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NEW MEMBERS

We are pleased to welcome four new
members to the Dupont Circle Village

Jim Mears and Clint Williams
Ingrid and Richard Suisman

Helping the Village Find Its Voice

Wendy Hagen, a Village member who has offered her marketing skills, first found out about Dupont Circle Village (DCV) when she attended the Silent Auction last year. As she spent the evening talking to neighbors and attendees and finding out more about the Village, "I realized that it was much greater a force than its small pamphlet indicated. It was bigger, better and great fun!"

The appeal of the Village for her was its diversity of people, its ability to connect the participants in a variety of ways. What surprised her most was how engaged, vibrant, and caring the participants are. Wendy felt that the previous DCV informational materials reflected a group of needy older people, rather than the people at the DCV event she was meeting who were actively engaged in living life to the maximum, whatever their circumstances.

Wendy wanted to work with the DCV to change the perception of the public. She wanted to use her 25 years of marketing expertise to create a different message for the DCV "to make it more inclusive within the Dupont Circle community and contemporize its voice to become more approachable and relevant," according to Wendy. Along with creative partners, she has worked with the DCV to refresh the organization's look and feel with new written materials, all of a similar design; redesigned the Website and added the organization to Facebook -- changes that modernize DCV and engage the community.

Growing up in a civil service family that moved around the world, she "developed a well-tuned ear for languages and the ability to listen for subtleties and watch for cues that reveal what people are thinking and what moves them." Those skills were put to use in developing her career in marketing and PR -- helping businesses, government, and nonprofit clients to better communicate their message. It requires changing perceptions. One way to do that is by bold, provocative steps that grab the attention of the audience.

For example, Wendy serves on the board of the Woolly Mammoth Theatre, whose rallying cry is "Defy convention." Woolly wanted to stay true to its mission of offering provocative theater that challenges the *status quo* and stimulates dialogue, but remains sustainable.

By using language that described how the theater was relevant to the community and developing new audiences by having pay-what-you-can nights, the theatre is attracting younger and more diverse audiences. Wendy's work allows her to help bring about positive change in the community, but in a more creative and different way.

Because Wendy is a consultant and solo business woman, she enjoys her partnership in NOMAD, a group of like-minded creative consultants and advisors who call upon one another to "explore new ways of telling the world who you are -- and why you matter." The loose confederation of peers - marketing, theater, design, advertising, PR and research experts - work together on an as-needed basis. A new business model that works well for all concerned.

"I love my work. Having my own business allows me to work and be creative on my own terms with a group of peers who are always changing, depending on the project. This independence affords my husband and me the flexibility to travel while still being able to work."

They enjoy skiing in Utah and spending some time in the Caribbean during the winter months, taking their work with them.

"Technology today allows business people to be nomadic -- to have no office, no walls, no roof and still be successful." ■



From Slavery to Civil War Soldiers: How 200,000+ African Americans Turned the Tide

—Lucia Edmonds

On Sunday, April 15, Villagers gathered at the home of **Janet Passonneau** to spend an evening with **Dr. Frank Smith** who worked to establish the only national memorial to the colored troops who fought in the Civil War and one of the most unique memorials in Washington, D.C.

Dr. Frank Smith is an historian, planner, politician and storyteller. Now head of the African American Civil War Museum, he regularly teaches classes on the Colored Troops and the Civil War to D.C. school students because he loves his subject and knows his students are unlikely to get the information elsewhere.

Born in Georgia, Dr. Smith attended Morehouse College at a time when Martin Luther King, Jr. taught there, helped found the Student Nonviolent Coordinating Committee (SNCC) and left Morehouse in his senior year to register blacks to vote in Holly Springs, Mississippi. It was there that Dr. Smith met **Henry Reeves**, the grandson of an African American soldier who fought in the Civil War for the North and saw the actual uniform and rifle that Mr. Reeves' grandfather had carried into battle. This was Frank Smith's awakening to the fact that over 200,000 former slaves had taken up arms during the Civil War in the very states and against the very men who had enslaved them. As a young man of 22, he never dreamed that forty years later, he would be a councilmember in Washington, DC and lead a drive to build the first ever monument for these soldiers. That's why he tells young people, "If you have a dream, never give it up."

Frank Smith moved to Washington, D.C. in 1968 when he accepted a job as a researcher for the Institute for Policy Studies, focusing on education and planning issues, and in 1980, earned a Ph.D. with a specialty in planning from the Union Institute in Ohio. During this period, Dr. Smith became involved in local community issues, served on the Advisory Neighborhood Commission, the school board and four terms as a council member for Ward 1.

During his four elected terms as a councilmember, Dr. Smith read virtually every book he could find on the colored troops and the Civil War and knew more about this subject than anybody in the United States. He understood that at the start of the war in 1861, Lincoln's initial objective was to save the Union not end slavery. However, the Union Army suffered major defeats in 1862, in part because of the use of slaves to do the work of hauling materials and preparing meals. Lincoln knew that he had to do something about this; in addition, he needed soldiers.

This led to his issuing the Emancipation Proclamation in September 1861, in which he said, in effect, that if the rebelling states put down their arms and gave up their rebellion, things would remain as they had been; meaning, they could keep their slaves. Toward this end, he gave the rebelling states 100 days, or until January 1, 1863 to comply, stating that if they had not complied by that time, the slaves would be emancipated and all able-bodied persons of suitable condition would be brought into the Union army. The Emancipation Proclamation applied only to the 3.9 million slaves in the rebelling states. When the Confederacy failed to comply, the paragraph freeing the slaves took effect and the entry of the former slaves on the side of the Union helped turn the tide. The war ended April 9, 1865.

Dr. Smith's years on the Council were times of challenge. There were legal fights with Metro contractors, businesses in the U Street corridor were closing, the housing stock was depleted and tourists shunned the area. Revitalization became a major objective and attracting tourists, one of his strategies. As a member of the Council, Dr. Smith passed business friendly initiatives, worked to settle contractual issues with Metro and oversaw the opening of the U Street Metro station. Through all of this, a monument to the Civil War colored soldiers was never far from his mind. While the District focuses points of interest on the mall, Paris attracts tourists to all parts of the city by dispersing its historical sites. Toward this end, Dr. Smith used a lifetime of leadership



experience to secure financing for the African American Civil War Memorial and Museum and in July 1998, he oversaw the dedication of the memorial just beyond the entrance to the U Street Metro, followed shortly thereafter by the opening of the museum. The museum communicates the story of the largely unknown role of soldiers who fought for freedom from slavery during the Civil War through photographs, documents, artifacts, and seminars. In April of 2011, the museum moved to its new permanent location within the U Street District, the historic Grimke Building. ■



MONTHLY Calendar

SATURDAY, JUNE 2:

2PM., *Jazz in the Circle*. free. Dupont Circle Park
6PM., *Capital Pride's community picnic and movie night*, Stead Park, 1625 P Street, NW.

SATURDAY, JUNE 2:

10:00AM-4:00 PM., *29th Annual Museum Walk Weekend*. Visit such museums as Anderson House, Dumbarton House, The Textile Museum, Meridian International Center; and new this year, National Geographic Museum, plus others. For details see <http://www.dkmuseums.com/walk.html>.

SUNDAY, JUNE 3:

1:00-5:00PM., *29th Annual Museum Walk Weekend*. Same as above.

TUESDAY, JUNE 5:

10:00 am – 1:00 pm., *The Campus of Gallaudet University and Intro to DeafSpace Architecture*. Sharon Barnartt, professor of sociology and deaf politics. Learn about DeafSpace from architect Hansel Bauman designer of the building you will be touring. Discussions with the architect will continue over lunch at the Bistro. Cost of lunch between \$9-\$16. Reply by May 29 to Jneibrief@aol.com Please put GALLAUDET in subject line of your e-mail. Limit of 20. Please note in your e-mail if you are interested in carpooling and how many you can take.

TUESDAY, JUNE 5:

6:30 PM., *Challenging Choices for Older Adults and Those Who Care About Them. What's Next? Deciding Whether to Stay or Move*

The first in the series sponsored by Iona Senior Services and Grand Oaks. Learn how to research and evaluate options and make key decisions before there is a crisis. Location: Grand Oaks, 5901 MacArthur Blvd., NW For more information call Beth or Vanessa at 202-349-3400.

continued on next page

Spelling Out the Future

May and June will be very important months in the next stage of our Village.

—Peggy Simpson

We expect to move into our Quaker House office in late June, if the reconstruction of the space goes well.

Before then, we'd like to give all of you an update on all-things-Village, including our growth in membership and in volunteers, and how an office will affect the expansion of our operation of the Village.

We'd also like your feedback about what we've done and your suggestions for the future. We're planning a general meeting in early summer – watch for the date and time.

We also want to introduce all of you to **Bob McDonald**, our new coordinator of volunteer services and also to **James Whaley**, project director for the \$5,000 MetLife grant we won last year in a Village-to-Village Network competition to look at "sustainability" issues.

At the general meeting, we'll talk more about new options for you to volunteer – in the office and out. We'll spell out the nuts & bolts of what we need. Some volunteer jobs might take as little as two hours a month, others could involve several hours a week.

We expect to spend the summer fleshing out the new infrastructure of the Village, guided by the board's robust four-hour discussion at a Board Retreat in early May, facilitated by **Cindy Atlee**. We looked at what we are doing and assessed what is going well and what can be improved.

We know that enlisting volunteers to help in the operations of the village is a key component in managing our growth in ways we want and our

FROM THE President



members want. We've built a solid foundation in our first three years and the challenge now is to build on that, with your help.

We plan to expand our partnerships, both with area universities and with the business community. Professors say they want to work with us on a variety of levels, including expanding our "health & wellness" programs.

As a founding member of the DC-wide Falls Prevention Coalition, we are hoping to train DCV members and volunteers in cutting-edge techniques of preventing falls, with the help of the DCCA grant for that purpose from last year.

We know we need to get on the radar screen of the many "health & wellness" niche publications that are trying to measure the impact of Villages on their members – especially in the wake of the national health care shakeup where there is more pressure than ever to keep people healthy and out of hospitals.

The Dupont Current recently took note of the move to form a Village in the Foggy Bottom-West End neighborhood, "spurred on by and drawing upon the success of such endeavors in Dupont Circle."

All Villages find their own ways to fund their operations, the *Current* said, and then added: "the Dupont Circle Village last year sold copies of a calendar that featured members of the Village which served both as a fundraiser and a way to draw attention to the organization and its many interesting members."

Absolutely! We totally agree with them. ■



MONTHLY Calendar

THURSDAY, JUNE 14:

9:30-10:30AM., Foggy Bottom Outdoor Sculpture Walking Tour. This walking tour showcases 13 sculptures by 15 different artists. Join Mary Kay Shaw, co-director of Sculpting Outside the Lines, for a walk through the Foggy Bottom Historic District. RSVP no later than Saturday, June 9 to jneibrief@aol.com. Please put "FOGGY BOTTOM" in the subject line of your email. We will meet at the SW corner of New Hampshire Ave and Eye Street NW. Limit 20.

TUESDAY JUNE 19:

6-8 PM. Group Dinner at Thaiphoon Restaurant. 2011 S Street NW. \$25, drinks not included. RSVP no later than Saturday, June 16, to jneibrief@aol.com. Please put THAIPOON in the subject line of your e-mail. Limit of 20 for this event. If you sign up and can't attend, let Judith know ASAP. We will meet at the restaurant.

**WARNING: DON'T SPEED WHEN DRIVING**

The DC Police Department has added speed-enforcement cameras at 27 new locations. Citations for speeding will be issued starting June 6. A listing of all camera locations is available at mpdc.dc.gov.

Japanese National Treasures Come to DC –

Don't Miss Them!!

DCV members visited the Freer/Sackler Gallery of the Smithsonian on a rainy Friday afternoon. What saved the day were the beautiful, larger than life, brightly colored 19th century paintings of Kano Kazunobu. In celebration of the 100th anniversary of the Washington Cherry Tree Celebration the two following shows are running concurrently.

Hokusai: 36 Views of Mount Fuji and
Masters of Mercy: Buddhas's Amazing Disciple by **Kano Kazunobu.** **Jane**

Washburn Robinson, Freer/Sackler docent, was our guide to the two exhibitions, which explore how these two near-contemporary painters observed the clash of tradition and radical change in a Japanese culture thrust into modernity.

Both men lived during the same period and had a similar goal of making a living as artists. Both exhibits reflect a religiosity rampant during the artists' era due to chaos and famine in Edo (Tokyo), where Buddha and Mt Fuji worshipers existed side by side.

Buddha's Amazing Disciple From 1854 until 1863, Kano Kazunobu produced 100 paintings depicting the miraculous interventions and superhuman activities of the 500 disciples of the Buddha. The project was commissioned by an elite Pure Land Buddhist temple in Edo. Now widely regarded as one of the most impressive feats of Buddhist iconography created during the Edo period, this ensemble was largely overlooked through much of the 20th century.

A revival of interest culminated in a major exhibition in Tokyo in 2011, held to commemorate the 800th anniversary of the death of the founder of Japanese Pure Land Buddhism. The Sackler Gallery is continuing the commemoration of Kazunobu's creation and making available 56 of the original 100 paintings to American audiences for the first time since the end of WWII.

Twenty eight of the 56 paintings are shown at a time. The first group have recently been taken down and the second group of 28 is now



Photo: Smithsonian

on exhibition. They show everyday monastery living in all its different facets, including picking one's teeth! These pictures have been declared National Treasures by the Japanese Government.

Hokusai: 36 Views of Mount Fuji is the most acclaimed print series by Japan's most famous artist (including *Under the Wave off Kanagawa*). First published in 1831, the series was a landmark in Japanese print publishing, incorporating innovative compositions, techniques, and coloration and establishing landscape as a new subject.

This exhibition presents examples of all 46 prints in the series, including several rare, early printings featuring unusual coloration. "Given the special opportunity that this exhibition provides to view the best available printings and the prints' relatively small size, you will want to try to visit during the week when there are fewer attendees. You will want to get up very close to see the quality of the work and the great detail in each print," according to Ms Robinson. (A magnifying glass is provided by the Smithsonian).

As Ms Robinson commented, "This exhibit allows the viewer to see the very best of each of the 46 prints available in the world today." You will never have the opportunity to see this level of quality together in one location again."

The Hokusai: 36 Views of Mt Fuji will be running until June 17th and the Masters of Mercy exhibition will be running until July 8th. Don't miss them! ■

Warning: Changes in Emergency No Parking Posters

The District Department of Transportation (DDOT) has recently announced that all **Emergency No Parking** signs posted in a public space **must be electronically printed**.

Handwritten signs are no longer permitted – they will be removed and you may be issued a \$25 fee for each improperly posted sign.

The required change is designed to better track the posting of such a sign and help residents to confirm the posted signs are valid and properly permitted. You can research permits online using the Public Space Permit Lookup Tool.

You can obtain the signs at the Public Space Permitting Center (1100 4th Street, SW) 8:30am – 4:30pm Monday through Friday, and at most Police Department stations. (give your local police station a call before going to make sure they can issue the printed sign). ■



Photo: DC Department of Public Works Facebook page

Garden Fresh Recipes

—Judy DuBerrier

Now is the time to take full advantage of spring/summer offerings at the Dupont Farmers Market and/or grocery stores. If you grow your own greens, so much the better. Use meat as a flavoring agent for veggies and herbs. They are never more delicious and you will make significant headway in shedding those winter pounds. A few ideas, courtesy of Sarah Raven, from her award-winning "Garden Cookbook".

SAUTE OF PEAS AND LETTUCE

3 oz unsalted butter
dash sugar/salt & pepper to taste
1 lb, 2 oz fresh peas (shelled weight)
1 garlic clove, finely chopped
6 thin slices pancetta or
prosciutto, cut into strips
2 heads Little Gem lettuce (may
substitute hearts of romaine)
bunch of flat leaf parsley, finely chopped

Bring 2 cups water to boiling in medium saucepan. Add ½ oz butter, sugar and pinch salt. Plunge peas into water for approximately 3 minutes, then immediately refresh in very cold water. In a sauté pan, heat the rest of the butter and gently sauté the garlic, about 30 seconds. Add prosciutto, lettuce and peas, cook together about 2 minutes. Season with salt & pepper and plenty of parsley.



—Judy Silberman, DCV Yoga Master

Lower Back Rotator Stretch: The purpose of this stretch is to improve flexibility and strength in the trunk rotator muscles, to add stability and control when walking and turning.

Lie flat on your back with knees bent and palms on floor near hips. Keep the back and hips flat



YOUNG BROAD BEANS IN CREAM

1 lb, 5 oz young, small broad
beans (shelled weight)
1 oz butter
½ tablespoon plain flour
9 oz crème fraîche (note: sour
cream is healthier)
salt & pepper
1 garlic clove, finely chopped
bunch fresh summer savory
6 slices smoked bacon or thinly sliced pancetta
small bunch parsley, chopped

Fry or roast the pancetta until crisp and break into small pieces. Melt the butter in a shallow pan and stir in the flour. Add the cream, salt, garlic and savory. Bring to a boil, then set aside to steep for 10 minutes. Cook beans in water for 5 minutes. Add beans to the cream mixture. Boil, uncovered, for 5 minutes. Remove savory. Add salt & pepper to taste. Scatter pancetta and parsley over all.

Cooks Note: I like to serve these recipes with a corn tortilla (55 calories!) which I toast on open flame of the range for 20 seconds. Use as a wrap for veggies or spread with Laughing Cow cheese wedge (35 calories!) I also use 50% less pancetta than directed. Contact: judyduBerrier@verizon.net. 202-328-9123..



on the floor throughout the exercise. Slowly lower your knees to one side, keeping them together. You should feel the muscles stretching from your shoulder down to your lower back. Hold for 2 full breaths, or count to 20, raise knees to center with an inhale, then lower knees to other side as you exhale.

Try to relax in the position, letting gravity help. Turning your head in the opposite direction of the knees will increase your stretch. Also, for more intensity, place right hand on left thigh when knees are going right, and left hand on right thigh when knees are going left. ■

Where Are They?



Frances Oakley will be visiting friends and relations in the Wiltshire and Essex counties of England, leaving on the 18th May for a month's visit. Let's hope Frances has great weather and brings the DC sunshine with her to England. Currently England is at 21 consecutive days of rain!

Jane Cave and Gene Versluysen completed a two-week stay in Paris and London, just returning to DC--unfortunately! They had a great time in spite of terrible weather in London, where they were visiting family. While in Paris they got to celebrate at the *Place de la Bastille* on election night.

Suzanne Legault is leaving for Switzerland and Germany for a six week visit, during which she will visit two former graduate students, one of whom has been offered and accepted a tenured position as a professor at a university in Switzerland.

Iris and Irv Molotsky are soon leaving for France to enjoy 3 months (June through early September) in their apartment in Paris. They also will spend some time traveling and visiting with friends in other parts of France and Italy.

Abigail Wiebenson will be off to Italy in June/July; to Morocco in August; to Ghana, Senegal and Zurich in September for a mix of work, family and pleasure.

Carol Galaty has a whirlwind schedule this summer. She has just returned from China and will be leaving the week of May 14 for a one-week visit to California. On August 5 she is flying off to Tuscany, Italy to do a house exchange, then going on to Stockholm, to visit her children, with a final stop in Copenhagen, to spend time with friends before retuning home on September 2.

A Great Afternoon on the Potomac

Judy duBerrier

Sycamore Island, just south of Glen Echo, is a private retreat with membership limited to 140. One of those members is **Abigail Wiebenson**. On a glorious spring day in May, 15 lucky Villagers were Abigail's guests at this very special place.

We had an inkling of how much fun this would be when we arrived on the shores of the Potomac. We rang a cowbell and were soon fetched by the caretaker who used a rope pulley to ferry us to the island. This 5-acre piece of paradise is a playground for canoeing, fishing, swimming and nature walks.

After a picnic lunch, we toured the island with **Marcy Logan**, Birder Extraordinaire (since age 10!). Marcy acquainted us with the mating calls of birds such as orioles and the blue gray knatcatcher. It was a real treat to see the beautiful pink breasted cedar wax wing in this unspoiled environment of flora and fauna. Several Villagers climbed the steps to the island's tree house, made with salvaged wood from floodwaters.

It was hard to believe we were just minutes from the hubbub of Georgetown. It was also hard to leave after a few hours. As **Harvey Friedman** said, "I'm ready to move into the tree house and make this place my home!" ■



Kudos to DCV member **Jane Cave**, who last month won a prize for a photo submitted to a contest organized by FotoDC and the National Cherry Blossom Festival. Her photo won second prize in the "festivities" category and can be seen on the Washingtonian Magazine website. It will be on show in Crystal City until November this year.

Jane, who turned to photography after many years of working for nonprofits, has never regretted the switch: "It liberated me from the written word," she says. Jane is a member of Mid-City Artists and a participant in their Open Studio program.

Tips on How to Stay Safe in the City

Peggy Simpson

So you're taking a vacation and don't want to tip off the burglars? **Acting Lt. John McDonald** of PSA 208 had some cogent advice at the April Live & Learn seminar:

Stop the papers. Put inside lights and the TV on timers to "give the illusion that someone is there." Don't put a message on your home phone saying that callers could try another number – in Rhode Island. If you leave the morning of a trash collection, ask neighbors to bring in your garbage can and recycling bins.

He also talked about staying put and staying safe:

Get a good dead bolt; it takes 10 seconds for a skilled burglar to open a regular lock using a credit card. Make sure your door frame is solid: "you can have a \$1,000 lock but on a two-cent door; it won't do you any good." A fake rock looks like a fake rock; find another place for a spare key – and not under a doormat, either. Use a peephole to screen visitors and don't open the door to someone you don't know.

Get outside lights. "Burglars hate lights. Motion lights are very, very good" and the technology has improved so much they don't have to be hard-wired into the building.

Don't be afraid to call the police if you are afraid. If you wake up and hear an abnormal noise, call 911. If you're not near your land line, use your cell phone. It won't give police as accurate a reading on your location "but the call dispatcher will try to keep you on the line." When the cops get there, "if you tell us you're afraid to come to the front door; we'll break down the door" to get in and help.

And, on the street be aware of your surroundings: "trust your instincts. If something doesn't feel right, listen to them." Choose a lighted street at night and "walk like you own the street. Be calm and confident."

Keep a hand free. "When you have your hands full, you're burdened." If you have to make a call on your cell phone, or take a call, "stop and put your back against a wall and then use your cell phone."

And more:

Put your money away right after using an ATM. Don't pat your hip pocket to be sure your wallet is there (the stranger is glad to know that, too.) Use a purse that is difficult to get into and carry it close, in front of your body versus in your hand; put a shoulder bag diagonally across your chest. Never put a cell phone on a table in a café.



And your car? A gym bag or briefcase visible in the car is an invitation for a break-in. So are tangled wires that indicate a GPS might be in the glove compartment – or shoved under the seat.

He distributed a series of brochures that are published by the National Crime Prevention Council, 202-466-6272; www.ncpc.org.

McDonald was an engaging and informative speaker. He brings a wealth of experience to his job in charge of the second district force. And he invites questions and comments. You can write him at: johnmcdonald@dc.gov ■

DONATE TO THE VILLAGE

You can support DCV in many ways, including contributing to our matching grant office program or by serving on a committee. Contact Iris Molotsky for further information.

The Dupont Circle Village is a **NONPROFIT** neighborhood organization that **CONNECTS RESIDENTS** to services and cultural/social activities. Membership enables Villagers to **MAINTAIN** their **HEALTH** and home as they **EMBRACE** the **BENEFITS** and **CHALLENGES** of aging.



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