

DUPONT CIRCLE VILLAGE SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“It becomes harder all the time to think of places that welcome everyone and don’t charge any money for that warm embrace.”

— Author Susan Orleans on her local library

A Stellar SOLAR—bration Gala!



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Welcome New Members!

Dan Margolis
Leslie Sawin
Donald G. Symmes
Susan Van Pool

DCV’s 11th Annual **SOLAR—bration** Gala was an incredible success, made possible by the personal touch of many. The Gala

Committee* led by indefatigable Chair, **Lois Berlin**, began planning early, worked efficiently and designed this annual evening to be the capstone celebration of our Village. Brava!

By *Eva M. Lucero*, Executive Director

The many corporate and individual sponsorships and silent auction items that were donated reflect the value that DCV holds in the community. We cannot thank you enough for believing in our efforts with your generous support.

The highlight of the evening was the first **Linda Harsh Distinguished Service Awards** presentation. One of DCV’s founding members, **Abigail Wiebenson**, recognized each award-

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President's Notes



would like to be involved but a committee is not for me.”

Well, if that describes you, I have the answer for you. You can volunteer to help out with a single event. This is a great way to dip a toe in assisting DCV. This is ideal if you don't have the time or inclination for a continuing commitment.

What type of events are these? During a year, DCV has some annual events, like the

Winter Party, the Fall Meeting and the Summer Ice Cream Social. We need people to help set up, take down, and facilitate these events.

There are also some one-time activities that need a person or two to help coordinate them. For example, when there is a special event like a lecture or discussion group, the event requires a person to help with the logistics.

Another way to help is to provide space for either a Celeb Salon or a

Birthday Celebration. For a Celeb Salon, you would be hosting people and a celebrity in your home. The Birthday Celebrations are smaller events but give you a great opportunity to meet a mix of Villagers. Many of these events are held in DCV members' apartments.

What is the same for all of these events is the limited time required to help. In addition to a little coordination before the event, you are committing to a few hours on a single day. Plus, we can guarantee that you will have a chance to enjoy the event too. What could be easier?

If you would like to get on the list of people to volunteer for event help or to provide a space for a Celeb Salon or Birthday Celebration, please contact Eva M. Lucero at execdir@dupontcirclevillage.net. You will be helping DCV and will get a chance to attend an event that you might otherwise miss.

Not The Committee Type? – You Can Still Help the Village

This column has been featuring the Committees that are at the heart of the Village's operations, like the Membership and Live and Learn Committees. I bet some of our Members have been thinking: "I



A Stellar SOLAR—bration

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ee with thoughtful, moving tributes that encompassed their invaluable contributions to DCV's success.

Excerpts from her tributes are included below.

"DCV founding member and former board chair **Peg Simpson** continues to be a visionary on the national Village scene after being the lightning rod of

must-do ideas to expand and enrich our Village here at home."

"**Iris Molotsky**, another DCV founding member and former board chair hailed for her fundraising leadership and acumen. Garnering business support and understanding the importance of institutional sustainability."

"**Kathy Cardille**, former board vice president and long time activities chair recognized for her spirited communi-

2019 Gala SOLAR-bration Sponsors

\$2,500+

Kain & Associates

\$1,000+

Lois Berlin and Larry Stuebing
Steve Kittrell and Susan Hattan
Marjorie Dick Stuart
PNC
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Carol Galaty and Ken Shuck
Mary McIntosh and Dan Abele
Beth Merricks
Ethan Carson
Lauriol Plaza

ty building efforts by tapping into DC's rich cultural offerings and making sure our Villagers are never bored."

Many thanks to all who attended. For those who weren't able to make it, you were certainly with us in spirit.

* Gala Committee members include **Michaela Buehler, Sarah Burger, Barbara Friday, Eva M. Lucero, Marilou Righini, Ann Talty**

Monthly Calendar

Free Senior Yoga

Tuesdays, May 7, 14, 21 and 28, 10:30-11:30 am
Location: Friends Meeting House, Decatur Room (corner of Florida & Decatur)
RSVP: Register online or contact DCV Office at (202) 436-5252

In partnership with the DC Office on Aging and Community Living, DCV will be offering free hour-long senior yoga classes on the Friends Campus. Come experience how to build physical strength by improving posture, balance, breathing and flexibility.

DCV Happy Hour

Tuesday, May 7, 5:30-7:00 pm
Location: I Ricchi, 1220 19th St NW
RSVP: Register online or contact DCV Office at (202) 436-5252

It's Spring! Time to sit outdoors enjoying a cold beverage and the company of other Villagers on the patio at *I Ricchi*. **Bonus:** Women enjoy 50% off items on the regular menu if they have signed up for the Women's Club at <http://iricchidc.com> under Events or at the restaurant. *Salute!*

80+ Group

Thursday, May 9, 2:00 pm – NOTE NEW DATE
DCV Office: 2121 Decatur Pl NW
RSVP: Register online or contact DCV Office at (202) 436-5252

This month's meeting will feature Kim Schaubert, DCV's Health Care Navigator. She will facilitate a discussion on topics that the group sent to the office.

Silver Pride

Friday, May 10, 2:00-7:00 pm
Equality Center at Human Rights Campaign, 1640 Rhode Island Ave NW
More info: <https://www.silverpridedc.org/>

Silver Pride is a free community event in Washington, DC offering a day of workshops, resources, and social experiences for LGBTQ people 60 and over. In observance of Stonewall's 50th anniversary year, come celebrate those who have been at the forefront of the movement for LGBTQ rights and liberation. There will be 2 workshop sessions, beginning at 3 and at 4:30. A dance party starts at 5:30.

Presented by Whitman-Walker Health in partnership with IONA Senior Services and AARP, and in collaboration with Capital Pride Alliance and community partners from the LGBTQ Aging Services Network.



Sunday Soup Salon: A TED Talks Evening

Sunday, May 19, 6:00-8:00 pm
Location: 1760 Swann St NW
RSVP: Caroline Mindel at (202) 271-1760
Limit: 15 people

Swann Street "Theatre" presents a special evening of TED Talks, with a focus on challenges and healthy approaches to aging. TED (which stands for technology, entertainment and design) is devoted to spreading ideas, usually as short, powerful talks, ranging on topics from science to business to global issues. Many of you may have heard about TED Talks, which are presented at venues world-wide and are available on-line. Your Soup Salon hosts lead a popular course at OLLI on these talks.

Live and Learn: End-of-Life Options

Monday, May 20, 3:30-5:00 pm
Location: West End Library, 2301 L St NW
RSVP: Register online or contact DCV Office at (202) 436-5252

This group generally meets the 4th Monday of the month and has a guest speaker on various topics. More details will be posted on the website calendar and in the weekly E-Blast.

Tech Tuesday

Tuesday, May 21, 11:00 am
Location: La Tomate Caffe, corner of Connecticut & R
RSVP: Register on line, or Lucy Cooney (202) 667-7115 or lucy1030@starpower.net

Please bring your phone, computer, iPad or Kindle questions and delightful finds to the group and get or give some answers. It is a small, individual group that tries to help you with your technology. Ken Shuck, Bob Hirsch and others facilitate group discussions on how to solve your problems or learn about and better ways to use technology. If you plan on attending, please send your concerns and questions to Ken Shuck ahead of time, and he will research them before the meeting. kenneth19442000@yahoo.com

Monthly Calendar

CelebSalon: Adam Immerwahr and Jojo Ruf, Theater J

Tuesday, May 21, 7:00-9:00 pm
Location: 1870 Wyoming Ave NW #604
Limit: 20 people; Cost: \$75
RSVP: Register online or contact DCV Office at (202) 436-5252

Theater J's Adam Immerwahr and Jojo Ruf are the DC theater scene's newest dynamic duo. Adam is the Artistic Director of Theater J, the nation's largest and most prominent Jewish theater, while Jojo, whose credits include coordinating producer for the path-breaking Women's Voices Theater Festival, is the newly named Managing Director at Theater J.

CelebSalon: Bob and Jane Levey, Authors

Tuesday, May 28, 7:00-9:00 pm
Location: Darlington House, 1610 20th St NW (up 1 flight of stairs)
Limit: 20 people; Cost \$75
RSVP: Register online or contact DCV Office at (202) 436-5252

Bob Levey was hired by legendary *Washington Post* editor Ben Bradlee at age 22, "when I knew less than nothing." He stayed 36 years, covering presidential politics, Congress and sports. For 23 years, he wrote a daily column, "Bob Levey's Washington." He now has written a novel called *Larry Felder, Candidate*. In 2000,



he and his wife, Jane Freundel Levey, wrote *Washington Album: A Pictorial History of the Nation's Capital*. Jane edits *Washington History, the Magazine of the Historical Society of Washington, D.C.*

Men's Book Group

This group generally meets the 4th Thursday of the month at 3:00 pm. Please check future E-Blasts for more information.

CelebSalon: Anders Åslund, Eastern European Specialist

Friday, May 31, 7:00-9:00 pm
Location: 2301 Connecticut Ave NW #7-A
Limit: 18 people; Cost: \$75

Anders Åslund, an economist, served as an advisor to the Russian government in its move from communism to capitalism. He followed that experience in Russia as advisor to several other parts of the former Soviet Union including Ukraine and Kyrgystan and the Baltic countries. He is an author or contributor to 25 book length works. His most recent is: *Russia's Crony Capitalism, The Path from Market Economy to Kleptocracy*.



Birthday Celebrants



A Happy Birthday to DCV's April birthday celebrants **Janet McMahon, Charlotte Holloman, Alex Jordan, Diana Wright, Bob Meehan and Ted Bracken.**

FARMERS MARKET

It takes a village...
...to build a Village

DCV will be operating its' booth at the Sunday Dupont Market on June 2.

We're in need of volunteers to help staff our booth.

One and Two Hour shifts available between 9AM and 1PM.

Please contact Fred Gladstone directly
f.gladstone@outlook.com

What? Share My Space?

His name is Jack. He is a retired Army vet and widower living in Colorado.

One windy day, after he emerged from the supermarket, his plastic grocery bag broke, and his groceries

By Joan Treichel

spilled onto the parking lot. A young

woman rushed up to help him. In the process, an ad fell out of her handbag. It said something about "Home Sweet Shared Home." "What's that?" Jack asked. "It's about sharing your home with somebody else and using a matchmaking service to find the right fit," she said. "Here, take the ad."

Jack did — and the next day decided to sign up for the service. A number of candidates got in touch with him after that. He chose a retired Air Force vet named Jon to be his housemate.

"It was the perfect match!" Jack exclaims. "I make extra coffee in the morning, Jon goes to the supermarket for us. We love talking about the Armed Forces, as you can imagine, and since neither one of us can hear worth a damn, nobody complains when we turn our television volume sky high!"

Jack is taking advantage of a trend that has been building in the United States in recent years. Homeowners share their living space with somebody other than a family member or friend. In exchange, they want financial compensation; help with household tasks, or both.

All sorts of people — working professionals, single parents, empty nesters, individuals with disabilities, and seniors — are participating in this trend.

Finding a housemate is possible through Craigslist, of course, but it's also feasible through online services designed expressly for that purpose. There are at least three national home sharing matching services targeted to seniors at this juncture.

One is Roommates4Boomers. This home sharing matching site is de-

signed for women age 50 and over. Whether you have a home to share or want to find a place to call home, this site can help you find the ideal shared-housing solution. Using match criteria as a dating service might, it pairs women with similar preferences, attitudes, tastes, and habits.

The service is free to join and offers subscribers credit and criminal-background checking resources. Although most subscribers are in California and Florida, the service is also available in many other states. Moreover, the national Village-to-Village Network is sharing information about this site with its members.

Another national home sharing matching service is Senior Homeshares. Its purpose is to match seniors who have more home than they can afford with seniors who are looking for safe and affordable housing. They do not screen postings and do not independently verify information posted. Any information used from the site is at your own risk. Membership is free.

And then there is a national homesharing matching service called Silvernest. Jack, described above, found his ideal housemate Jon through Silvernest. Jennifer Hammer of Silvernest spoke at a Dupont Circle Village Live and Learn Seminar on March 25 about homesharing for older adults and especially about Silvernest.

Silvernest matches home owners with housemates. The owners tend to be single women aged 50 or older, and the housemates run the gamut, from college students up to age 90. It costs \$25 a month. You can sign up for only one month or longer. It offers a two-way, cautious, and security-oriented vetting process. Subscribers can request background checks on candidates of interest, and lawyers affiliated with Silvernest are available to help subscribers draw up lease agreements and provide legal advice on any issues that may arise.

Since Silvernest was founded three

years ago, it has made some 72,000 matches, including some in northern Virginia and the District of Columbia. "The D.C. mayor's office has given us their seal of approval," Hammer said.

Like everything in life, of course, homesharing has both advantages and disadvantages.

Advantages including companionship a la Golden Girls, the beloved television sitcom from the 1980's and 1990's; someone to check on you if you have a medical emergency; help with chores; help with disabilities. And perhaps most critically, homesharing can reduce living costs. It can thus be a powerful tool for aging in place, just as the Village movement is.

Disadvantages include a loss of privacy; the risk that a home owner may feel possessive about routines and belongings, causing a housemate to feel a loss of control; and a danger that a housemate is not an upright citizen, although background and reference checks should mitigate that risk. And what if the relationship between you and a housemate goes sour, and you can't get the housemate to move out of your house? Such a situation could be especially dicey under the District's especially stringent landlord/tenant laws.

"Standard tenant laws do apply [to homesharing] in D.C.," Hammer said, "and that is something that has to be considered. We recommend doing extensive vetting on both sides prior to moving in — interviewing, background checks, reference checks, rental history, etc. to gather as much data as possible when deciding. We are also at work with the City to determine the best tools to put in place to assist with this issue."

Contact Information: Roommates4Boomers (www.roommates-4boomers.com); Senior Homeshares (www.seniorhomeshares.com); Silvernest (www.silvernest.com). Another possible resource: National Shared Housing Resource Center (<http://nationalsharedhousing.org>).

A Trip of a Lifetime – My Travels to South Africa

Most of us will never come to know personally the beauty and splendor of South Africa.

It's far enough away from here that there are no direct flights and it takes the better part of a day and a night to get there. This picturesque country, located in the lowest region of the African continent, between the southern Atlantic Ocean and the Indian Ocean, has genuine eye appeal. The visuals are simply awesome. But who knew.

By Charlotte Holloman

It was surprising to learn that there's a thriving film industry in South Africa. Not only are entire movies being made there (i.e., *Pirates of the Caribbean*), but cinematographers are using panoramas of the country's magnificent coastlines and mountainous landscapes as movie backdrops, as well as the eye catching streets and buildings in the cities and townships. You have to read through a film's closing credits to know that it's been made on location in South Africa.

In November, I had the opportunity to travel there on a two-week guided group tour. African countries were at the top of my bucket list. The tour itinerary was catered to places that had been requested by our group's leader, and arrangements were coordinated through Xodus International based in Alexandria, VA. There were 11 people in the group, coincidentally all women, including the tour operator. All except one, an adult granddaughter, were between the ages of fifty and ninety.

The tour took us through Johannesburg, Soweto, Blyde Canyon, Kruger National Park, Durban, Cape Town, Robben Island, and Langa, and then down around the Cape of Good Hope to the tip of the continent and back. We traveled the country by plane and by air-conditioned 22-seat passenger vans. With each minivan,



we had a driver and a tour guide. The friendly and knowledgeable guides were familiar enough with the local environs to be able to take us to our chosen sites, tell us all about them and answer our many questions. Ours was a jam packed itinerary and we were on the move for most of the day everyday. The weather was perfect, mostly sunny, not too hot or too chilly, springtime. South Africa is a dynamic multicultural environment and quite beautiful in it's variety.

This was hands down the most intellectually stimulating and engaging travel experience I've had as an adult, even surpassing a guided tour I took nearly twenty five years ago to Taiwan and the islands in the China Straits. I knew from my early years of traveling abroad that in South Africa I would need to minimize my expectations in order to maximize the benefits of the exposure. I'm glad I did because it made the small gripes and inconveniences tolerable.

Our modestly priced tour package included round-trip airfare on South African Airways, ground travel, lodging, professional guides, most gratuities, and at least one meal a day, often two. With travel insurance, the trip cost each person less \$6,000. This price varied upward with the addition of tabs for restaurant meals, shopping trips and added airfare. The cost of living in South Africa is far lower than it is here and I really believe I got more

than my money's worth.

To keep the price of the package down, we stayed nights in small inns and lodges, and slept in single beds two people to a room. We slept in furnished thatched huts in the Satara base camp in the Kruger Park, ate in the camp's restaurant and perused the gift shop. While everywhere these accommodations were short on space, they provided us with the basics. They were clean and secure, had fresh linens, private bathrooms, TV, Wi-Fi, and air conditioning to the extent it was needed. Plus, we had housekeeping service and all-you-can-eat breakfasts. I found the staff to be unfailingly polite, service-oriented and eager to please.

It was heartening to discover that Nelson Mandela is highly revered throughout the country. There are museums and statues and monuments in multiple locations dedicated to this great man and to his significant contributions to the nation. His part in bringing an end to the government policy of apartheid nearly thirty years ago does not go unheralded. Among the tributes we visited, outstanding are the Apartheid Museum in Joberg, Mandela's early home in Soweto, and the Capture Site where he was ambushed and taken away to Robben Island to serve 18 of the 27 years he spent locked away as a political pris-

oner. Robben Island, no longer a prison, is a short ferry ride outside of the Cape Town harbor. Former prisoners work there now as tourist guides.

Somewhere between 76% and 80% of the population of South Africa is black, roughly 10% white, and the remaining 10% other. This last category consists primarily of Coloured, mixed race, East Indian and Asian. The social and economic vestiges of apartheid are everywhere, most noticeably in the defacto residential housing patterns. Many thousands of blacks are still crowded into poverty stricken townships such as Soweto and Langa, living in what we here would refer to as shantytowns. During apartheid blacks were forcibly removed from their homes by the white minority and made to move to these vast ramshackle communes with grossly substandard living conditions. Makeshift plumbing and bootlegged satellite power are the rule, city services and commercial establishments found only here and there.

Lots of people can be seen traveling to and from these townships to low paying jobs in Joberg and Cape Town. Minivans are used for public transportation instead of buses. They are also used as private taxis and transports. Minivans are everywhere. We also saw many homes under construction in the process of being upgraded by their black owners a bit at a time as the owner's access to money and needed materials becomes available.

We visited Blyde Canyon, a smaller and greener version of our Grand Canyon, and bookended two different waterfalls in making our way down from the higher elevations to the flat and mostly arid lands of the Kruger National Park. We went on three safaris, each intended to expose us to sightings of the grandest animals living there. We saw elephants, lions, cougars, giraffe, rhinos, water buffalo, zebra, wild boar, hyenas and more. Small herds of Impala are the most common site. These tiny, delicate creatures provide the primary food source for the carnivores. It was

distressing to see the river beds all dried up in what we were told was the rainy season. So horrible to think of what will become of these magnificent beasts without access to water. The country's serious ongoing water shortage means that you have to buy water wherever you go.

The only hotel we stayed in was in Durban on the country's eastern coast, a high rise facing out on the Indian Ocean. Note that sixty-seven percent of the population in Durban is of East Indian descent. We ate Indian cuisine, bought Indian spices, and were treated to a Malay cooking demonstration in a private home in Cape Town. Generations of East Indian families are living in South Africa and most have never traveled to India.

The Phansi Museum in Durban is a creative showcase for the intricate arts and crafts of the Zulu people, the largest of the many ethnic groups in South Africa. Experiencing this museum's guide and storyteller alone makes this a must visit. Throughout the country, open-air roadside markets are a common sight with both men and women selling their wares. Some are bead weavers and beautiful beaded jewelry is plentiful and relatively inexpensive. The vendors set up and remove their merchandise daily. These temporary markets also sell tees, wood carvings, wall hangings, painted canvases, textiles, pottery, leather goods and clothing, much of it made by the sellers themselves who willingly bargain on the purchase price.

Cape Town is as beautiful a city as I've ever seen. This is largely because of where it's situated, on the waters of the southwest coast surrounded by mountains with wide spectacular vistas. Cable cars take tourists up to the flat-topped Table Mountain which overlooks the entire city and harbor. For visitors and photographers this is a must-do. We also took a side trip to a couple of vineyard wineries where we enjoyed duck watching, wine tastings and a luncheon served outside in a beautiful floral garden. Not being a wine connoisseur myself, Stellenbosch was



the only label I recognized.

We made several visits to the Waterfront in Cape Town. Here there are shopping malls and places to eat and drink at different price points. There is also a giant Ferris wheel a la the one in Maryland at National Harbor. Before we departed Cape Town for good, we spent an evening at Gold, a Vegas style supper club that has a very good band and show.

On our drive south along the shoreline from Cape Town we passed through Camps Bay, a wealthy and trendy hillside community of expensive, mostly white masonry, mansion homes with breathtaking water views. This is where the fashion designers, movie producers and the rich and famous live when they're in the country. The main strip through the town has popular restaurants and bars and a socially active nightlife.

At no time did we see a jungle. I know they exist on the continent, they were just not to be seen in South Africa. And while we all took our recommended malaria tablets and used repellants, bugs and mosquitos were never a problem. However, eating any uncooked food can be risky.

On the plane trip back to the US, which stops in Accra, Ghana to refuel, I sat next to a young African medical doctor from Zimbabwe who was on his way to Seattle to a crypto currency conference. We talked for hours. He thinks that no trip to the continent is complete without a visit to "Vic Falls." Victoria Falls, immediately north of South Africa, flows mostly on the border between Zimbabwe and Zambia. Since we didn't see it, I will be certain to make this a stop on my next trip.

Prominent Democratic pollster and analyst Celinda Lake is known for letting the facts guide her. But facts are not always palatable, even when swallowed with the good food and wine

Barbara Friday graciously provided her Celeb Salon guests.

By *Bella Rosenberg*

One of Lake's key messages was that Democrats have never won an election without a strong and clear economic message. While some of the numerous Democratic presidential hopefuls have a coherent economic message, many messages can equal none. This lack of a unified voice is already a serious challenge, especially since 58 percent of Americans think the economy is doing well under Trump. If there's a brokered convention (likely) and no unified message until July 2020, Democrats may lose that argument.

In the meantime, the Trump re-election campaign is in full force. Lake noted that digital media's influence on voters continues apace, Trump's campaign spends more on this in a week than all the Democratic candidates combined, and his messages are taking root — and not just with his base.

Lake said that women were the key to the Democratic victories in the mid-term election and will be again. Men remain inclined to Trump. Older voters are more Republican, younger people are more Democratic but tend not to vote.

The key to the outcome of the next presidential election is voter turnout, which has always been a heavier lift for Democrats than Republicans, Lake said. Democrats have become highly energized, but Trump's base is, too. Independent voters are fickle and don't like some of the messages that play well with Democratic primary voters. Minority turnout for Democrats will depend a lot on who the candidate and running mate are. Mixed news, at best, from Lake, but, as always, anything can happen.

CelebSalons

Celinda Lake—Democratic Pollster



In Memoriam

Fann Harding (1930–2019)

The Village lost a stalwart, generous and brainy member when Fann Harding

died April 4 that age 89 from

a sudden recurrence of cancer. Some of us knew Fann as an enthusiastic movie-goer; she championed our first attempt at a movie group a while back by supplying us movies Villagers watched and discussed together. Others of us knew her as a spirited mahjong player. Fann was hard to miss tooling around in her white Jaguar, of which she had a succession during her lifetime. Reared in Kentucky, educated as a doctor, she worked at NIH for 37 years. Fann was a woman of

many enthusiasms; among them were travelling, photography, music and theatre events, her cats and protecting wolves. A fierce champion of women's rights, she forced NIH to raise the glass ceiling for women and helped to save the Seward-Belmont House on Capitol Hill as an ardent member of the National Woman's Party whose historic collection is housed there. Her daughter Mary plans to move her family back to DC from Virginia and become active in DCV. Fann lives on!



Out & About with DCV



▲ **Eva M. Lucero** and **Bené Durant** attended the Senior Advocacy Day at the John Wilson Building. In this picture, Bené is speaking with Ward 1 Council Member, Brianne Nadeau's staff.



▲ Villagers enjoying a night out at the theatre – Arena Stage.



▲ **Carol Galaty** and **Ken Shuck** once again invited 13 Villagers to their annual Passover Seder. One attendee attested to the joy felt by all who attended the lovely ritual feast, "I felt a glow as bright as the candles throughout the evening."

Where Are They Now?



Jeanette Barker was recently in Lago Vista, near Austin, Texas.

Vibrant Turmeric Rice



I love the Wednesday food section of the Washington Post. That's where this recipe comes from and I have done it twice — it is really yummy. I think you could skip the addition of coconut oil to avoid the fat and still have the sweet taste of coconut and the pungent taste of turmeric, but I do it with the coconut oil. Fresh turmeric is particularly tasty (I got mine at Glen's Garden Market), but use gloves if you are mincing it or appreciate yellow hands and finger nails for several days.

By Lois Berlin

Vietnamese cookbook author Andrea Nguyen says the key to making this dish properly is using coconut water — a tropical ingredient that, in recent years, has become incredibly popular in America. During cooking, the coconut water hydrates the rice without overwhelming the grains, and it imparts a delicate, sweet tropical lilt. Coconut oil delivers the rich closing punch.

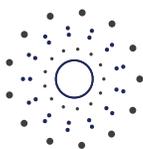
6 servings : Ingredients:

1½ cups uncooked long-grain white rice, such as jasmine	teaspoon ground turmeric
1¾ cups coconut water (see headnote)	¼ teaspoon fine sea salt
1½ teaspoons peeled, grated fresh turmeric, or ¼ teaspoon plus ⅛	1 tablespoon plus 1½ teaspoons virgin coconut oil

Wash the rice in several changes of water (which should go from cloudy to clear) or place in a strainer and rinse under running water, then drain well.

Combine the coconut water, drained rice, turmeric and salt in a medium saucepan over high heat. Bring to a boil, stirring to loosen the grains, then reduce the heat to medium and let bubble for a few minutes, stirring occasionally. Once the surface of the mixture is glossy, reduce the heat to low, cover and cook for 10 minutes. Turn off the heat and let the rice sit for 10 minutes. Uncover, add the coconut oil and fluff with chopsticks or a fork to separate the grains. Before serving, fluff the rice once again.

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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Yoga Tips



*Judy Silberman,
Yoga Master*

A few tips from my students:

- Wash hands and drink a cup of water as soon as you can upon returning home. Goodbye germs.
- Get your muscles moving and warmed up before you get out of bed. Try to create a short routine for yourself. Remembering the routine each morning is great for your brain.
- To safely get out of bed, rest in fetal position for a few seconds. Imagine your legs going over the side of the bed and pushing your torso up to a sitting position. Then, do it. Your back and hips will thank you.
- Drink a cup of water before leaving your bathroom first thing in the morning. You may notice improved digestive functioning.