



# DUPONT CIRCLE VILLAGE

## SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“The best way to cheer yourself up is to try to cheer somebody else up.”

—Mark Twain

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### Welcome New Members!

Anna Greenberg  
Richard Marquart  
Yvonne Mishler  
Geri Nielsen  
Joan Rogliano  
Jerry Sandridge

## Pedestrianism—a Competitive Walking Sport

Summer, with its laid-back vibe, is the perfect time to recommit to our good health goals. It's no secret how much our physical

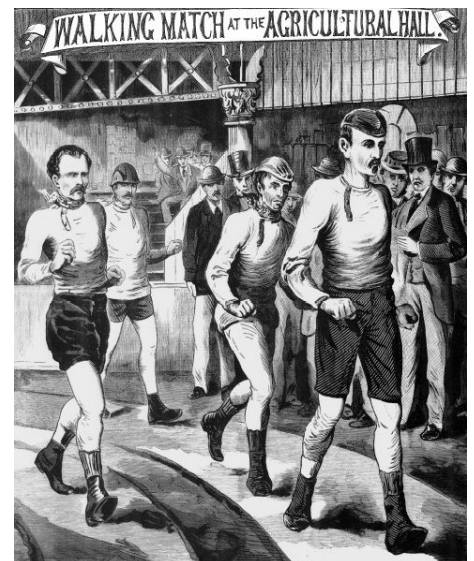
By Eva M. Lucero,  
Executive Director

and mental health has suffered over the

past few years. For many, the pandemic was not only isolating, it also limited mobility and made exercise sporadic at best.

A gentle way to recommit to your health is to begin a walking routine. You don't have to do this alone! DCV offers three opportunities each week to walk with a group of Villagers. Sometimes walking gets a bad rap as a cop-out from more strenuous forms of exercise. That is false! Taking a walk is stress reducing, enjoyable, and good for your heart and weight. Plus, who knows what types of friendships or encounters you might strike up.

Did you know that walking was once a competitive sport known as pedestrianism? It is said to have come from aristocrats in the late 17th century pitting their carriage footmen against one another. It soon was very popular in England and Scotland and the first pedestrian race to fully capture the public's imagination happened in 1809. Captain Robert Barclay Allardice, a 29-year-old Cambridge-educated Scottish gentleman and son of a Member of Parliament, walked 1,000 miles in 1,000 hours on



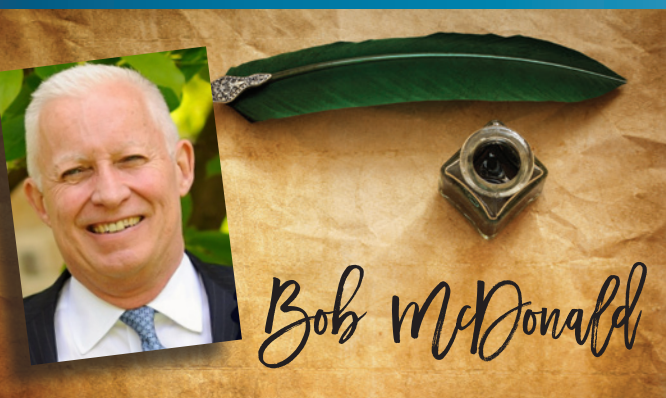
Newmarket Heath near Cambridge.

By the 1870s, pedestrian races packed stadiums. A typical 1870s pedestrian race could last up to six days, and the participants walked almost continuously except for brief naps. Cots were set up inside the track where competitors would nap up to three hours a day. Typically, for 21 hours a day, they were continuously walking around the track. To keep their strength up, the racers relied on champagne, which was considered a stimulant at the time.

Competitive pedestrian matches, along with boxing and horse racing, emerged during the Industrial Revolution. Greater wealth supported a

*Continued on page 4*

# President's Notes



## Care Groups

One of the cornerstones of any village is the provision of volunteer services to its members. Since its inception, Dupont Circle Village (DCV) has had a robust program of volunteer service including transportation especially to medical appointments, household repairs and chores, help with grocery shopping, errands, technology assistance, friendly visits, and many more.

There are times when we might need more extensive volunteer services. We may have a persistent medical issue. We may have been discharged from the hospital or a rehabilitation facility. Diminished mobility may have resulted in our feeling isolated and lonely. Because of such issues, we could profit from more concentrated assistance to help us maintain our independent living. As we (and the Village) get older, the number of us who require more concentrated services is likely to increase.

To meet these more extensive needs of our members, the Village has established "Care Groups" to provide a coordinated set of volunteer services. The goal of the Care Group is to provide an enriching, supportive environment for the member. The Care Group helps a member remain linked to the people and the resources of the DCV community. It also provides for better communication between the volunteers who are providing a variety of services for the same individual.

### How is a Care Group started?

A Care Group can be initiated from one or more sources. Any member can request a Care Group be established. Our DCV Case Manager, Barbara Scott, may recommend one through the assessment process. A Village member or volunteer who

knows you well may suggest it to you. Often concerned family members may contact the Village to let us know about the extent of services needed by their family member. The Care Group works in coordination with the Volunteer and Activities Manager, the Executive Director, and the Case Manager. The process is explained to the Village member who needs to formally agree to receive Care Group support as set forth in a written outline of the services to be provided.

### Who belongs to a Care Group?

We will work with the member in the selection of people for their Care Group. This can include DCV members and volunteers, close friends, family members, and others who may provide support. The Care Group usually consists of five or six volunteers. The members of the Care

Group are required to report on the services they have provided. A Point Person is established who will work with DCV staff and the member to schedule and coordinate the services, to explain the scope and limitation of services to the member and assure that the member is receiving the agreed upon care.

### Are there different types of Care Groups?

A Care Group may operate in one of the following categories:

**Friendly Visit Care Group**—for members who feel isolated and/or lonely.

**Crisis Intervention Care Group**—for members who are dealing with a temporary (and often sudden) health issue, such as a surgery or trip to the hospital.

**Long Term Care Group**—for members with more complex issues which require ongoing support. The type of services needed may change over a period of time.

The goal of the Care Group is not only to provide a coordinated set of quality services but also to assist the member in becoming more independent.

If you or someone you know could benefit from a Care Group, please contact **Eva M. Lucero** at the DCV office [execdir@dupontcirclevillage.net](mailto:execdir@dupontcirclevillage.net).



Villagers born in May enjoyed a birthday party in their honor at the home of **Abigail Wiebenson**. Left to right: **Jean Mudrick, Gail Snider, Mike Higgins, Joan Treichel, Barbara Meeker, Charles Timbrell, Kenlee Ray, Leslie Sawin and Peggy Siegel.**

# Monthly Calendar



Currently, most activities are being offered online, by way of Zoom, although some are now being held face-to-face. Anyone attending an indoor event must be masked, whether or not they are fully vaccinated.

We do ask you to register online at [www.dupontcirclevillage.net](http://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](mailto:admin@dupontcirclevillage.net) or (202) 436-5252.

## The following activities will resume in September:

Sunday Soup Salon (3rd Sunday)

Feldenkrais (t/b/a)

DCV Movie Group (last Wednesday)

Men's Book Group

## New Member's Party

Tuesday July 5, 5 pm–6:30 pm

Location: Friends Meeting of Washington

RSVP: Eva M. Lucero [execdir@dupontcirclevillage.net](mailto:execdir@dupontcirclevillage.net) or (202) 390.8851

A celebration for all new members who have joined since January 2022. New member mentors are also invited to attend this welcome celebration.

## Navigating the Path Ahead

Tuesday, July 12 and August 9, 3:30–4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Our lives are a journey. As we make our way on our path, we find others to walk with us. As they share our journey, they support and challenge us. At times, some leave us. And then, others join us. We learn from them and share our experiences. Over time, this new monthly Village discussion group will be covering topics such as: living alone; receiving a new diagnosis; wondering what's next; do I need to make accommodations in my home; dealing with loss; where can I find new experiences; what can bring me joy; how can I reignite the passion in my life.

## Live and Learn: t/b/a

Monday, July 25, 3:30–5:00 pm

Location: Hybrid—in person at DCV Office, enter at 2111 Decatur PI NW

RSVP: Register online or contact DCV Office

## Mystery Book Group

Friday, July 29 and August 26, 3:00–4:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

The books for discussion: t/b/a

## Online Meditation with Christina

Mondays & Thursdays, 9:00–9:30 am

(No meeting on July 4)

Location: Virtual

RSVP: Register online or contact DCV Office

## Accessible Mat Yoga

Mondays, July 4 & 11 at 3:30–4:30 pm;

July 18 & 25 at 4:45–5:45 pm

Location: Virtual

RSVP: Register online or contact DCV Office

## Chair Yoga

Tuesdays, July 5 & 12, 2:00–3:00 pm; July 19 & 26 at 4:45–5:45 pm

Location: Virtual

RSVP: Register online or contact DCV Office

## Coffee and Conversation

Thursdays, 10:00–11:00

Location: Emissary Café, 2032 P St NW

RSVP: Register online or contact DCV Office

## Mahjongg

Thursdays, 2:00–4:00 pm

Location: hosted live by Margot Polivy

RSVP: Bobbi Milman, [rmilman@comcast.net](mailto:rmilman@comcast.net) or (202) 667-0245

## Knitting Group

Every other Thursday, 4:00 pm (July 7, 21, August 4, 18)

Location: Virtual

RSVP: Sheila Lopez at [sheilablopez@gmail.com](mailto:sheilablopez@gmail.com)



# A Dream Come True—and More!



Ask Ann

I learned a long time ago that I need some combination of mountains, water, and trees to refresh and revitalize. I learned that I need something to look forward to. I learned that a vacation once a year is not enough, and that I need more than extended weekends to count as vacation.

By Ann Talty

For at least a couple of decades, I have wanted to visit the Canadian Rockies as well as Glacier National Park. Various friends had done this and urged me to go. One sent me postcards of some of the iconic places with the message "save your money and do this!"

In 2015, a close friend worked herself to death holding down two jobs so she could pay off her house before she retired and denied herself almost every activity to save that money. Her intent was to hold off on all of that until she retired. She died at age 58, not having fulfilled most of her dreams. A terrible lesson for the rest of us to learn.

Also in 2015, I started planning for my dream vacation, which had to go by the wayside when I lost my job. I finally planned in 2019 to take my trip

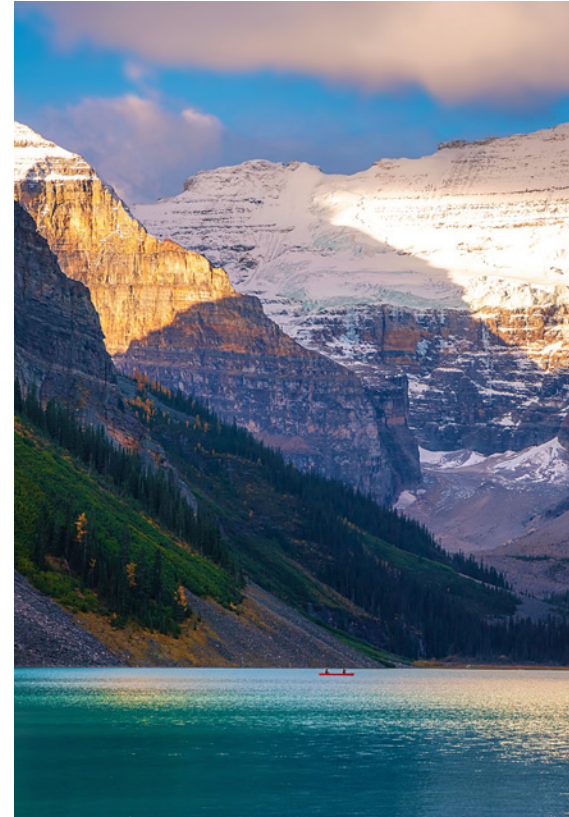
in 2020 and paid my deposit. Then Covid happened. However, I think the delay made it that much sweeter when I finally took the trip this June.

I decided to go first class (well, not on the airplane, but everything else). My tour was with Tauck, and their job is to take care of all the details and allow you to simply enjoy your trip.

Included was one of my dreams of staying in more of the old railroad hotels.

The scenery was absolutely breathtaking. I mean that literally—when we got to Lake Louise, I walked into my room straight to the window, dropping everything I was carrying. What I saw made me stop breathing for a few seconds—an incredible view of the lake, the mountains, and the reflection of the mountains in the lake. The lake that was such an amazing colour because of the glaciers pounding down the rocks into rock flour, which then affects the water.

The tour guide was incredible—funny, great storyteller, very nimble at adjusting plans and accommodating what we each wanted to see and do, educational, and so much more. Prior to arriving at Lake Louise, he



had passed around a paper bag with a very fine, powdery, dark substance—it was rock flour. He wanted to be sure that when we arrive at Lake Louise, we would understand what it was, how it was formed, and how it affected the water. Lesson definitely learned!

I have never been much of a group person, or really comfortable around people who were mostly couples. Not a problem on this trip—we all bonded right from the outset, and they all went out of their way to get to know everyone else, and to be sure the three of us who came solo were included in everything else. I never knew I could bond and relax around 44 other people, and it showed me how far I have come in social skills—even a decade ago I would not have enjoyed that part as much.

I call this vacation "The 10 Best Days of my Life." At least, so far.



## June Birthdays



The Villagers born in June enjoyed a small party in their honor where one attendee declared "The victuals we et were good, you bet, the company was the same..." ("Carousel"). **Erik Neumann, Elaine Reuben, Lindsey Holaday, Marie Lovenheim, Marilou Righini and Susan Meehan.**

## Letter to the Editor

Eva,

*I've been traveling and it was only today that I got around to reading the June issue of the DCV Newsletter.*

*You may be amused to know that I've been following the story of pickleball since 1968. In the summer of that year, I was doing research in Indonesia for my M.A. thesis at the Fletcher School/Tufts University. Through a US foreign service officer in the economic section of the US Embassy in Jakarta, I became acquainted with the Bill Bell cited in your write-up as one of the three "inventors" of pickleball. This foreign service officer (still alive) and this Bill Bell (deceased) are in my pantheon of personal heroes because they were instrumental in getting my first post-grad school job at a moment when my brilliant prospects had magically turned to dust.*

*While I never played pickleball then, these two men were playing it in Jakarta and told me about it. My next encounter with pickleball was quite recent. At a reunion in 2017 of my Peace Corps group (that served in India), I learned that one of my good friends had graduated from playing badminton competitively on the senior circuit to pickleball because his knees could no longer handle the required badminton moves. As I was losing tennis partners to various ailments, I decided to try pickleball. I visited this Peace Corps buddy last summer in New Hampshire and spent a delightful morning playing pickleball with him and a large group of regular players.*

*I now have two tennis-playing buddies who are interested in graduating to pickleball, but they live in Virginia, and it would be great to be able to play closer to home, like at Mitchell Park.*

Lex

## 15-Minute Meal

### Shrimp and Veggies Pasta

This month Villager **Mary Wheeler** shares her reliable and delicious Shrimp and Veggies Pasta recipe. When you keep a variety of pasta and frozen shrimp in your larder, you always have a ready meal. **NOTE:** If you are allergic to shrimp or a vegetarian, just leave it out; the recipe works with or without shrimp. For shrimp, Mary recommends the frozen Argentinian shelled raw shrimp from Trader Joe's. Defrost the amount you want to use in running water.

Get ready, set your timer and GO!

- Heat water to boiling, according to directions on the package. Add some handfuls of pasta (linguine or anything else) and cook for 10 minutes.
- Meanwhile, heat a few tablespoons of olive in a frying pan. Slice or chop your selection and amount of green or red peppers and mushrooms, sauté them in the oil. Add parsley or a couple of handfuls of spinach, cherry tomatoes cut in half and several cut up garlic cloves, or a tablespoon of jarred chopped garlic.
- After a few minutes (keeping your time in mind) add the shrimp and some feta cheese crumbles to the sauté pan. The feta creates a creamy texture for the sauce. Add some salt and lots of black pepper. If you like spicy, add red pepper to taste.
- When both veggies and shrimp are cooked, ladle them onto the cooked pasta. Top with parmesan cheese if you wish.
- Breadsticks or a baguette go nicely with this meal.

Enjoy! Send a photo of your rendition and any comments to Eva at [execdir@dupontcirclevillage.net](mailto:execdir@dupontcirclevillage.net)





# Meet Volunteer Ed Wood

If you're walking down the street anywhere in D.C. and you see a stylish man flying past you on an electric scooter, it just might be Ed Wood, on his way to show off a new home.

By Mike Persley Wood, a volunteer at Dupont Circle Village (DCV) since its beginnings in 2008, is also a realtor at City Houses Real Estate. He chose real estate for the same reason he's chosen to volunteer for DCV for so long, he says.

"I like to help people, I just have it in me."

Wood came to the DCV office earlier this month to interview for this profile. He arrived dressed in a plaid suit jacket, trendy black rimmed glasses, jeans, and a perfectly trimmed beard. He likes style, he says, and he looks for it in everything around him, including the homes he's selling. He's renovated his own home in LeDroit Park, which he

moved into last year, to be a mix of modern, traditional, and mid-century themes. When he's showing off homes to others he likes to visualize how he'd decorate them if he were buying.

Wood initially thought of volunteering at DCV while he helped care for his aging mother, who lived in Florida. At the time he lived in Dupont Circle, and when he heard about the services the village offered he wished there was a similar place for her down south. If he couldn't offer such a community to her he thought he'd help others going through the aging process here, he said.

In his free time Wood cycles 60 to 80 miles per week, including in the winters (as long as the weather is above 30 degrees, he says). He has an intimate knowledge of the areas bike trails (Capital Crescent Trails, Mount Vernon Trail, Rock Creek Parkway...). He also loves to eat Ramen noodles.



His work schedule allows him the flexibility to offer rides to medical appointments to DCV members, and he's available as a handyman. He loves the relationships he's built through DCV.

"It really is a great community," he says.

## Pedestrianism

*Continued from page 1*

culture of leisure where more people had more free time and disposable money. These matches prefigured the later sport-as-entertainment model. They were among the first organized sporting events for the masses, relying on both the athleticism of the participants and the pageantry of the event itself. These events also offered a respite from the grim realities of hard work in mines, various trades, or on farms. "It was just something different in their lives, because life at the time was harsh, certainly for the working classes," says Archie Jenkins, a sports historian.

A major advantage pedestrianism had over other sports is that there were few barriers to participating. Contenders only needed the ability and will to walk, which working people did that all the time.

One of the most famous American pedestrianism events took place in 1880. Frank Hart wowed audiences at New York's Madison Square Garden by walking 565 miles in six days. Hart, an immigrant from Haiti, competed against 18 other men.

After Hart crossed the victory line, fans showered him with bouquets of flowers and his trainer handed Hart a broomstick to hold the American flag aloft during his victory laps. His prize

was \$21,567, the equivalent of almost a half million dollars today.

Today, you can see traces of pedestrianism in the Olympic sport racewalking but it certainly doesn't command the crowds pedestrianism once did. And racewalking has a reputation for, well, looking silly. Long-time sports commentator Bob Costas told American Way magazine, "Look, I know that they are athletes.... but it looks so funny. You know what it really looks like? It looks like a person who has to go really bad. 'I gotta go, gotta go, gotta go right now'—except they just don't want to break into a full-scale sprint."

# Out and About



▲ Villagers **Monica Heppel**, **Judi Lambart**, **Jeanne Downing** and **Chris Hannah** were recently in the Greek Islands where they visited archeological sites, took cooking classes, cruised the Aegean, ate wonderful food and enjoyed downtime to relax and enjoy the incredible beauty.



▲ **Lucia Edmonds** and **Caroline Mindel** recently visited the Mormon Temple in Kensington, MD.



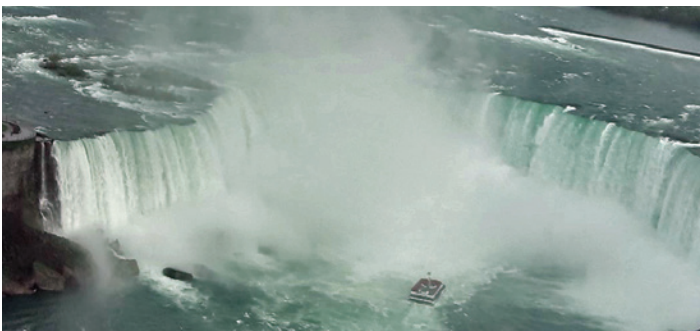
▲ Allie Hutchinson, member of The Dance Theater of Harlem (DTH), stands with DCV members **Lucia Edmonds** and **Peg Simpson** in front of the Kennedy Center's Opera House where she danced a key role in "Gloria", the opening composition for DTH's Saturday and Sunday, matinee in June. During Allie's teen years, members of the Village gave generously to support her development as a ballet dancer. She never forgets and neither do her parents, Bernice and Garry Hutchinson. Bernice, who was executive director of DCV during its early years, told everyone and anyone within listening distance how much DCV's support has meant to Allie's development.



# Out and About



▲ **Ann Talty** recently visited the Canadian Rockies and Glacier National Park. This is the view from her room, a gorgeous Lake Louise and with a Canadian Mountie.



▲ **Carol Galaty** and **Ken Shuck** were recently in Niagara Falls to celebrate Ken's birthday. They walked along the scenic Niagara River, ventured on the "Maid of the Mist" boat to the base of the falls and braved the "Cave of the Winds" on Goat Island, an island on the Niagara River. Ken's birthday dinner was atop of the rotating 775 foot high Skylon Tower Restaurant on the Canadian side of the falls.



# Out and About

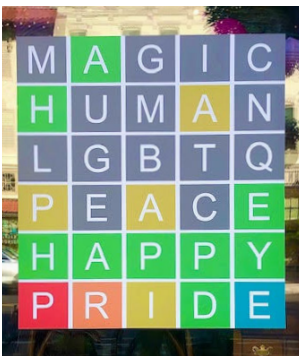
In late May/early June  
**Donna Batcho** went to  
 the beach in Ocean Grove,  
 NJ, next door to Asbury  
 Park and was back in time  
 to attend the DC Pride  
 Parade, snapping this great  
 pic of the Fab Four from  
 the British Embassy.



Out in the  
 neighborhood  
 with **Jim  
 Chamberlin**  
 where he  
 snapped the  
 latest mural  
 addition of  
 Supreme Court  
 Justice Ketanji  
 Brown Jackson  
 and a Ride with  
 Pride metro bus  
 among other  
 neighborhood  
 pics.



A group of 2022 Guggenheim  
 fellows take a moment out from  
 the evening's reception to pose  
 for a commemorative photo. June  
 Edmonds, right rear in the colorful  
 jacket, is the niece of DCV member,  
**Lucia Edmonds.**





# Out and About



▲ Beth Merricks, Monic Heppell, Abigail Wiebenson, Carol Galaty, Eva M. Lucero and Frank Walter enjoyed an afternoon touring and learning about the C&O Canal on a Georgetown Canal boat.



▲ DCV members participated in the city-wide Village Pride Event hosted by Capital Hill Village. David Insinga and Pender McCarter on the winning Trivia team!

▲ Barbara Meeker and Joe Auslander at Lake Erie. They were in Ohio to see their granddaughter graduate from Oberlin college.





## July Birthdays

The happiest of birthday greetings to members celebrating birthdays in July! **Helene Diener, Claudette DuCran, Helen Dye, Queen Johnson Ellen Kirsh, Marie Marcoux, Jane Masri, Cathy McClannan, Ann McFarren Diane Perlman, James Reese, Ceceile Richter, Bill Rogers, Irving Rosenthal Michael Speer, Betsy Stewart, and Sandra Yarrington**



## Art Archive



Childe Hassam (1859–1935, American),  
*The 4th of July, 1916*, New York Historical Society

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.



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Washington, DC 20008

[www.dupontcirclevillage.net](http://www.dupontcirclevillage.net)  
[admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)

202-436-5252

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