



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“Tell me, what is it
you plan to do
with your one wild
and precious life?”

—Mary Oliver

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Welcome New Members!

Patricia Black
Cecyl Ivie
Judith Meguire and
Michael Gallagher
Marianne Thomas

Addressing Depression in Older Adults

Depression is making recent headline news. Senator John Fetterman (D-PA) checked himself into the Walter Reed Medical Center for treatment of depression.

By Eva M. Lucero,
Executive Director

A February 2023
survey by the
Centers for Dis-

ease Control and Prevention found that, in 2021, 57% of high school girls reported experiencing “persistent feelings of sadness or hopelessness in the past year,” up from 36% in 2011.

The Mayo Clinic defines depression as a “mood disorder that causes a persistent feeling of sadness and loss of interest.” Depression can affect how you think, feel, act and can present challenges doing normal day-to-day activities. Depression isn’t something you can “snap out” of and it’s more persistent than a bout of the blues. In many cases, it requires treatment.

It might surprise you to learn how common depression is. The Centers for Disease Control and Prevention reports that during the pandemic, more than 41 percent of Americans experienced recent symptoms of a depressive or anxiety disorder. The National Institute of Mental Health estimates that 21 million adults—about 8.4 percent of the population—had at least one episode of major depression in 2020.

What about depression in older adults?



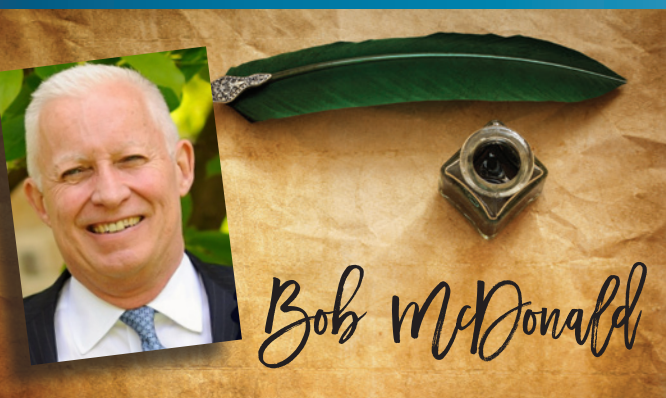
Everyone has feelings of uneasiness, stress, and sadness at some point during their life. However, clinical depression is more than just feeling sad or blue. Most depression in older adults is related to factors that can be addressed, which is good news—there’s support, treatment, and hope for older adults facing depression.

Signs and symptoms of depression vary from person to person. How do you know if you’re depressed and what can you do about it?

- Look for changes in your mood or your interest in participating in activities.
- Depression can be treated. If you have symptoms of depression that last for more than two weeks, talk with your doctor. There are many effective treatment options, so it’s important to seek help early.
- Reach out to family and friends. Though they cannot provide

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President's Notes



Retired in DC

I am writing this as my husband David and I are flying back to Washington having spent eight days in Fort Lauderdale. Every year we take a break from DC winters by escaping to Florida. From time to time we have wondered if we might move to someplace like Florida during our retirement, and I find myself asking, "Could we live here year-round, or even just for the winter season?" The considerations go far beyond the weather (which was ideal this past week); I scope out the housing, the health care, the arts, the restaurant scene, the traffic, and the neighborhood walkability.

This year the wondering took on a new perspective. In two months David will be retiring from his position as Chief of Space and Facilities for the Federal Courts. Following 20

years in the private sector as an architect, he joined the federal work force after 9/11. His service has included time with the Courts and also with the General Services Administration (GSA) where he served as GSA's Chief Architect.

As many of you know, I retired more than six years ago from my position as the Executive Director of Foggy Bottom West End Village. Soon, neither of us will be employed. So now the wondering becomes more reality based.

While it can be exciting to dream about living in a different location, we know that we love DC and choose to live here in retirement.

We have often said that for its size, DC competes well with larger cities in the field of arts and culture. The theatres in this town are outstanding, offering not only touring companies of Broadway shows, but new works of American writers by world renowned regional theatres. A few years ago DC theatres produced the Women's Voices Theater Festival. More recently these theatres have committed themselves to greater diversity, equity, and inclusion. I have been impressed with how the theatres in DC have broadened the

diversity of their programming.

The Smithsonian Institution provides us with so many wonderful museums and opportunities for learning. Their website tells us: "We are a community of learning and an opener of doors. Join us on a voyage of discovery." Where else in the world can you join that voyage with free access? The National Gallery of Art regularly presents exhibitions drawing visitors from around the globe.

I remember when I first moved to DC more than 30 years ago, I thought the restaurant scene was boring. Not anymore! Today it is eclectic with various ethnic possibilities within walking distance in our neighborhoods. DC is certainly a walkable city. We do have our challenges with traffic, bikes, and scooters, but walking here can be efficient, fun, and interesting.

Our area is fortunate to have some of the best resources in health care. I know that managing our way through the health care systems here can be most challenging, but we can be grateful for the expertise of the providers available to us.

What also makes DC so appealing is the presence of 13 Villages, and the benefits that our own Village provides. Learning experiences, social gatherings, access to Celeb Salon personalities, the amazing responses and helpfulness of the Village list serve, the health care advice, and the care groups that offer our members needed assistance when dealing with a health issue.

In thinking about all that DC offers, I am resolving to take more frequent advantage of these resources. I ask you to join me. Go to museums. Take a walk in a different neighborhood. Try that new restaurant. And with the Village, I encourage us all to become more active. Join a social hour. Volunteer. Ask for help. Get to know your fellow Villagers.

It is all there for the asking. Take advantage of being retired in DC!

Depression in Older Adults

Continued from page 1

treatment, loved ones can sometimes help by listening or participating in activities, watching for symptoms, and encouraging treatment.

- Maintain a healthy lifestyle that includes staying active, eating a healthy diet, getting enough sleep, and connecting with friends and family.

The National Institute of Aging (NIA),

based in Bethesda, Maryland is part of the National Institutes of Health. NIA conducts and supports scientific research to help more people live healthy, active lives as they grow older. NIA has recently published a very good series of infographics that tell a visual story about aging and aging-related health issues. The information on Depression (above) was taken from one of their infographics. I highly recommend this resource. The full listing can be found here: [NIA Infographics on Aging](#).

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.

Home Social Hours

Thursday, March 9, 5:00–6:30 pm,
hosted by Lois Berlin/Larry Stuebing

Thursday, March 9, 5:30–7:00 pm,
hosted by Abigail Wiebenson

RSVP: Register online or contact DCV Office

Join fellow Villagers for a social hour at a member's home. Details on website.

Pi Day—FREE slice of pie

Tuesday, March 14

RSVP: Register online or contact DCV Office

Location: 3 pick-up points in the Village neighborhoods

Dupont Circle Village is joining with Math Geeks and/or Pie Lovers to celebrate National Pi (3.14159...) Day on Tuesday, March 14 (3.14) by offering members a slice of home-made pie (one slice per member). Order a slice of chocolate chess pie, to be ready for pick-up on Tuesday, March 14, between 1:00 and 3:00.

Navigating the Path Ahead

Tuesday, Tuesday, March 14, 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.

Pre-St. Patrick's Happy Hour

Thursday, March 16, 5:00–7:00 pm

Location: Shenanigan's Irish Pub, 2450 18th St NW

RSVP: Register online or contact DCV Office

Join your fellow villagers for a fun happy hour celebrating pre-St. Patrick's Day!

Sunday Soup Salon

Sunday, March 19, 5:00–6:30 pm

Watch for more info in Friday e-blasts.

Home Social Hours

Tuesday, March 21, 5:00–6:30 pm

Location: t/b/d

Watch for more info in Friday e-blasts.

DINNER SHOW:

17th Street Restaurants and Keegan Theatre

Friday, March 24, 6:00–9:00

Register by noon on March 10

Location: 1 of 4 restaurants, then Keegan Theatre

Limit: 8 at each restaurant; 4 for theatre only

Join fellow Villagers for dinner and a show at Keegan Theatre, which offers free tickets to the preview performance of each of their shows this season. The next show in the season is the world premiere of *Push the Button*, written by Drew Anderson and Dwayne Lawson-Brown. This is a new hip-hop musical from the dynamic duo behind "From Mumbo to Gumbo." The restaurant choices are Agora, Annie's, Dupont Italian Kitchen, and Trio Bistro. There are also a limited number of tickets available for theatre only.

DCV Volunteer Recognition Celebration

Saturday, March 25. 4–6 pm.

The Dresden Rooftop

RSVP: Volunteer@dupontcirclevillage.net

Men's Book Group

Monday, March 27, 11:00 am

Location: DCV Office—enter at 2111 Decatur Pl NW

RSVP: Contact Bob Hirsch at (703) 994-5205 or rmhirsch49@yahoo.com

More info in upcoming Friday e-blasts.

New members are always welcome, and members of the group often have lunch together afterwards.

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Monthly Calendar



Continued from page 3

Live and Learn: First Aid Training

Monday, March 27, 3:30–5:00 pm

Location: DCV Office and by Zoom

RSVP: Register online or contact DCV Office

A video-based seminar will cover topics such as basic bleeding control, treating shock, diabetic emergencies, strokes, seizures, heart attacks, asthma attacks and using an inhaler, anaphylaxis and using an epi pen as well as the new Auvi-Q epinephrine injector. We will discuss broken bones, splinting and head injuries. How to use Narcan nasal spray for overdoses and an Automated external defibrillator.

Our presenter, Chris Moore, has been a firefighter/paramedic for close to 20 years. He is the lead instructor for A. Murphy & Co, Inc., a provider of CPR & First Aid Training Specialists and has been teaching there for over 10 years.

Guided Tour of the Hirshhorn

Tuesday, March 28, 1:30–3:00 pm

Location: Independence and 8th St

Limit: 15 people

RSVP: Register online or contact DCV Office

More details will be in upcoming Friday e-blasts

Mystery Book Group

Friday, March 31, 3:30–4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

The book for discussion: *The Blackhouse by Peter May*.

Online Meditation

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 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Feldenkrais Method—Awareness Through Movement—Chair Lessons

Wednesdays, 11:00–noon

Location: In Person, DCV Office

enter at 2111 Decatur Pl NW

By Zoom if you have mobility issues requiring you do this remotely

RSVP: Register online or contact DCV Office

Feldenkrais classes—Awareness Through Movement (ATM)—use verbally guided movement explorations comprised of novel combinations of movements and awareness that improve your overall abilities. These classes use slow, mindful movements to achieve powerful effects in terms of strength, flexibility, and holistic integration of body and mind. Unique to the Feldenkrais Method is that these lessons tie directly into functional movements of daily life, such as walking efficiently, safely lifting objects and improving one's dynamic posture and comfort while sitting or standing.

Coffee and Conversation

Thursdays, 10:00–11:00

Location: Kramers, 1517 Connecticut Avenue NW

RSVP: Register online or contact DCV Office

Mahjongg

Thursdays, 2:00–4:00 pm

Location: hosted in person by Margot Polivy

RSVP: Bobbi Milman, rmilman@comcast.net

or (202) 667-0245

Knitting Group

Every Thursday, 4:00 pm

Location: Virtual

RSVP: Sheila Lopez at sheilablopez@gmail.com

Dupont Circle Walking Group

Every Monday, Wednesday, Friday at 8:30 am

Location: meet at the fountain in Dupont Circle

Adams Morgan Walking Group

Every Tuesday, Thursday at 8:00 am

Meet at northwest corner of Kalorama & Columbia that borders Kalorama Park

Tips & Tricks for the DCV Website

PART 1



Ask Ann

I am on our website every day as part of my job, but many of the rest of you still need to become better acquainted with it. So whether a new member or longer term, a

By Ann Talty refresher of why you might want to go our website and tips on doing so.

Tip #1:

<https://dupontcirclevillage.net> takes you to the frontline marketing part of the site. If you go in that way, you will need to click the button in the top right corner that says **"Member & Event Info."** That will take you to the main part of our website. If you want to bypass the marketing site, make a shortcut for yourself on your desktop for <https://dcv.clubexpress.com>—that's what I do. ClubExpress is the company that hosts our website, membership, events data—all integrated.

Tip #2:

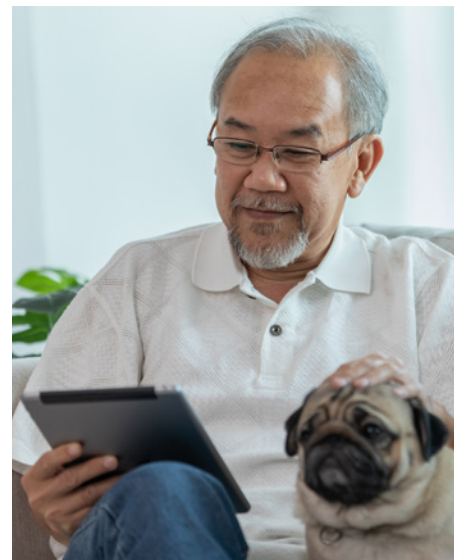
Do log in on our site—you will not be able to see certain parts unless you are recognized as a member—it doesn't know who you are unless you tell it. You log in by clicking on the button in the top right corner that says **"Member Login."** If you have checked the **"Remember Me"** option, all you have to do is click. If you can't remember your login credentials, it will give you a choice to be reminded, and ClubExpress will send you an email immediately with your username and temporary password.

Tip #3:

Make use of our **Calendar of Events** (under the Calendar section). It's always fun to take a look ahead to see what you might be interested in doing. During the second half of any month, I start working on getting activities onto the calendar for the following month. You might occasionally see an activity that starts with **"HOLD:"** That means we're either holding a couple of dates for something, or we know the date but don't have the details yet.

Numerous Calendar Tips: When you click on an activity on the calendar, it will give you detailed information and let you register—this is the page that the link in the Friday e-blast goes to. **PLEASE** log in if you intend to register. Here's why:

- If the event is limited to members, you will not be able to register unless you log in.
- If the event is open to all, and you are logged in, there are fewer steps to register. If it's just you, you don't have to make any choices—just click next, then complete registration.
- If open to all and you are bringing a guest, before you click next, choose to add someone to your registration. Then the process suggests that your guest may be a spouse/partner, click on that option, then confirm when it gives you the spouse/partner on record. If it's another type of guest, then click on that kind of guest category and supply the information that is requested.



PLEASE log in once you hit the **activity page** if you aren't already. This is a personal request. If you are not logged in as a member, the system creates a non-member record for you. Every single time. And I have to merge it back in to your member record later. So be nice to Ann and learn how to log in.

March Birthdays



HAPPY BIRTHDAY to all members celebrating March birthdays!

Deb Mendelson, Rebecca Martin, Eugene Versluysen, Abigail Wiebenson, Pierre Wagner, Craig Howell, Dan Abele, Lucinda Murphy, Glenn Engelmann, Lois Berlin, Patricia Kelly, David DeLeon, Cindy Brown, Richard Fitz, Mark Goldstein, Barbara Finkelstein, Michael Tanner, Michele Teitelbaum, William Collins, Mary Latka, Caroline Mindel, Michelle Engelmann, Carol Galaty and Alan Lopez

Italian American Museum Acquires Righini Sculptures

The Italian American Museum of Washington DC (IAMDC) recently acquired three alabaster pieces sculpted by DC Villager **Massimo Righini**. A former surgeon, Dr. Righini retired from a distinguished career as Chief of Surgery and President of the medical staff at the former Greater Southeast Community Hospital in 1998 and replaced his surgical tools with sculpting tools.

What followed is an extensive collection of sculptures that tell tales about myths, religions, fables, and even recent events, always with a satirical and skeptical twist. Using a variety of stones, including granite, sandstone and soapstone, Massimo's style and compositions bring to mind anonymous medieval sculptors who carved stories on the walls of ancient cathedrals; however, his subjects and



treatment are modern and whimsical. The works often address a complex tale in a single image, and each is accompanied by a short humorous poem.



Left: Where Have all the Centaurs Gone? Alabaster, 2004

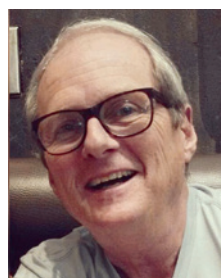
Right: Marilou and Massimo Righini

Reflecting on his two careers, Massimo says, "A lifetime of close contact with the problems of real people had widened my perspective, and I could no longer be satisfied with sculpting pretty shapes to please the eye. I believe that all of art is ultimately a form of communication between human minds, although more on an emotional rather than a strictly rational level." His works have been featured at L'Enfant Gallery in Georgetown, in numerous exhibitions and in about 30 private collections internationally. The three pieces will be on view at the IAMDC beginning in March. The curators of the museum have offered to give members of the Dupont Circle Village a guided tour once Massimo's pieces have been installed. Currently, IAMDC is open by appointment only. Reservations may be made by email—desanti@casaitalianacenter.org.

Marilou and Massimo met and married in Italy when they were both students in Bologna. They moved to Washington DC in 1962 where they have each enjoyed successful careers and raised their two children, Giovanna and John Paolo.

Meet member Wes Rivel

Wes Rivel was born in the Flatbush neighborhood in Brooklyn, NY. He came to Washington at age 15 to attend St.



DCV Member Profile

Albans School (1965–68) as a boarder. He eventually settled down in Washington (Dupont Circle), married, started a family and had his own business, Rivel & Ryan Co., a real estate brokerage firm. After he left the firm, a career in banking took him to Latin

Chase Brazil and Mastercard Brazil. Eventually Wes was responsible for financial services in Argentina, Colombia, Mexico, Peru, Switzerland and Miami. He currently serves as a very part time consultant to the financial industry in Latin America. In 2019, Wes returned to Washington after spending most of the previous 30 years in Brazil.

Wes enjoys spending time with his seven grandkids, following politics, researching genealogy, travel (especially, Latin America) and volunteering. He recently helped build a database for an abandoned Cemetery in Philadelphia. Now that he's back in DC, he enjoys all the restaurants and taverns in the Dupont and Logan Circle neighborhoods. The best thing he likes about DCV? Meeting and being in touch with folks in the extended neighborhood.

Transformative

For those who were at my home on Sunday, January 29th and those who could not attend, let me share why this was a transformative event for me.

By Sarah Burger
My apartment turns into a concert hall fairly easily and has a piano. Before the pandemic, DCV had the Chiarina Chamber Players here from St. Marks Church on Capitol Hill.

When **Michaela Buhler** and **Patricia Baranek** approached me recently about a concert here, I was thrilled. They worked with the DC Concert Orchestra Society (DCCOS). There were mountains of telephone, leg work, visits to performances to put the pieces together. I did not lift a finger.

The first step was have one performer, Susan Alexander, play my piano. Beautiful music ensued. What a joyful gift after two years of silence. The DCCOS sent me names of piano tuners and one agreed to meet our deadline.



As I told the audience at the concert, Ed practiced and or played most days of our 60 years of married life.

It was very comforting to leave his music and glasses on the piano.

Now I feel only Gratitude to DCV for this opportunity to turn the page.

Only the Concert Program sits on the piano waiting for the next event here or elsewhere.

Thanks to Michaela, **Eva M. Lucero**, **Sandra Yarrington**, and **Abigail Wiebenson** who arranged and provided the hot and cold hors d'oeuvres, and Prosecco. My living room and dining room are recognizable again. I send so many thanks to the planners, the volunteers, the musicians, and the spellbound audience for this transformative day.

Meet Volunteer Irene van Harten

Irene arrived in Washington, DC twelve years ago from the Netherlands. Her husband Lou is an international attorney. They have two sons, both of whom live in the Netherlands. Irene is looking forward to attending their youngest son's wedding in June this year.

Irene's formal training is in nursing. She left nursing behind when she came to the U.S and chooses to volunteer instead of working. In 2020, she was volunteering for the Veterans Administration (VA) Hospital, but then COVID arrived, and she was no longer able to plan daytime events for the veterans.

Irene and Lou are both from close knit families. They re-discovered the rural life (Irene's family were farmers)

during a July visit to her brother-in-law's home in Traverse City, Michigan. They were so appreciative to have discovered a place that was free from DC's intense heat and humidity, and decided to purchase a farm. They now spend half the year (June–October) on this farm.

Their farm yields apples, raspberries, blackberries and cherries. It also includes a vineyard. Irene has converted the large farmhouse, which has a beautiful flower garden, into a Bed and Breakfast (B&B). They sell their wine and produce to local markets and restaurants in Traverse City. Irene volunteers at the animal rescue shelter and a thrift shop during their stays.

A culture vulture, Irene loves going



to museums (the National Gallery is her favorite), walking and painting still lifes. Her favorite medium is acrylics. She is also a theater fan and enjoys exploring thrift shops to discover bargains.

Eight Villagers Enjoy Afternoon Tea, Support Small Dupont Business

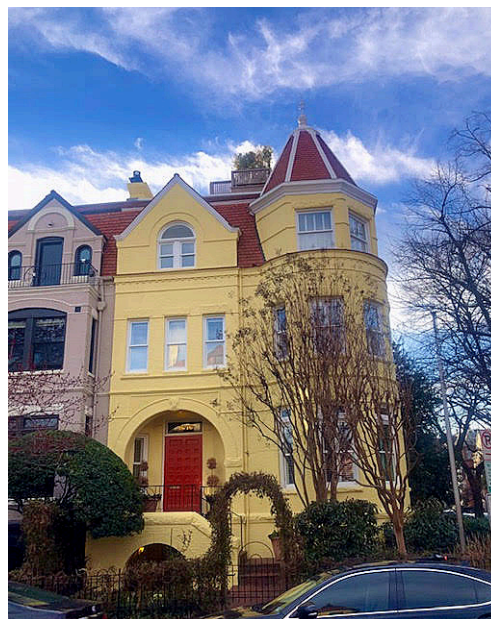
On February 23rd, **Jeanette Barker, Pender McCarter, Sarah Burger, Geri Nielsen, Michaela Buhler, Joan Rogliano, Abigail Wiebenson and Mirella Shannon** gathered at Valley Brook Tea, at Pender's invitation, to enjoy distinctive tea and pastries in "one of the few tea companies in America that handles everything from growing the plants to crafting the tea in house." Valley Brook has four tea masters at three tea mountains in Fujian, China. Yunhan Zhang and Mengye Chzn, the proprietors, note: "We are in tea business because it is our roots." Headquartered in Fujian and Virginia, Valley Brook specializes in oolong, black and white tea; and also sells tea sets



and accessories in different sizes. It is currently located in the lobby of The VEN Hotel, 2015 Massachusetts

Avenue, NW. Visit <https://www.valleybrooktea.com>.

Out and About



▲ **Jim Chamberlin** taking lovely photos of the Dupont Circle neighborhood.

Out and About



▶ **Ken Shuck** and **Carol Galaty** spent an unexpectedly magical time at a family wedding. 86 family members and friends gathered in Playa del Carmen, Mexico. A highlight for them was working with their young nieces and nephews to dig up wet sand to put in the table decorations for the wedding party we made. After the festivities, to recover, they visited Mayan ruins, swam in an underground, Stagirite encrusted cenote cave and indulged in a sunset sail.



▶ **Kathy Price's** newest grandson, **Attilio**, in Berlin: I got cha son; I got cha Dad.



▶ Members of the retired DCV movie group eating at the Grill at Ipanema. **Nancy Turnbull**, **Susan Doolittle**, **Karen St. John** and **Judi Lambart**.



▶ **Mary Wheeler** **Kathy Cardille** and **Beth Merricks** enjoying the eclectic art at the Rubell Museum in SW Washington.

Out and About



▲ **Joyce** and **Sam Liberto** were in Ambergris Cave, Belize in February. Ambergris Caye is Belize's largest island, known for its water sports, scuba diving and beautiful beaches

February Birthdays



February birthday celebrants include **Gretchen Ellsworth**, **Eileen Tanner**, **Katharine Gresham**, and **Mary Wheeler**. The party was hosted by **Joyce O'Brien**.



▲ **Carmela Vetri** hosted Villagers for a Mardi Gras Celebration at the Residences at Thomas Circle (there are currently seven Villager who live at the Residences. **Sarah Burger**, **Jane Cave** and **Patricia Black** enjoying the festive occasion.



▲ The DCV walking group having coffee at The Bazaar at the new Waldorf. **Dennis Houlihan**, **Peggy Long**, **Pat Black**, **Judi Lambart** and **Nancy Turnbull**.

Out and About



▲ Villagers mobilized and donated winter clothing for survivors of the Turkey/Syria earthquake. **Caroline Mindel** and **Lynn Lewis** heading off to deliver the items to the Turkish Embassy on Massachusetts Avenue, NW.

An Italian
Impressionist
in Paris
Giuseppe
De Nittis



▲ 20 Villagers enjoyed a curatorial tour of the engaging and revelatory Giuseppe De Nittis exhibition at the Phillips Collection. De Nittis has remained largely unknown outside of his native Italy and it was a pleasure to see his work before the exhibit closed on February 12.

15-Minute Meal

Satisfying Tomato Soup

HEAT 1 can of good tomato sauce, in a saucepan.

ADD:

1 tsp of butter,
a pinch of salt and pepper,
1/4 tsp of garlic powder,
1/4 tsp of onion powder,
desired herbs, like basil or oregano
Simmer for a few minutes.
Serve with croutons, grilled cheese sandwich, or
toasted garlic bread.

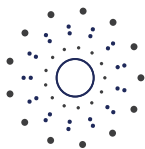


At Last!

DUPONT CIRCLE VILLAGE
In-Person Gala
Escaping the Blues

Friday, April 21 • 6 pm–8:30 pm
AGU—2000 Florida Avenue NW
www.dupontcirclevillage.net

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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