



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“As we express our gratitude, we must never forget that the highest form of appreciation is not to utter words, but to live by them”

—John F. Kennedy

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Welcome New Members!

Ron Johnson

Meet the Sioux Chef and Enjoy Thanksgiving—Indigenous Style

Prior to European arrival, indigenous peoples had diverse and regionally unique food resources. Each tribal group had developed

By Eva M. Lucero,
Executive Director

culturally specific
methods of food
procurement

(hunting, fishing, gathering, and farming), preservation, and distribution. These methods were complimented by ceremonies that supported and enhanced food security within their respective communities and reinforced their relationships to the natural world.

European and American settlement of North America displaced indigenous peoples from their lands and dispossessed them of their resources, resulting in lack of access to traditional foods and widespread food insecurity. Attempts to assimilate indigenous peoples into American society included considerable efforts to change their diets and methods of food procurement or production. In turn, these changes altered Native peoples' relationship to foods, initiated new ways of interacting with the natural environment, and undermined their ability to maintain sustainable food practices and systems.

In recent years, an Indigenous food movement has been emerging that seeks to return to traditional eating patterns and habits. Indigenous communities are now creating food

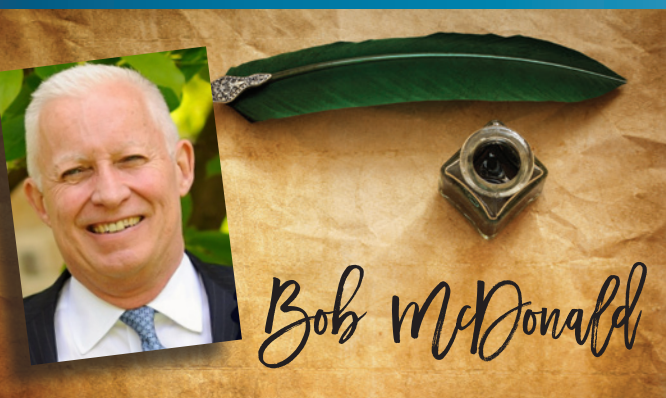


systems rooted in cultural values, defining their own diets, and rebuilding relationships between people and the land. A leader of this movement is Sean Sherman, a member of the Oglala Lakota subtribe of the Great Sioux Nation and founder of The Sioux Chef, an organization that focuses on decolonized regional foods and avoids precontact ingredients like dairy, wheat, or processed cane sugar. Sean Sherman is known as the Sioux Chef.

Sherman grew up poor in the Black Hills on the remote Pine Ridge Reservation in South Dakota and began his career in Minneapolis, working for years in restaurants, where he learned about various

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President's Notes



elders. But one thing that has always struck me is the overwhelming homogeneity of the villages—almost exclusively white and middle to upper class economically. This is an area where we fall short. I have never thought that any of the village founders across our nation set out

to establish exclusive organizations. But to a great extent, that's what happened.

Individual villages and the national Village to Village Network has been aware of this lack of diversity for some time. The issue has always been: how do we address this issue?

Perhaps it has been our political and cultural upheaval, the blatant and sometimes subtle racism that exists in our society and our institutions, and the calls for social and economic justice that have spurred villages (and many other parts of our society) to look at the issues of diversity, equity, and inclusion.

Last March, the DCV Board called for a Diversity Task Force to begin a process of self-reflection, understanding, and action in this area. The question is really not how we recruit new and diverse members. The issue is: how welcoming are we to people of all types of diverse backgrounds? How does what we say and do show that we want to include all people in our neighborhood? In our programming, on our website, in written materials, in our care programs, how can we let others know that we welcome all?

Half-measures do not suffice in this area. We are not about simply tolerating differences. We are about celebrating them and experiencing how we benefit from diversity.

In another part of this newsletter, you will read an article written by Myrna Peralta and Michael Speer, the co-chairs of our Task Force. I ask you to reflect on your own experience and ask questions, challenge us, and offer new ways of thinking that will help us better serve our community.

The Value of Diversity

When I think back over the past three years that I have been on the DCV Board, I find myself amazed at what we have experienced in our nation and world. COVID has certainly been at the forefront. We also experienced an election and its aftermath that has ripped us apart. We were eye witnesses to the horror of George Floyd's death. And he was not alone. How many other men and women have we learned about as victims of unconscionable brutality? Insurrectionists attacked the Capitol, members of Congress, police officers, the rule of law, and the foundation of our democracy. Relationships have been fractured. To say the least, these have been difficult years.

I am convinced that one of the roots of all this social turmoil is a fear. The fear of the other. We are scared of those who don't look like us, think like us, live like us, pray like us, play like us. We don't understand them. We don't trust them. We become so much more comfortable being with those like us. So, we stay in our comfort zone. Often, we don't even realize we are doing so. We cling to homogeneity and shun diversity.

The Village Movement has been around for twenty years. We have made great strides in caring for one another, in shattering the stereotypes, in developing programs and relationships that enrich the lives of

Demographics of the DCV Catchment Area

November 2022

Total population (all ages): 54,439

In connection with the work of the Diversity Task Force, we have investigated the demographics of our catchment area, gathered from the 2020 Census. Here is the data that we found:

People who identified as...

White alone:	35,785	(65.73%)
Black or African American alone:	6,116	(11.23%)
American Indian and Alaska Native alone:	224	(0.41%)
Asian alone:	4,282	(7.87%)
Native Hawaiian and Other Pacific Islander alone:	35	(0.06%)
Some Other Race alone:	2,632	(4.83%)
Two or More Races:	5,365	(9.86%)
Hispanic and Latino:	7,001	(12.86%)
Not Hispanic or Latino:	47,438	(87.14%)

Note that our catchment area can be viewed on our website under "About Us", then "Our Village Boundaries."

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.

Navigating the Path Ahead

Tuesday, November 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.

Home Social Hours

Thursday, November 10

Location: various

RSVP: Register online or contact DCV Office

Members are hosting live social hours in 3 locations, varying times. Watch for more details in upcoming eblasts and on the website calendar.

Transportation Microlearning Session— Yellow Cab of DC and WMATA

Thursday, November 10, 1:00 pm

Location: LIVE at DCV Office—enter at 2111 Decatur Pl NW

RSVP: Register online or contact DCV Office

Yellow Cab Company of DC has expanded to provide a host of transportation options, many focused on serving older adults in Washington, DC. Yellow Cab Co of DC, alongside the Department of For-Hire Vehicles and the Department of Aging and Community Living have tailored transportation supports to ensure that District residents have reliable, accessible, and trustworthy options. The Washington Metropolitan Area Transit Authority (WMATA) serves as the District's main public transit system. Come learn more about WMATA's accessibility programs including MetroAccess, and how to receive discounted Metro fares with the Senior SmarTrip Card.

Happy Hour at The Grill from Ipanema

Wednesday, November 16, 5:00–7:00 pm

Location: 1858 Columbia Rd NW

RSVP: Register online or contact DCV Office

Join fellow Villagers for Happy Hour at The Grill from Ipanema. Ipanema has been serving authentic Brazilian food and hospitality since 1992. Brazilian cuisine has its strong roots in the Indigenous people, immigrants from Africa, Europe, Asia and many other parts of the world. There is a lot of history and culture behind each dish served. Traditional Brazilian cookery from different regions of Brazil.

Mystery Book Group

Friday, November 18, 3:30–4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

The book for discussion: Pickard County Atlas by Chris Harding Thornton.

SUNDAY SOUP SALON:

Exploring the Next Chapter

Sunday, November 20, 5:00–6:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Interested in squeezing all the "juice" out of retirement... and navigating life's biggest transitions with skill and purpose? For more, listen to presentations from two insightful speakers on the Ted stage: Dr. Riley Moynes and Bruce Feiler. Moynes's talk, "The four phases of retirement," is a timely topic for Villagers. A best-selling author, educator and investment adviser, Moynes's focus today is helping current and future retirees make the most productive and meaningful use of our "third act." Up next is Bruce Feiler, regarded as one of America's most thoughtful voices on contemporary life. A writer and TV host, Feiler's work combines timeless wisdom with timely knowledge to encourage people to live with more meaning, passion and joy. His talk: "The secret to mastering life's biggest transitions."

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Monthly Calendar



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Men's Book Group

Monday, November 21, 11:00 am

Location: DCV Office

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

LIVE AND LEARN:

Overcoming the Holiday Blues

Monday, December 5, 3:30–5:00 pm

Location: Hybrid—in person at DCV Office (limit 20 people), enter at 2111 Decatur PI NW or by Zoom (unlimited). Choose at time of registration
RSVP: Register online or contact DCV Office

Watch for more details in upcoming eblasts. The session will be led by Christine L. Bitzer, LICSW, LCSW from Seabury Resources for Aging.

CELEBSALON:

Seth Jones, Military Analyst—Update on the War in Ukraine

Wednesday, December 7, 6:00–7:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Millions of people have watched with amazement as Ukraine put up an effective resistance against Russian invaders since late February and then mounted surprise counter-offensive operations that took back considerable land that Russia had conquered. That defied expectations. Most analysts had predicted Russia would clobber Ukraine easily and swiftly. We all know that didn't happen. Probably no group is more transfixed by this drama than the array of U.S. and allied military analysts, who are having to revise their core assumptions about both Russia and Ukraine.

We've asked one of the country's leading military analysts, Seth Jones, to help us understand this unfolding drama, as winter affects both sides. He is senior vice president for international Security at Johns Hopkins' Center for Strategic and International Studies (CSIS). His team there has been mapping Ukrainian and Russian force movements at a detailed battlefield level. Jones looks at defense strategy and military operations. He'll assess for us how the conflict is playing out, how Western support for Ukraine is affected—and what Putin will do.

In addition to his work at CSIS, Jones also teaches at the Navy's Center for Homeland Defense and Security.

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 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Feldenkrais Method—Awareness Through Movement—Chair Lessons

Wednesdays, 11:15–12:15 pm

Location: In Person at DCV Office—enter at 2111 Decatur PI 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: Emissary Café, 2032 P St NW

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

Every other Thursday, 4:00 pm

Location: Virtual

RSVP: Sheila Lopez at sheilablopez@gmail.com

Activities with DCV Members



Ask Ann

DCV offers many different activities. The Membership and Activities Committee generally plan these, along with help from volunteers and staff. As you know, we provide information and links to sign up in the Friday eblast. You are always welcome to sign up for these activities and even offer up ideas for something other Villagers might enjoy.

What about spontaneity? What if I don't want to go alone? What if I'm on a lean budget? What if I don't know how I'm going to get there? We are all re-learning all of that after our pandemic experiences and lockdowns, so here are some suggestions for you.

If you go on a museum tour with us, you can look at the registrants list (go to the calendar, click on the event, and underneath the Register button, there is usually one labelled Registrants), and scout out potential buddies, either for that event or for the future. The same holds true for other activities.

If you want to contact someone, you can make use of the directories on the Members Only page. First, be sure you are logged in. Then you can get at the membership list in two different ways: (1) in the dropdown menu on the members page, select "Membership Directory" and plug in the name—that should show you their contact info; or (2) on the same dropdown menu, start with the first item named "How do I..." and then select how to print a membership directory. You don't actually have to print it—it will give you a full membership directory to look at (usually updated the 1st of every month).

A great tool for members is the main DCV listserv. Most of you already use it for things like recommendations, local events, etc. What you can also use it for is to meet up

for an activity others may like. Pre-Covid, we had a member who would periodically post something saying she was planning to have lunch at a particular restaurant on a particular day, and others to contact if they would like to join her. Or perhaps there's a new exhibit you want to see, a movie, hike—there is no limit.

For an introvert that may all be hard to do, so extroverts, do your part by putting out something and you will be surprised at how grateful the introverts may be. Introverts, try answering one of these posts, or even put an idea out there. There are various apps for meeting up with people in the area for similar interests. Feel free to use them—I don't, because I get nervous about that many strangers. The advantage of putting something out there for Villagers, is that you already have something in common to talk about (DCV and the kind of activity), and Eva screens every new member so you can feel reasonably safe.



I look forward to seeing what ideas you all come up with. Just address your inquiring email to dupont-circle-village@googlegroups.com. Go have fun!



November Birthdays



Happy Birthday to members celebrating November birthdays!
Nancy Barnum, Agnes Beale, Michaela Buhler, James Chamberlin, Tony Clifford Kathleen Davin, Brad Edwards, James Hambuechen, Darrell Hueth, Janet Kegg, Judith Kirvan, Mandi Lisbona, Richard Marquart, Greg Milman, Gretta Powers, Miriam Schottland, Darrell Totman, Carmela Vetri, and Victor Wexler

Medicare and Medicaid

A video of this talk can be found on the DCV webpage members' section, at: [L&L Program on Medicare & Medicaid 2022 10-25-21](#)

The speaker is Chris DeYoung, who is with the DC State Health Insurance Assistance Program (SHIP) which is part of the DC Department of Aging and Community Living. SHIP provides free advice about Medicare options and rights for older adults and persons with disabilities. Their contact information is: 202-727-8370 or for email ship.dacl@dc.gov. See also: <https://www.opm.gov/healthcare-insurance/healthcare/medicare/>

Mr. DeYoung strongly recommends seeking advice about health insurance for your own individual case, from his organization or some similar free non-profit organization.

The rules of coverage are in process of changing and every individual's situation is different so universal advice is hard to give and will vary from one jurisdiction to another.

Another point that came through strongly in his presentation is that before you arrange for any kind of medical care you should find out whether the provider accepts any of your insurance(s). For example, not all providers take Medicare and not all providers working in the same clinic or hospital are in the same network.

Medicare vs Medicaid: Medicare applies to all persons over 65 or with permanent disabilities; Medicaid applies to persons below a certain income level.

The general enrollment period for Medicare A and B is Jan 1–March 31 and coverage begins the first day of the following month.

Medicare A, B, C, and D? (Note that for all of these there are exceptions, which is why you need to find out about your own situation).

You are eligible for Part A Medicare when you turn 65 and you are required to register (unless you are automatically registered because of some other government program). There is a substantial financial penalty if you don't register within a seven-month period surrounding your birth month in the year you turn 65. All other plans are your choice; government supported plans may have an income limit.

Medicare part A covers hospital care, skilled nursing care at home or in a nursing facility and hospice care. Part A is free (that is, no premiums if you don't use it) but there are a deductible and co-pays.

Medicare part B covers doctors' services, preventive care, ambulance, and durable medical equipment. Part B is neither required nor free; you choose to sign up for it and you pay premiums. There are deductibles and copays.

Medicare A and B may cover about 80% of your actual expenses. To cover the out-of-pocket expenses, you need secondary insurance for which there are a variety of government, private and mixed plans such as insurance for retirees from former employers, medigap, Medicaid and Medicare Advantage.

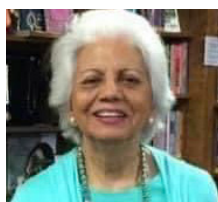
Medicare Part C is a set of private health plans approved by Medicare (for example, some HMO plans like Kaiser). Additional premiums are required.

None of the other Medicare Parts cover drugs; therefore, we have: Medicare Part D, which covers drugs. Can use either Medicare D or a private insurance. You pay premiums and have co-pays. Your retirement benefits may include a drug insurance plan.

A note for travelers: None of the Medicare parts cover medical services provided outside the U.S.

Meet Shubh Schiesser

Shubh was born and raised in New Delhi, India. For almost 30 years, she lived in Austin, Texas with her husband. He passed in



**DCV
Member
Profile**

November 2021 and in December 2021, Shubh moved to DC to be closer to her two children who live and work here.

Shubh worked for the Texas Rehabilitation Commission in the Department of Disability Determination Services in Austin. She was responsible in determining whether applicants were eligible to claim social security because of their disability. She

volunteered with Caritas, a nonprofit organization whose mission is to prevent and end homelessness for people in Greater Austin. Additionally, she volunteered as a counselor with a domestic violence shelter that helped mainly, Asian women. Shubh holds a masters degree in Social Work.

In her free time, Shubh loves to read and write poetry and paints when she has time. She also loves live theater, museums and art exhibits and takes advantage of the Smithsonian, the Kennedy Center, the National Botanical Garden, and galleries.

Shubh learned about DCV from her neighbor and DCV Volunteer, Jeanne Welsh. She liked what she saw and was impressed with the amount of programming offered and the opportunity to meet new and interesting people.

Meet the Sioux Chef

Continued from page 1

cuisines. He realized that there were no Native foods or any indigenous perspectives anywhere in the culinary world. By age 29, he had risen to the level of an executive chef; however, the long hours and intense pressure led to burnout, so he took a year off and headed to Mexico.

While in Mexico, Sherman lived in a remote jungle area among indigenous people who had been able to hold onto much of their pre-colonial food culture. "In an epiphany, I tasted how food weaves people together, connects families through generations, is a life force of identity and social culture." This led him on a journey to discover his own food heritage, and he began researching ancestral food systems and compiling it all into a book. Sherman's book, *The Sioux Chef's Indigenous Kitchen*, won the 2018 James Beard Award for best American cookbook and a 2019 James Beard Leadership Award for his efforts toward "revitalization and awareness of indigenous food systems in a modern culinary context." More recently, Sherman's restaurant, Owamni, which only serves food made from pre-colonial ingredients, is the hardest reservation to score in Minneapolis. Over 75 percent of Owamni's staff is Indigenous and it just won the Best New Restaurant at the James Beard Awards in June.

If you want to add some delicious Indigenous cuisine to your Thanksgiving table, a link is below to the Sioux Chef's and other indigenous recipes which include delights such as Maple-Brined Smoked Turkey, Amaranth Corn Pudding, Red Bean Soup with Toasted Spiced Sunflower Seeds, and Wild Rice Cakes or Hazelnut Maple Sorbet. [These recipes can be found [Here](#).]

Happy Thanksgiving! Let's make it a day to appreciate what is right in front of us, to be grateful for the people we love and the food we have.

*A note from **Gretchen Ellsworth** and her husband **Bob Hirsch**:*

Dance for Parkinson's Disease (PD)

Movement to music has a positive effect on Parkinson's patients. The Mark Morris Dance company of New York took this idea and created the "Dance for PD" program and over the past 15 years have trained over 1,000 instructors worldwide. Washington DC is fortunate to have a charismatic Dance for PD leader, Lucy Bowen McCauley, who offers free programs every week. Since Gretchen was first diagnosed with Parkinson's (about 10 years ago) we have religiously attended Lucy's classes, often twice per week. Lucy is a former ballet dancer and is currently a choreographer. For 25 years she directed a spirited professional dance company in the Washington DC area.

Her classes are a delight to attend, and work well to enhance the state of mind and physical conditioning of the body. The program helps participants develop strength and fluidity of movement, and it stimulates cognitive activity that connects the body and mind. It also forges social connection among those with Parkinson's. Each class, which lasts about 75 minutes, features seated dance movements, plus some standing work with a ballet barre, and some movement across the floor, but is adaptable to the capability of the participant.

There is no cure for Parkinson's, but neurological research demonstrates that Dance for PD is life enhancing for victims of the disease.

We like it so much that most weeks we attend 2 classes: Tuesday at 2:30 PM in Silver Spring, and Wednesday at 2:30 PM at the Kennedy Center (in The Reach, looking out at the Potomac River). We want to share this great program with others in the DCV who have PD. Give us a call and we can tell you more. We would be glad to take you to a class



Photo: Kennedy Center Website

and introduce you to Lucy.

Participants come on their own or with a care partner. In our case, we both enjoy participating in the whole program. The music, the smile and dancing style of our leader, and the fellowship of the participants makes it a wonderful experience. You can read more about at these web sites:

General information about Dance for PD <https://danceforparkinsons.org/about-the-program>

The Kennedy Center Program: <https://www.kennedy-center.org/whats-on/explore-by-genre/dance/2022-2023/dance-for-parkinsons-disease/>

The Silver Spring Program: <https://www.marylandyouthballet.org/dance-for-pd/>

Here is a wonderful 7-minute video done by a local journalism student, it features the Kennedy Center program and Gretchen is one of the stars of the video: <https://www.youtube.com/watch?v=DQCHMVGfAWs>

Please feel free to pass this along to anyone you know who has Parkinson's.

We would be delighted to talk with anyone who wants to know more—please contact us:

Gretchen Ellsworth, 202-306-7259, gretchengayle@gmail.com

Bob Hirsch, 703-994-5205, rmhirsch49@yahoo.com

DCV Establishes a Diversity Task Force

The DCV Board believes “that Village membership should ideally reflect the ethnic and cultural diversity of our catchment area. To help the Village realize that ideal, the Board has established a diversity taskforce.”

The Taskforce is reaching out to other organizations that serve senior in our catchment area, such as religious institutions and various community groups. We are seeking, not competition, but rather collaboration in serving the needs/interests of seniors in our communities. The Taskforce will also coordinate its work with the diversity efforts of other DC Villages. Our goals include letting potential members know what we offer and to find out what programs and events would encourage people who are not DCV members to join us.

The DTF is meeting monthly and has begun to

- Gather and compile information on the demographics of DCV membership and of our catchment area.
- Review our internal policies and document as well as our public “face” to see how we look to prospective members.
- Reach out to neighborhood organizations like CentroNia and Jubilee Housing.

Members of the Taskforce are **Sarah Burger, Gretchen Ellsworth, Romaine Johnson, Eva M. Lucero, Bob McDonald, Myrna Peralta** (co-chair), **Peg Simpson, Michael Speer** (co-chair), and **Abigail Wiebenson**.

We want and welcome input—ideas, questions, suggestions, help, etc., from DCV members and other community members. Let Myrna (peraltamillan@gmail.com) or Michael (speersms@gmail.com) know if you have questions or ideas.



Diversity Task Force (DTF) members in person for the first meeting include **Sarah Burger, Gretchen Ellsworth, Bob McDonald, Michael Speer, and Myrna Peralta**. Missing from the pic are **Abigail Wiebenson, Romaine Johnson, Peg Simpson** and **Eva M. Lucero** who attended the meeting by Zoom.

Out and About



▲ Potomac Boat Club (PBC) Life Member **Gretchen Ellsworth** arrives at Potomac Boat Club to help in the naming of new rowing shells (including one named after the first woman to be an officer of the club). PBC’s early 20th century structure hasn’t caught up with 21st century sensibility. So, in a 19th century way the men’s rowing team sent members tall and strong to carry her wheelchair up and downstairs as well as down to the dock.

Out and About



▲ Villager **Pender M. McCarter** is settling in to his new Chastleton apartment at 16th & R Streets, NW, this fall, after living on 21st & N Streets for almost 40 years, and focusing more closely on the city east of Connecticut Avenue, NW. He shares some pics from his new neighborhood including a pink rose breaking out with

other rose buds from inside the fence at the tightly shuttered Russian Embassy on 16th Street, NW and the Jose Marti statue outside the Embassy of Cuba in Adams Morgan at 2630 16th Street, NW. Beginning in 1868, Marti organized the movement for Cuba's independence from Spain.



October Birthdays

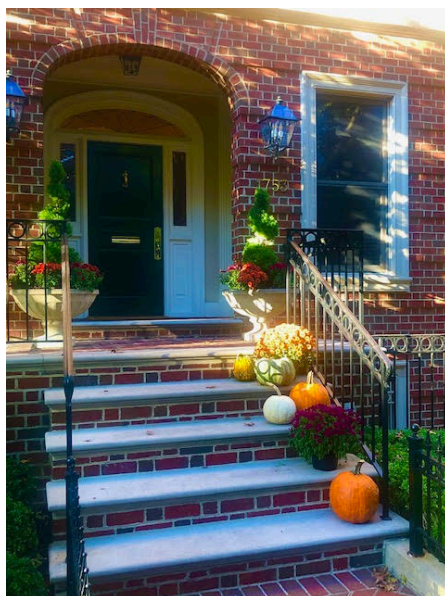


▲ **Michaela Buhler** hosted the October birthday celebration in her lovely condo. **Don Symmes**, **Lex Rieffel**, **Dennis Houlihan** and **Mimi Higgins** attended.



▲ **Karen St. John** was recently in New Mexico and visited Georgia O'Keefe's summer ranch where she painted many of her landscapes.

Out and About



▲ **Jim Chamberlin** sharing his pics of the Dupont Circle neighborhood on his daily walks.



▲ **Matt Abrams** hosted one of the social hours in October and members, **Nancy Turnbull**, **Peggy Long**, **Joy Rodman**, **Burke Dillon**, **Dennis Houlihan**, and **Mimi Conway** all attended. Burke is holding two of Laura's excellent empanadas, which were recommended on the DCV list serv by our own **Michaela Buhler**.



▲ **Deb Mendelson** was recently in Portugal and shared these lovely pictures.

Out and About



▲ In September, **Judith Neibrief** went to Morocco. She especially enjoyed her time in various Atlas Mountains



▲ **Joyce and Bill O'Brien** hosted an October Social Hour. Attendees included **David Schwarz, Bob Hirsch, Gretchen Ellsworth, Marie Marcoux, Anna Greenberg, Carmela Vetri, Barbara Meeker, Joe Auslander** and **Bob McDonald**.

▲ Over 20 members attended the DCV fall picnic at the Heurich Mansion in October. It was a beautiful day and the gardens were delightful.



▲ **Sheila Lopez** and her family recently visited the Storm King Art Center while in New York.

Out and About



◀ **Carol Galaty and Ken Shuck** hosted one of the DCV social hours in October. Members in attendance include **Dorothy Marchak, Jerry Sandridge, Shubh Schiesser, Joan Rogliano, Lucia Edmonds, Barbara Friday, Peter Bloom** almost hidden by **Peg Simpson, Carmela Vetri** behind Ken Shuck



▲ The Tour of the Woman's Organizations in Dupont Circle was a huge success. The guide was very informative, and many stayed on for a delicious lunch at the Women's National Democratic Club.

15-Minute Meal

Crustless Quiche

This month we're stretching the 15-minute dinner construct. A crustless quiche takes less than 15 minutes to prepare and a half hour to bake. This is one of the easiest dinners of all time—and there are sure to be leftovers. This basic recipe—eggs, milk and cheese—works for any meal. You can improvise to your heart's content given what's in your larder and fridge. This one uses spinach and pancetta.

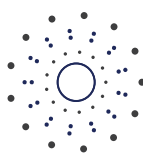
By Abigail Wiebenson

- Warm your oven to 400 F.
- Butter a pie pan. Put about a half cup of panko or regular bread-crumbs into it. Tip the pan this way and that so that crumbs stick to the butter coating the pan. Get rid of what's left over if there is any.
- Heat a frying pan at medium high and dump $\frac{3}{4}$ of a bag of spinach and a container of pancetta into the pan. Stir and let the spinach cook until it's mostly wilted.
- Meanwhile, break 6 eggs into a medium bowl and beat with a whisk until mixed well. Add in 1 C of milk and 1C of shredded cheddar cheese. When the spinach and pancetta are ready, mix them in. Add salt and pepper to taste. Add in a teaspoon of any herbs you wish; my go-to is herbs de Provence but any will do.
- Pour the mixture in the pie place; put into the oven and set your timer for $\frac{1}{2}$ hour. Quiche is done when it doesn't wiggle in the pan anymore. Let it sit for a few minutes before cutting.
- A green salad goes well with this, if you are so inclined.



Enjoy! Let me know how you've enjoyed this recipe—and any improvisations. Send a photo!

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.



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE
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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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