

Bookstore: One of the only pieces of evidence we have that people are still thinking.

Jerry Seinfeld, quoted in *Reader's Digest*

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DUPONT
CIRCLE
VILLAGE

FROM
THE
President

President's Letter

Growing and Changing of the Guard

—Iris Molotsky

There's a lot going on for a season that's supposed to be devoted to reading under a shady tree or bicycling down a country lane.

Over fifty Villagers welcomed summer with a potluck dinner at our house on June 24. The food was so varied and tasty that **Stephanie Ortoleva** suggested that we should start another round of cooking classes. Another villager suggested that an eating class would attract even more participants.

DCV's grant from Main Streets is kicking into high gear. You may remember that DCV is partnering with Dupont Circle Historic Main Streets to develop age-friendly recommendations to encourage local shopping among the over-60 group, which is surging throughout the nation — and internationally.

Our project has attracted the attention of the mayor's office. **Gail Kohn**, who many of us know as the former executive director of the Capitol Hill Village, is now the District's Age-Friendly Cities Coordinator and is very excited about our initiative. "It's a model that can be replicated throughout the city," she says. So, working with Gail, we are developing surveys that will provide data and recommendations that could put the District in the forefront of the age-friendly city initiative.

This gives even greater importance to the

Village survey you will be asked to take later this summer. We are working on the questions now. Do you have ideas about changes you would like to see in local shops or restaurants? If so, send your ideas to **Bernice Hutchinson**, **Pender McCarter** or me.

Despite what is usually the summer doldrums, membership is continuing to grow. Many thanks to all of you who help to spread the word and recommend potential members to **Abigail Wiebenson**, the membership committee chair.

August marks the changing of the guard for two of our most valued leaders: **Judy duBerrier**, creator and leader of the senior yoga program and **Judith Neibrief**, the energetic and imaginative head of our activities program. Their unique contributions won't be replicated but we have found replacements who bring new and exciting plans.

We are pleased to introduce you to our new committee heads—**Kathy Cardille** is taking over the activities committee and we have created several subcommittees: cultural, dining, special events, theatre and dance and soup salon. We still are looking for someone to lead the dining component, which entails scheduling the monthly lunches or dinners. If you like to eat, this may be the job for you. Contact me if you think you can help. ■





MONTHLY Calendar

MONDAY, JULY 22

3:30 – 5PM

At this month's Live and Learn we discuss what we need to know when we travel. Members will share travel tips, resources that they found helpful in planning travel and past experiences from which others might benefit. NOTE: Session will focus on health, logistics and practical issues of travel. Human Rights Commission, Conference Room A, 1640 Rhode Island Avenue NW. Contact Linda Harsh, 202-234-2567, or lindajkh@mac.com. Session is free for Villagers and \$10 for others.

TUESDAY, JULY 23

5 – 9PM

Nationals vs Pirates game sponsored by Woman's National Democratic Club. Food & drinks at the Club - 5:00PM Game at 7:00PM Price: \$34 baseball ticket, in the LF/RF Mezzanine section. Grandchildren are more than welcome! Meet at the Club at 5:00 p.m. for drinks and light hors d'oeuvres (\$10), and then head over to the Nationals Park on the metro. Contact Pat Fitzgerald (202) 232-7363 to order tickets.

TUESDAY, AUGUST 6

10 – 11AM

A Docent Tour of Georges Braque and the Cubist Still Life, 1928–1945 at the Phillips Collection. Lisa Leinberger, its Volunteer Coordinator will be our guide. About 40 paintings chart Braque's work from 1920's small, intimate interior scenes, to 1930's vibrant, large-scale canvases, and finally, to 1940's darker and more personal interpretations of daily life. RSVP by AUGUST 2, to Judith Neibrief at jneibrief@aol.com. 1600 21st Street, NW (the entrance is N. of Q Street, NW). Wheelchair accessible.

TUESDAY, AUGUST 20

12 – 2PM

DCV Group Luncheon. Location to be announced. Watch for e-mail blast. ■

Lessons Learned

—Bernice Hutchinson

The DCV Summer Pot Luck held recently at the home of **Iris** and **Irv Molotsky** was a smashing success. The abundance of energy, food, and conversation was simply electric. It reminded me of how much I have learned about life and living since I became Executive Director of the Village. Having lost both parents as a teenager, it has often been my lament that I missed out on a few important chapters of parental guidance during those dicey late teen years and beyond.

Who would have thought that I would have landed in the middle of a community of parents, all people who have completed not a few chapters of their own stories, but none of them even close to penning the last chapter in their amazing lives? Why? They are all too busy living. **Lesson #1: Get busy living.**

Aches, pains, impairments, regrets, sure they have them, who doesn't? But there is something about the part time work, full time work, tennis lessons, summer getaways to check in on family and friends, class audits, exercise, walks, and dinner for six with friends that are far too important to let the challenges of life take center stage. And you learn this through their eyes, their walk, and their talk. Just slow down and listen. **Lesson #2: Life is about recognizing that your "A" game is what you bring to the table every day.**

As I walked the room, seeking out the new members present at the party, I felt a bit of regret that I would not have time for the usual discussions with the more seasoned members of the Village. Rather, it was time to reach out and get to know some of the newest kids on the block. **Lesson #3: You are never too old to make new friends, find new adventures, welcome a new person into the fold, and take a leap of faith.**

I left the party in full swing. There was plenty of food, drink, and conversation to go around. Driving away, I was reminded of a talk with one of the Villagers just hours before the party began. Even though she had committed to coming, she decided to give her regrets because her schedule had become too hectic to manage that evening. And I said, "I will miss you very much if you don't come to the party." And she said, "thank you for saying that. You have made my day and now I will make every effort to be there." She made it, and stayed to help with the clean up. **Lessons #4 and #5: Always let someone know the kind thoughts you are thinking. Always show up.** ■

DEALING WITH EXCESSIVE HEAT

During this extended heat wave, remember to stay hydrated, do not drink alcoholic beverages and limit your intake of caffeinated beverages, keep your head covered from excessive sunlight, use sunscreen, and plan your schedule to avoid being outdoors between 10:00 a.m. and 2:00 p.m. (the hottest portion of the day). If you must go out, please use all precautions.

Reduce, eliminate or reschedule strenuous activities until the coolest time of the day and wear lightweight, light-colored clothing to reflect heat and sunlight.

Finally, eat lightly because foods, like meat and other proteins that increase metabolic heat production, also increase water loss.

Also remember that you can contact Bob McDonald at the Village, 202-436-5252, to request a volunteer for errands, transportation and other things that will help you beat the heat!

A Fun Party!

DCV'S Summer Fling Potluck

Iris and **Irv Molotsky** certainly know how to throw a party!

Lots of people, lots of conversation, lots of laughs and lots of great food!



Judith Neibrief (center) enjoying dinner with two members



From left, Helene Scher and Marcy Logan having a drink



From left, Judith Werdel, Kenlee Ray, and Norman Brown

It was apparent at this get together on Monday, 24 June that the Village is growing. Many of us had a chance to meet not only our newest members but also connect with longtime members and friends. Iris thanked everyone for contributing to the dinner, "The food was wonderful. Maybe we should have our next get together as a cooking class!"

It was a great way to welcome in the DC Summer –which is formally here with over 90 degree temperatures and afternoon thundershowers – neither of which dampened our great party! ■



Center, Iris Molotsky, in a most colorful dress, making a short presentation



From left, new members Chris and Tricia Hoban enjoying dinner

The Most Influential African-American of the 19th Century

Frederick Douglass

On a cool weekend night, we gathered at DCV member **Burke Dillion's** beautiful new apartment for our Sunday Soup Salon. **Helen Dye's** and **Debbie Taylor's** soups were delicious, and **Carol Galaty's** chocolate concoction along with **Dorothy Marschak's** cookies were a great ending to the meal.

Our presenter, **John Muller**, is a multi-talented speaker, journalist, historian, playwright, policy analyst and author of *Frederick Douglass in Washington, DC: The Lion of Anacostia*. He provided a full picture of the man whose 7-foot bronze statue has recently been placed in Emancipation Hall at the Capitol Visitor's Center.

Muller has a prodigious knowledge about Douglass, and at some points had to just stop talking and organize his thoughts in order to better present a picture of Douglass and answer the questions! As he presented the background information, one's admiration and awe for Douglass increased exponentially – he was truly an exceptional man for his time.

Frederick Douglass, born a slave in 1818, is described as "the most influential African-American of the nineteenth century." Among other things, he came to run *The New National Era*, the first national newspaper for African-Americans. After a career as a writer, orator, educator and recorder of deeds in DC, he was able to purchase, in 1877, a 21-room mansion on 15 acres, *Cedar Hill*, in Anacostia, which, as one commentator notes, was unthinkable for a former slave at the time. It's now a National Historic Site.

Born of a biracial pairing on the Wye plantation in Maryland, at the age of seven Douglass was sent to Baltimore to serve in the house of Hugh Auld who, when he discovered his wife teaching Douglass to read, ended the lessons. Douglass then took lessons from children in his Baltimore neighborhood and read voraciously, including *The Columbian Orator*, which led him to question the institution of slavery.

Subsequently Douglass was hired out to another farmer, who beat him regularly, but he eventually managed to escape to New York where he described gaining his freedom as "one might feel upon escape from a den of hungry lions." Here he married his first wife, Anna Murray, a freed woman. The couple kept moving up the East Coast, Douglass usually working on the docks, while often speaking at abolitionist and suffrage meetings on a range of social issues that included civil rights, abolition of slavery, and equal education.



John Muller speaking at the Frederick Douglass Sunday Soup Salon

In 1841, Douglass was invited to speak at an antislavery meeting in Nantucket where in relating his story, he was so articulate that many didn't believe he had been a slave. But concerned he would cause a black uprising, the government of Virginia issued a warrant for his arrest. As a result, in 1845 Douglass went to England and Ireland. In 1834, the British had abolished slavery.

While in Britain, Douglass voiced his feelings about being treated as an equal: "I find myself regarded and treated at every turn with the kindness and deference paid to white people." While there, he supported other causes including the Irish Rebellion and the Suffragettes. An English couple purchased his freedom for \$700 after which he was free to return to the US.

In 1847, he returned to the US a free man and published a variety of abolitionist newspapers. In 1863, he met with Lincoln

- the oral history is that Douglass told Lincoln how to enlist black soldiers. There is no written record of the conversation. After Lincoln was killed, Douglass met with President Johnson, telling him he had the future of the blacks in his hands but Johnson was unsympathetic.

After the war, Douglass served in a variety of political positions as well as *Charge d'Affaires* for the Dominican Republic. In 1872 he moved to Washington, DC, and was nominated as VP on the Equal Rights Party ticket. The Party didn't win, but Douglass did continue his lecture circuit tours speaking about voting rights and suffrage.

During the 1870's Douglass was awarded an honorary law degree from Howard, became a US Marshall and in 1881 was appointed the Recorder of Deeds for DC. How Douglass became wealthy can be explained by a common practice at that time. During an 1880's DC building boom, Douglass made a great deal of money from tips received for his recording services. He invested his money in property. He purchased Cedar Hill, his final home in DC. On July 9th the DCV will be visiting this site. See the e-blast from Judith Neibrief for more details.

Douglass was an abolitionist, a supporter of voting rights for women, and a contributor to various orphanages and schools, offering the proceeds from his many speaking engagements to fund their operations.

He was the most prominent African-American of the 19th century, seen by many as a mentor and an example for future generations. He wrote three autobiographies. His first, published in 1845, *Life as a Slave*, which supported abolition, the second, in 1855, entitled *My Bondage and My Freedom*, and the final one, written in 1881 and updated in 1892, *Life and Times of Frederick Douglass*, covered events through and after the Civil War. ■

Miracles Do Happen

"I think I have led an extraordinary life – "

Laurie Coburn grew up on a dairy farm in Vermont and had the opportunity to attend boarding school, Northfield School for Girls, which placed great emphasis on excellence in academics, sacred choral music, religious studies, social justice, domestic work, and liberal thinking.

Laurie led a life that was consistent with her generation, being on the cutting edge of many of the movements churning the waters of the 1960's and '70's and '80's. She got married during her senior year at Vassar. Shortly afterward, Vassar was the butt of many jokes across the nation when the college President decreed in the chapel that "if you are not a virgin, you will be expelled—no exceptions." She was not expelled!

Her husband, a veterinarian, joined a practice in New Jersey. They had three children, and became very active in the community, especially participating in the civil rights movement through their church. Laurie and her friends started the first non-profit day-care center in New Jersey in the face of much opposition from people who believed that women should stay home with their children.

Then, in 1968, two life-changing events occurred: they decided to adopt a black child and Laurie was in a life-threatening car accident. Although she came close to having her leg amputated, she was left with a weak, non-functioning left leg and wasn't able to walk for almost two years. "During that time of constant pain, our church gave support to our family, allowing us to move forward on the adoption and helping with the daily needs of the family."

In 1973, the family moved to rural New Jersey, where Laurie settled into a new life. Because of her children's allergies to cow's milk, the family began breeding goats (for milk), and soon had a sizable herd. The children became very

successful participants in 4H, winning national awards. Also, as time went on, cultural events such as church plays and musicals were introduced to the community. They were popular and well-supported. Laurie discovered how to "bloom where you are planted."

During these active child-rearing years, Laurie's husband acknowledged that he was attracted to men. But in 1968, this revelation was tucked away. As the years went by, it finally could not be ignored, especially since his alliance to the family was waning. Their children were terrified that others in the small community would find out. Once the children were launched, and it was clear that there was no reason to continue the marriage, so she decided to end it. As she points out, the irony is that "today that small community is a gay mecca."

In the late 1980's, Laurie came to Washington, DC and worked with The Campaign to End Hunger and Homelessness, a coalition of 40 national organizations newly-formed to address poverty issues. For the next two years, she learned about setting up a national organization. "It was an amazing two years for me; I gained organizing skills and greater confidence in what I was able to do. I became an organizer of community organizers."

After her stint in this campaign, Laurie was invited to establish the national office of another new and fast-growing growing organization: Parents and Friends of Lesbians and Gays (PFLAG). Because both Laurie's "wasband" and son were gay, this group's mission resonated with her. The local affiliates gave information and support to parents of GLBTQ children, guiding them through the stages of understanding and accepting their child's sexual orientation, and encouraging them to become advocates for gay rights.



Laurie Coburn

In 1989, the Oprah Winfrey Show contacted PFLAG about straight spouses who had been married to gay people for a show they were planning. The response to the show was world-wide and positive, and Laurie found she had the ability to clearly articulate the issues and personal experiences of being in such a relationship. Other media outlets invited her to speak about the issue. Another highlight of her tenure at PFLAG was a trip with other American activists to the Soviet Union to train GLBTQ people to organize "underground" while helping to lead the first International HIV/AIDS conference during the day.

After a few years with PFLAG, Laurie joined the Religious Coalition for Reproductive Choice (RCRC) as Field Director. This group provides interfaith support for all options when dealing with untenable pregnancies. At RCRC, Laurie was certified in Ontological Coaching, which is a powerful methodology for effecting real changes at the individual, team and organizational level.

A highlight of her association with RCRC was a trip to South Africa where, at the invitation of Bishop Tutu, a team trained religious leaders to make it safe to talk about sexuality and HIV in religious settings.

Laurie has enjoyed traveling for work and

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for play. "There have been trips to Kenya as a member of the founding Board of Jamii for the Children, two centers for homeless children in Kibera and Nakuru. As a member of the Northfield-Mt. Hermon School alumni group, I spent three weeks in China. And if I had to choose a favorite, it would be several sojourns to the wonderful July international music festival, The Eisteddfod in Llangollen, Wales."

By the late 1990's, Laurie was having serious health issues. She weighed over 300 pounds, was unable to walk, used a mobility scooter, and was in serious pain most of the time. She realized if she didn't do something, she was not long for this world. The doctors wouldn't do a knee replacement without her losing weight.

She had gastric-bypass surgery, lost 150 pounds and then had the knee surgery. Her knee pain ended, but she developed spinal stenosis, a condition in which spinal disks compact and crush spinal nerves. Although cortisone injections helped the first couple of years, eventually Laurie was in such unbearable pain that she spent much of the time in bed.

This Spring Laurie decided to have spinal fusion surgery, which might leave her paralyzed, but seemed worth the risk, given the deteriorating quality of her life. In addition, her scoliosis was corrected. The operation was a success; she is now pain-free and, by the end of the summer, will be able to take off the back support brace she currently wears and walks standing straight up. She will then begin physical therapy.

Laurie commented, "I feel that I have led an extraordinary life, and with this spinal operation freeing me of almost a lifetime of pain, I really feel I am part of a miracle. I am truly blessed!" ■

Basking In Beauty

A Visit to Dumbarton Oaks

On a beautiful, sunny day DCV members gathered for a tour at the Dumbarton Oaks Museum and Gardens in upper Georgetown.

What started out as a large land grant from the King of England to a Scottish family in 1802, was later reduced to a 52-acre parcel bought in the 1920's by **Robert and Mildred Bliss**, who sold much of the property, keeping sixteen acres on which the current museum and gardens sit. In 1940, the Bliss family donated the property to Harvard University along with their collection of medieval and Byzantine art.

The beautiful gardens were designed and planted over 30 years by **Beatrix Ferrand**, hired by Mildred Bliss, with both women collaborating on the design. Working together, the philosophy they followed was that of **Charles Sargent**: "Make the plan fit the ground and not twist the ground to fit a plan."

They are joyous gardens to walk through, pleasing the eye and the senses. And there is usually a contemporary installation of some sort to grab one's fancy. This summer, in one of the many garden rooms, there is a **Cao/Parrot** installation Cloud Terrace, consisting of a wired 'roof' over a reflecting pool with hundreds of hanging Swarovski crystals grabbing the sun and sparkling with rainbow colors that catch the eye. The rose garden is perfection and the many other garden rooms have benches on which to spend peaceful moments; "I would

love to bring my computer and spend the day working in this garden; I'm so close, yet don't take the time to visit," said DCV member, **Ceceile Richter**.

The house includes a 16th century styled Music Room, where, during WWII, delegations from Allied powers held talks that led to the UN Charter, which was signed in 1945 in San Francisco. Today it hosts a series of music concerts, public lectures and intellectual discussions.

The Pre-Columbian collection is housed in a modernist glass and travertine building built in 1963, designed by **Philip Johnson** and referred to by many as the "unknown treasure." There are eight circular galleries in the midst of the gardens, housing exquisite art works from ancient cultures of Latin America. It was enchanting – being outside, while still being inside! Members were choosing their favorite item from many distinguished and precious artifacts. Don't forget to speak to your companion while in one of the circular galleries. You will be in for a surprise!

Whether you spend time in the gardens, or the museums or both, Dumbarton Oaks is a magical place to visit, if you are looking for quiet, beauty and the pleasure of viewing art works.

Dumbarton Oaks is open daily 2-6PM, Entry fee for seniors \$5. 31st and R Streets, NW The Contemporary Art Installation, Cloud Terrace, until October, 2013 ■



Members enjoying the lovely weather while waiting for the Dumbarton Oaks tour to begin

GIVE THREE CHEERS AND THREE CHEERS MORE....

As participants in many of the DCV activities organized by **Judith Neibrief** during the past few years, we have marveled at the gamut of pleasures and enlightenment she's produced for us.



We have marveled too at her artistry in orchestrating events, so that DCV activities always seem to run effortlessly.

Time after time we bask, undistracted, in the results of Judith's prodigious energies, selfless hard work, and meticulous organizational skills, every event highlighted with her cheerful disposition and mile-wide smile!

So, because she's stepping aside in August as head of DCV activities, this is an expression of thanks and appreciation for Judith and all she's done on our behalf.

Effectively, she's helped knit the DCV together with a sparkling, non-stop cultural program we've all had the opportunity to enjoy, not least because of her own exuberance.

Judith has produced scores of DCV events that have kept us well-fed at lunches and dinners, and well-educated through visits to museums, historical sites, theaters, art exhibits, international financial institutions, and idyllic, magical sites in the *demesne* of Peter Pan, along with many other events she tells us about in DCV news blasts.

Always stimulating experiences, Judith's programs have allowed us to get to know each other individually as never before while gradually expanding our universe in the great cosmos that is Washington DC.

For all this, Many Many Thanks! ■
NL/JS

DCV Volunteer Services Data

—Bob McDonald

As of July 1, we now have a full year's worth of data on the volunteer services that have been provided to DCV members. Here are some of the highlights of what we are learning from this data:

- From July 1, 2012 through June 30, 2013, **409 requests** for volunteer services were received and accommodated.
- A total of **887.5 service hours** were provided by our volunteers.
- **44 DCV members** requested and received these volunteer services – this is approximately 1/3 of the total DCV membership.
- These services were provided by **57 DCV** volunteers.
- We currently have **59 volunteers**: 28 are members; 31 are not DCV members.
- We **average 34 requests per month**. The highest request months were February (54), July (50), June (42), August (39), and January (39).

The following list provides the types of services that have been provided over this past year:

| Service Category | Number of Requests | Number of Hours |
|---|--------------------|-----------------|
| Escort, Companion, Friendly Visits | 167 | 370 |
| Transportation | 117 | 215 |
| Home Maintenance – light | 47 | 123.5 |
| Downsizing and Donations | 24 | 75 |
| Meals Assistance | 9 | 37 |
| Administrative Tasks | 16 | 26.5 |
| Technology Support (computers) | 10 | 17.5 |
| Home Maintenance – heavy | 7 | 10 |
| Electronic Support (TV, appliances, etc.) | 6 | 6.5 |
| Neighborhood Errands | 5 | 5.5 |
| Gardening and Yard Work | 1 | 1 |

If any member would like to request a service from a volunteer, you simply need to email me at bob.mcdonald.dcv@gmail.com or call the office at 202.436.5252.

I want to thank all of the volunteers who have generously provided these services to our members throughout the year! ■



by Judy duBerrier

Did you know: Potatoes are low in calories. They are a good source of complex carbohydrates, potassium and phytonutrients. You simply have to keep potato salad healthy by adding heart- healthy oils in moderation. So, forget the mayo! Here are two great alternatives to take to your next picnic or your own backyard.

Farmer's Market Potato Salad

1 cup fresh corn kernels (2 ears)
2 lbs unpeeled fingerling potatoes,
cut into 1" pieces
2 ½ tablespoons olive oil
2 tablespoons chopped fresh tarragon
2 tablespoons cider vinegar

2 tablespoons whole grain Dijon mustard
½ teaspoon Tabasco or Sriracha sauce
salt & pepper to taste
¾ cup vertically sliced red onion
¾ cup large zucchini diced
1 cup cherry tomatoes, halved

Preheat oven to 425. Place corn and potatoes on a cookie sheet. Drizzle with 1 tablespoon oil and mix well. Bake 20 minutes or until potatoes are fork tender. The last 5 minutes, toss zucchini and onions into mixture. Remove from oven and place veggies into a medium bowl. In a small bowl, whisk tarragon, vinegar, mustard, hot sauce, salt and pepper together. Gradually add 1 1/2 tablespoons oil. Mix vinaigrette into salad. Gently fold in tomatoes. Serve room temperature or cold.

Lemongrass And Ginger Potato Salad

2 lbs unpeeled red potatoes,
cut into 1" pieces
2 tablespoons rice vinegar
1 ½ tablespoons dark sesame oil

*4 teaspoons minced peeled fresh lemongrass
1 tablespoon water
2 teaspoons grated peeled fresh ginger
¾ teaspoon salt
1 jalapeño pepper, minced
1/3 cup thinly sliced scallions
2 tablespoon chopped fresh cilantro

Place potatoes in medium saucepan; cover with cold water. Simmer 10 minutes or until fork tender. Drain. Combine rice vinegar and next six ingredients (through jalapeño) in a large bowl, stirring well with a whisk. Add potatoes to lemongrass mixture. Cool completely. Sprinkle mixture with scallions and cilantro. Toss to combine. Serve room temperature or chilled.

* May substitute lemongrass with 1 ½ teaspoons grated lemon rind and 1 teaspoon lemon juice.

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



Judith Neibrief and **Judy duBerrier** are both stepping down as committee heads. Judith was our one-person impresario, finding unusual and delightful exhibitions, varied theater presentations and wonderful lunches and dinners. Judy created and nurtured the Village's yoga program and it has become a Village mainstay. Both women have given much to the Village and have our gratitude and thanks for playing defining roles in the Village's growth. ■

Here are two gentle activities that may improve your balance.

Always begin in standing Mountain Pose, with feet hip width apart, knees soft, belly button veering back, shoulders back and down, head back so that chin is over sternum and ears are over shoulders. Feel your weight evenly distributed on both legs, feet firmly planted on the ground. This will align your spine and allow your best posture.

Try these near a bed or soft furniture, in case you need to catch yourself.



—Judy Silberman, Yoga Master

1) Tightrope walk-Arms outstretched, walk in a straight line 10-15 steps, pausing 1 or 2 seconds each time back leg lifts. Focus on a spot a few feet in front of you.

2) Rock the boat-From Mountain Pose, transfer weight to one side, lifting other foot off the ground for 20 seconds. Keep body straight and tall. Slowly and with control, transfer weight to the other side. Focus on a spot ahead of you, away from your feet. Try to switch 5 times. ■

Where Are They?



Marilyn Newton is looking forward to visiting with her son who is in Galveston, TX. A lovely spit of land with beautiful old homes, shade trees and a cool beach; just right for a lazy summer's holiday.

Caroline Mindel and **Larry Turner** are off to visit Scotland—a first for them both. Then on to France to visit with **Gillian Lindt** and **Bridgette** for a short stay before heading home. Sounds like a great trip with contrasting cultures!

Iris and **Irv Molotsky** are off to Tuscany on Sunday for two weeks. They're staying in a house in the woods that has a moose crossing sign at the turnoff for the road.



Judy duBerrier and **Rush Fritz** are off on a trip of a lifetime: Easter Island to see the Moai statues by foot, on horseback and by motorbike. Then on to Chile where

they will visit Valparaiso, Santiago, the wine country and the famous observatories (clearest skies in the Southern Hemisphere). Then to the Humboldt Reserve, home of the Humboldt penguins and sea lions.

"Next we head to La Paz, and on to Copacabana, Bolivia for a visit to the birth of Inca civilization on Lake Titicaca. Here we will motor out to ancient ruins and floating reed homes where people still live on the lake. From Puno, we take a spectacular 10-hour train ride through the mountains to Cuzco, and on to Machu Picchu. Next we fly to Lima. Here we will be flown over the mysterious Nasca Lines... ancient sand drawings and airstrips that no one can explain."

"Quito, Ecuador is the next stop, where a driver will take us all over Ecuador. First is a 2-day respite at Pappalacta, a mineral bath spa, which I am sure I will need by then! We will visit Otavalo, the market where local craftsmen come from hundreds of miles to show their crafts. Our driver's

mother will host us at her hacienda with a special meal (look for recipes in future columns!) and take us deep into Ecuador to visit leather makers in their homes.

We then head west to "the poor man's Galapagos", Isla de la Plata. At this time of year, whales come from the entire area to mate. They share this corner of the world with dolphins and massive bird life. Our driver, a dive master, will take us snorkeling there."

"We fly home from Guayaquil after 34 days of adventure!"

Abigail Wiebenson and **Stephen Grant** with the Smith College Alumnae Chorus on its tour of the Baltic States and Russia. They sang Beethoven (Mass in C Major and Fantasia) with native men's choruses and also orchestras in Tallinn, Estonia and St Petersburg, Russia. If you want to hear them, go to YouTube, Google: Smith Alumna Chorus in Tallinn. ■



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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