

In the end, Bennington offers these six words for success: "Who. You. Are. Has. No. Ceiling."

Michelle Singletary
from *Who Says It's A Man's World*,
Emily Bennington

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NEW MEMBERS

Membership is the essential link in building and sustaining an active organization, so it is with great pleasure that we announce that an unprecedented eight new members have joined in the past month. We welcome:

Marifrancis Hardison
Ann and Dick Leahy
Renee Poussaint
Helen Dye
Edward Terry
Pete and Ginny Mondale

DUPONT CIRCLE VILLAGE

We Have It All!

FROM
THE
President



See You at the Silent Auction

—Iris Molotsky

We're beginning to count down the days to the Village's silent auction. This year's auction items are very special. We have never before had such a rich array of treasures extending over so many areas. And, for the first time, we are holding an **online auction** beginning March 11 and ending on March 29. This is a great way to preview some of the items and get in some early bids.

You also can buy your tickets online this year. It's simple—go to the Village's website, www.dupontcirclevillage.org, and get started. The Molotsky family (Iris, Irv and Michele) were the first to get their tickets!

The silent auction is again at the Woman's National Democratic Club. And, back by popular demand, the swing band, "Some Like It Hot." Plus an added treat—a jazz vocalist. Food and drinks will make the evening (and the bidding) even livelier. The theme of this year's Silent Auction is "Destinations and Lifestyles" and boy, do we have them!



Travelers can start packing. We have three destinations in France, including a week in a Paris apartment, a week in a home in Bonnieux, Provence or a weekend in rustic

St. Martin de Dauzats, near Lutrec, featuring lunches and dinners cooked by British actor **Robin Ellis** (of PBS' Masterpiece Theatre fame and cookbook author) or places much closer, like St. Michaels, Sycamore Island or Nemacolin Woodlands Resort in Pennsylvania. And to pack you can use a piece of Brooks Brothers luggage or a bright red carpetbag from Morocco acquired at the auction.

It's taken much moral resolve not to "pre-claim" one or two pieces of the fantastic jewelry on offer this year. Some antiques from your aunt, others bought on a whim that you no longer share. Jewelry for the quirky event or the gala evening—we have it all.

The variety of objects is a great indication of the far-flung travels and interests of donors: Objects acquired in Indonesia, Bolivia, Denmark, Mexico will be featured next to magnificent examples of American crafts, such as the 19th century Majolica Etruscanware, the hand-forged pair of cranes and a 12-piece set of whimsical animal dishes by Warren Kimble.

The paintings, photographs and prints, many from local artists, range from 19th century lithographs to modern acrylics, in a variety of styles and subjects sure to please. I can't help mentioning one of the unique items in this category: a seven foot long panoramic view of London Bankside, 1647, depicted before the Great Fire of London described so vividly by Samuel Pepys.

Many of us are travelers but all of us like to come home, relax, eat out at a local restaurant or celebrate an occasion. This

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MONTHLY Calendar

SUNDAY, MARCH 17

6:00 – 8:00PM

Sunday Soup Salon's speaker is Wendy Slee. She will provide insights about two key countries, China and Mexico, from the viewpoint of a lawyer who specialized on Western water rights for a decade—and then went into the Peace Corps. Her recent China tour was teaching writing and British and American history at Chongqing University. Earlier, she had worked three and a half years in Mexico, in a Technology Transfer Program, and then developing community education workshops on human rights issues for low-income women. The Rieffel's, 1709 Q Street NW. RSVP lindajkh@mac.com or 202-234-2567

TUESDAY, MARCH 19

6:00 – 8:00PM

Dinner, Matchbox 14th Street—vintage pizza bistro. A three-course meal of salad, choice of individual pizza or a chicken-prosciutto sandwich and dessert. Cost \$25 per member (includes tax and gratuity). All beverages (plus tax and gratuity) are additional. RSVP no later than Saturday, March 16, 2013 to Judith Neibrief at jneibrief@aol.com. Please put "MATCHBOX" in the subject line of your e-mail. We will meet at the restaurant. 1901 14th Street, NW.

MONDAY, MARCH 25

3:30 – 5:00PM

Live and Learn - How can your home be modified to prevent falls? Stephen R. Hage, President of Strategies for Independent Living, explains how to make your home functional and safe to be serviceable as you age. Location: the Apolline, 1330 New Hampshire Ave NW, #720. Mr Ostryniec has renovated his apartment for disabilities. Contact Linda Harsh, 202-234-2576 or lindajkh@mac.com Wheelchair accessible.

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year we feature gift certificates from many local favorites like Zorba's Café, Raku Asian Restaurant, and Heritage India and for that special night, dinner for two at The Inn at Little Washington. Or, if you want to eat on the go, Bethesda Bagels can help. You don't neglect your personal needs and neither do we. This year's auction features many spa offerings: facials, massages, nails, haircuts and styling are some examples. Yoga enthusiasts and fitness buffs and wannabes can work out with individual trainers, in some cases in your own home.

These are just a few of the more than 200 items you can choose from. There are antiques from grandma's house that are in mint condition, great gifts that somehow never got used, decanters of all shapes and sizes, jewelry old and strikingly modern and a fanciful clock for a child's room. And, above all, a chance for great objects at less than retail value.

See you at the silent auction! ■

Dupont Circle Village Online and Silent Auction

Online auction:

March 11-29

Silent Auction:

Friday, April 12; 6:30 – 9:00 pm

Place:

Woman's National Democratic Club,
1526 New Hampshire Avenue, NW

Tickets and registration:

www.dupontcirclevillage.org

Contact:

iris.molotsky@gmail.com or
202-328-1121

"CELEB SALONS"

—Georgette Sobel

We're introducing a dramatic and inviting new feature to this year's DCV Silent Auction that will enable our members and friends to continue enjoying our Silent Auction beyond Friday, April 12, 2013.

An exclusive dining experience with celebrity speakers in the intimate settings of our members' homes featuring a sterling group of celebrities. We know you'll enjoy mixing and mingling with them, learning about their lives and sharing your own thoughts with them.

The Cast of "Celebs" — Save these Dates

(These are subject to change until the evening of Silent Auction)



**Saturday, April 20,
Dinner 7 p.m.
Susan Stamberg.**

One of the founders of
NPR. (18 seats)

**Friday, April 26, Dinner 7 p.m.
Bob Mondello.**

Nationally known film critic. (25 seats)

**Monday, April 29, Dinner 6:30 p.m.
James Srodes.**

Veteran international reporter and author of new book about the young professionals such as Walter Lippmann and the Dulles brothers who worked out of Dupont Circle townhouses in helping shape the 20th Century. (9 seats)

**Saturday, May 4, Dinner 7 p.m.
Stephanie A. Kenyon.**

President, Sloans & Kenyon Auctioneers and Appraisers. (30 seats)

**Sunday, May 5, Brunch 1 p.m.
Phyllis Richman.**

Long-time food critic and writer for *The Washington Post*. (8 seats)

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MONTHLY Calendar

SATURDAYS, MARCH 30 – APRIL 25 10:00 AM – NOON

A Matter of Balance, DCV's Falls Prevention Program, will be offered on successive Saturdays, beginning March 30, at the DCV Office, 2121 Decatur Place, NW for a series of 8 weeks. Small course fee of \$15. For questions and to register, contact Lucia Edmonds at lucia.edmonds@gmail.com or 202-299-0063. For an answer to the question: "Why does it take 8 weeks?"... Please see the Balance article on page 7.

WEDNESDAY, APRIL 3 6:30 – 8:30PM

Potential Members Dinner – Participants learn about the Village and enjoy an evening of lively conversation with neighbors. Please contact Abigail Wiebenson, (abigailwiebenson@gmail.com or call 202-332-6857) and provide names of potential members who will be attending.

SATURDAY, APRIL 6 11:00AM – 1:30PM

Abigail Wiebenson is inviting a dozen Villagers to spend lunchtime with her at the Sycamore Island Club. It has a small clubhouse with bathrooms, a kitchen and a pool table. On the grounds are canoes and picnic tables. Bring a sandwich and a drink (water on the island is not potable, and you must take all trash when you leave), wear sturdy shoes. RSVP no later than APRIL 1, 2013 to Judith Neibrief at jneibrief@aol.com. Put "SYCAMORE" in the subject line of your e-mail.

TUESDAY, APRIL 9 10:30 – 11:30AM

Folger Shakespeare Library tour will focus on three areas of the building: the Great Hall, the Elizabethan Theater and the Founder's Room, a private meeting room and lounge for scholars. Discussion about Shakespeare and the English Renaissance will be continued over lunch at the Library of Congress Madison Building Café for those who wish to participate. RSVP by Monday, April 1 to jneibrief@aol.com. Put FOLGER in e-mail subject line. Include accessibility concerns in your RSVP e-mail. ■

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Tuesday, May 14, Dinner 7 p.m. Donald Kohn.

Former Vice Chairman of the Board of Governors of the Federal Reserve Board. Currently, an advisor to the Bank of England and scholar at the Brookings Institution. (30 seats)

Friday, May 17, Dinner 7:30 p.m. Lissa Muscatine and Bradley Graham.

New owners of Politics & Prose. (30 seats)



Wednesday, May 22, Dinner Andrea Powell.

Founder and CEO of the anti-trafficking group, FAIR Girls

Friday, June 7, Dinner Frank Mankiewicz and Patricia O'Brien.

He's a veteran speechwriter and DC insider; She's his writer-reporter-novelist wife

Day and Date to be announced Jennie Chen Hansen.

CEO, American Geriatrics Society and Former President of the AARP board

Why "Celeb Salons"?

Many non-profits now use these celebrity dinners as a potent, as well as interesting, way to raise funds. We hope you will help to prove this true for the Dupont Circle Village.

Here's how it works:

1. We've snared the "Celebs" and lined up hosts to open their houses for the events. Most will be sit-down or buffet dinners, while at least one will be a brunch.

2. The "Celeb Salon" dinners will be put online and also offered at the April 12 auction. You can sign up for a seat through the online process or at the auction itself. Each seat is \$75, with \$50 tax deductible. The Phyllis Richman brunch will be \$100 a seat, which includes autographed copies of her books.

3. You will know in advance: the name of the VIP guest, the host house, and date and time of each event. Each "Celeb Salon" will have a specific number of seats that will be available, ranging from 8 to 30. You can start planning right now which of these dinners you want to sign up for. Lists will be posted at the auction, just add your name to the list; when the number of designated seats are filled, additional names will be wait-listed. If someone drops out, the wait-listed person moves up the list.

4. **NOTE:** We will post all updated information as confirmed on our DCV website and the listserv. ■

Make Your Tax Season Less Taxing

The DC Office of Tax and Revenue offers free tax assistance for individual income, business and Real Property taxes throughout March. Any DC resident is eligible for this service. DC residents can: Receive assistance with Business Tax Registration, Individual Taxes (for years 2010 and 2011 only), Real Property Homestead, Assessments, and Senior Deduction and Tax Resolution.

Please bring with you a completed federal tax return, supporting W-2 forms and schedules and a valid driver's license or state identification. All service is first come, first served. For more information call OTR Customer Service Center at (202) 727-4829.

Dates and Location: Thursday, March 21, 2 - 6pm, Cleveland Park Library, 3310 Connecticut Ave, NW. or Thursday, March 28, noon - 5pm, Martin Luther King Library, 901 G Street, NW.

CAKES, CANDLES AND CHAMPAGNE

DCV HAS FIFTH BIRTHDAY PARTY

Champagne bubbled, huge home-made cakes – rum cake, carrot cake and a cake awash with coconut icing were gobbled up, and candles blown out on one, very special cake to celebrate DCV's Fifth Birthday on Friday, 15th February, at the Chastelton, an historic 1920 luxury condominium building near Dupont Circle.

Thirty or so DCV members applauded an address by President **Iris Molotsky** in which she congratulated everyone for believing in the vibrant spirit of the Village and helping it to grow to

what it is today. "We would have found it hard to believe that those little meetings at Circa would lead to the dynamic organization we are today," Molotsky said. The five original board members posed for a group picture.

One of those present at the party said "it's nice to know all these people, to do things with them, and be an active member of the community at events like this!" ■



First DCV Board of Directors. From the left, Peg Simpson, Marilyn Newton, Mary Braden, Gerry Schwinn, and Iris Molotsky.



Caroline Mindel, Norman Brown, Kirk Perrow, and Judith Neibrief



Birthday Cake



Bob von der Lippe, Linda Harsh and Lucia Edmonds



Helene Scher with a guest and Dan Gamber

HELPING MYANMAR REFORM

Paving the Way to a Middle Income Economy

The World Bank (WB), which approved its first project for Burma in 1956, is paving the way for a new program after its absence from Burma for over twenty years.

A WB grant is helping to move Myanmar's former top-down decision-making to participatory approaches and bottom up planning. The \$80 million grant finances urgent infrastructure and community needs at the village level such as small-scale irrigation, rehabilitation of schools and health centers and construction of rural access roads, using a community-driven approach in which communities in partnership with local authorities identify, plan and implement their development priorities.

The Asian Development Bank (ADB), which resumed lending to Myanmar two months ago with a \$512 million loan, in January 2013, has approved a comprehensive set of technical assistance (TA) programs for Myanmar, designed to build a solid foundation for reforms to alleviate poverty and foster growth. Most of the TAs are for capacity building support for public finance, modernizing tax administration, small and medium sized-enterprises, institution building, education planning, asset management for roads, community transport, fiscal revenue mobilization, improving the business climate, tourism, and national energy and power sector management.

According to an ADB study in 2012, Myanmar could become a middle income nation by 2030 "if it can surmount substantial development challenges by further implementing across-the-board reforms." N.L. ■

LIFTING THE VEIL ON BURMA

The Rush Is On!

For a few hours at the Sunday night Soup Salon, held in Peg Simpson's warm kitchen, we were transported to Myanmar, formerly known as Burma, by DCV member **Lex Rieffel**, a non-resident Senior Fellow at the Brookings Institution who has been studying the economic and democratic challenges Myanmar currently faces.

Since the age of ten, when Lex wrote a school report on Burma, "I had an abiding interest in the country." In 1967 he had his first opportunity to visit Burma, restricted to 24 hours. In 1998 he had the opportunity to spend a week in Yangon with his wife Alaire and then in 2005 spent two weeks visiting Mandalay, Bagan and other places. Lex commented that Myanmar's location helped explain its strategic importance, sitting between China and India. At the same time, the mountains completely surrounding the Irrawaddy river basin precluded easy railroad and highway construction, contributing to the country's isolation.

country, this perception was tragically mistaken. Civil war, more than 100 ethnic minorities in the mountainous borderlands seeking to avoid assimilation by the Burman majority, Communists eager to take over the country, and lack of economic growth all led to takeover of the government by the military in 1962.

For almost 30 years after the takeover, Burma languished, isolated and unconnected with the outside world. In 1988 a popular uprising catapulted Aung San Suu Kyi - daughter of General Aung Suu who led the fight that won Burma its independence - to the leadership of the democratic opposition. Daw Suu Kyi and other pro-democracy advocates were forcibly suppressed for the next two decades by the military, led by senior General Than Shwe. However, in sharp contrast to Mubarak and other Middle Eastern Rulers, Than Shwe began in 2004, to implement a 'road map to democracy.'



Lex Rieffel and Judy Krueger

In the 1800's Burma became a colony of Britain (initially as part of India). During WWII Japan invaded, but many Burmese saw them as liberators from Great Britain. In 1948, Burma gained its independence. Although seen by many as having great prospects for success as a democratic

In spite of many doubters, he arranged a peaceful transfer of power in 2011 to a civilian government that proceeded to undertake far-reaching political and economic improvements in one of the world's poorest and most conflict-ridden countries. Most International sanctions were removed and foreign aid began to pour into the country. Thailand has built a gas pipeline and imports 20%

of its energy from Myanmar; yet it is not electrified. China has begun building dams that will export electricity. The Japanese, Vietnamese and Indians all are very interested in building strong relations with Myanmar.

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Lex told us, "In December 2011, I was invited to work for three months as an advisor to the Union of Myanmar Federation of Chambers of Commerce and Industry, and Alaire accompanied me. Last summer I agreed to do an assessment of foreign aid to Burma, with another economist, for Nathan Associates. Our report was launched March 6 at Brookings. Since the country's "coming out party", there has been a rush of donors to Myanmar, each one doing business differently, but all wanting to Make A Difference—what a friend has termed the MAD Disease!"

He continued, "As a consequence, Myanmar officials are finding it difficult to cope, spending too much time with foreign government and business visitors and not enough with their colleagues to formulate and implement the policies that will lift Myanmar's population out of poverty."

Lex commented that the country suffers from the 'natural resource curse' — "the elite have been capturing the revenue from exploiting the country's natural resources instead of using it to modernize the economy. Living standards among the rural population, which makes up 70% of the country, have improved very little since the 1970's".

The attendees questions and comments focused on current US policy towards Myanmar — and Aung San Suu Kyi's role in the present government. Several attendees spoke about their experiences in Burma during the '50's and '60's. One person questioned the large amount of coverage of Myanmar and Suu Kyi's ten-year house arrest. Lex pointed out that the Burma lobby has had a big impact on US policy toward Myanmar over the past 20 years. He thinks the US Government is now fully committed to supporting all the groups working to make this remarkable transition to democratic rule successful.

At the end of the program attendees were asked indicate if they had visited Myanmar — most answered Yes. The Travel Section of the March 3 *Washington Post* provides a travel guide for those of you interested in visiting Myanmar! ■

WALKERS: AN OPPORTUNITY TO GET INVOLVED

Do you love the walking lifestyle and want to make DC safer and more accessible for all walkers? If the answer is 'yes', the Pedestrian Advisory Council (PAC) may be for you. There is an opening for a Ward 2 Representative. The DC City Council created the PAC in 2010 to serve as an advisory body to the Mayor and the DC Council on matters pertaining to the improvement of pedestrian safety and accessibility.

Ideal candidates will have a passion for improving the walkability of district neighborhoods, and they must live in Ward 2. New member terms are

three years. The PAC meets once a month, and members are required to attend meetings, reach out to neighborhood groups and community leaders regarding pedestrian issues, and meet regularly with their City Councilmember office about PAC activities and recommendations. If you are interested, send an e-mail to jackevans@dccouncil.us telling him about your involvement in the community, along with your resume, and submit a completed legislative appointment application. <http://www.scribd.com/doc/87830325/DC-Boards-Commissions-Application>.



An interesting chicken dinner for a change of pace.

Chicken Breasts Stuffed with Shiitakes and Provolone

- 1 6-oz piece provolone
- 6 oz fresh shiitake mushrooms, stems discarded
- ¼ cup chopped shallot (1 large)
- ½ teaspoon dried thyme, crumbled
- 1 ¼ teaspoon salt
- ½ teaspoon pepper
- 3 tablespoons unsalted butter
- 4 chicken breast halves with skin and bones (2 ½- 3 lb total)

Put oven rack in middle position and preheat oven to 500 F.* Line a shallow baking pan with foil. Coarsely grate cheese and set aside in a medium bowl. Pulse mushrooms and shallot in food processor with thyme, ¾ teaspoon salt and ¼ teaspoon pepper until finely chopped. Heat 2 tablespoons butter in a 10-inch

heavy skillet over moderately high heat until foam subsides, then sauté mushroom mixture, stirring occasionally, until lightly browned, about 5 minutes. Stir into cheese (some cheese will melt).

Pat chicken dry, cut a deep 3-inch-long pocket horizontally in long curved side of each chicken breast half and fill each pocket with one fourth of cheese mixture (some filling will be visible)*

Put chicken in baking pan, then melt remaining tablespoon butter and brush over chicken. Sprinkle with remaining ½ teaspoon salt and remaining ¼ teaspoon pepper. Roast until cooked through and cheese is melted (filling will ooze), 20-25 minutes.

Note: When cutting the pockets for the stuffing, make them as large as possible on the inside without enlarging the 3-inch long incision on the outside.

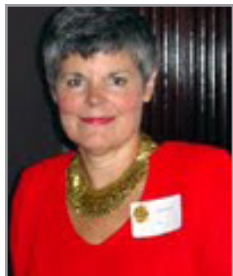
* Some cooks recommended 450 F for 15-20 minutes.

Epicurious.com ■

Charitable Giving

Insuring Our Future

—Iris Molotsky



Villager **Kenlee Ray** recently transferred some stock to DCV as part of her commitment to philanthropy. "I think it is important to help people and to support organizations I believe in," Ray says, "which is why I

contribute a minimum of 10 percent of my income annually to various nonprofits." She grew up in a small town and her lawyer father and school teacher mother taught her to nurture worthy local institutions.

Ray, a former Senior Information Officer at the World Bank, decided to donate stock to the Village now because of concern about the future of our M+ lower income reduced membership program. Fewer people have defined benefit pensions, which makes future income unpredictable, she notes, and this leads her to conclude we will be facing a serious problem 15 years from now. "I believe DCV's two MetLife matching grants, which document the need to develop and fund subsidized memberships, is essential, particularly if there is an economic downturn, as many are predicting," Rays says. "I want to help build a fund to ensure the continuation of the program," she added.

Ray gives publically traded stock donations because of the tax savings. "From my standpoint, it's better than giving cash because in addition to taking a deduction for a charitable contribution, I do not have to pay capital gains tax on the stock's appreciated value and pay no commissions for its sale."

But there's another reason too. Her contribution speaks of her desire to help perpetuate and strengthen the Village

so that it will be here for future aging neighbors. It's a legacy that will live on and continue to grow, as will the Village.

Securing the Village's future is the Board's primary objective. Financial stability will ensure the Village's ability to achieve its vision. Our immediate goals are maintaining the office, hiring a part-time bookkeeper and employing a full-time executive director. Our longer term goals include making the M+ program self-sustaining, adding additional staff and strengthening our marketing and name recognition as a complement to membership development.

We're proud that much of our efforts are undertaken by volunteers and we cherish the fact that both benefactor and recipient gain from each interaction. We care about each other and that's what motivates us. But it's also true that our membership dues do not cover the costs of running the Village. So we turn to our friends and supporters to help.

Our goal is raise an additional \$75,000, which would enable us to strengthen our administrative functions. Equally as important, we need to create M+ fund to make this program viable over time.

Lots of us don't think we fit the description "wealthy donor." But even a modest gift would help us reach our goal when multiplied. And just think, 20 people donating \$1,000 would give us \$20,000 — a great start toward our M+ fund!

There are many ways to help the village reach its goal. In the coming months we'll discuss more of them. It's too late for 2012 but it's a great time to begin to add to your charitable deductions for 2013. ■

ARE YOU AFRAID OF FALLING? HAVE YOU FALLEN IN THE PAST YEAR?

—Lucia Edmonds

If so, A Matter of Balance, DCV's Falls Prevention Program may be just the course for you. We will begin offering the course on March 30, at the DCV Office, 2121 Decatur Place, NW from 10 AM to 12 PM for a series of eight weeks. Certified DCV Falls Prevention coaches will conduct the program. We will provide a workbook and refreshments and arrange to pick up anyone who needs a ride. There will be a small fee of \$15. For questions and to register, contact Lucia Edmonds at lucia.edmonds@gmail.com

A frequently asked question is: "Why does it take 8 weeks? I just want to learn how to avoid falling and if I fall, how to recover?"

The backstory is that the Washington DC Falls Coalition, of which Dupont Circle Village is a member, chose this course because it is based in research that shows this approach works. The course looks not just at the physical but also at the mental and environmental factors that contribute to falls. For example, research shows that a fear of falling (the mental) can be just as dangerous as falling itself (the physical). People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. In addition, many of us engage in risky behaviors because we don't want to ask for help.

A Matter of Balance addresses all of these factors. It is designed to reduce the fear of falling, increase activity levels, and heighten awareness to needed changes to our behavior and environment. You will learn both simple exercises to increase strength and balance and how to become an advocate for your own safety. This course is evidence-based, which means that it has been demonstrated to help people improve their quality of life and remain independent.

Please sign up; we are looking forward to working with you. ■

As the Village Grows

—Bernice Hutchinson

This past Monday started like any other. I arrived around eight to find our office in peaceful slumber. The trash cans were empty from last Friday. The coffee cups were washed and stacked on the shelf. The floors were relatively clean. And, every chair was neatly in its place. A small streak of sunlight shone through the window highlighting a stack of brochures on the desk.

After checking for weekend telephone messages, I gathered the mail from the box, then prepared a list of assignments for our Monday office assistant, **Bettina del Sesto**. First on the list, I'll have Bettina check to see if there are members who have not filed an Emergency Form. Then, I would have her enter names into a comprehensive database that we are developing.

Our Membership Committee would arrive soon. I ensured that all of the items they requested are in order. They are working on establishing new files here in the office and preparing a couple of mass mailings to members. All printers are operating at warp speed, churning out copies to be inserted into the envelopes.

Bob McDonald arrives full of energy, ready to delve into volunteer work. **Iris Molotsky** comes just after Bob for our standing Monday morning meeting. The Silent Auction is just around the corner so we have a lot of work to do. There are policy decisions to discuss, committee assignments to review, and a new computer project with GW to launch. Bettina's right on time with a smile and ready to get moving with assignments.

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Live and Learn: When Medication Hurts

Dr. Amy Schiffman, MD and **Stephanie Shepard**, Physician Assistant, both of Capital House Calls, a medical house calls practice, presented an interesting and helpful overview to DCV members of significant issues concerning prescription medications.

Dr Schiffman listed the top 15 prescription drugs in America today – of those, the number one is a painkiller (Vicodin), which tells us pain is very common in this country. Those over 65 account for the purchase of 30% of all drugs and 40% of all over-the-counter medications; 61% take an average of 4-5 prescription drugs and two over-the-counter medications. This number and the mix of drugs being taken can lead to a high potential for significant health issues.

Not surprisingly, the taking of pills goes up as we age; we have more chronic conditions that have to be addressed. The problem is, after the age of 70, our bodies change and we don't metabolize drugs in the same way as when we are younger. Our kidney and liver functions decline, our metabolism is slower, and our DNA, our genetic component, contributes to how we react. You might have an allergic reaction or an adverse effect (an undesirable or unexpected event).

Dr. Schiffman discussed interactions between specific popular drugs and the sometimes dangerous side effects that can occur. Ultimately, there are up sides and down sides to each of the drugs taken. Weighing the pluses and minuses is part of the decision to use a drug or a combination thereof.

After her presentation, the audience asked many questions about the effects of various drugs including over-the-counter

and homeopathic medications as well as supplements. Dr Schiffman said, "I deal with only with FDA approved medications and often find myself reducing people's medications rather than increasing them." NIH is investigating supplements and homeopathic remedies.

Her take home message is "know what medications and doses you are taking, know your drug sensitivities, ask your provider if you have questions about dosing or side



Dr. Amy Schiffman, MD and Stephanie Shepard, Physician Assistant presented at the February Live and Learn

effects, and take as little medication as possible to keep you healthy." Hand-outs included the American Geriatric Society's BEERS Criteria that provides a listing of pharmaceutical drugs that are not recommended for patients over the age of 65. This listing is available in the DCV offices. Capital House Calls is a medical house calls practice serving the DC area. For more information call 240-744-0001, fax 1-888-206-0912 or visit www.capitalhousecalls.com. ■

DISCOUNTS FOR VILLAGERS

Take your membership card and patronize participating restaurants and cafes who give valuable discounts to DCV members! Keep up with additions through the website.

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Just then, the doorbell rings and **Ann von der Lippe** is looking to get in some quality time with **Abigail Wiebenson** and **Sandra Yarrington** of the Membership Committee. Before we know it, we are all sitting around the board room table talking and working together.

The phone rings and Bettina answers. I bow out of the board table conversation to take a call from a member who wants to talk about medical equipment. Meanwhile, another call comes through from a member seeking advice on how to help a friend with memory loss. Soon thereafter, another member calls. She heard that we had crafted a "cheat sheet" of questions to interview daily money management services. "No problem," I tell her, "would you like a copy, too? And, shall I fax it or send it by mail?" She'd like a copy by mail.

As I walk over to the mailbox, I smile. It has been one hectic day!

Iris has left and returned for our meeting with the GW students. We serve them popcorn and meet the new kids from School without Walls. I remember that Iris and I never had a chance for that meeting this morning. We looked at one another, a little frazzled, and we smile. In an instant, I realize how much we've grown and how much growing we have yet to do. ■

Member and Nonmember Volunteers!

This is a reminder to submit your Volunteer Update Form to Bob McDonald at bob.mcdonald.dcv@gmail.com. This form is very important to ensure that our contact data for you is correct and also to confirm your commitment to continue as a volunteer. If you need a form, please contact Bob at the office by e-mail or call: 202.436.5252.

Where Are They?

Faith and Stephen Williams are visiting New York City, Colorado and Hong Kong. They are visiting relations, attending a meeting and vacationing, all in one trip!

Susan Meehan is going down to New Orleans to attend her Wellesley College class reunion and visiting with her son. Later in the month she will attend the National Poetry League's meeting in Bethesda. She has been invited to read her poetry.

At the end of March **Carol Galaty** is off again for a month's exploration of Europe. She will be visiting Stockholm, Amsterdam, Cracow, Warsaw, Budapest, Prague and finally Paris, to celebrate her 70th birthday. Happy Birthday Carol!

Marilyn Newton will be visiting Boonville, Missouri in mid-April as mother-of-the-groom. Her son will be getting married. Congratulations, Marilyn.

Gillian Lindt will be in Utah after Easter to give a lecture and ski. She hopes to have an instructor that skis with the blind to take her down the slopes! ■

Lunch at Eatonville

—Abigail Wiebenson

Judith Neibrief did it again! A dozen of us gathered for a convivial and totally delicious lunch at Eatonville (located at V and 14th Street NW). Those who ordered the catfish were very complimentary about its delicacy and thought the accompaniments (corn grits and kale) were very tasty. The ribs were cooked to perfection. The excellent service, the original décor and the ability to hear from one end of the table to the other were additional benefits. It was one of the best lunches Judith has organized. ■



—Judy Silberman, Yoga Master

ADVICE FROM A TREE

Stand tall and proud.
Go out on a limb.
Remember your roots.
Drink plenty of water.
Be content with your natural beauty.
Enjoy the view.

After you read these lines, close your eyes and visualize a majestic tree. Think of the roots taking nutrients up to the tiniest branches and smallest leaves. Be aware of your breath, as you feel a gentle breeze tenderly touching all parts of the tree. Smell the clean, cool air; as you hear the slight movement of the branches. Smile with your eyes.

—Science Facts Magazine ■



Kudos

The online auction software team who make challenges seem merely minor:

Michele Molotsky, site administrator; **Carol Ragsdale**, item description writer; **Bernice Hutchinson**, coordinator; **Luis Doderio**, Somerset Systems and Village IT Manager; **Lee Granados**, advisor and handholder; and **Iris Molotsky**, coordinator.

The computer tutorial team headed by **Jackson Carnes**, a student at The George Washington University, who is leading the team of students providing computer advice and assistance to Villagers. We especially want to thank **Caroline Lahti** and **Eden Hambric**, from Schools Without Walls, who are now part of the team as well.

Lucia Edmonds who coordinated the splendid party at Trio. It was a time of memories and great warmth. And a special thank you to Trio Manager **Mourad Benjelloun**, who provided a magnificent feast and made us feel like honored guests.

Don Keller who escorted **Edith Chase** to a dentist appointment. Edith wrote, "Don made my trip to the dentist today enjoyable—yes, that's right!" ■

Dinner at a Diner – Members Crowd into Trio

—Peg Simpson

Dan Gamber started the ball rolling with a DCV listserv posting about big changes afoot at Trio, the neighborhood diner at Q and 17th that opened in 1950 and has been a hang-out for regulars ever since.

Gamber says the impetus really came from **Ceceile Richter**. Whatever—it opened the floodgates at the very thought that Trio might disappear. When one villager said good riddance, **Laurie Coburn** snapped back with "Don't trash my Trio!"

After days of this, DCV Board member **Lucia Edmonds** bundled up the emails and walked them over to **Mourad Benjelloun**, the man now in charge. At first, he was upset at talk that Trio was a goner. Then he began to read the tributes about how much Trio had meant to Villagers for decades on end, with good food and fast service and a lot of interesting regulars.

He was astounded and told Lucia he wanted to do a dinner for the Village – and he did, on Monday March 4 where the stories continued, along with food ranging

from salads to steak and the trademark milk shakes.

Villagers talked about **George Mallios**, whose father founded Trio, about his venerable team of smart-talking waitresses. They talked about the man kidnapped in Bolivia who was allowed one telephone call and he made that to Trio's, knowing the late waitress Margo would be there and would track down his brothers and raise the alarm.

In New York and New Jersey, Benjelloun said, "they take care of these (vintage diners.) They don't, here." Trio is an exception in its survival. "George is retiring but Trio is not retiring," Benjelloun said. "Nothing will change." ■



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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