



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“
And all at once,
summer collapsed
into fall.”

— Oscar Wilde

What's Inside

- 1 Executive Director
- 2 President's Notes
- 3 Looking Back On the 50th Anniversary of the Democratic National Convention
- 4 Monthly Calendar
- 6 Challenging Times, Shifting Paradigms
- 7 Ask Ann
- Cooking Lessons
- 8 Live and Learn
- 9 Shenandoah Mountain Retreat
- 10 Where Are They Now
- 12 Out & About with DCV
- 13 DCV Cooks
- Yoga Tips

Welcome New Members!

Miriam ("Mimi") Feinstein
Ron Kovach

Move Over Sci-Fi There's A New Literary Genre in Town!

Writers have always exposed some of humanity's darkest elements. For example, Charles Dickens shed a light on the underbelly of 19th century industrial England, Upton Sinclair highlighted horrid treatment of newly arrived immigrants and labor conditions and George Orwell exposed a human tendency toward demagoguery.

Today, writers such as Margaret Atwood, Kim Stanley Robinson and Barbara Kingsolver among others, have forged a new genre that examines the devastating effects and consequences of human-induced climate change. As the Arctic melts, the planet warms, the sea levels rise and carbon dioxide levels reach their highest point in human history, to the surprise of exactly no one who has read a newspaper in the past decade or so, climate fiction or Cli-Fi has emerged as a robust, exciting movement in modern fiction. The Cli-Fi novel has become an essential tool to construct meaning in an age of climate change. The novel is able to expand the reach of climate science beyond the laboratory and highlight the profound cultural shifts accompanying the phenomenon.

Cli-Fi was coined by English teacher Dan Bloom in 2007 and the



genre has exploded over the last decade and has become somewhat of a publishing anomaly. A simple inquiry on Amazon lists more than 8000 results for "climate fiction." It's not an entirely new concept—Jules Verne played with the idea in a few of his novels in the 1880s—but the theme of man-made change doesn't appear in literature until well into the 20th century. The British author J.G. Ballard pioneered the environmental apocalypse narrative in books such as *The Wind from Nowhere* starting in the 1960s. Climate fiction is only one part of a larger cultural trend that is beginning to explore climate change as a social and cultural phenomenon, not just a scientific and policy issue. Climate change in culture includes movies (*Interstellar*), art exhibits (art-worksforchange.org), musical com-

Continued on page 2

President's Notes



Welcome back to all the Villagers who got out of town this summer or who enjoyed the slower pace of Washington during the summer to just take it easy at home. DCV followed the time-honored Washington tradition of being a little less active during the summer heat. If you look at the DCV calendar for September, you will see that slower pace is now over!

In the tradition of a major DC institution, however, DCV has used the time to have our own "District work period" (the current Congressional euphemism for a summer recess). You will be able to see the results of our work as the general Village activities ramp back up.

One result of our work is the updated DCV website. Please check it out. We have designed it to be more attractive to visitors who are checking out the Village. We also spent a great deal of time to ensure that all of the functionality of the old website is preserved for members. I think you will find it easier to locate what you want to find and to take care of your Village business on the site.

The new website features more pictures of DCV members and activities as you will see when you look at the site. You can help us in keeping the site fresh and interesting by sending your photos or ideas for photos to us. You can send either photos or ideas to **Eva Lucero** or **Ann Talty**.

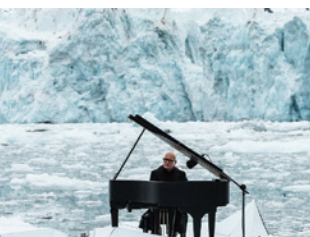
On another note, I hope to see everyone at the Fall meeting which will be held on September 27. We plan to have an interesting event and hope that as many members as possible will attend. The Fall meeting is also an opportunity for you to bring guests who might be interested in joining DCV. Just let us know that they are coming so we can ensure they get our special attention.

Finally, just a reminder that we are always looking for new ideas to improve DCV. In particular, please let us know if you have interest in helping start a new group (like the French speaking group) or activity (like the monthly Happy Hours). With your input, we can continue to make DCV an important part of our members' lives.

Move Over Sci-Fi

Continued from page 1

positions (*Daniel Crawford's Planetary Bands, Warming World*) and Italian pianist Ludovico Einaudi's incredible performance of **Elegy for the Arctic**



next to a melting glacier.

Many Cli-Fi stories being written envision the effects of climate change on everyday life and the political

and socioeconomic relationships of living in a time of advanced climate stress. Barbara Kingsolver's *Flight Behavior*, is about a family living in the Appalachian Mountains where swarms of Monarch butterflies appear, having eschewed their normal Mexican destination because of global warming and the outcome within the community sends an urgent social message. In Joseph Green's *Turtle Love*, coastal Floridians come to grips with man-

datory evictions as the government performs triage on the communities reclaimed by the ocean. As residents flee to new communities on higher ground, conservationist's efforts to save sea turtles become a metaphor for saving the human race. C. Morgan Babst's *The Floating World* is a powerful rendering of New Orleans in the days after Hurricane Katrina and how climate change puts urban life at risk. In Sam J. Miller's, *Blackfish City*, the last city on earth is in the ice-free Arctic Circle, but like the great cities of today, entrenched inequality guarantees privileges for only a few who will survive. El Akkhad's *American War* takes place in the late 21st century where America, a shell of its former self, shows the result of how climate change and American partisan politics mix, to devastating effect.

For many people, Cli-Fi is a timely wake-up call that could inspire real change. Australian Cli-Fi author, James Bradley thinks it's possible. Fiction, he says, gives us a way to

push past our despair, and to start thinking about the messages conveyed by climate science in a new way. "We're looking at a metre, probably more, [of sea rise] by the end of the century. I actually can't imagine what that means, and I don't think we as a society can get to grips with that," he says. "One of the things that you can do with fiction is find a way of allowing people to find a way to understand what that might mean, what it might feel like to live in that, what it might feel like to experience that. Then it gives shape to that sense of dissonance, that sense of wrongness about the world." Once people can make sense of the issue, he says, they may feel empowered to take action, even in a small way, to fight global warming.

If you're interested in finding more books on the subject, Amy Brady at the Chicago Review of Books runs a thoughtful and wide-ranging monthly column, **Burning Worlds** highlighting the best in new climate change fiction.

Villagers Looking Back on the 50th Anniversary of the 1968 Democratic National Convention

In response to the poll questions posed in the July 2018 newsletter article (pp. 4-5) on recollections of the Democratic convention in Chicago, Villagers

By Pender M. McCarter — many just beginning college or

their careers — reflected different experiences and perspectives as shown in this summary of 15 responses.

- Living with husband and two young children in Little Compton, RI, watching convention on television as a Eugene McCarthy supporter
- Residing in Chicago as a social worker with a journalist husband, watching the convention on TV, supporting Humphrey
- Seeing guns and police “all over city” while enrolled at Northwestern in Chicago during the week of the convention — a “real shock after coming from a year studying in England; supporting McCarthy and Humphrey
- Living in a small town in Kansas as a sophomore in high school with election “just a news event” and beginning political involvement in next election in college
- Living in San Diego, CA after a two-year stint in Tokyo as a foreign service secretary, with no TV but slight memory of “unrest” surrounding the convention; initially registered as a Republican, later supporting McGovern
- Residing in Newark, NJ as a student on summer break remembering violence associated with the convention; too young to vote
- Attending graduate school at Indiana University as the convention opened, following two years in the Peace Corps in Ethiopia; “spell-bound” watching the convention on nine-inch black-and-white-tv in family home in Louisville, KY
- Residing on campus in Ann Arbor, MI and following news closely; worked for Rockefeller, supported Humphrey
- Living two blocks north of U Street “in shock” from events of April, June and August 1968, with parents encouraging a move out of the District to Maryland or Virginia suburbs; supporting McGovern
- Traveling the world in 1968, including Nepal, where I met my future husband

- Visiting grandparents in Shaw as a 22-year-old and joining relatives paying homage to Robert Kennedy’s cortege as it approached Union Station; seeing Ted Kennedy and Jackie Kennedy “on the small deck at the rear of the last car of the train... [leaving] a lasting impression”
- Living on 17th Street after Martin Luther King assassination-sparked riots and observing that those further from the center of activity were more “anxious” than those in the middle of it
- Working for Radio Free Europe in Germany as a translator, where I met my future husband, not following convention coverage
- Raising two young children in Indiana, inclined but unable to protest at nearby Chicago convention
- Conducting field research in Indonesia for an M.A. from Tuft’s Fletcher School with no recollection of the convention; supporting McCarthy

The Village’s Public Relations Committee will be following up on Villagers’ additional life experiences in an oral history project with tentative plans to post histories online in podcasts.



Monthly Calendar

DCV Ice Cream Social

Thursday, September 6, 1:00-3:00 pm
Anderson House, 2118 Massachusetts Avenue, NW

Come to our "Welcome Back from the Summer" annual Ice Cream Social. Catch up with friends, meet new ones! The Anderson House is wheelchair accessible. RSVP online or admin@dupontcirclevillage.net

Volunteer Training: Using Empathy to Connect with Village Members

Friday, September 7, 10:00-noon
Location: Forest Hills of DC, 4901 Connecticut Ave NW
RSVP: [Stephanie at schong@nwnv.org](mailto:Stephanie@schong@nwnv.org)

Learn what empathy is and how understanding the aging process and it's impact on us can help us connect better with Village Members with whom we volunteer. Learn active listening and boundary setting skills that will make your volunteer experience smoother and richer.

WNDC: Musical Celebration of Our Diverse Community

September 11, 8:00-11:00 am
Woman's National Democratic Club - 1516 New Hampshire Ave NW
RSVP: t/b/a

The Woman's National Democratic Club (WNDC) invites you to join them to honor the heroes and fallen of 9/11 and to celebrate through music the strength of our diverse community.

WNDC has assembled a talented group of singers, musicians, spoken word artists, and dancers to entertain you and your friends and colleagues between 8am and 11am on Tuesday, September 11, 2018. Enjoy breakfast created by local entrepreneur bakers.

They invite us to come meet community nonprofit leaders and those they serve – the majority of whom are newly arrived immigrants and refugees coming to the US to make a better life for themselves and their families and contribute to the strength of our nation.

You can reserve a seat for yourself, or a table for 6 or 8 for your friends and colleagues. There is a \$10 per person donation.



Dessert and Dialogue with Peter Lovenheim

Thursday, September 13, 2018, 7:00-8:30 pm
Quaker Living Room above the DCV Office, 2121 Decatur Place, NW (flight of stairs)
RSVP: Register online or admin@dupontcirclevillage.net or (202) 436-5252

Please join us when Peter Lovenheim will present his new book *The Attachment Effect* (Penguin Random House, 2018). The book explores how relationships are affected by our early upbringing--and what we can do about it.

The psychology of attachment is having a moment. Why is this concept, widely accepted for decades, suddenly in the news? Because people are discovering how powerfully it sheds light on the mystery of how we relate to each other—and why these patterns tend to repeat themselves over the course of our lives.

Fascinated by the subject, award-winning journalist and author Peter Lovenheim embarked on a journey to explore the science of attachment and how it underpins our complicated connections to each other. Through a compelling narrative that combines personal stories with scientific research, along with personal insights into his own intimate relationships, Lovenheim brings the attachment process to life and reveals how our earliest bond shapes our entire lives.

For more information about our speaker, see www.peterlovenheim.com

Monthly Calendar



Sunday Soup Salon: with Carolyn Crouch

Sunday, September 16, 6:00-8:00 pm

1760 Swann St NW

RSVP: Caroline Mindel at (202) 271-1760

or carolinejmindel@gmail.com

Offers of soup, bread, wine or dessert are welcome — coordinate with Caroline

Join us for the evening with Carolyn Crouch of Washington Walks. Wear your walking shoes — there will be a short walk included.

Carolyn attributes her devotion to walking tours to her husband, who showed her the sites of his hometown on foot when she arrived to earn an M.F.A. in Acting from The Catholic University of America. She studied English and Art History as an undergraduate. A New England native, when she craves a taste of her home turf she heads to A. Litteri, Inc., an Italian market in Northeast D.C. The person making history in D.C. whom she most admires is Seth Goldman, founder of beverage company Honest Tea. Carolyn serves on the board of The Welders, a Playwrights' Collective. She is the founder of Washington Walks.

Live and Learn: Save the Date

Monday, September 24, 3:30-5:00 pm-

Osteoporosis: An Overview for Prevention, Diagnosis and Treatment. Check the Friday e-blast for more information

Cooking Class 3: Making Happy Hour Appetizers And Drinks

Wednesday, October 24, 3:30 – 6 p.m.

Lucia Edmonds, hostess and chef - 1610 15th St. NW, #3

RSVP: Lucia Edmonds, (202) 699-1594

or lucia.edmonds@gmail.com

Limit: 10 people

Nothing makes a party like good people, good food and good drinks. That said, let's make a Happy Hour party. Your hostess will provide the menus, ingredients and drinks. You will provide the labor and creativity. We will proceed as follows:

3:30: Preparation of Appetizers and Drinks

4:45: Happy Hour: Savoring our creations (and telling tales)

6:00: Winding down and cleaning up

Possible Menu

Fig & Fungi: Fig Tapenade / Goat Cheese / Caramelized Onions / Mushrooms / Balsamic Glaze / Micro Arugula; Avocado Toasts: Cranberry-Walnut Toasts / Avocado / Tomatoes / Bacon (optional); Cucumber Canapé: Cumbers / Crab Meat / Wasabi Roasted Seaweed; Mini Egg Muffin Frittatas: Asparagus / Bell Pepper / Red Onion / Eggs / Cheese

Possible Drinks

Red / White Wine; Cucumber-Mint-Tonic Slush (with or without Vodka); Watermelon-Strawberries-Mint-Lime Water; Water (plain or bubbly)

Volunteer Training: Why Do We Need A Dialogue On Race & Ethnicity? Part 2

Wednesday, September 26, 9:30 - 12:30

Heurich House Museum, 1307 New Hampshire Avenue NW

RSVP: Register online or admin@dupontcirclevillage.net or (202) 436-5252

Paula Cole Jones, founder of ADORE (A Dialogue on Race and Ethnicity) will continue the dialogue on Race and Ethnicity for Village members and volunteers.

DCV Fall Meeting

Thursday, September 27, 6:30-9:00 pm

The Chastleton Ballroom

1701 16th Street, NW

RSVP: Register online, or to admin@dupontcirclevillage.net or (202) 436-5252

DCV Movie Group

Thursday, October 4, 6:30-8:30 pm

Hosted by Abigail Wiebenson, 1916 S Street, NW

RSVP: Susan Doolittle, (202) 669-8272, sdoolittle.dc@gmail.com

Limit: 16 people

This month's movie discussion: The Cakemaker and BlackKKlansman

The DCV Movie Group welcomes you to its first fall meeting. Please see the movies before the meeting and preferably as soon as possible in case they leave theaters soon.

Also, you'll be asked to bring your choice of food, beverage, or money—we will email a signup sheet about a week before the meeting.

Dupont Circle Farmers Market

September 9, 23; October 14, 21, 8:30-1:30 pm

Dupont Circle Village and Foggy Bottom West End Village will be co-sponsoring a booth at the Sunday Dupont Circle Market. Come by to say hello or volunteer to assist in staffing the booth!

Challenging Times, Shifting Paradigms

More than 20 members, staff and volunteers from several local villages gathered for a workshop* called "Why Do We Need a Dialogue on Race & Ethnicity?" at

the Phillips Collection on

Wednesday August 8, just days before the anniversary of violent unrest in Charlottesville and the Unite the Right 2 DC rally that wasn't. The workshop provided an overview of the underlying structures that govern racialized interactions in our country.

"Race and ethnicity issues are compelling, personally and for society. The workshop was a mini-step toward wrapping my arms around them, more than ever today," said Dupont Circle Village member Lynn Lewis. Through the workshop, she gained "a structure for better understanding my own biases and their roots, whether conscious or unconscious; the need for a paradigm shift; and approaches to that shift."

Presenter Paula Cole Jones led the group through a reflection on their personal racial identity development as well as how that affects encounters between the dominant white culture and historically marginalized groups (African Americans, Hispanics, Native Americans, those who have disabilities or are poor, etc.). Citing DNA studies, she observed that race is not biology. It is a social construct reinforced by structures we may not see or understand. Those structures combine explicit, implicit and unspoken rules for encounters between those socialized in the dominant white culture and marginalized groups.

"We create an invisible architecture between ourselves and other people before we even utter a word, and then all of our communications and transactions take place within that architecture," she said, quoting an Afro-centric scholar. This invisible architecture is shaped by our paradigm,

the beliefs, mores, assumptions, and practices that create our boundaries and govern our communities.

She challenged participants to avoid the fallacy of "not seeing color." The social construct of race is perpetuated by silence, the myth that being "civil" means not talking about race. That "rule" is one way the paradigm of the dominant culture prevents a shift from its power and structures to the inclusiveness of a multi-culture paradigm.

Shifting to a multi-cultural paradigm does not mean rejecting all the norms of the dominant white culture paradigm, nor is it merely inviting certain people from marginalized groups to the table by "making room." There must be a focus on relationships and a willingness to confront bias. People of different generations and locations have different experiences and receive particular messages during their formative years.

"The messages we receive when we are young continue to play out until we confront our own biases. We do that by being in relationship with people. Segregation worked extremely well because it stopped people from being in community together," said Cole Jones. Later she added, "Being in relationship is where we learn in community."

A supportive community that understands the process can help people gather information, reject old norms, and work through the cognitive dissonance that occurs during growth. As one workshop participant mentioned, part of the work includes owning our early experiences, including the privilege of never being excluded from the dominant culture if we are white.



Cole Jones observed that holding the dominant culture's structures accountable to historically marginalized people changes history. Growing diversity means changing who can hold a group accountable and what standards they can use. For example, Hawaii's congressional representative Patsy Mink created Title IX as a response to her experiences as a woman of color. The result was transformative for women.

Building social structures that embrace justice and inclusion requires relationships with a connection where there is energy, sustenance,



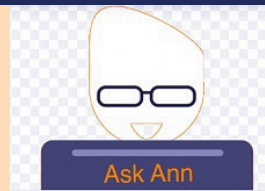
reciprocity, and a lack of judgement.

"To me, the bottom line is that we come to whatever the encounter is as equals willing to listen to each other," said Mount Pleasant village member Laura Breeden "The people who are used to having the advantage need to listen harder."

"Listen as though you are a clearing for the other person to show up as who they are," said Cole Jones. Therein lies the hope of developing a deeper empathy for how others have been impacted and how our country can move from recrimination to reconciliation.

** The workshop is part of the ongoing trainings supported by a grant from the DC Office on Aging.*

New and Improved DCV Website & Event Registration!



I am excited to tell you about some long-awaited changes to our website and in Club Express. I invite you to explore them now, but

in any case, I will set up an "Ask Ann" table at our

Fall Meeting (September 27) for any assistance you may need with your device in navigating or learning how to use our website.

By Ann Talty

2121 Decatur Place NW
Washington DC 20008
202.436.5252



DUPONT CIRCLE VILLAGE
SHATTERING THE STEREOTYPE
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Member Page

Home Join Volunteer Donate Events & Calendar Newsletter Contact Us

Welcome to Dupont Circle Village



OUR VILLAGE

Located in the heart of our Nation's capital, Dupont Circle Village (DCV)

1. Security. Our entire website is now secure, not just the pages relating to payments and events. Along with this comes another change — if you haven't logged onto the website in a while, the next time you do so, you will see a privacy setting pop-up box that requires you take action. NOTE: If you need help with logging in, let me know.

2. Privacy settings. We keep your records electronically through Club Express. If you have email, you will receive renewal notices, confirmation of payments, donations, and event registrations. This is required as part of your membership.

■ **a. Terms of Use and Privacy.** In the pop-up box, if you want to receive the newsletter, the Friday e-Blast, and a few special announcements from the DCV Office, you will need to have the first box checked. This authorizes the system to include you in those mailings. NOTE: This is unrelated to the general Google Group Listserv.

■ **b. Directory.** If you don't want to be included in the directory, or limit your public contact information, let us know and we will change your record to reflect that.

■ **c. Selling or sharing of your data.** We do not provide other organizations with your data.

3. Registering for events. I know it could get confusing if you were trying to register more than one person. ClubExpress has now made it easier. Once you click on "Register Now," click on the first question (register yourself, a member, or a non-member), and it will limit your choices with language that makes a lot more sense. Try it — you'll like it! If you want to see who else is going, click on the "Registrants" button directly under the register button.

4. New public part of the website. We now have (or soon will have) an updated public website aimed at giving information to non-members and prospective members. There is a menu of subjects they can click on to get some information, then they can click to get onto the ClubExpress website to get more details or sign up. Check it out! To bypass that in the future, just click in the upper right hand corner on "Member Page."

As always, if you have any questions about this or anything else, contact Ann Talty at admin@dupontcirclevillage.net or (202) 436-5252.

Cooking for One or More? Be a Model of What You Want to Teach

Anybody can reference a recipe, but at the last DCV cooking class, **Abigail Wiebenson** modeled what it takes to be a good cook and a

By Lucia Edmonds grand hostess. First, she

was totally prepared and welcoming with assigned seats, name tags and a printed take-away of what it takes to prepare a meal that is healthy, attractive and easy. Second, at no time did she assume that she knew it all;

rather, she recognized our experience and invited us to share our wisdom. Third, she made it easy: everything was at our fingertips and we self-selected into food preparation groups. Fourth, the gazpacho and tempura lettuce wraps were outstanding and we had fun!

Join us for Cooking Class 4 on **Wednesday, October 24**, at the home of Lucia Edmonds when we'll create happy hour appetizers and drinks.

Maintaining Your Money

People may assume that using a daily money manager means losing control over your finances. But as Amanda DesBarres, owner/director of Help Unlimited,

By Bella Rosenberg

explained, it can be the key to *maintaining* control. Just

like the Village movement supports independent aging, so, too, can the services of a daily money manager. And DesBarres ought to know. Her mother, who started Help Unlimited, was the founder and first president of Silver Spring Village.

Daily money managers provide a wide array of services (and not just for seniors), including sorting mail; paying bills; budget tracking; tax organization; insurance claims management; medical paperwork assistance; and professional services coordination (accountants, lawyers, social workers, etc.). Clients can pursue as many, or as few, services as they wish, and help is customized to needs and desires.

DesBarres generously offered Villagers at the July 23rd *Live and Learn* a variety of tips in most of these ar-

eas. What was striking about her advice was its recognition that different people operate differently, so advice for one type isn't necessarily helpful for another. For example, if you're the sort who culls and organizes mail every day, you probably don't need a system for ensuring that important things don't get buried in mountains of ignored mail.

Similarly, are you the sort who falls for almost every charitable solicitation that comes your way? Making a yearly, trackable plan for how much and to whom to donate may be your solution for being charitable while keeping on budget and avoiding potential fraud.

DesBarres strongly recommended reviewing bills and statements for accuracy. She cautioned against paperless billing because needing to access statements online can be a disincentive to reviewing them regularly, which means that errors or new fees or service changes might go undetected.

By the same token, it's important to review and balance checkbook statements. Banks do make mistakes, and statements can also unmask

fraudulent activity. But if balancing your checkbook will never be your thing, at the very least see what checks have cleared, and make sure that the account balance is roughly in line with the amount of money you think you have. Starting to have overdrafts is usually a sign that you're having trouble tracking money.

DesBarres is not a fan of direct debit and urges those who are to make sure they have a cushion in their checking accounts. She also cautioned that debit cards do not carry the same protections as credit cards and could leave you responsible for paying up to all the costs of unauthorized charges. The best protection from new lines of credit being opened fraudulently in your name, she said, is a credit freeze.

As this limited review of advice gleaned from DesBarres's experience with Help Unlimited suggests, getting a handle on and effectively managing your money and associated paperwork *is* empowering, whether you can do it yourself or need help.

Help Unlimited, Inc.

www.DailyMoneyManager.com

Decluttering: What's Holding You Back?

Most people accumulate things. Most people "of a certain age" have accumulated too many things and want to get rid of "stuff." But, judging by the

By Bella Rosenberg

"confessions" of the participants at the June

25th *Live and Learn*, most of them would rather read — or even endure the proverbial root canal — than act on their intentions to declutter. Why? And can anything be done about it?

Marjorie Dick Stuart, real estate

and marketing expert, deals with decluttering on a regular basis, including in her own life, she says. Feeling overwhelmed is the major barrier to getting started. Going through a lifetime's possessions can feel like reviewing your life, for better or worse, and even thinking of getting rid of things can feel like a betrayal or an acknowledgment of mortality. Plus, where to start when there's so much to be done? The key is to wrestle things down into manageable chunks and get help if you need it.

Stuart's Five Steps to Decluttering

do just that. The first is to Find Your Why. Rather than think you'll need to confront big things like "life" or "memories," identify something concrete and practical to motivate you. Moving or cleaning up is an obvious one. But if you just want to simplify, are embarrassed about your house, or want more usable space, those work as well.

The second step is Decide to Start. Don't be abstract. Pick a date with a deadline or use an important event

Continued on page 9

Mid-20th-Century Artist's Shenandoah Mountain Retreat: Reinvigorating Escape from D.C.

Born in 1917, Robert E. Kuhn was a mid-20th-century artist who spent almost half of his life in Virginia's Blue Ridge Mountains, according to a 2012 *Washington Post* article. Kuhn specialized in abstract paintings, representational sculptures, drawings, cartoons and collages. After becoming disillusioned with art galleries, he retreated to a deconsecrated church in Stanley, VA, and stopped selling most of his work.

Robert Kuhn died in 2000. His son, Nathan, a musician and also an artist, manages the deceased artist's estate as a two-bedroom, two-bath vacation rental house that can accommodate four or more guests. The converted-church retreat is filled with Robert Kuhn's art and sculptures, rests on 4.5 acres, and includes a two-acre sculpture garden -- not unlike the National Sculpture Garden in Washington!

Four of us drove the two-plus hours from the Washington, DC, area to stay in the Mountain Church Art Estate over a three-day weekend in August. We were warmly welcomed by Nathan who helped our group settle in to the Stanley retreat -- sharing vegetarian chili, fresh corn, apples and peaches.

The upstairs bedroom includes a queen-sized bed and small bathroom, leading to a loft with a single bed -- the "Angel Room." The second-floor bedroom overlooks the main floor with a queen-size bed behind a fireplace, sofa bed, and much larger bathroom. The four of us enjoyed our own home-cooked dinners at the dining room table seating six. Nathan prepared muffins and pancakes for breakfast. He, his wife and two cats reside in an adjoining property.

During our stay, we delighted in a six-mile round-trip hike along a fire road and the Appalachian Trail -- leading to Big Meadows Lodge in the

Shenandoah National Park. Luray is approximately seven miles from the estate.

Before departing, Nathan showed us the gallery next to the converted-church where his father's eclectic work is stored. The *Post* cited Kuhn's role models including Klee, Picasso and Giacometti. The paper added that the artist was "no mere disciple" and praised his work as vibrant, robust and exuberant -- which is how our traveling group felt on departing the estate, reinvigorated for our return to the bustling city.

The Mountain Church Art Estate was one of 35 silent auction items up for bid at the 10th Anniversary Dupont Circle Village Gala, held at the Embassy of Haiti on April 27th. The vacation rental house can be booked on AirBnB at <https://www.airbnb.com/rooms/20633275>. The Village's Marcy Logan displays Robert Kuhn's art in her Swann Street Gallery at 1767 Swann Street, NW.

Decluttering

Continued from page 8

like a family gathering or guests coming to motivate you. But be concrete.

Next is Make a To-Do List. If putting everything you'd have to do in your place on that list would be too overwhelming, start with a room or project (e.g., drawers), and identify the necessary components to getting it done.

Sorting is a crucial component of the to-do list and preparing to do so leads to the next step: Get Supplies. Stuart finds sticky dots or notes indispensable for sorting items into categories like trash, keep, or donate. Don't forget trash bags and boxes! Stuart also strongly suggests recruiting help: friends or family or, if that

doesn't feel right, organizers, though the professionals can be expensive.

Step five is to Begin Sorting -- in other words, just do it! It may help to put the task on your calendar, as if it were an appointment; you can choose whether it's X number of hours X times per week or a chunk of time once or twice a week. But make it stick.

When you begin sorting, Stuart advises, begin with easy decisions, such as dishes, furniture, books, clothing, and toys. Then move on to art and collections, mementos/photos/letters, and important papers. Use those dots/sticky notes to indicate keep, give away, throw away, and donate. Figuring out where to donate and the mechanics of donating may be worth another to-do list and getting help, including from the Internet.

A word about papers, the bane of many a would-be declutterer. Keeping or discarding are not the only options. A relatively inexpensive scanner can get your documents on the Cloud, available for whenever you want without infringing on your personal space. Document storing programs like NEAT have additional features.

Decluttering seems like a lonely activity. But with so many people wanting to do it, why not turn it into a social activity? Form a kind of mutual aid group. Delegate research and share information. Reward your efforts with lunch or drinks. Decluttering goes faster with many hands on deck, gabbing as they work. And think of the laughs you can share over some of the things that you pull out of your closets!

Where Are They Now?



◀ **Nancy LaVerda** was in Les Diablerets, Switzerland. It was just beautiful and amazing to see so much snow in June!



▲ **Gretchen Ellsworth** and **Bob Hirsch** traveled for three weeks, visiting friends in Denmark, cruising the Baltic Sea with stops in Helsinki, St. Petersburg, Tallinn and Stockholm, ending with a visit to friends in Amsterdam. Here they are entranced with the gardens and ingenious fountains at the Peterhof Palace outside St. Petersburg. The structures and indeed the city itself owe their existence to the determination of Tsar Peter the Great.



▲ Congratulations to **Carol Galaty** and **Ken Shuck** who got married in the International Folk Art Museum in Santa Fe, New Mexico with 115 members of their family present.

▶ **Kathy Cardille** enjoyed time with her family in Lake Erie and at Eddie's Dairy Queen.



▶ **Peg Simpson** enjoying a sunset cruise off the Kenyan island of Lamu (with two friends and to the right, a journalist friend who lives on Lamu.



Where Are They Now?

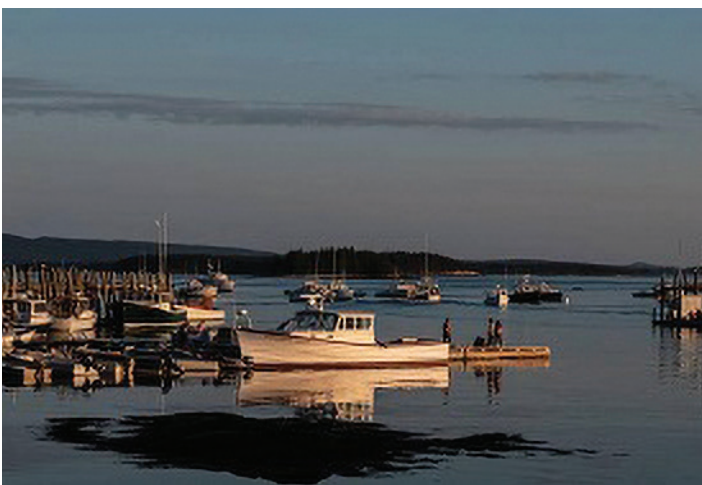
Superior views! **Karen St. John** visited the Upper Peninsula Michigan on Lake Superior in July.



Bobbi and Greg Milman in front of Moscow's St Basil Church in Red Square in June. They traveled to Lithuania, Latvia, Estonia, St Petersburg and Moscow.



▲ In July, after a day exploring Lima, **Judith Neibrief** spent a week traveling up the Peruvian Amazon from Iquitos (the largest city in the world not reachable by road). Fun times and good explorations from an air-conditioned boat with fine food and pisco sours but, yes, even more humid than DC.



▲ In July **Jane Cave** and **Eugene Versluysen** took advantage of their winning bid at the DCV Gala silent auction to spend a lovely three days in **Gretchen Ellsworth's** delightful house on Chincoteague island. They have just returned from three weeks in Maine, most of it spent in Stonington, Deer Isle, where average temperatures were substantially below those in DC.



▲ While visiting family in Michigan, **Kenlee Ray** saw Anila Quayyum Agha's *Intersections* exhibit at the Grand Rapids Art Museum. "Each of the cube's six sides are laser cut with the same delicate patterns, derived from decorative motifs found in Spain's historic Alhambra, an international highlight of traditional Islamic architecture and design. A single light bulb within the cube casts shadows of interlacing patterns onto the room's walls, ceiling, and floor—and subsequently the people within the space."

Where Are They Now?

In early July, ▶
Pender M. McCarter
and Daphne
Manon Rohr
of Zurich,
Switzerland,
two former
Board
members
of the
International
Public
Relations



Association, toured the United Nations
office at Geneva and met with the UN
Information Service chief for press &
external relations on developing public
outreach programs for young people.
Later, Pender joined a Washington
friend and (with a little help from a
gondola lift and cog railway) ascended
7,000 feet to Pilatus, one of the
northernmost mountains in the Swiss
Alps overlooking Lucerne.

▶ **Jeanette Barker** spent time at the Jemez
River near Albuquerque, New Mexico a
brief oasis and good fishing hole.

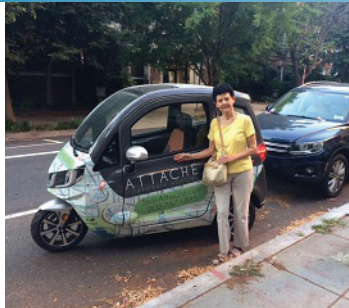


▶ **Susan Hattan**
and **Steve Kittrell** on
a hiking trail on
the Bruce
Peninsula
in Ontario,
Canada.

▶ **Andrés Doernberg** and Michael Lavers' hotel was a three minute walk from **Iris** and **Irv Molotsky's** apartment. They kindly invited them to their favorite bistro. Michael told Andrés it was his most enjoyable evening in Paris.

Out & About with DCV

▶ **Joan Treichel** didn't venture far to ride in this fun vehicle. The vehicle belongs to the rental agency located in her apartment building. It's used to get around the Dupont Circle neighborhood. She learned that it was custom-built from a motorcycle by someone in North Carolina. It also resembles two charming little vehicles she saw in Scotland and southwest China.



▶ DCV's Committee Chairs met in July to discuss programming, collaborations and new ideas. It was an energizing session at the Losch House.



▶ Villagers **Susan Hattan**, **Larry Stuebing** and executive director **Eva M. Lucero** manning the booth at the 17th Street Festival.

Blue Cheese Cole Slaw



chef Tim Byre's cookbook (Smoke) and have been poring over recipes ever since. This one is for a side that I enjoyed at the restaurant and have already made at home.

Ingredients

Slaw

- 1 head green cabbage, core and shredded
- 1 carrot, shredded
- 1 parsnip, shredded
- 1 head radicchio, cored and shredded

Dressing

- 1½ cups crumbled blue cheese
- 1½ cups sour cream (I used drained Greek yogurt)
- ¼ cup distilled white vinegar
- 1 tsp celery seeds
- 2 tbsp green Tabasco sauce
- 2 tsp kosher salt
- 1 bunch scallions, green and white parts thinly sliced

By Lois Berlin

In July I drove from Seattle to Baton Rouge with my niece to help her relocate for a new job in education. We ate well along the way, but a true highlight was our meal at Smoke in Dallas, TX. The food was so good that I bought executive

Directions

Toss all shredded vegetables together in a large bowl and refrigerate for 1 hour. Whisk together 1 cup of the blue cheese and the remaining dressing ingredients in a separate bowl and pour this over the shredded vegetables. With clean hands, mix the shredded vegetables with the dressing to coat well (or use good salad tosses!!). When you are ready to serve, top with the remaining blue cheese crumbles and the scallions.



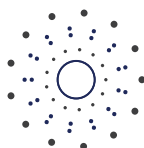
Yoga Tips



Judy Silberman,
Yoga Master

Where did the summer go? September may be a time when life goes "back to normal" for you, but it could also be a time to set some new intentions for yourself for better health and more contentment. Practicing yogic breathing is a good start. In the last newsletter, we were working on strengthening eye muscles. Let's continue. Sitting in your best seated mountain pose, gaze at a spot on a wall in front of you. That will be the center of the infinity signs you will make with just your eyes. Start at center, look down to the left and circle up to center. Next, look down to the right and circle up and back to center. Close your eyes and rest. Then, look up to the right and circle down and back to center. Finish by looking up to the left and around. At center, blink your eyes a few times to add moisture. Rest, breathe, and then open your eyes slowly. The eye muscles will feel tired because you exercised them.

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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