

“St. Patrick’s Day is an enchanted time, a day to begin transforming winter’s dreams into summer’s magic.”

Adrienne Cook

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New Members

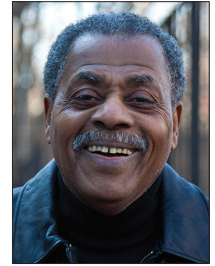
DCV warmly welcomes its newest member:

Diane Faulkner



Interim President's Letter

-Martis (Marty) Davis



Several weeks ago, I was invited to help welcome the newest members to our growing Village. With several exceptions, these were members I had never met. By the end of the evening, I had found expert bridge players, possible tennis partner(s), and several members with whom I could compare notes on our past experiences in the areas of education, healthcare, law and social policy, all without my leaving the dinner table. At that same dinner table, five authors found one another, several historians revealed themselves, and we now know that this Village has enough social workers to open our own social-services agency.

These “**connections**,” all revealed in just one evening, were not pre-planned; they just happened as the result of members of a group gathering for a social activity. Each member has his or her own reason for joining DCV, whether it is to become more connected with the community and/or to have additional help as needed.

The common denominator for us as members of DCV is that we are building social capital, intentionally or unintentionally. Our “Village” is its own social network that is **connected** to the other social networks that we as individuals bring with us when we join the “Village.” These social networks are our ongoing source of social capital and connect us to each other, and we each can benefit from these expanded networks in ways we have not even imagined.

Social capital is the **connective** value of our networks and provides us with such things as mutual aid, information exchange and a stronger sense of identity and solidarity from having connections to those with similar intentions. As Robert Putnam, the Harvard sociologist, puts it in his book *Bowling Alone*, “social capital creates value for the people who are connected,” and he further suggests that it does so for bystanders, as well.

Putnam offers some interesting data to support his theories of **connectedness** and social capital, including the startling fact that participating in just one group adds to life

expectancy. While barn raisings may not be in our immediate future, we do offer a wide range of activities and are expanding them every day.

In addition to our current lineup of writing workshops, exercise programs, knitting groups and restaurant and gallery visits, we are exploring outings to Nationals Park and to other college and professional team events; “March Madness Watch” parties; bridge events; and other activities. And that is where you come in. Contact me or any of our board or committee members with your ideas, and we know that we can connect you with others who share your interest and help get something going.

One excellent opportunity for acquiring more social capital is fundraising. Our 5th Annual Gala, “**Destinations: Dreams to Go**,” on Friday, April 17th, gives us a great opportunity to **connect** with one another and our wider community while enjoying great food and music with a beat you can really dance to. It also allows us to bid on exciting vacations and sign up for one or more of this year’s spectacular Celebrity Salons. Where else can you purchase a chance to dine with Judith Martin (aka Ms. Manners) and Mark Russell, the dean of Washington humorists? Like the news? Then you can dine with none other than Candy Crowley, CNN’s veteran correspondent. And they are just a sample of this year’s Celebrity Salon choices.

Remember, connections equal social capital, and social capital equals a better future for all of us. Let us always stay connected. ■



MONTHLY Calendar

Sunday Soup Salon

Sunday, March 15, 6:00-8:00 pm

1719 Swann Street, NW

(Peg Simpson's home)

Candace Baldwin, Capital One Partners, will have an update on the Village movement. RSVP to Linda Harsh at lindajkh@mac.com.

Knitting Group

Monday, March 16, 4:00-5:30 pm

1735 T Street, NW (Iris Molotsky's home)

Beginners through advanced. You do NOT have to be a proficient knitter to join. Just come and enjoy a warm fire and tea and cookies. Wannabes are encouraged, as are non-member friends. Guys are welcome too, of course! RSVP to Iris.Molotsky@gmail.com.

Writer's Coffee

Wednesday, March 18,

11:00 am – 12:30 pm

1910 S Street, NW (Galaty-Shuck home)

This group welcomes all. Bring a piece of writing to share or write about. RSVP to kcardille@gmail.com. Please send Kathy your discussion pieces for forwarding to members or bring 8-10 copies to the Coffee.

Live and Learn: What's Under Your Skin?

Monday, March 23, 3:30-5:00 pm

General Federation of Women's Clubs

1724 N Street, NW

Dr. Marisa Braun, George Washington University School of Medicine faculty member, and member of the American College of Mohs Surgery, the American Society for Dermatologic Surgery and the American Academy of Dermatology, will recommend ways to keep your skin healthy.

Free for Village members; \$10 for others. RSVP to Linda Harsh, 202/234-2567 or lindajkh@mac.com.

And the Winner Is....

---Bernice Hutchison, Executive Director

Last month, the D.C. Office on Aging made us an offer we couldn't refuse. The offer came in the form of a Request for Proposal for technical assistance. With Capital Impact Partners -- the organization that managed the Village-to-Village Network national resource center -- serving as the D.C. Office on Aging's project lead, all D.C. Villages were given an opportunity to submit competitive proposals to request technical support with a defined challenge. The idea behind the Office on Aging's D.C. Villages Project is that three selected Villages would identify and solve a defined challenge with the help of a "thought leader," while the D.C. Office on Aging would learn from these experiences and share the findings with communities across the city where Villages are seeking to form: a win-win proposition.

Dupont Circle Village submitted its proposal to support the development of our newly forming Volunteer Committee. As part of our proposal, we asked for replicable models from other Villages across the country representing stellar volunteer programs. In addition, we asked for technical advice around the development of a strategic plan for our newly forming Volunteer Committee. Since policy and operational procedures are a critical part of our Volunteer Program, we asked for help with identifying and prioritizing these so that we could make recommendations for our board to consider. And, since we were asking, we also included a request to help us build a blueprint for using volunteers to build capacity in our office, committee and board operations. Sound like a

lofty and impressive proposal? Indeed, we thought so.

I am pleased to report that Dupont Circle Village prevailed as one of the three Villages chosen to receive expert technical support from Capital Impact Partners. For the next six months, DCV will receive up to 10 hours per month of thought leadership and organizational change expertise from Capital Impact Partners to overcome our challenges and achieve the goals outlined in our proposal.

There is a second part of the Office on Aging's D.C. Villages Project. DCV will also engage in conversations with other D.C. Villages about sustainability and efforts to become recognized as an age-friendly city. A "community of practice" approach will use the "World Cafe" model to create synergy and transfer knowledge to a group of Villages that includes those just getting started, those that are somewhat on their way and others that are well on their way, as well as Villages that are in the early thinking stages. If all goes well, more Villages will spawn in D.C., representing a range in economic, cultural and social diversity.

For the next six months, we'll be very busy developing a model volunteer program. Look for updates as our ideas start to grow into tangible outcomes and a robust volunteer program for Dupont Circle Village.

Our thanks to the D.C. Office on Aging and Capital Impact Partners for this exciting opportunity. ■



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Dining in Dupont: Trio Restaurant

**Thursday, March 26,
12:00-2:00 pm**

1537 17th Street (corner of Q and 17th)
Share a winter afternoon with fellow Villagers at this "hometown" Dupont Circle restaurant, known for its comfort food and good service. \$20 including tax and tip. RSVP by March 23 to Lucy Cooney at lucy1030@starpower.net.

Unraveling Our Identity: Our Textiles, Our Stories

Friday, March 27, 12:00-1:00 pm

George Washington University Museum and Textile Museum

701 21st Street, NW

Be among the first to visit this new museum complex. Join fellow Villagers on March 27 for a private, docent-led tour of the largest exhibition in Textile Museum history: Unravelling Our Identity: Our Textiles, Our Stories. Featuring more than 100 pieces of clothing, adornments, ceremonial items and other fabrics that span 3,000 years and five continents, the exhibit will explore expressions of individual, cultural, political and social identity. Suggested donation of \$8.00. RSVP to kcardille@gmail.com by March 20.

Monday Movie Maniacs

Monday, March 30, 5:30 – Potluck Dinner; 6:00 pm – movie

1712 19th Street, NW (Sandy Burns's Home)

Time for another movie night, this time with an updated BBC version of the classic thriller *The Thirty-Nine Steps*. RSVP to kcardille@gmail.com by March 27, and tell her your potluck contribution (soup, stew, chili, salad, bread, dessert).

Matter of Balance Falls Prevention Class

**Tuesday, April 7,
9:00 am – 11:00 am**

DCV Office, 2121 Decatur Place, NW
Lucia Edmonds and Brad Edwards co-lead the course, which continues for six consecutive weeks. Tuition is \$15, including instruction, materials, refreshments and camaraderie. To sign-up contact: lucia.edmonds@gmail.com

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Volunteers: The Core Motif of the Village

---Garry Hutchinson, Volunteer Coordinator

Each month, as the volunteer coordinator, I see inspiring examples of what lies at the heart of the Village movement: the collaborative efforts of neighbors to support and facilitate the independence and vibrancy of life of their neighbors. Whether it is providing transportation to medical appointments, making friendly calls, tutoring or shoveling snow, Villagers do what they do with a compelling warmth and willingness.

As humankind has tried to tame and impose its will on nature, especially in the evolution of housing and the rise of cities, it is as if we were moving through the acts of a Greek or Shakespearean play, being set up for a fall. In our hubris, we are brought low by an unexpected power outage, ice storms or snowfall. In an afternoon, we plunge from the technological heights to pre-industrial depths.

Yet, in the midst of our realization that we have grown so dependent on electricity and what it powers, we had the opportunity to discover the kindness, the depth, life experiences and dependability of our fellow Villagers. Indeed, just as we may wonder if anyone is willing to engage in real conversation during this age of the internet and smartphone, or share a meal, offer a ride, teach a new skill or share an old hobby, we are comforted with evidence to the contrary in the Village.

During the last snowfall, members of the Village were drawn together, again, to form the Red Alert Team. The team was formed specifically to handle emergency requests that arise during an unexpected or significant event. In this most recent snowfall, members of the team made phone calls to check in on Villagers and even actually shoveled snow. Once more, we saw that our

volunteers are there to handle a range of requests.

Volunteers are a vital element of the infrastructure and the creative superstructure of the Village; they are a core motif. We deepen our understanding of volunteers and their role in the Village after an event such as a snow storm. We recognize that we have a volunteer system in place that provides the staffing needed to keep the Village functioning administratively, comes up with the ideas for seminars, workshops and speaker series and executes them and is also there simply to make friendly visits.

As we continue to mature, our volunteer structure grows. At this point, we have a system for recruiting, vetting and training our volunteers. We also have a system in place for requesting a volunteer and having that member request fulfilled, and then assessing the service provided. As our membership evolves, and people's needs expand, our volunteer base increases, and we develop the breadth and depth of its use. ■

March 20: Spring!



Calendar, continued from page 3

Tour of State Department Diplomatic Reception Rooms

**Tuesday, April 14, 10:00 am
(Tour begins at 10:30 am)**

23rd Street Entrance (Between C & D Streets, NW)

Enjoy a guided tour of State Department's elegant diplomatic reception rooms used for official functions of the Secretary of State and other high-level government officials. The rooms house a \$100 million collection of American artwork, furniture and decorative arts. Bring valid photo ID (driver's license or passport). Briefcases, backpacks and packages are not permitted. RSVP by April 1 to kcardille@gmail.com.

DCV 5th Annual Gala "Destinations: Dreams to Go"

Friday, April 17

Woman's National Democratic Club, 1526 New Hampshire Avenue, NW
It's not too soon to mark your calendars for this gala event that will feature an auction with great travel destinations, a buffet dinner and dancing. ■



Woman's National Democratic Club

On Needing Volunteers: Beyond the Stereotype

---Peg Simpson

Most of us think of requesting a volunteer when we need a ride to a doctor, help in replacing a light bulb in a high ceiling or fixing a balky computer. But we can think more broadly and imaginatively than that.

I remember, when I went to a meeting at Beacon Hill Village (BHV) in Boston to learn what they were about, being struck by what an early president said they did to meet the needs of members. Sure, some of it was rides or in-home errands. But the BHV members also asked for volunteers for other reasons, such as making a family reunion run more smoothly. Sons and daughters would be coming to Boston to celebrate a mega-birthday, with grandkids in tow. The Villager-grandparent would ask for a volunteer or two to plan activities for the kids -- a walk along the river, a trip to the museum -- to give the elders some space to talk and catch up.

My dad died last December at the age of 102. The memorial service was Thursday, February 19th, at Foundry United Methodist Church. It was more than hectic in the weeks beforehand, coordinating invitations and speakers and lots of cousins coming in. I did the invitations, my sister Lynn took care of ordering food for the reception after the memorial service, also at the church.

Village friends kept asking me what they could do to help. I finally realized there was a lot. As a result, at least seven Villagers spent several hours as volunteers – pricing coffee-in-a-box, ordering it and getting it to the church, for starters. Others showed up an hour early

to unbundle the trays of food my sister had ordered sent to the church, putting out trays and replenishing them as the reception went on. They poured water and coffee. They passed out the food and put out the desserts. And, as most guests were leaving, the DCV volunteers tossed what was used up, wrapped up what was left and delivered it to my house, where I was hosting a post-service reception for relatives, out-of-towners and speakers. Then they left!

It was wonderful. It also meant that my sister and I could spend our time connecting with folks who knew my dad. I'm putting all of them in for volunteer hours with Garry Hutchinson. But I wanted to pass on my experience so other Villagers might think of "volunteers" in new ways. After all, a Village exists to meet the needs of those within it – even if these requests stretch the stereotypical definition of a "need." ■

DCV Needs YOU to Grow

The best source of new DCV members is current members: **you**. Talk up the Village with friends and acquaintances and even prospects you may spot while waiting to check out at a store. Carry a few DCV brochures in your purse or back pocket. Post a DCV flyer in your gym, apartment building, place of worship, etc. Scour your mind for the names of prospective members. And send prospective members' contact information to Abigail Wiebenson, abigailwiebenson@gmail.com.

Health and Wellness Alert: Exercise

We are already almost three months into 2015, and we wonder how many are still focused on making this a healthy year. Diet and exercise are two areas that get the most attention when it comes to our health, as well they should. This month we focus on exercise.

Exercise benefits your mind, spirit and body by promoting better sleep; preventing weight gain; reducing the risk of falls and broken bones; promoting independent living; improving self-confidence and mood; lowering the risk of serious illnesses like heart disease and diabetes; and keeping your brain and memory functioning well.

There are benefits to be derived from just about any type of exercise, as long as you're not at risk of injury. Low-impact exercises are often the best choice, especially when coupled with weight-bearing exercises. Here are some options from *Everyday Health* to keep you fit, flexible and feeling energized. Choose at least one exercise from each group:

Cardiovascular exercise. Cardio gets the heart pumping and blood flowing, and may leave you a little sweaty and breathless. Try these:

- Walking
- Light jogging
- Swimming
- Biking
- Hiking
- Tennis
- Water aerobics
- Golf (minus the carts)

Balance training. Keeping muscles stretched, flexible and limber will help you feel better, and working on balance can prevent falls. Try these:

- Yoga
- Tai Chi
- Pilates
- Frequent stretching

Strength training. You don't need to become a bodybuilder, but strengthening muscles can make everyday chores and activities easier and help your bones. Try these:

- Light weights or dumbbells
- Elastic resistance bands
- Weight machines
- Push-ups/push-offs against the wall or stable furniture

How do you get started with exercise and keep going?

1. Talk to your doctor. Make sure it's safe for you to start an exercise routine, and learn which exercises are best for you and at what level.

2. Get sturdy, supportive shoes for whatever exercise you choose. Keep water on hand to stay hydrated.

3. Set aside time every day for exercise, even if you start just by taking the stairs instead of the elevator or with a walk around the block. Gradually work your way up to longer workouts on most or every day of the week.

4. Turn chores into exercise. Scrub your house from top to bottom, mow the lawn, or tackle big projects like cleaning out clutter in closets, the basement or garage. You don't have to hit the gym for it to count as exercise.

5. Get motivated. Consider getting a workout buddy to keep you on track or hiring a personal trainer to develop a program and help you to stick with it and chart your progress.

6. Make it fun. Exercise doesn't have to be an exhausting, sweaty chore that you dread. Enjoy your workout! Go dancing, swimming, bike with your friends, or take up a new sport or game. While you're exercising, listen to music, chat with a friend, or just escape into your own thoughts.

You'll be amazed at how easy it is to work in small bits of exercise each day, and how you'll come to enjoy it and look forward to it. We all want to stay healthy, active and independent as we age, and regular exercise is a major key.

The Health and Wellness Committee ■

Do You Bounce?

If you don't bounce,
you'll benefit from the

Matter of Balance Falls Prevention Program

April 7, 14, 21, 28 and
May 5, 12, 19
9 am-11 am

Fee: \$15, includes materials
and light refreshments

Instructors: Lucia Edmonds and Brad Edwards

Contact:

lucia.edmonds@gmail.com

Diane Schilke: Resourceful, Resilient, Redoubtable

---Pender M. McCarter

The cliché, “when life gets tough, the tough get going,” is a particularly apt description for Villager **Diane Schilke**, who has lived in Washington since the mid-1960s and will celebrate her 80th birthday in July.

Diane was born in Jamaica, Queens, New York. Her family moved to Wethersfield, Conn., where Diane’s father was a Lutheran minister. They lived on a rural farm across from the church parish. Diane recalls local women who were engaged in tasks supporting soldiers overseas during World War II and who came to the church for coffee. Interacting with neighbors of many faiths and nationalities, she recalled: “It was a wonderful way to grow up.”

After graduating from college in the mid-1950s, Diane’s first job was as a music teacher in a public high school. Disappointed with this position, she seized the initiative and “walked in cold” to the Manhattan offices of G. Schirmer Inc., the classical music publishing company founded in 1861. A piano player, Diane was good with her hands and proficient in shorthand and typing. She became assistant to the publisher at G. Schirmer, where she worked on music copyright issues for seven years and delighted in the presence of musical geniuses such as Leonard Bernstein, Samuel Barber and Carlo Menotti.

Diane went on to join a New York consulting firm -- Cresap, McCormick and Paget, one of the three leading consulting firms in the United States -- and moved here to help open the firm’s Washington office. She later spent 20 years with a Washington law firm -- Proskauer, Rose -- working with an attorney who specialized in entertainment law. She was given what was at the time the firm’s first retirement party for a secretary. A client of her employer, Jack Valenti, then the head of the Motion Picture Association of America, attended the event in Diane’s honor.

When Diane first moved to Washington in 1968, she lived in the newly built Carriage House at 22nd & L Sts. For more than 30 years, she has resided at the St. George Condominium at 21st and N Sts. She cared for her mother for two years there. Diane enjoyed lively conversations with Horace Busby, the famed LBJ aide and her neighbor at the St. George.

After recent spinal surgery, Diane turned to the Village for assistance with groceries. I’ve lived on 21st and N Sts. for more than 30 years and was pleased to respond to Volunteer Coordinator **Garry Hutchinson**’s request for Diane, who is literally in my backyard.

On my first trip with groceries, Diane described her pending move to The Georgetown Residence on Q St. She was preparing to dispose of belongings and put her condo on the

market. She was also faced with finding a home for her 21-year-old kitty, Rosie (shown in the photo).

Contemplating this move, she was grateful for support from her goddaughter in Silver Spring, the priest and parishioners at Augustana Lutheran Church and the Village.



Rosie

On my second grocery run, I found Diane visibly upset as she had just learned that The Georgetown was closing for renovations and was not accepting new residents. I alerted Garry to this turn of events that affected Diane and perhaps other Villagers.

Three days later, while on a Village-sponsored tour, I learned from Villager **Peggy Siegel**, who also lives in the St. George, that Diane had been admitted to the hospital. She was injured from a fall in her apartment while she was preparing to go to The Georgetown for recommendations on alternate facilities.

The Village’s crisis team, led by **Bernice Hutchinson** and Garry, responded immediately. In consultation with Diane’s goddaughter, Bernice and Garry served as advocates for Diane with hospital nurses and physicians -- in Bernice’s words, “to inform their decisions about appropriate discharge.” Following a week in the hospital, Diane was moved to a rehabilitation facility close to her goddaughter’s residence.

Returning home three weeks later, Diane is starting to think again about her move to assisted living. She is currently considering the former Methodist Home on Connecticut Ave., now called Forest Hills, across the street from a Lutheran church where she could attend services. Bernice and Garry have offered continued Village assistance with relocating.

Diane describes her trajectory: “It takes something you don’t think you have. When it’s too late to back out, you keep going forward.” She eschews aging stereotypes. She is eager to make her latest transition and to continue living a purposeful life. She would like to resume her hobby of knitting and crocheting and “learn to knit in continental fashion.”

I feel fortunate to have met this resourceful and resilient neighbor, just steps from my building, as our Village continues to knit us together. ■

Update on Celebrity Salons

---Peg Simpson

We've lined up some fabulous Celebs for our third annual Salons!

As of now, we have signed up 11 Celebs, including some of the city's cultural, civic and political leaders. The latest commitments include **Michael Kahn**, artistic director of the Shakespeare Theatre, and political satirist *extraordinaire* **Mark Russell**.

We also will host **Patty Stonesifer**, formerly a top exec of Microsoft and the Gates Foundation and now a mover-and-shaker in Washington, who heads Martha's Table. In addition to the two standout broadcast veterans we reported on in last month's Celebs update, CNN political commentator **Candy Crowley** and her longtime producer, **Michael Roselli**, we now have landed **Geoff Garin**, who, as the national and state pollster who heads Peter Hart Research Associates, is also a media regular. If you're more interested in where the actual winds, rather than the political ones, are blowing, sign up for the Salon with **Bob Ryan**, DC's favorite TV weatherman.

And that's not all. We previously reported that syndicated columnist **Judith Martin**, the beloved Miss Manners, will be one of our Celebs. We've now added Pulitzer-prize winning author and book critic **Michael Dirda**; Woolly Mammoth Theatre's artistic director **Howard Shalwitz**; entrepreneurs and activists **Andy** and **Marjan Shallal** from Busboys & Poets; "Metro Connections" host **Rebecca Sheir**; and education and arts activist **Peggy Cooper Cafritz**.

The Salons are small, intimate and informal dinners held in the homes of Villagers. As in the past, seats are priced at \$75 each (with \$50 tax deductible). The hosts absorb the costs of the dinners (and take the expenses off on their taxes), so that virtually all proceeds go to our Village. If you'd like to host a Salon, let us know ASAP.

Tickets go on sale at the April 17th Gala. We'll let you know the dates of the Salons before then. Seats not sold by the end of the Gala will be available online.

We hope you'll like our lineup as much as we do! And please start talking up the Salons to your friends and neighbors.

Celeb Salons Committee: **Peg Simpson** (pegsimpson38@gmail.com); **Georgette Sobel** (georgettesobel@verizon.net); and **Jane Pierson** (jpierson@consultchpm.com). ■

Product Pro and Con

One day while waiting for an interview, I noticed the publication, *Nutrition Action Health Letter* (the non-profit Center for Science in the Public Interest), on the table next to me. It got my attention right away, and I have been subscribing to it ever since, also giving it a number of times as a gift. This approximately 16-page health letter is chock full of understandable nutritional information and research data that are quite enlightening and helpful. It also features healthful recipes and the lowdown on commonly available food products. Its editorial and advisory staff are all MDs and PhDs, and there's no advertising; information without bias. Check out both websites: nutritionaction.com and CSPI.net.org.

Another favorite of mine is a website/blog called Daily Writing Tips, dailywritingtips.com. I heard about this and became interested when I started writing a few years back. I receive an email every day. It is informative and interesting for writers, readers and others with curiosity about our language, grammar, usage, vocabulary and history of words, etc.

Sloan Rogers



I recently had to replace my home phone and handsets and ended up with the Panasonic DECT 6.0 Digital Cordless Answering System with 3 Handsets (KX-TGI033S, available at Costco and elsewhere). It sets up easily, does what it's supposed to do, has some bells and whistles involving linking to your cell phone, etc., and, remarkably, the handsets work well at a relatively great distance from the base. But the main reason I'm mentioning this product is that it comes with an instruction manual right there in the box. No, not just a "quick start," but the whole manual. When is the last time you've seen that? And (drum roll) the manual has an index! Oh, joy!

■ BR

Out and About with DCV

Voice of America Headquarters Tour. An interested and enthusiastic group of Villagers received a private tour of the VOA Headquarters Building at 330 Independence Avenue, SW. The tour was guided by George Mackenzie of VOA Public Relations. Villagers viewed and listened to a live broadcast to Albania that was being transmitted from rooftop satellites, and got glimpses of reporters busy at work in the central newsroom.



Panel depicting unemployment in Ben Shahn's mural "The Meaning of Social Security"

From its beginnings in 1942 as a radio news service for people living in closed and war-torn societies, VOA has become a multimedia broadcast service that reaches more than 171 million people around the world each week on television, radio, web and mobile platforms in 45 languages. Mackenzie noted that VOA, which is funded by the federal government, is mandated by its Charter to serve as a "reliable, authoritative, accurate, objective and comprehensive" source of news. From its Washington headquarters, it produces approximately 1800 hours of radio and television programming weekly. It reaches a significant portion of its audience on affiliate stations that rebroadcast its programs or receive live updates from VOA reporters. Since 2013, VOA has been authorized to provide programming to audiences in the U.S. At present, its programs are reaching various large foreign communities in this country.

During its lifetime, the Voice has been housed in several government agencies, including the Office of War Information, the Department of State and the US Information Agency. It is currently under the Broadcasting Board of Governors (BBG), an autonomous U.S. government agency with a bipartisan board that includes the Secretary of State. The BBG oversees the Voice, Radio Free Europe/Radio Liberty, Radio and TV Marti, Radio Free Asia and the Middle East Broadcasting Networks. Mackenzie explained that the BBG Office of Policy writes editorials that are broadcast on VOA, but VOA's news reports are prepared in its central newsroom, which has almost a hundred journalists and dozens of full-time domestic and overseas correspondents who are federal employees, as well as contract correspondents and stringers throughout the world. VOA policy stipulates that all news stories must have two independently corroborating sources.

Meet DCV's Newest Members

Fann Harding: From out of the blue, I received a call from Abigail Wiebenson to dine with a group of Villagers (or soon to be) at her interesting home. Of course, I joined. Who can refuse Abigail -- or all of the advantages of DCV?



I came to the Washington area in 1958 to seek a research position after receiving my M.S. and Ph.D. in anatomy from the Medical University of South Carolina. Medical universities were not hiring women in those days, so I accepted what ultimately became a senior health-scientist administrator position with the National Heart, Lung, and Blood Institute at the NIH. I administered research and training grants, coordinated a US-USSR health-exchange program in blood resources and hepatitis, was Executive Secretary of the Blood Division's advisory committee and developed a new medical area called Transfusion Medicine. As an activist in the early 70s, I organized the NIH Organization for Women to address discrimination against women at NIH; the Federation of Organizations for Professional Women as an umbrella group for women scientists; and was a founding member of the Association for Women in Science. I also won a discrimination case against NIH. When I retired in 1996, I was free to pursue more partisan activities, many neglected hobbies, travel -- and to enjoy more fully the lights of my life: my daughter and son-in-law and three wonderful grandchildren who live nearby. ■

An added treat was the opportunity to view Ben Shahn's multi-paneled mural, which was installed in the VOA building when it was home to the Social Security Administration. Occupying an entire corridor on the first floor, the themes for the panels were taken from President Franklin Roosevelt's address to Congress on "The Meaning of Social Security."

DCV Knitting Group. This just in from the Knitting Group. And what a marvelous illustration of the points in Marty Davis's front-page Letter! Join the fun at the next Knitting Group meeting on March 16 (see Calendar for details). ■ SL



Where Are They Now?



Ted Bracken reports that, “last month, I spent 12 days in the Galapagos Islands with a National Geographic Tour aboard one of their smaller ships, 75 people. It was a wonderful experience



with plenty of flexibility for those who might be less mobile than others. In a few weeks, it's off to Japan with a Dartmouth Alumni Group for two weeks, with stopovers in San Francisco and Seattle to visit with my two sons who live out there.”

Last we heard from **Marcy Logan**, she was sailing to the Everglades on her friend's 41 ketch sailboat “doing five knots with a 20 knot wind” and looking forward to natural wonders. Her



“adventure” started in Miami, and after breakfast in a “wonderful French restaurant,” she headed to Marathon to meet her friends and the boat they'd be calling home for a while.

On one of our coldest days, **Joan and Nick Ludlow** sent their “warmest wishes at 91F” from Panama City as they prepared to go on a Canal trip. ■ *BR with thanks to the travelers*



Kudos

It was a tough winter, with record colds

and non-record but consequential snowfalls. Had it not been for the DCV's Red Alert Team (aka the Snow Brigade), many Villagers would have been up a cold and snowy creek. We are immensely grateful to volunteers **Robert Hardgrove, Marilyn Newton, Lex Rieffel, Jeffrey Sandmann, and Abigail Wiebenson** for braving the elements and risking their own limbs to help out Villagers in need. And kudos, as always, to **Garry Hutchinson**, for making it all possible and for his direct help, as well.

The Membership Committee is delighted that the new system they've been using is yielding totally accurate membership information and re-enrollment dates. And although they report that “there is no way to adequately thank **Linda Harsh** for her mountain of effort” in achieving this goal, we thank Linda here anyway.



---Judy duBerrier

In Praise of the Potato. Much maligned. Often ignored. Terribly misunderstood. It is the (sob) stepchild of the culinary world. I am here to tell you differently. It is true that a big baked russet, slathered in butter, cheese, bacon and sour cream, has more calories and fat than I know how to calculate. But consider the following:

A medium-size (about 3") red potato has only 150 calories. It's high in vitamins C and B6 and in minerals, especially potassium and magnesium. It has 3 grams protein, less than 1 gram fat and no cholesterol. The



same size yellow (Yukon) potato is slightly higher in calories, but has added iron and calcium. And let's not forget that potatoes are inexpensive, filling and delicious!

The trick is finding low-fat recipes that you actually enjoy eating. Here is my #1, go-to, most requested Roasted Smashed Potatoes. The secret is the creamy insides with ultra-crispy bits surrounding. My son dubs them "crazy good."

Roasted Smashed Potatoes (serves 2-4)

- 4 medium whole, unpeeled red or Yukon potatoes
- 2 ribs fresh rosemary, leaves removed, stems discarded
- 3-4 cloves fresh garlic
- Few tsps. olive oil
- Salt & pepper to taste

Steam or microwave potatoes until tender. Meanwhile, finely chop rosemary and garlic together: Place cooked potatoes on a cookie sheet. Make a well by flattening them with a potato masher or bottom of a cup. Liberally fill wells with garlic/rosemary mixture and salt/pepper. Sprinkle olive oil over and around potatoes. Roast in a preheated 450 degree oven approximately 30 minutes or until crispy golden bits form all over. I promise you will never miss the bad stuff.

Questions/comments:
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---Judy Silberman,
 Yoga Master

In recent years, we have been hearing more than ever about obesity and digestive problems. So many people eat without awareness or even interest. Before your next meal, be mindful of the activity of preparing the food, of the colors before you, of the smells around you. Sit before your plate, looking, smelling and trying to instill calm in yourself as you anticipate the first bite. Try to relax for one minute, or take a few meaningful breaths before you lift your fork. Slow down your chewing to really taste and enjoy the food. When you finish your meal, observe yourself. Notice how your body feels, how relaxed your mind is. Later, notice if you need fewer antacids. ■

5th Annual Gala "Destinations: Dreams to Go" April 17, 2015

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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