

DUPONT CIRCLE VILLAGE SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“
*Brevity is the soul
of wit.*”

— William Shakespeare, *Hamlet*

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Welcome New Members!

Marie Lovenheim
Peter Lovenheim

The Internet's Biggest Night!

In recent years, critics have denounced major award shows like the Oscars, Grammys, and Emmys as being too long, too political, too

By *Eva M. Lucero*,
Executive Director

self-important and pointless. Let's put that aside for a moment while I introduce you to a different kind of awards show that celebrates something that touches our lives daily and honors the biggest story of the 21st century – the internet. The Webby Awards have been around for 22 years with the mission to honor excellence on the internet. While the Webbys doesn't [yet] have the same influence as the Oscars, given the importance of the internet in our lives, it certainly should.

In 1996, when the internet was in its infancy, an ambitious 26 year old pioneer, Tiffany Shlain, recognized the internet's vast potential. She

saw a landscape of communication, innovation and problem-solving and was fascinated with the convergence of high-tech and pop culture. The internet's growth and use was so rapid and dramatic that she developed a vision for an awards show to honor the best of what she saw. With determination and persistence, Ms. Shlain pursued corporate funding from Pricewaterhouse-Coopers and Intel, and collaborated with artists, performers and techies to develop a mission statement and format. She

then co-founded The International Academy of Digital Arts & Sciences to serve as The Webbys' judging body.

Ms. Shlain's vision of the award and how it serves the internet community is still the guiding principle today:

"The internet is a continuous product of code connected across time, ever being innovated and improved upon, becoming an unstoppable global force. Thus, our symbol—



Continued on page 2

President's Notes



This month concludes my review of the DCV Strategic Plan for 2018–2020. The fourth and last prong of the plan is **Solidifying The Village's Financial Base**.

The Strategic Plan acknowledges that having a reliable financial base for the Village is integral to performing our mission, including supporting the activities that are attractive to a diverse membership. DCV is fortunate that the existing structure of dues and fund raising has supported our current operations and staffing. For 2018, membership dues are projected to provide about 40% of our expenses, even though membership dues have not been increased since 2011. The remainder of our funding comes from fundraising like the gala, donations and grants, including grants from the DC Office on Aging for the last two years.

As the review of the rest of the Strategic Plan in the last three President's Notes covered, DCV anticipates increas-

ing member needs and expanding membership numbers. These changes will require additional focus on finances. The Strategic Plan recognizes that stability in funding for the Village is necessary for many reasons. One primary reason is to provide membership opportunities for low-income individuals through our Open Village memberships.

To solidify the Village's finances, implementation of the Strategic Plan would include several activities. One activity is to identify and pursue funding for specific projects from foundations and government sources. As we undertake new initiatives, getting seed money and starter grants, as we did for the case manager, can be important to helping make an idea into a reality.

Also, the Strategic Plan would have DCV continue to implement its planned giving program. The focus will be on providing support for members as part of their estate planning that includes the Village.

As the Village expands, we need to refine our fundraising goals to ensure matching of efforts and results. This process will be ongoing as we look at what we have done in the past and what we may do in the future. Another part of our fundraising will be a focus on appropriate long-term funding for Open Village memberships.

The overall goal of all these efforts is to ensure that our financial operations support achievement of the Village's long-term goals. Having a reliable financial base is key to letting the Village achieve its full potential to serve our members and community.

The Internet's Biggest Night!

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a spiral, not a spring.

The Webbys' success parallels the rise of the internet itself. The Webby Awards is a global institution and industry bellwether, receiving more than 13,000 entries from all 50 states and 70 countries. Today, the Webby Awards present top honors for websites, online film and video, advertising and media, mobile sites and apps. One of the newest categories is social movements that use the power of the internet to spur social uprisings and/or awakenings, e.g. Tunisian Arab Spring, Women's March, March for Our Lives, Black Lives Matter or #MeToo, movements that were truly internet driven.

One of the more charming idio-



syncrasies of the Webby Awards is the requirement that all recipients use five words (yes, only five words) to make their acceptance speeches. Some are profound, some are clever, some are sad and many are hilarious. In 2005 when accepting his Lifetime Achievement Webby, Al Gore's speech was "Please don't recount this vote." Other examples include: "Afraid, okay. Do it afraid," "To my childhood bullies. Thanks," "I'm lactose intolerant. Don't tell," Madison

Utendahl, Museum of Ice Cream, confessed. Former President of Mexico, Vicente Fox, has used the internet very creatively to strongly emphasize over and over that Mexico will not pay for a wall at the border. He won the 2018 Best Web Personality category and his speech was "Jumped the wall to come." My favorite is from Gary Knell, CEO of NatGeo (National Geographic online), the winner of the 2018 Media Company of the Year and a record 26 Webby awards, for NatGeo's incredible impact-storytelling platforms that reach millions of fans around the world, when he bluntly stated the obvious "The planet needed a win."

Of course, you can only find the 22 Webby Award shows online at www.webbyawards.com or on www.youtube.com

Monthly Calendar



VILLAGE NIGHTS AT ARENA STAGE

As part of our collaborative efforts with other DC Villages, Waterfront Village is pleased to announce a partnership with Arena Stage. The 2018–19 discounted performances are listed below. If you are interested in tickets please respond to the email address shown. This is a courtesy notice of the dates of our 2018–2019 performances. All, especially “JQA,” are expected to sell out, so if you recognize a performance you are certain you’d like to see, please reply to info@dcwaterfrontvillage.org

Jul. 17, 7:30pm — “Dave”/\$59
Sep. 11, 7:30pm — Turn Me Loose”/\$48
Nov. 6, 7:30pm — “Anything Goes”/\$53
Feb. 12, 7:30pm — “The Heiress”/\$47
Mar. 12, 7:30pm — “JQA”/\$57

DCV CARE GROUPS - VOLUNTEER TRAINING

Care Groups created for Village members who require more extensive volunteer services because of a medical need, diminished abilities connected to aging or are isolating.

Wednesday June 6th
10:30 — 12:30
The Phillips Collection
1600 21st Street NW
Lunch will be served

RSVP info@dupontcirclevillage.net
Space is limited

GLENSTONE MUSEUM TOUR

Thursday, June 7
11:15 a.m. — depart from Dupont Circle
Location: Potomac
Limit — 13

RSVP - Lucy Cooney. If you can drive, please also let her know. Lucy1030@starpower.net.
DCV members will carpool to the museum and tour the exhibit first. Then join the outdoor sculpture tour which is offered at 1:00 PM, weather permitting. As this outdoor tour covers approximately one mile of varied terrain we suggest wearing comfortable and durable footwear.

POETRY SEMINAR BY SUSAN MEEHAN

In April the first of Susan’s poetry seminars sponsored jointly by the DC Village and the Friends Meeting of Washington created a poetic outburst through a combination of exercises, personal readings, and

discussions on how to express one’s feelings through poems. These sessions are supported by an exploratory grant from the DC Commission on the Arts and Humanities to encourage seniors to enhance the quality of their lives through the writing of poems to express their feelings and ideas. However, writers of all ages and from all parts of the city are welcome to attend each session.

Waterfront Village will host on
Friday, June 8, 11:30 a.m.–1:30 p.m.
South Common Room, River Park Mutual Homes, 1311 Delaware Avenue, SW
Guest poet — TBD

Dupont Circle Village will host on
Friday, June 15, noon–2:00 p.m.
Friends Meeting of Washington, 2111 Florida Avenue, NW
Guest poet — Terence Winch — terencewinch.com
RSVP: Please contact Bob Meehan bobmeehany62@gmail.com or at his cell 202 815-7321 for information and assistance to register and attend.

COOKING FOR ONE (OR MORE) – FUN, FAST, HEALTHY

Friday, June 8, 11:30 a.m.–2:00 p.m.
1916 S Street, NW — home of Abigail Wiebenson

RSVP: Register online: https://dcv.clubexpress.com/content.aspx?page_id=87&club_id=161481&item_id=799781 or contact Lucia at (202) 699-1594 or lucia.edmonds@gmail.com

Eating is health. It’s also enjoyable whether for one or a group. Since becoming a widow in 2003 Abigail has experimented with creating efficient, appealing and healthy meals for one as well as cooking single-handedly for a group. Participants will learn and share as we explore some ideas about shopping and stocking a kitchen as well as simplified preparation to feed oneself well. We’ll eat what we create!

If you are interested in joining the group, please be sure to inform us about any food restrictions. Also, Abigail has two cats.

Monthly Calendar



MEDITATION I

Saturday, June 9, 10:00–11:30 a.m.
2121 Decatur PI NW — Quaker Living Room
(above DCV Office)

RSVP: Register online at https://dcv.clubexpress.com/content.aspx?page_id=87&club_id=161481&item_id=800331 or contact Lucia Edmonds at (202) 699-1594 or lucia.edmonds@gmail.com

Learn to Meditate. Studies show that meditation can reduce stress and anxiety and promote overall health and well-being. Learn techniques to relax, breathe and focus your mind. Linda Montone will lead the instruction. Linda is board certified in Focused Awareness Meditation and has over 20 years experience

2018 HEALTHY AGING FORUM: Navigating Life's Choices Resource Fair

Sunday, June 10, noon–5:15 pm
Washington Hebrew Congregation
3935 Macomb Street NW

RSVP: <https://www.auctria.com/ev?site=ac66f390-c1f0-47f7-9a8b-803d899f757b>

Cost: for Village members, \$18

SOUP SALON — "WHAT TRANSPORTS US TO ANOTHER PLACE? A GOOD STORY."

Sunday, June 17, 6:00–8:00 p.m.
1760 Swann Street, NW

"To hell with the facts! We need more stories," Ken Kesey once remarked. And you are invited for an evening of stories spun by a real pro: Moira Daugherty. "My storyteller," as grade school children call her, has told tales to all ages for nearly two decades. Besides transporting listeners to other places, stories teach us humans about our history, how to live our lives, ply our trades, find our food and more. In fact, storytelling is the oldest form of communication, evolving along with speech. Moira, a repeat guest, this time will focus on telling stories, not on how to tell them.

Offers of soup, bread, dessert or beverages are welcome but not necessary to attend. Please coordinate with and RSVP to Lynn Lewis (text, 202-365-7055; email lynnlewis940@gmail.com)

TECH TUESDAY

Tuesday, June 19, 11:00 a.m.-12:30 p.m.

La Tomate Caffe, corner of Connecticut and R
Bring your questions and your latest tech purchases/discoveries to share. Ken Shuck, Rob Finkel and other tech-smart Villagers will be there to help, should you need it. Come for breakfast or coffee, possible solutions and good company. RSVP to Lucy Cooney at lucy1030@starpower.net

PLEASE NOTE THIS WILL BE THE LAST TECH TUESDAY UNTIL SEPTEMBER

SENIOR MATINEE AT THE AVALON

Thursday, June 21, 10:30 a.m.

\$5.00 gives you an opportunity to enjoy a first-run film at Washington's only non-profit movie palace – in Avalon 1 on the Big Screen. Recent offerings have included "The Leisure Seeker," and "Tully."

This is an ongoing event, held the third Thursday of every month. Ice cream, popcorn or a pecan sticky bun for a guilty-pleasure breakfast (costs extra but worth it)!! Listing in the Washington Post or on line at the Avalon website, www.theavalon.org will tell you what's playing.

DCV MOVIE DISCUSSION GROUP – USUALLY THE THIRD THURSDAY OF THE MONTH SO SAVE THE DATE

Look for the particulars in an upcoming Friday e-blast.

LIVE & LEARN – SAVE THE DATE

Monday, June 25, 3:30–5:00 p.m.

An upcoming Friday e-blast will provide further information about topic, location and where to RSVP.

CELEBSALON: Jauvon Gilliam, Principal Timpanist, NSO

Thursday, June 28, 7:00–9:00 pm
Hosted by Abigail Wiebenson and Carol Galaty, 1910 S Street, NW

THE FRENCH CHALLENGE IS TAKING JUNE, JULY AND AUGUST OFF

It will resume on the fourth Tuesday of September
Look for a reminder in the weekly e-blast as the summer winds down.

Pulitzer Prize Finalist - Biographer John (Jack) Farrell

“Why write a biography of Nixon? Lots of people still detest the guy and don’t want to read about him.” By the time John (Jack) Farrell, journalist and biographer, most recently of the critically acclaimed *Richard Nixon: The Life*, finished answering his own opening question, we all knew why and were eager to read the book.

Farrell portrayed Nixon’s life as an almost perpetual struggle between good and bad. The roots of that were early: his Quaker mother was near saintly, while his “blowhard” father was contemptuous of him. Ultimately, Nixon’s bad side triumphed, the breaking point coming from his belief that John Kennedy, to whom he’d once been close, had stolen the election from him. From thereon, he embraced resentment, meanness, and trickery, ultimately becoming “Iago to his own Othello.”

We all remember Watergate. But, as



Farrell reminded us, Nixon’s bad side also included being the first post-war politician to exploit the politics of resentment and infect the middle class. And although he initially wasn’t a racist, his unscrupulous use of race succeeded in turning the solidly Democratic South over to the Republicans,

painting them as the champions of the common man and the Democrats as the party of the elite.

Farrell also reminded us of the positive accomplishments, including creating the Environmental Protection Agency and the Occupational Health and Safety Administration; offering up an Obama-care type of health plan in the 1970’s (Ted Kennedy called his opposition to the plan his single greatest legislative blunder); and recognizing the need to engage with China.

Despite the subject matter, there was no struggle between good and evil at the CelebSalon. It was all great. Thanks to **Annie Groer’s** warm and generous hospitality, guests mingled easily over drinks and munchies, the highlight of which was her chopped liver monogrammed with Nixon’s initials in cooked egg whites. The laughter and good conversation were further fueled by a delicious meal anchored by — get ready for it — Pat Nixon’s meatloaf recipe!



Doris Meissner, former INS Commissioner, illuminated all on the issues confronting our immigration system today with a historical perspective. Very enjoyable speaker The salon was hosted by **Andrés Doernberg**.



Richard Painter, the ethics czar in the George W. Bush administration, and frequent cable news network pundit did not mince words in his condemnation of ethical conflicts in the government today. He was informative, funny and unsettling at times. The salon was hosted by **Bill and Joyce O’Brien**.

Molly Smith - Two Decades at the Helm of Arena Stage

There is both everything and nothing theatrical about Molly Smith, who is entering her 20th season as Arena Stage's Artistic Director. Producer and director *extraordinaire*, *Bella Rosenberg* champion of new playwrights, she is by all rights a diva — except she's not.

Guests at the May 17th Celeb Salon learned that Smith's father died before she was born, in Yakima, WA, and her recently deceased mother moved the family to Alaska when Molly was 16. It was a terrific culture shock, she noted: "I used to eat my lunch in the bathroom stall!"

Although she'd put on shows since she was seven, Smith thought she'd go into law. But while backpacking in



Europe, at age 19, she "decided to throw away reason and go into theater." She came to DC's Catholic University and learned everything she could.

Smith founded Perseverance Theater in Alaska when she was 26.

Its first play was constructed from interviews with the people who made the state, and her continual outreach to people across the state made Perseverance Alaska's "special jewel."

After 15 years there, Smith got restless and became more drawn to film than theater. But when a headhunter from Arena Stage convinced her that Arena and she shared common values, she was "hooked."

And the Washington area is hooked on her. Smith returns the compliment, saying that while the audience here "doesn't go for symbol and metaphor, it's the best and smartest in the country."

Suede Kelly provided her guests a perfect stage and star-turn hospitality for this wonderful evening. Thank you!



What is the filmmaker trying to achieve? Did she/he achieve that purpose? Was it worthwhile? Washington Post film critic Ann Hornaday revealed these three questions as the basis of her approach to every movie she reviews. At a recent Celeb Salon hosted by **Sheila Lopez**, Ann engaged Villagers, their friends and neighbors in an animated, stimulating discussion of American films, the film industry and the directions the industry has taken over the last 30–40 years. Will the industry continue to be driven by the profit incentives of the super-hero, comic book genre and the slam-bang, shock value of violence and horror by appealing to the teenage population as it has in recent years? Or will it realize the potential rewards to be had from the more seasoned demands of movie-goers who want to see real films about real people that Dupont Circle Villagers tend to represent? Of course, only time will tell, but Ann's insights were thought-provoking and left us with many new things to think about the next time we go to the movies.



Washington Post columnist, John Kelly was irreverent, funny and an engaging storyteller. He wonders and would like to know why there are small chunks of wood hanging on power lines. The salon was hosted by **Peg Simpson**.

Thank You Everyone Who Made the 10th Anniversary Gala So Successful

Everyone knew, from the moment he or she entered the marble entrance of the Embassy of Haiti, the venue for this year's 10th Anniversary Gala, that this was

going to be a festive evening. The vibrant Haitian art that hung from all the walls elicited enthusiasm that set the tone for the evening.

We were warmly welcomed by Director of Culture and Education, David Fils-Amié, who gave us a brief overview of Haiti's past and an informed discussion of its current government and objectives. We are grateful to M. Fils-Amié, who worked closely with DCV with gala logistics, and the Embassy staff who made us feel so welcome. An event of this magnitude is a combined effort, and this year's event succeeded because so many individuals and groups worked to make it happen.

Thank you to our Sponsors and Supporters

\$5,000+: **Steve Kittrell and Susan Hattan, Kaine** and Associates;

\$2,500+: **Lynne and Joe Horning**

\$1,000+: **Marjorie Dick Stuart; Kaiser Permanente**

\$250+: **Ed and Sarah Burger; Robert Hardgrove; Beth Merricks**

\$100+: **Michaela Buhler; Richard Busch; Bené Durant**

Council Member Jack Evans

Local Merchants

Lauriol Plaza Restaurant, Betsy Fisher, Chocolate House, Comfort One Shoes, Fleet Feet, Gary Taylor, Master Framer, Glen's Garden Market, La Tomate, Rosemary's Thyme, Secondi, Tru Value Hardware, Urban Dwell, Johnny's Half Shell, Swann House, Line Hotel DC, Phillips Collection,

Living Well-Health Club and Swim Pool, Keegan Theatre, Arena Stage, Cairo Liquors.

Photographer: Phil Carney

Destination and Raffle Donors

Gretchen Ellsworth & Robert Hirsh, Jonathan Cobb, **Iris & Irv Molotsky**; **Lex Rieffel**, Robert E. Kuhn Estate, **Abigail Wiebenson, Marilou & Massimo Righini, Claire & Pierre Wagner**, Paul Williams, **Sheila Lopez, Monica Heppel, Susan Hatten & Steve Kittrell**, Rick Harsh. We also want to acknowledge the hard work of the following DCV members and staff who worked on the Gala and Communication committees. Their combined efforts were a major contribution to the success of this year's gala. We also gratefully acknowledge photographer *par excellence*, Phil Carney, who again magnificently captured the celebratory exuberance of the evening. And a special thanks also to **Larry Steubing** for once again favoring us with his homemade salmon appetizer—a sublime combination of his fishing and culinary skills.

Gala Committee

Iris Molotsky, chair; **Michaela Buhler, Sarah Burger, Roberta Milman, Marilou Righini, Claire and Pierre Wagner**

Communications Committee

Pender McCarter and **Gretchen Ellsworth**, co-chairs, **Michaela Buhler, Fred Gladstone, Marilou Righini**.

And last, but certainly not least, we want to thank President **Steve Kittrell**, Executive Director **Eva M. Lucero** and Office Manager **Ann Talty** for their dedication and long hours of work that contributed to another successful gala.

This Month's DCV Member Poll

Villagers Are More Than Comfortable Living in Checkless/Cashless Society

Participating in a checkless/cashless society touched a nerve for Villagers as an informal, unscientific poll on this subject turned up 42 responses, the largest number of four monthly newsletter polls to date.

By Pender M. McCarter

Almost all Villagers who replied to the May newsletter poll reported using ATMs to deposit and/or withdraw funds (40 of 42). Forty members indicated they used creditor or debit cards either "frequently" or "very frequently." One member noted the value of accruing travel points and cash back by using credit cards. A couple of respondents mentioned using cash to purchase inexpensive items or for tips.

Thirty-four respondents use an automated banking service to pay bills and/or transfer money between accounts. Only two respondents indicated that they used an account in an online bank, such as Ally or Discover, instead of a brick-and-mortar bank. Only 12 of 42 respondents reported using a smart phone application to make or receive payments.

An overwhelming number of Villagers (37) in the poll keep cash on hand for emergencies. One member described withdrawing \$500 at an ATM for expenses and keeping \$40 in his wallet. A couple of respondents wrote that they sometimes dipped in to the emergency cash and had to replenish it! One member said she would begin keeping some cash on hand for emergencies.

As in other informal newsletter polls, Villagers demonstrate their comfort and familiarity with new technology whether in banking, aging in place, or using non-traditional forms of transportation.

Assisted Suicide in the District: A Status Report

Last year, the District of Columbia followed the example of seven states by enacting physician-assisted suicide legislation.

By Joan Treichel D.C.'s Death with Dignity Act, as it is officially known, is now being implemented, an authority on the subject told some 25 Dupont Circle Villagers and guests on April 23.

The authority is Donna Smith, a lawyer and D.C. access campaign manager for Compassion & Choices, which is dedicated to making physician-assisted suicide available to any D.C. residents who qualify for it and who would like to take advantage of it.

To use physician-assisted suicide in the District, she explained, you first need to be terminally ill and have only six months more at most to live. Two physicians must confirm your el-

igibility to use the law. Two witnesses have to attest to the voluntary nature of your request. Only one of the two witnesses can be a family member. A physician can then prescribe medications that you can use to hasten your death. The medications would first sedate you, then stop your heart. The process takes between 15 minutes and an hour, Smith said.

However, some firm guidelines need to be adhered to before such medications can be prescribed, Smith continued. A physician must first agree to write a prescription for them, then register online before actually prescribing them. He or she must be in private practice or affiliated with a healthcare system that has endorsed physician-assisted suicide. The medications need to be consumed at home or in a healthcare institution that has endorsed physi-

cian-assisted suicide.

To date, several physicians in the District and one healthcare institution in the District — Sibley Hospital — have expressed interest in participating in physician-assisted suicide, Smith said.

Several Villagers in the audience indicated that, if they were terminally ill, they would like access to the medications in order to avoid pain. However, the major reason people have sought the medications out in Oregon — the first state to offer assisted suicide two decades ago — has not been to prevent pain, but because they could no longer engage in activities that make life enjoyable.

Any Villagers who would like more information about the District's Death with Dignity Act can contact Donna Smith at dsmith@compassionandchoices.org

A Big Thank You to the Embassy of Haiti

Shortly after this year's gala President **Steve Kittrell**, Executive Director **Eva M. Lucero**, Office Manager **Ann Talty**, and gala chair **Iris Molotsky** met to review this year's event. Responding to the favorable feedback we received, coupled with

By Iris Molotsky our gratitude for the warm and valuable assistance from the Embassy of Haiti, we decided to convey our appreciation by staging a fundraiser for a Haitian charity recommended by the Embassy.

The designated fund, Basketball to Uplift the Youth (Basketbòl pou Ankadre Lajenès (BAL)), is a nonprofit basketball training and mentoring organization whose purpose is to use basketball as a platform to impart life skills to Haitian youth and to provide them with talent-building opportunities. The organization's beneficiaries participate in a variety of activities designed to provide them with the



tools to develop their talents and abilities to the maximum.

And so, another fundraiser was born. Guests at the May 20th afternoon reception, hosted by **Margaret Flood**, were pleased with the opportunity to assist the program and chat with David Fils-Amié, director of Culture and Education at the Embassy,

who founded the BAL program. He discussed the need for the non-profit and how it has influenced the lives of many underprivileged children (male and female) by combining education with sports. He also shared some of his experiences with us as an undergraduate at Yale University. The afternoon ended on a high note as Steve Kittrell informed Mr. Fils-Amié that DCV had raised \$3,000 for BAL. This also included contributions made by DCV members and friends who were unable to attend the reception. And, as an added treat, talented pianist Robert Feiertag, enriched the afternoon further by providing a superb concert on the magnificent grand piano.

Villagers who were unable to attend the reception but would like to contribute to Basketball to Uplift the Youth, can send their gift to the Village and we will forward it to the Embassy.

Tips and Tricks of Communication with the Village



Ask Ann

Not receiving important emails from the Village?

We sometimes hear that members are not receiving emails or particular emails from the Village, or that they are going into spam. There could be several reasons for this.

By Ann Talty

Here are the most common ones:

1. You didn't give us your email, or your email address has changed and we don't have an update for it. **Solution:** send it to me.
2. You may have indicated that you didn't want to receive emails except renewal notices. **Solution:** let me know.
3. Google listserv – you may have requested either the digest or the abridged version. **Solution:** let me know, whether you don't receive at all, have a different email, etc.
4. You aren't receiving the Friday e-blast or some special emails from Eva or me to all of you. **Solution:** See 1 & 2. Or, if you think it is going to spam, please add the following to your allowed contacts: mailer@mail2.clubexpress.com
5. You aren't receiving individual emails from Eva or me, particularly in answer to an inquiry. **Solution:** See 1 & 2. Or add the following to your allowed contacts: execdir@dupontcirclevillage.net and admin@dupontcirclevillage.net

Note: If you have gmail, keep our emails out of spam: when you open gmail, click on "Mail." Select "contact." You can then add the emails, with or without our names.

Can't remember whether or not you registered for one of our events?

You may have registered through Club Express or contacted me to do it for you. **Solution:** simply click on the calendar to get to the event, and under where it says "Register Now," there is a button that says "Registrants." Click on it and see if your name shows up. If it does, you are all set. Or contact me.

Do I owe any money?

All financial transactions are done through Club Express. **Solution:** Log in on the website, and you will immediately see a red dollar sign by your name. Click on it and it will take you to the screen to pay and show you what it is for.

As always, you can contact me at (202) 436-5252 or admin@dupontcirclevillage.net if you have any questions.

Betsy Stewart

By Eva M. Lucero

DCV member **Betsy Stewart**, was born in Grand Rapids, Michigan but moved to Washington, D.C. when she was 12. She is a professional artist. A painter. She didn't grow up painting, she grew up dancing. Betsy was talented

Member Profile

enough that she was asked to audition for Merce Cunningham, the renowned choreographer of American modern dance. While an undergraduate at American University she was required to take a painting class, her first, and that first introduction to painting redirected her artistic path. Betsy has been very fortunate to travel extensively as an adult and has trekked in the deserts and mountains of India, Morocco, Saudi Arabia, Oman, Jor-



dan, and the jungles of Peru. The paintings she creates reflect these explorations and are of microscopic and macroscopic nature: the layered interconnectivity that could represent origins of life in a drop of water or systems in the vast cosmos. Her paintings are in museum, corporate and private collections including the Corcoran Gallery of Art, Kreeger Museum, Ogden Museum of Southern Art, Bellagio



Hotel, Cincinnati Children's Hospital, Washington Convention Center and the Robert Lehrman Foundation.

In addition to her artistic endeavors and travel, keeping fit is a priority. Betsy is a certified "Adirondack 46-er" having climbed all 46 peaks in the Adirondack Mountains, which reach more than 4,000 feet. She has lived in The Wyoming on Columbia Road since 1997.

Out & About with DCV

20 Villagers from DCV and four other DC Villages attended the AGEISM seminar at LeadingAge. We were led through exercises to identify why our culture holds negative beliefs about ageism and find ways to eradicate it in all forms.



▲ Congratulations to DCV Board Member, **Andrés Doernberg** on his recent marriage to Michael Lavers.

DCV members, **Carol Galaty, Judith Kirvan** and **Roberta Milman** flocking in the 'water' at the Phillip's Beach 'youth' gala. This picture was in the Washington Post on May 7, 2018.



Where Are They Now?



▲ **Ted Bracken** recently spent two weeks in China and Tibet with a Dartmouth alumni group. In these pics, he is in the Forbidden City, Beijing and in front of the Dali Lama's Winter Palace, Lhasa at 12,000 feet.



▲ **Marilou and Massimo Righini** just returned from a great two weeks in Puerto Vallarta, Mexico, with gorgeous sunsets over the Pacific every evening. At long last, they even got to see the "green flash" at the end.

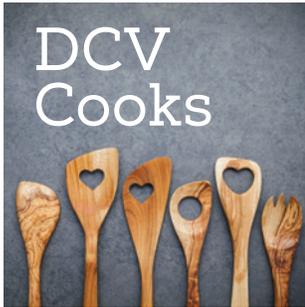


▲ **Marie Matthews, Kathy Cardille, and Judi Lambart** in the Emperor's Forbidden City, Beijing, China practicing their tai chi.



◀ **Ralph Johanson** (light blue coat in center) with old friends during a golf outing in Pinehurst, NC.

Chicken Piccata



By Lois Berlin (Recipe courtesy of Giada De Laurentis with my adjustments/suggestions)

My go to recipe when I want to make something quick, light and yummy for dinner is chicken piccata. I keep chicken tenderloins in the freezer so I always have what I need on hand to make this dish. I also keep a bottle of pure lemon juice and a big jar of capers in the fridge for the same reason. You can use chick-

en breasts, but I recommend pounding them a little if they big. I like spicy food, so I add cayenne to my dredging flour — you can add what you want or follow the recipe exactly.

Ingredients

1 package of chicken tenderloins or 2 skinless and boneless chicken breasts, butterflied and cut in half
Sea salt and freshly ground black pepper
All-purpose flour for dredging (I also use spelt flour)

6 Tbsp. unsalted butter
5 Tbsp. extra virgin olive oil
1/3 cup fresh lemon juice
1/2 cup chicken stock
1/4 cup brined capers, rinsed (I don't rinse mine since I love the brine flavor)
1/3 cup chopped parsley

Directions

Season chicken with salt and pepper and dredge in flour. Shake off excess flour.

In a large skillet over medium high heat, melt 2 tablespoons of butter with 3 tablespoons of olive oil. When the butter and oil start to sizzle, add chicken and cook for 3 minutes. When chicken is browned, flip and cook other side for 3 minutes. Transfer the chicken to the plate. Add more butter and oil to the pan and repeat the process until all the chicken is browned. Remove the pan from the heat.

Add lemon juice, chicken stock and capers to the pan. Return the pan to the heat and bring the ingredients to a boil, scraping up brown bits from the pan for extra flavor. Check for seasoning. Return all the chicken to the pan and simmer for 5 minutes. Remove chicken to a platter and add 2 tablespoons of butter to the sauce and whisk vigorously. Pour the sauce over the chicken and garnish with parsley.

Serve with rice or buttery angel hair pasta.

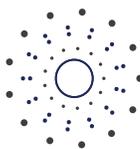
Yoga Tips



Judy Silberman, Yoga Master

The average American requires three attempts to get up from a seated position, says an NIH study, and 60-90 seconds to recover from each attempt! Wow! Let's strengthen those quads, shall we? Sit on a straight-backed chair, your back away from the chair back. Engage your abs, raise your arms in front of you, and lift your feet off the floor. Now, shift your weight from one buttock to the other, 10X. Rest. Repeat, but this time lift the opposite knee as your do your shifting, again 10X. Rest. Third time, use your buttocks to walk in the chair, 10 "steps" forward and 10 "steps" back. Were your feet off the floor? Do you feel tired? Try to do this twice a day. Your legs will be stronger, improving your stamina and balance. Soon you may need only one attempt to get up from a chair!

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