So, I called my parents and said goodbye, I was off to Japan.

I didn't speak Japanese. The information office in Kyoto set me up with a family of artists who lived in a village. I felt like I was re-learning Japanese. I found a sumi-e master and taught English. My knack for Japanese landed me a job interviewing locals about their festivals and customs. I translated it for the English version newspapers.

One of my artist friends introduced me to the owner of a private club in Kyoto. I learned how to sing Enka, traditional Japanese folk songs. I loved that job, except for the cigarette smoke. Tears ran down my cheeks when I sang the sad songs about separation from family and pining for love. If they only knew it was the smoke that got in my eyes.

My visa ran out so I got on a boat and headed to South Korea, my second Asian country. I ended up living in Asia for five years. I worked as a free-lance writer (cultural articles) in Japan, Hong Kong, and Singapore. I spent two years (off and on) in India



where I learned stone color techniques and batik in Indonesia.

I returned to Los Angeles for my sister's wedding. I'd been away for three years. I was appalled at the lack of respect for teachers and elders. People wore their street shoes inside of their homes. I went back to Asia.

Of course, I was addicted to traveling. When I got off a bus, boat, train, plane, or camel and learned the essentials of a new language I felt reincarnated. So far, I've been to over 65 countries (not allowed to count islands) and 7 continents. 80 percent of the time I was backpacking on my own. Last year I backpacked northern Laos.

I moved back to the States to be closer to my ageing parents. I disappeared a lot when I was on the road. There were only a few pay phones. How do you call home from Ladakh, Borneo or a village in Bolivia. The time difference was also a problem.

Finding somewhere to live in the U.S or Canada was a challenge. D.C found me with an editing job. After some time, I turned back to my music roots. I started a music career working private/corporate events including the White House, State

Department, U.S Capitol, the National Democratic Club, Dacor Bacon House, Fort Belvoir, and lots of celebrations in private homes.

Most places that I have lived overseas, people appreciate the earth. What I saw in D.C, Maryland and Virginia were weeds. Every apartment and shared house that I have lived in, I established an herb garden. When I moved to The Ontario in Adams Morgan, I started with a tiny parcel of land that I hand watered. Now, I grow over 25 varieties of herbs. My garden has been expanded three times. I love introducing neighbors to herbs. I tell them "even if you only have a frozen dinner, add some fresh oregano, marjoram, lemon thyme" more health benefits than a pill.

I was introduced to DCV by a friend. The reliable DCV updates (especially during the pandemic) and source information on the member list-serv has been a great help. I miss Susan and Bob Meehan's piano-poetry salon, creativity at its best. I was inspired to write poetry. DCV has an amazing outreach program for every scenario. CelebSalons and Sunday Soup Salon programming are even good on zoom.

The Reviews Are in: DCV Mystery Book Group is a Hit

As the DCV Mystery Book Group approaches its one-year anniversary, members agree that it's a "keeper".

"What a fun and knowledgeable group! The MBG provides an opportunity to read and discuss authors who represent the diverse sub-genres of mystery and crime fiction."

By Susan Hattan

—Susan Doolittle

"What I love about the group is getting to know about new writers and new series. I also get insights into things I missed or hadn't considered, thanks to the views expressed by others in the meetings, and sometimes I change my mind about the book. My favorite mysteries are those that immerse me in a completely different environment, whether it be a different era, country, or just region of the US."—Laurie Calhoun

"So glad this group formed, especially great during a pandemic. The idea for the Mystery Book Group was 'Dead on!!'"—Karen St John

"I would award MBG 12 stars: one for each mystery read."—Joy Rodman

"Having been a regular at the old Mystery Bookstore on Connecticut Avenue, and continuing to include mystery novels in my bedtime reading routine, I thought I was fairly knowledgeable about the genre. After one meeting with this group it became clear that I didn't have a clue. This is another treasure that DCV offers."—Monica Heppel

"Becoming a member of the DCV Mystery Book Group (MBG) has brought back into my life a passion that I had for many years but had let slack for a long time—and that is, reading good mysteries. Having the

MBG monthly meeting as one of the repeat events on my calendar has encouraged me to find time most days to read some of the latest mystery on the Group's list. Not only have I found out about different types of mysteries and authors, but I am learning how to better understand what I have read as we discuss characters, plots, etc. each month. For all of the rest of you mystery book enthusiasts who are not Group members, I encourage you to give the MBG a try. You won't regret it."

—Ken Shuck

"I love the mix of occasional mystery readers (like me) and the truly committed, as well as hearing the different perspectives people bring into and out of a book. As informal and relaxed as the meetings are, this is a book club that actually discusses the book!"—Bella Rosenberg

"A great way to indulge one of my favorite vices. Really good discussions, and the group has got me hooked on several new authors."—David Schwarz

"I've really learned from the people who have been very immersed in all sorts of mysteries for decades. I've found a lot of new authors. Totally enjoyable!!!"—Peggy Simpson

"My surprise joy with the group has been being introduced to new writers—and varied approaches to suspense. I was hooked from the beginning, and I think the selections have been made with a successful attempt to vary style, degree of evil and ultimate comeuppance. Almost all, if not all of us need a bit of escapism in our lives, especially during these dreary times."—Iris Molotsky

"The Mystery Book Club has spurred me to read more, and to renew my first series, Nancy Drew. When I

bought Billy Boyle to read with the group, I also bought a Nancy Drew box set for my grandkids. Believe it or not, my granddaughters, a 6-year-old and her 3-year-old sister, have just finished their 3rd book. They sit rapturously when I read these mysteries out loud!"—Kathy Cardille

"What I really like about the group is the variety—both in the book selections and the perspectives about the plots and characters."—Susan Hattan

"A five-star book group! The Mystery Book Group offers great reads. They have a terrific selection of books, many of them series so one can continue with characters over time, varied locations and placed in many different time periods and countries. Very interesting conversation and points of view!"—Leslie Sawin

The monthly meetings were originally held in members' homes, but COVID led to the cancellation of the March gathering and sent all future meetings to Zoom. The group was the brainchild of DCV member Leslie Sawin, who reads "all mysteries, all the time." She recruited Susan Hattan (who cut her mystery teeth on Nancy Drew and progressed from there) as co-organizer of the group. Leslie later turned over the reins to Laurie Calhoun, another longtime mystery reader and Nancy Drew fan. As Laurie puts it, "It's a great way to socialize with Villagers at this difficult time and gives me an excuse to read even more mysteries, which is so comforting right now."

The group generally meets at 3 pm on the last Friday of the month. The discussion is led by a different group member each month. The mystery-book field covers a broad range of genres—from noir to cozies—and the group is willing to give any and all of them a try.

Caregiving During Both Covid and the Holidays



Ask Ann

I have always been impressed by what our Village does to care for fellow Villagers. I know I appreciated how the Village cared for me when I had my hip surgery a year ago.

By Ann Talty

It's been some time since I've been on a care team myself, so I'm glad I recently had a refresher through the Village, both from some training sessions, and from sitting in on the Membership Committee meetings. I certainly needed that this last month.

On the Saturday before Thanksgiving, my closest friend Donna had a heart attack and was hospitalized. She was terrified, and I found it so frustrating I could not be there in person. On the day before Thanksgiving she had a triple bypass, and the surgery took much longer than had been estimated. It is much easier to get updates if you are there in person and refuse to budge from the desk until you get an answer.

And then there's the transfer to a rehab center. It was not known until the last minute if she needed acute or sub-acute care, and I didn't know if there was really a choice of where. So

now I had a whole new list of contacts to deal with. And it was expected she would be there for one week and then be sent home. Well, she lives alone, and we all discovered she had become a low-grade hoarder.

And then there are the medications. Yes, she was given a complete list of everything, including the many medications she took before the heart attack. But I was never there when the new list was administered. How could I be sure she's getting what she needs. This all is less than desirable. And why is she having trouble breathing, speaking, swallowing? Most of the time she is limited to texting since she is hoarse and gasping for air. So what are the doctors actually doing for that and the fact that she has trouble eating? Response: What do you mean you haven't been giving her this one medication?

During all of this, I and other helpers had been cleaning, sorting paperwork, paying bills, putting things away, following up on her disability paperwork, etc. so that she could return to an orderly home when it became time. At least the

various setbacks gave us more time to organize—it's always good to have an upside!

As I write this, she is being released from the hospital the day before Christmas Eve. We have arranged for her to go to an excellent facility for respite care and PT/OT. Since Kaiser does not see the need for that or for health aides, we are "gifting" that to her so she can get what we consider essential for her.

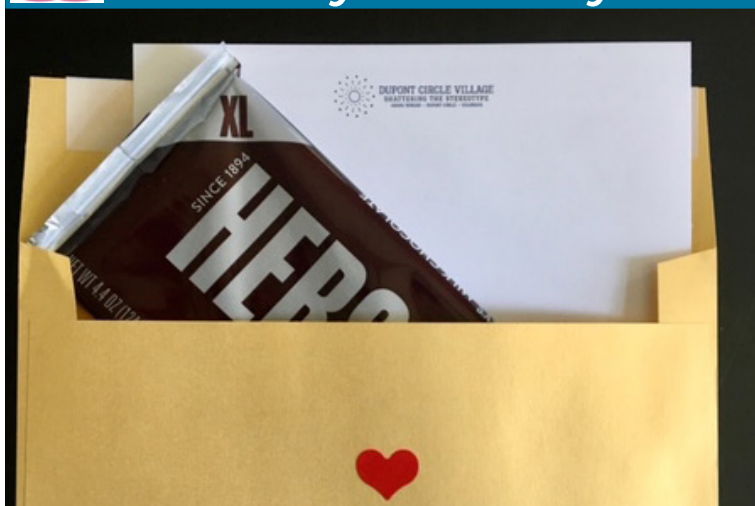
This doesn't begin to describe all the snags, calls, conferences, arrangements involved. Thank goodness I have had DCV to share this with. Once Donna is home, others can do laundry, cooking, whatever for her. In the meantime, I remembered the term "health advocate", and we used it liberally to access what we needed.

So, my hat is off to our care teams, meal mavens, Eva, Barbara Scott, and all others who got involved. I had forgotten how much time and energy are needed to see to all these details.

Most important, though, is that we still have Donna in our midst. A very big thing for which to be thankful!



January Birthdays



A very Happy Birthday to DCV members born in January.

Connie Bryant, Burke Dillon, Susan Elmendorf, Anne Groer, Chris Hannah, Susan Hattan, Michael P. Hoffman, Dennis Houlihan, David Insinga, Audrey Katz, Bob McDonald, Frances Oakley, Linda Rosch, Bella Rosenberg, Kathy Spiegel, Wayne Thompson, Michael Whelan, and Penelope Williams

An Evening With the Negro Baseball Leagues: Exploring the Past and Implications for the Future

It began, as so many things do these days, with an email.

"Amidst the madness around us," commiserated my longtime friend David Adams, "I was searching for an interview with Satchel Paige from an old *Dick Cavett Show*." The reference meant a lot. Both of us

By Peggy M. Siegel had grown up in Cleveland, where in 1948, the legendary pitcher well into his mid-40's, helped our home team Indians win the World Series. Dave never did find the interview, but his email contained something just as special—the link to A Century of Change, an engaging, thought-provoking program commemorating the 100th year anniversary of the Negro Baseball Leagues: <https://www.youtube.com/watch?v=CvxR7Yfig1c>

Produced by the PBS Station in Kansas City, MO, also home to the Negro Baseball Leagues Museum, the 27-minute documentary highlights the rise and fall of the Negro Leagues. Because Major League Baseball teams were segregated, Black ballplayers had to form their own leagues, until Jackie Robinson broke the color barrier in 1947. The vibrant communities, businesses, and fanbases that had grown up around the Negro Leagues, unfortunately, became collateral damage, sacrificed to the noble cause of integration.

A perfect topic for the Dupont Circle Village Cultural Affairs Group. And E. Ethelbert Miller was one of the first people we thought to invite. A noted local poet, Ethelbert had authored the collection, *If God Invented Baseball* (City Point Press, 2018) with, of all people, Satchel Paige on the cover. He, in turn, recommended Ball State University English Professor Emily Rutter, whose research captures the vanishing story of segregated baseball through novels, plays, poems, and films. Emily used *Fences* (the August Wilson play adapted as a

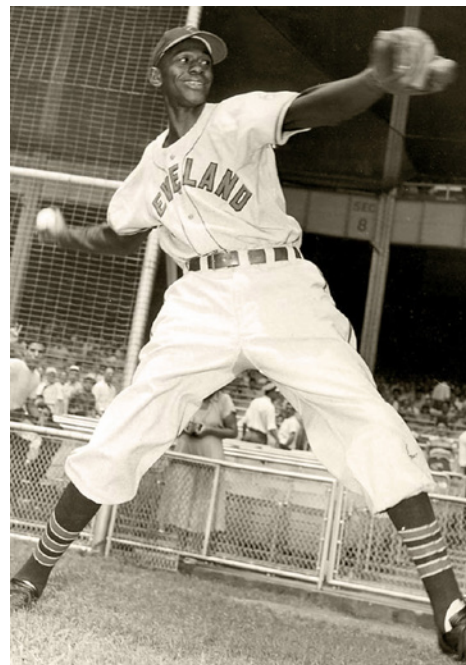
film starring Denzel Washington and Viola Davis) to illustrate the destructive impact of segregation on the lives of an aging former ballplayer and his family during 1950's Pittsburgh—the archetypal tragic story of far too many real Black ballplayers denied access to the major leagues.

Equally destructive in human terms was the price paid by exceptional individuals, like Jackie Robinson, Satchel Paige, and Larry Doby, the first Negro League players to be allowed in. Forced to deny their own humanity when confronting racism on the field and off, their wives often assumed the heavy burden of keeping their tempers in check. (See "42" for the film depiction of Jackie and Rachel Robinson's story.) Only after retiring from baseball was Robinson able to assert himself on behalf of Black economic empowerment and civil rights.

Fast forward more than 70 years. When Fox News host Laura Ingraham admonished basketball superstar LeBron James to "shut up and dribble," it only accelerated political activism. Numerous athletes today refuse to sit on the sidelines of social justice, demanding not only that their voices be heard, but also that their teams support them. Progress is slow, but it is happening.

Case in point. The same day of our event, MLB was holding its own reckoning with history: the sport formally recognized the Negro Leagues as part of the Major Leagues. No longer separate, but certainly, finally, made equal. And no longer will the legacy of a bygone era—the records and accomplishments of 3400 men who played professional baseball from 1920 to 1948—fade into oblivion.

Satchel Paige is famous for having once said, "Don't look back. Somethin' might be gainin'." After this week, he might just want to reconsider. Yes, do look back. Something significant just caught up.



More good news. As baseball fans anticipate the inevitable return of America's Pastime, we have Ethelbert's new poem to take us home:

When the Games Return

(for Emily)

*When the games return
we will not hide behind the mask.
We will race out onto the field
to bask in fellowship and embrace
the sky, sun and the four bases below.*

*There will be no fear in the air,
no sickness in the stands. There
will only be cheering and clapping
and a knowing that baseball is what
matters and our dreams are round
and hard and at times get caught
in our gloves.*

*When the tarp is lifted and rolled
back a sudden beauty will appear.
It will be the memories of what
we missed and what we love. It will
be baseball. It will be prayer.*

—E. Ethelbert Miller
12-2-20

"I Won't Die, Mommy. I Promise." Another Plague. Another Vaccine.

A TRIP TO THE CIRCUS

I was too young to remember when my cousin Lois became the second victim of the 1948 Los Angeles polio epidemic. I was just a baby. Lois was seven.

Her Mom had taken her and Cousin Alan to the circus. Lois came home and soon she wasn't feeling well. Had a fever. It got worse. Much worse. They rushed her to the hospital.

"I won't die Mommy, I promise," she told my Aunt Mae before they took Lois into surgery to perform a tracheotomy.

Lois made good on her promise, and one year later, after therapy, she was able to go door to door, collecting for the March of Dimes. Eight years old, walking with a limp, and the polio had turned her hair snow white.

She knocked on one door in North Hollywood and a woman answered. Smiling, the woman asked how she could be sure Lois was who she said she was. "Do you have any credentials," the woman asked. Lois had never heard the word "credentials" before and didn't know what it meant, but took a guess.

She opened the top button of her blouse and showed the woman her tracheotomy scar.

Credentials indeed.

The woman made a nice donation and the next day, someone came by Lois' house to take her picture.

Day after that, it was on the front page of the local newspaper. Local girl shows credentials in fight against polio was the headline.

FEAR

It's hard to put into words the fear that gripped America during the post-war summer polio outbreaks.

Swimming pools and theaters would close when a case was



reported. Parents often sent their kids to spend summer with relatives in the country, away from other children and away from the virus.

Parents who grew up in the depression and helped America win the Second World War lived with the fear that their precious children would be paralyzed or die from something they could not see and would attack without warning.

ON THE FRONT LINES

My cousin Sidney Busis lived a couple blocks away from us in the East End of Pittsburgh. He was a doctor, and, during the summer outbreaks, there were times he worked sixteen hour days, seven days a week on the third floor of the Municipal Hospital, performing tracheotomies.

If a child had a bowel movement during the surgery, Sidney would signal an orderly, who would gather the stool and take it immediately to the basement, where a research team headed by Jonas Salk and Julius

Youngner would take the sample and culture it to determine if it was one of the known strains of polio—or a new strain. They were working to develop a vaccine, and needed live virus to study and to use.

At the end of his workday, Sidney would shower and change clothes. And then he would drive to a second location—I believe it was a relative's home or garage—and shower and change clothes again, before heading home to Sylvia and their four young sons.

He spent endless days surrounded by the polio virus and took every step possible to avoid bringing it home to his own children.

THERE WAS NO CRYING

I remember the day they came to my first grade classroom at James E. Rogers Elementary School to give us our polio shots. Our school was one of 23 in the city to be among the first to be included in the final vaccine trials. And every parent of every student

in my class gave written permission for us to get our shots. Our teacher, Mrs. Esther Cutler, was all business that day.

"There will be no crying," she said. "You are big first graders. You are not kindergarten babies. Remember, no crying."

She stood and watched as a man sat at her desk, with a bunch of stuff lost to memory and a Bunsen burner. We assumed the man was a doctor. A woman dressed in white stood alongside the desk, holding a needle.

We were called up to the desk, one by one, row by row, starting with the left hand row. There were a few sniffles, but no one cried, as the nurse administered the shots.

One thing that stands out was the Bunsen burner. After each shot, the doctor would take the needle and hold it over the flame, then wipe it off with what I now assume was an alcohol wipe.

Yep. They reused the same needle several times before switching to a new one.

At my 50th High School reunion, two of my first grade classmates actually brought their polio booklets—which had records of shots and booster shots—and both said they also recalled the Bunsen burner and the reuse of the needles.

A DAY TO REMEMBER

The morning of April 12, 1955 was a beautiful sunny day. Mrs. Cutler told us that we would be let out 15 minutes early for lunch so that we could go home and watch an important program on the news at noon. And that we didn't have to return to school until the news was over.

I was sitting on the living room floor, sipping on Campbell's Tomato Soup with Rice when a man came on the television and said the polio vaccine had been tested and tests confirmed it was safe and effective.

My mother was sitting in a living room chair and she came over and reached down and gave me a hug and began to cry.

Mom let out a sob and a groan



and said, "oh, the children. Oh, all the poor children. Oh, poor Lois. Oh, all the children."

She hugged me so tight that if my head was a zit, it probably would have popped. Finally, I had enough and broke free. She went back to the chair, sat down, and wept for joy. Soon, the news program was over, and I headed out the door. I jumped off the front porch, flying over the three steps, landing on the sidewalk, and ran off to school as fast as my healthy legs could carry me.

The church bells at nearby St. Raphael's were ringing, along with church bells all over Pittsburgh. Drivers honked their car horns. It was a day of celebration, made even sweeter because the vaccine was developed in our hometown and we had been a part of it all.

THE CUTTER INCIDENT

The polio vaccine was rushed into a mass inoculation program. Some vaccine was prepared in advance of the April 12th announcement, and one of the companies tasked to manufacture the vaccine, Cutter Laboratories, accidentally prepared some lots where the virus had not been properly treated and the shots included live virus.

More than 100,000 people, mostly children, received the tainted shots. Nearly half developed a very mild form of polio that does not involve paralysis. 56 developed paralytic polio, and five died. This in turn led to a polio outbreak in which another 113 were paralyzed and five more died.

It was one of the worst pharmaceutical disasters in American history, with tens of thousands of children accidentally vaccinated with the live polio virus. My parents never mentioned it to me, and it wasn't until decades later that their little Polio Pioneer learned of the Cutter incident.

Polio cases dropped by 97 percent in a matter of a few years, and, since 1979, there has not been a case of polio having originated in the United States.

AFTER THE WAR WAS WON

Lois lived into her 70s, and died three years ago in Fresno, CA. Cause of death was listed as COPD and post polio syndrome. She lived a full and active life, but the effects of the disease were with her to the end.

Dr. Sidney Busis died in the spring of 2019 at age 97. Sylvia passed away two months later, at the age of 94. The four boys are fine. One son is a doctor. Dr. Sidney Busis was featured in the documentary, "The Shot Felt 'Round the World," and he and Sylvia were beloved and respected community leaders in Pittsburgh. Among his patients was Fred Rogers, who asked Sidney to appear on an episode of Mister Rogers Neighborhood, where Fred went to visit his doctor, Dr. Busis.

THE TAKEAWAY

Polio, which terrified my parents' generation, virtually disappeared with the Salk vaccine and later the Sabin oral vaccine.

And those of us who lived through those years and may have played a bit role in the battle against the disease are now old enough to be considered high-risk for COVID and will be given priority to receive the vaccine. What we saw and experienced as children helped define who we are today, and shaped our view of science and medicine.

You better believe I'll get in line and take my chances with the vaccine, rather than take my chances with 'rona!

And don't get me started with the anti-vaxxers.

Quarantine Stories



▲ DCV's first virtual **Holiday Party Sing Along** was a huge success. **Mary Stevens** was the host, Broadway star **Donna Cherry** was the lead singer, **Lucia Edmonds** presented about Kwanza, **Elaine Reuben** presented about Hanukkah, **Peg Simpson** presented about Christmas and **Ann McFarren** gave the final remarks. Over 80 Villagers participated. All participants received a bag of presents, homemade cookies, hot chocolate, hot cider and printed music to sing along.



▲ **Karen St. John's** incredible view at sunset from her apartment in the Chastleton on 16th Street.

Quarantine Stories



Carol Galaty, Mary Stevens, Eva M. Lucero, Kathy Price, Abigail Wiebenson, Frances Oakley, and Sandra Yarrington were in the DCV office right before Christmas to prepare the Holiday bags that were distributed to our members.



Rick Busch and Kenlee Ray went to the Woodrow Wilson House to view the **Suffrage Outside!** exhibit which was in the garden of the house.



Black Sea at Night (oil)
Ivan Aivazovsky (1817–1900, Russian)

Poetry Corner

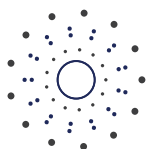
To the New Year

With what stillness at last
you appear in the valley
your first sunlight reaching down
to touch the tips of a few
high leaves that do not stir
as though they had not noticed
and did not know you at all
then the voice of a dove calls
from far away in itself
to the hush of the morning

so this is the sound of you
here and now whether or not
anyone hears it this is
where we have come with our age
our knowledge such as it is
and our hopes such as they are
invisible before us
untouched and still possible

W. S. Merwin

The Dupont Circle Village is a non-profit volunteer organization that connects neighbors to services and educational, cultural/social and health and wellness activities. Please consider a donation now or remember us in your will.



DUPONT CIRCLE VILLAGE
SHATTERING THE STEREOTYPE
ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

Dupont Circle Village
2121 Decatur Place NW
Washington, DC 20008
www.dupontcirclevillage.net
admin@dupontcirclevillage.net
202-436-5252

Board of Directors

Ann McFarren, president
Steve Kittrell, treasurer
Abigail Wiebenson, secretary
Patricia Baranek
Sarah Burger
Andrés Doernberg
Gretchen Ellsworth
Mike Gould
Mike Higgins
Charlotte Holloman
Michael Kain
Bob McDonald
David Schwarz

Eva M. Lucero
executive director

Mike Gould
volunteers chair and coordinator

Newsletter co-editors

Eva M. Lucero
Sherri Monson
Helene Scher

Design

Saiz Design