

DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“My definition of an intellectual is someone who can listen to the William Tell Overture without thinking of the Lone Ranger.”

—Billy Connolly

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Welcome New Members!

Michael Freedman
Darrell Hueth
James and Astride Klick
Lucinda Murphy
Michele Teitelbaum

The 15-Minute City—Urban Living With Less Stress and More Sustainability

Before the current global pandemic, many of our lives were plagued by long work commutes, leaving little time for our families, friends, or nourishing alone time. Traffic polluted our air and smog blanketed our skylines. Air quality index alerts were not uncommon.

By Eva M. Lucero,
Executive Director

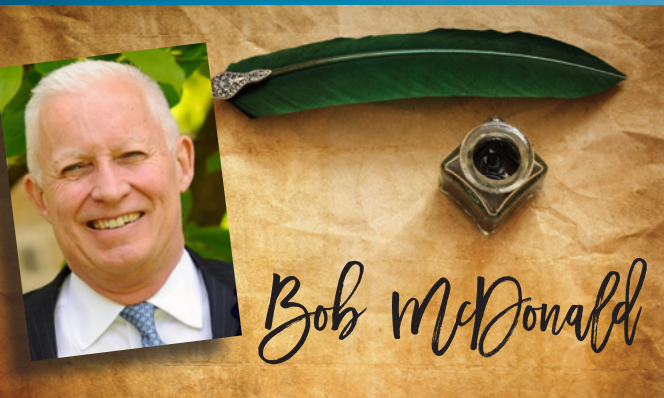
The pandemic hit the pause button. The switch to “working from home” made us question the futility of long commutes. What if we could reclaim our time, health, well-being and our communities for the better? One of the hottest ideas to emerge

beyond conferences and into the public arena was the “15-minute city.” The vision is to decentralize urban areas to enable residents to meet daily needs within a 15-minute walk from their homes. The emphasis is on careful planning at the neighborhood level so each neighborhood has the features it needs to support a full life including jobs, food, recreation, green space, housing, medical offices, small businesses, and more. With everything one needs within a 15-minute walk, cars are largely eliminated from urban settings thus transforming the urban landscape and how we live in it.



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President's Notes



Two years ago this month, we all started facing the brutal realities of the COVID-19 pandemic. On March 7, 2020, the first case of COVID was reported in Washington, DC. The patient was the rector of Christ Church Georgetown. He had not traveled outside of the United States, nor had he any known contact with someone who had the virus. Once his status was confirmed, the church canceled their services indefinitely. I vividly remember hearing about this from the rector at St. Thomas' Parish here in Dupont Circle. Little did I expect that this would be the first of so many upcoming cancellations!

It was on March 11, that the World Health Organization declared COVID-19 a pandemic. On the very same day, a state of emergency was declared in the District of Columbia. George Washington University and Georgetown University announced that classes would be held online. On March 12, the U.S. Capitol, the White House, and the Supreme Court Building closed to the public. On the 13th, Mayor Muriel Bowser announced that gatherings of people over 60 years of age or with pre-existing health issues would be limited to 10 people. Metro curtailed service and some stations shut down completely. On March 20, the first victim in DC died of COVID.

Things were moving rapidly. It was hard to grasp what was happening. It felt like the ground beneath our feet was being shaken by this viral earthquake. But I felt comforted when I heard some health experts

predict that we would be through this by sometime in May. Conservatively, I thought it might be June. How thankful I am that we could not foresee what lie ahead of us!

I want us to reflect not on how we have been victims of the pandemic, but how we have responded as a community.

Two years ago, for most of us, if we heard the word "zoom," we would think of a car racing away. But now we have learned to use software that tears down the walls of isolation and brings us together for information, for learning, for conversation, for entertainment, and even for meals together. We helped each other with groceries. We volunteered to run errands. We supported those facing health crises. We made phone calls. We assisted each other in getting vaccines and boosters. We provided and delivered masks and test kits.

This Village is resilient! But that does not come easy, and it takes work. It takes our participation in the

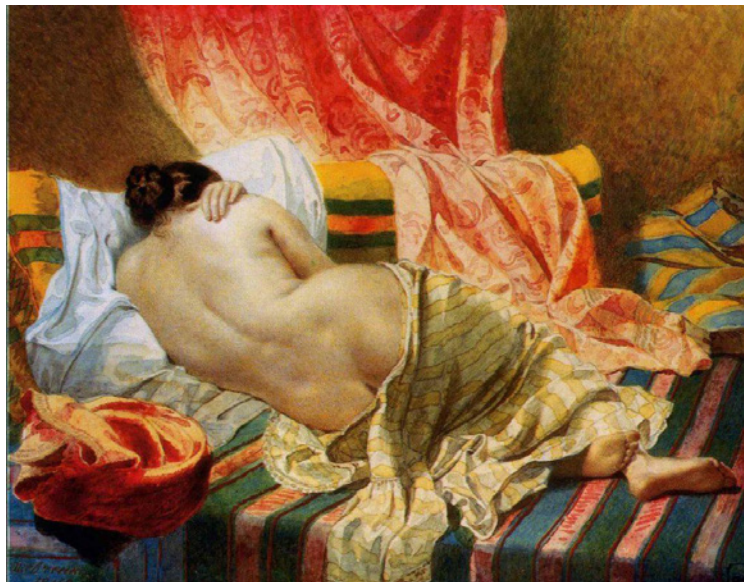
life of the Village.

Your participation is important to us. I want to highlight some upcoming programs and invite you to join us. Our new **Storytelling Series** continues this month on Thursday evenings with villagers sharing their experiences in Poland, India, Northern Ireland, and the south of France. **Navigating the Path Ahead** is our monthly discussion group on issues facing us as we continue our life journey. We celebrate **Pi Day on March 14** with a slice of pie baked by Monica Heppel—don't forget to register. And, as always, we continue to offer many additional programs and activities throughout the month.

Looking ahead, please mark your calendars and get ready for our Virtual Gala taking place on Friday, April 29: **DCV Honors Arbor Day**. After our rave reviews from last year's gala, we are looking forward to an evening of entertainment, dancing, catered dinner, and the silent auction. I look forward to seeing you there!

We have come a long way. We are resilient. We continue on with one another.

Art Archive



Odalisque,
1840, watercolor
Taras Shevchenko
(1814–1861,
Ukrainian)

Monthly Calendar

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

We do ask you to register online at www.dupontcirclevillage.net and select "Calendar," find the event, and register. If you can't join an online event or figure out how to register, please email or call Ann Talty at admin@dupontcirclevillage.net or (202) 436-5252.

Seated Feldenkrais: An Introduction to Easier Sitting

Wednesday, March 2, 10:00–11:00 am

Location: Virtual

RSVP: Register online or contact DCV Office

Join the Feldenkrais class on the first Wednesday every month for a chair lesson to learn the dynamics of easy and healthy sitting. In these lessons for all, we will explore improving the function of sitting in a dynamic way, through non-habitual movement explorations, reminding your brain of sensory-motor connections, and creating neurological balance and ease. Over the course of these lessons your spine can begin to regain its natural capacity for comfort, self-organization and ease of movement. Lessons done in sitting on a chair can help you discover your spine's full potential, from finding the sits bones up to freeing the spine, chest, and head, thereby reducing discomforts and facilitating the development of new postural habits that you can take into standing and creating more ease in all your daily activities.

Village Storytelling: Fun & Travel While Living Overseas

Thursday, March 3, 6:00–7:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Two Village members will focus on their fun and travel while living overseas. Peg Simpson will recount her memories of living and traveling in Poland and Peter Bloom will involve us in his adventures living in India. The speakers will each speak and show pictures for about 10 minutes. Following each speaker, participants will be able to share their own experiences and ask questions.

Navigating the Path Ahead

Tuesday, March 8, 3:30–4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Our lives are a journey. As we make our way on our path, we find others to walk with us. As they share our journey, they support and challenge us. At times, some leave us. And then, others join us. We learn from them and share



our experiences. Over time, this new monthly Village discussion group will be covering topics such as: living alone; receiving a new diagnosis; wondering what's next; do I need to make accommodations in my home; dealing with loss; where can I find new experiences; what can bring me joy; how can I reignite the passion in my life.

CELEBSALON:

George Derek Musgrove, professor, co-author of *Chocolate City: A History of Race and Democracy in the Nation's Capital*

Wednesday, March 9, 6:00–7:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

In their book, *Chocolate City*, professors Chris Myers Asch and George Derek Musgrove tell the tumultuous, four-century story of race and democracy in our nation's capital. Washington has often served as a national battleground for contentious issues, including slavery, segregation, civil rights, and the drug war. But, the city is also rich in history of local activism as the citizens struggle to make their voices heard in an undemocratic city where residents lack full political rights.

Men's Book Group

Monday, March 14, 11:00 am

RSVP: Bob Hirsch, (202) 483-7981 or rmhirsch49@yahoo.com

The book is *There is Nothing For You Here*, by Fiona Hill. New participants are always welcome.

Pi Day Celebration—Free Slice of Homemade Lemon Pie!

Monday, March 14

RSVP by end of day on Friday, March 11

Dupont Circle Village is joining with Math Geeks and/or Pie Lovers to celebrate National Pi (3.14159...) Day on Monday, March 14 (3.14) by offering members a slice of home-made pie (one slice per member). Order a slice of lemon pie (made by Village Master-Baker, Monica Heppel), to be ready for pick-up on Monday, March 14, between 1:00 and 3:00. There will be 4 pick-up points around the Village.

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Monthly Calendar

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DCV Storytelling: Walking Tours

Thursday, March 17, 6:00–7:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Two members will discuss walking tours. Susan Valaskovic will take you on her St Patrick's Pilgrimage in Northern Ireland, and Judith Neibrief will have you walk with her through Southern France, through the Dordogne into Provence. The speakers will each speak and show pictures for about 10 minutes. Following each speaker, participants will be able to share their own experiences and ask questions.

Sunday Soup Salon: t/b/a

Sunday, March 20, 5:00–6:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

This activity meets on the 3rd Sunday of the month and discusses an assortment of TED Talks. Watch for details in the Friday e-blasts.

Art Introspection: Picasso

Thursday March 24, 2:00–3:00 p.m.

Location: Virtual

RSVP: Register Online or contact DCV Office

Because of the mix-up in times at the February session, this event is being run again so members of two Villages can attend. It is hosted by Foggy Bottom West End Village.

As a painter, sculptor, ceramicist, stage designer and lithographer, Pablo Ruiz Picasso is considered to be one of the greatest artists of the 20th century, if not of all time. With his career spanning almost 80 years, Picasso used art as an outlet to explore and heal from many of life's obstacles put in his way. Facing the loss of friends, heartbreak, financial difficulties and mental illness, Picasso channeled his emotions and feelings through his art. In this online program, we will take a deep dive into the life of Picasso, using the different stages of his art as markers of major life events. Join us for an inter-village discussion on the power of art in healing through the perspective of Picasso's life.

"Colors, like features, follow the changes of emotions"
—Pablo Picasso

If you have any questions, please contact Laura, art therapy intern at lauramahon@gwmail.gwu.edu

Mystery Book Group

Friday, March 25, 3:00–4:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

The book for discussion is ***Slow Horses*** by Mick Herron.



DCV Movie Group: t/b/a

Wednesday, March 30, 3:55–5:15 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Watch for details in the Friday e-blasts.

Online Meditation with Christina

Mondays & Thursdays, 9:00–9:30 am

Location: Virtual

RSVP: Register online or contact DCV Office

Accessible Mat Yoga

Mondays, 3:30–4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Chair Yoga

Tuesdays, 10:30–11:30 am

Location: Virtual

RSVP: Register online or contact DCV Office

Online Feldenkrais Method Awareness Through Movement

Wednesdays March, 9, 16, 23, 10:00–11:00 am

Location: Virtual

RSVP: Register online or contact DCV Office

Coffee and Conversation

Thursdays, 10:00–11:00

Location: Virtual

RSVP: Register online or contact DCV Office

Mahjongg

Thursdays, 2:00–4:00 pm

Location: hosted live by Margot Polivy

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

Knitting Group

Thursdays, 4:00 pm

RSVP: Sheila Lopez at sheilablopez@gmail.com

Soup Salon, Celeb Salon, Piano Salon—What is a Salon?



Ask Ann

We have these different Salon activities in the Village, but what is the origin of the term?

Salon means room, usually a large entertainment room in a private

home. In Europe, particularly in France in the 17th and 18th Centuries, a salon was a social and intellectual gathering of people who would meet at the house of a well-known or intellectually inspirational person to discuss the latest cultural trends, from literature to politics, from art to philosophy and science.

Generally, noblewomen served as hostesses for these salons in their home. Men and women would attend, and these salons became an important way for women to learn and discuss various subjects in a time when women were not otherwise exposed to higher education—the salon was an informal education

for women, where they were able to exchange ideas, receive and give criticism, read their own works, and hear the works and ideas of other intellectuals.

As time went on, salons also included members of the upper middle class as well as aristocracy. This allowed for advancement of the middle class with ideas, contacts, manners, and sociability. The salons were a mechanism that gave rise to the Age of the Enlightenment (also called the Age of Reason), and even the French Revolution.

I first learned this term when going through an Impressionist exhibit at the National Gallery. In 1874, several artists based in Paris banded together to hold an independent art show. Later known as the Impressionists, these figures took it upon themselves to present their own paintings, prints, and sculptures, bypassing an external selection process. This was needed



because this new style of art was not initially accepted, and this venue allowed others to learn and appreciate this revolutionary change in art.

I must admit that I next learned more about these salons by watching the PBS Lillie Langtry series. In a way, Salons have always made me think of those late-night heavy conversations in college, where any subject was up for grabs, great discussions held (often heatedly), and an exchange of ideas and information took place. Of course, these are less formal than the Paris Salons, but the hunger for the concept still rules.

DCV's Soup Salons certainly tackle stimulating ideas, allowing for discussion among interested people. The Piano/Poetry Salons follow the concept, where music and poetry readings are presented.

It has been my privilege to work with the CelebSalon Committee and attend so many of their Salons. There have certainly been a range of individuals and topics—cultural, foodies, economics, public affairs, authors, and members of the media. They are a wonderful way to learn something about many, many topics.



March Birthdays



A hearty Happy Birthday to Villagers born in March! **Deb Mendelson, Rebecca Martin, Eugene Versluysen, Abigail Wiebenson, Pierre Wagner, Cathy Gladstone, Lynne Horning, Craig Howell, Dan Abele, Lucinda Murphy, Glenn Engelmann, Lois Berlin, Patricia Kelly, David DeLeon, Patricia Capdevielle, Cindy Brown, Sloan Rogers, Richard Fitz, Mark Goldstein, Michael Tanner, Michele Teitelbaum, Mary Latka, Caroline Mindel, Michelle Engelmann, Carol Galaty, and Alan Lopez**

Meet Karen St. John

Karen is a native of Detroit, raised in a strong Polish American enclave of Catholic schools and Polish bars. Karen's first exposure to Washington, D.C. was back in 1978 working as a college summer intern for the non-governmental organization League of Conservation Voters (LCV). It was the summer between her graduation from the University of Michigan and

DCV Member Profile

graduate school at Duke University—both her Bachelor and Masters were centered on environmental studies. She had fun tracking Congressional campaigns for LCV and tracking environmental and energy legislation. That's when she fell in love with Washington, and knew it would be her destiny. She would eventually yo-yo in and out of DC a total of five times.

Now retired, Karen's career was focused on the juxtaposition of energy and environment. It provided an array of experiences both domestically and internationally. Early on, she worked for Battelle Memorial Institute in Columbus, Ohio as a researcher on renewable energy systems, and obtained an MBA from Ohio State University through their executive weekend program. Karen moved back to Washington and supported the U.S. Department of Energy by conducting and overseeing environmental and social impact assessments on its high-level nuclear waste management program. From there, she moved on to the American Petroleum Institute and then to the Amoco Corporation working on federal environmental regulatory policy, which included periods in Washington DC and Chicago.

Karen's big break internationally came with the merger of Amoco and British Petroleum (now BP). Off to London she went, then to Baku,

Azerbaijan and Jakarta, Indonesia. Her work received accolades from the World Bank and others in forging a path in the field of ESG (environmental and social due diligence, and governance) on multi-billion-dollar energy projects. Karen returned to Washington DC in 2007 in BP's Washington DC office—she did take time out for a two-year period of time in Houston, then back to DC again.

Karen calls Washington, D.C. home. She spends her retirement involved with several internationally oriented organizations, including the World Affairs Council. Karen has a passion for travel, having traveled to



70–80 countries (she lost count). She is active with the University Club and of course, DCV. She loves the camaraderie provided by DCV, which has provided her with good friendships.

SAVE THE DATE



The DCV Knitting Group and its Amazing Gifts

One of the great benefits of Village membership is the opportunity to interact with people who share common interests. Let's take the DCV knitting group, for example, where members gather for knitting but

By Eva M. Lucero their interactions go way beyond just knitting. This close-knit group has also created a purposeful and powerful space for learning, laughter, and joy. They hold a wealth of accumulated experience, talents, and wisdom. And, they enjoy the gift of each other's friendship. Recently, member **Susan Hattan**, presented a beautiful memory quilt to **Leslie Sawin**. Leslie shares the story of this exquisite gift below.

I received a wonderful and unexpected gift today. For those of you who might be unfamiliar with the term memory quilt, it is a quilt remembering someone who has died. Often, they are composed of ties belonging to a

departed loved one. As you know, I have been a widow for some years. When my husband died, I kept a bunch of his ties to, hopefully, get a quilt made one day. I never found a way and they just sat in a box on a shelf.

In one of our craft conversations some months ago, Susan and I were talking about quilting, the ties and the idea of a memory quilt. When I first mentioned it, I was asking for references to folks who make such quilts. Susan looked at the ties, and we reviewed some books with quilts that others had made. She said, "OK. I'll think about it." So, the conversation dropped. We had looked at some interesting and beautiful patterns and that was the end of it. I figured that when she got around to it that we would talk again and see where things were. Fine with me.

Today, Susan came by to select some yarn for her animals. And she brought an amazing gift. As you see

below, she made me my quilt. The picture doesn't begin to do justice to what she made. The ties are silk and in beautiful lustrous colors. The other fabrics are complex and rich. The yellow has white dots and the quilting is so beautiful. The little rim at the top and sides of the quilt that binds off the purple are also pieces of the ties. The attention to detail is meticulous and thoughtful. She even included fragments of a tie that my husband loved because it represented his beloved work. Someday you can all see the lap quilt in all its glory. Exquisite and beautifully executed.

I wanted you all to see the depth of Susan's artistry and creativity. It is amazing. And it also shows yet again the innate kindness and caring that we all know that she brings to everything she does. I couldn't keep it to myself. May it brighten this cold and windy weekend for you. It means the world to me.



The 15-Minute City

Continued from page 1

The 15-minute city concept has become a trend, popularized by Paris mayor Anne Hidalgo who included a plan to implement a 15-minute city program during her 2020 re-election campaign. Closer to home, Shaun Donovan made the 15-minute city a foundation of his unsuccessful bid for New York City mayor in 2021. The driving force behind this concept is Sorbonne professor Carlos Moreno, who believes “core of human activity” in cities must reimagine cities and move into a post-vehicle era that no longer centers on cars and roads. Moreno puts people at the center. He believes that if our needs are met within a 15-minute interval across six basic social functions—living, working, supplying, caring, learning and enjoying—we will be happier, more willing to care for our communities, and form better relationships.

The 15-minute city concept is in direct contrast to social and city planning initiatives that have dominated the past 100 years which

separates our residential communities from business, retail, industry and entertainment. It gained traction when MIT Media Lab director Kent Larson introduced the concept of a 20-minute city in a 2012 TED talk. Larson suggested that the planet is becoming a network of cities, and that successful cities in the future will evolve into a network of high-performance, resilient, entrepreneurial communities. He shared about a neighborhood simulation platform to integrate the necessary design, technology, and policy interventions into “compact urban cells,” offering tools to make this concept realizable.

While the 15-minute city model promotes neighborhood-level urban planning, Sweden is currently pursuing a hyper-local twist: a plan to redesign every street in the nation, calling it the “one-minute city.” Sweden’s project operates at the single street level, with attention to “the space outside your front door—and that of your neighbors adjacent and opposite.” Called Street Moves, the initiative allows local communities to become co-architects of their own

streets’ layouts. Via workshops and consultations, residents can control how much street space is used for parking, or for other public uses. It’s already rolled out experimentally at four sites in Stockholm, with three more cities about to join up. The goal of Street Moves is hugely ambitious, calling for a rethink and redesign of every street in the country over this decade so that “every street in Sweden is healthy, sustainable and vibrant by 2030,” according to Street Moves’ materials.

Jane Jacobs, author of the 1961 classic *The Death and Life of Great American Cities*, wrote, “a neighborhood is not only an association of buildings but also a network of social relationships, an environment where the feelings and the sympathy can flourish.” We could say that Jacobs was ahead of her time. I prefer to think that she paved new roads within our collective imaginations. We can now reimagine how we live in the urban landscape in a way that is more nourishing, connected, and sustainable.

A Well-Deserved Thanks to Craig, A DCV Volunteer!

Dear Craig,

Your help with my medical appointment today was amazing!

Having no family nearby as I get older makes things complicated and difficult sometimes, and I don't know how I'd manage without the help of you and others in our Dupont Circle Village. What you did with and for me today is a huge gift. Not just because we got the doctor appointment done, but because of the TLC I felt from you in the process. (And I'm glad you talked me out of postponing the appointment!)

Your help dissolved the stress I would have felt without you. Getting there was especially difficult in this cold, rainy weather; even finding our way into

and around that building was a challenge. I don't know about you, but I am still cold, even though I've been curled up under my electric blanket ever since I got home. Without you, this would have been a miserable day.

Your parents are truly blessed to have you for a son, and I am blessed, too, to be cared for by you (and the other DCV volunteers) who give me such caring support and affection. I thank you, the good Lord and the Village, that I have been the recipient of your generosity!

And thanks also for taking notes. That, too, made the whole thing much easier.

With gratitude and great affection.

Out and About



▲ **Donna Batcho** was in New York City for a Broadway birthday weekend celebration. She saw the House of Dior exhibit at the Brooklyn Museum, and spent quality time with her niece.



▲ Groundhog Day at Dupont Circle. Villagers' selfie with Potomac Phil. Left to right: **Dennis Houlihan, Peggy Long, Nancy Turnbull, Marie Lovenheim, Judi Lambart, and Charlie Bien**

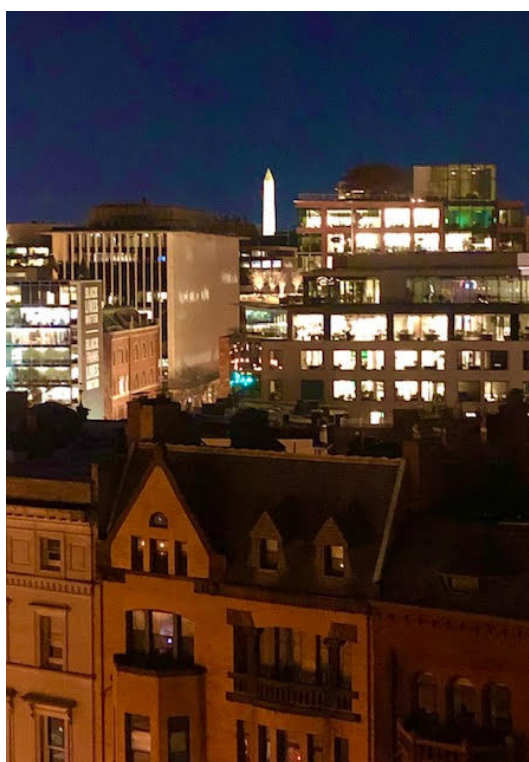


▲ **Jim Chamberlin** snapped this Road Rainbow at 17th & Church Street, NW.

Out and About



▲ **Lucia Edmonds** made a trip to Los Angeles to see the art works of her niece, June Edmonds, who was given a forty-year retrospective by Loyola Marymount University's Laband Gallery. Lucia's grand nephews Joshua and Jamal stand before one of June's early paintings which is owned by Lucia and shipped out for the occasion.



▲ **Jim Chamberlin's** view of the Washington Monument from The Boston House, 1711 Massachusetts, NW.



▲ **Nancy Laverda** was on a recent cross-country ski trip in Canaan Valley.

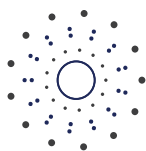
Poetry Corner

Musee des Beaux Arts

About suffering they were never wrong,
The old Masters: how well they understood
Its human position: how it takes place
While someone else is eating or opening a window or just walking dully along;
How, when the aged are reverently, passionately waiting
For the miraculous birth, there always must be
Children who did not specially want it to happen, skating
On a pond at the edge of the wood:
They never forgot
That even the dreadful martyrdom must run its course
Anyhow in a corner, some untidy spot
Where the dogs go on with their doggy life and the torturer's horse
Scratches its innocent behind on a tree.
In Breughel's Icarus, for instance: how everything turns away
Quite leisurely from the disaster; the ploughman may
Have heard the splash, the forsaken cry,
But for him it was not an important failure; the sun shone
As it had to on the white legs disappearing into the green
Water, and the expensive delicate ship that must have seen
Something amazing, a boy falling out of the sky,
Had somewhere to get to and sailed calmly on.

W. H. Auden

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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Dupont Circle Village
2121 Decatur Place NW
Washington, DC 20008
www.dupontcirclevillage.net
admin@dupontcirclevillage.net
202-436-5252

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