

*Hold fast to dreams
For if dreams die,
Life is a broken-winged bird
That cannot fly*

Langston Hughes (1902 - 1967)

SPECIAL INTEREST ARTICLES:

Langston Hughes in
Dupont Circle 2

African American Art
at the Smithsonian 4

Muslim Originality 6

Members Visit Hoban's 7

Wishes Worth
Writing Down 8

Requesting a DCV
Volunteer? 9

A Glorious Mix of
Sequined Patriotism... 10

COLUMNS

Monthly Calendar 5-7

DCV Cooks 5

Yoga Tips 11

Where Are They? 12

Kudos 12

NEW MEMBERS

We are pleased to welcome
four new members

Anne S. Stephansky
Seymour Martin Nemirow
Meera Wolfe
Steven Winegardner

FROM THE President

Getting Our Sea Legs

—Peg Simpson

This is my final column as president. I want to spend a moment reflecting on the three years of sometimes turbulent, sometimes exhilarating time as your leader.

But first – a news flash!

We've won inclusion into the Combined Federal Campaign, one of the premiere fundraising vehicles in this area. (See Box for more information)

Now – my take-away thoughts on the Village.

We're a leader in this national movement and will be active at the national Village convention in Atlantic next month. More important, however, is our continued solid growth on the home front.

When I took over as the second president in June 2009, there were about 40 members. Now we're nearing 130.

We're getting our sea legs, in terms of a stable financial underpinning. The CFC inclusion will help. We value our business partners and are looking for more.

More than 50 professionals have spoken to our two seminars, Live&Learn and Sunday Soup Salon. We have patronized dozens of local cafes and restaurants with our monthly group meals.

And we've done docent tours in more than a dozen museums, taken members to a half dozen plays in local theaters. We've introduced ourselves to a wider swath of

people with our new brochure and our 2012 calendar, featuring fabulous photos of our own members.

A Village is still a work in progress, however, and lots of people don't know that it isn't a brick-and-mortar building. Even our partners struggle to get their arms around the concept.

Last year, when we were working with the Nomad marketing firm to update our public "face," the Nomad wordsmith said he finally got it: our one-paragraph summary of ourselves would be that we work to keep villagers in their apartments and houses.

continued on page 11



Peggy Simpson

ANOTHER WAY TO CONTRIBUTE TO DCV

Dupont Circle Village now is a certified charity under the Combined Federal Campaign of the National Capital Area (CFCNCA). If you work for the federal government, you can make a donation to us – we're #69799 in the directory.

Tell your colleagues at work and your retired federal employee friends, too! If you're retired, call the CFC at 202-465-7200 to request the paperwork for your donation. The campaign for donations runs from Sept. 1-Dec. 15.

How Langston Hughes Began His Career in Dupont Circle

"Poems are like rainbows: They escape you quickly"

"Folks! Start out with nothing sometime and see how long it takes to work up to something..."

In 1925, 23-year old Langston Hughes began his professional career as a poet while living in Dupont Circle on the southern fringe of DC's Striver's Section, living with his mother (who was "in service") on the second floor of 1749 S St NW. He worked nearby in a wet wash laundry at \$12 a week. "Hard as I tried," he wrote, "I could not save a dollar a week to go to college. I could not even save enough to buy a heavy coat."

He began writing poetry, eventually being published in national periodicals including *Workers Monthly* (once sharing a page with Joseph Stalin), and *Opportunity* of the National Urban League. In April 1925, Hughes won a national poetry prize sponsored by *Opportunity*, worth a huge \$40, which was presented at a New York banquet in May. Judges included Robert Benchley, Eugene O'Neill and Alexander Woolcott. Hughes' winning poem, out of 730 entries, was *The Weary Blues*.

The day after the banquet, Hughes was invited to the New York home of iconoclast novelist and critic Carl Van Vechten, a white patron of the Harlem Renaissance. Van Vechten asked if Hughes had enough poems to make a book. Upon returning to DC, Hughes sent him the many poems he'd already written, which Van Vechten then submitted to his publisher, Alfred Knopf, who sent Hughes a contract. Knopf published the poems under the title *The Weary Blues* in January 1926 while Hughes was still living in Dupont Circle.

Meanwhile, in late November 1925 in DC, after two more low-paying jobs, impecunious Hughes found work a mile or so away from S St as a busboy at the Wardman Park Hotel, "where meals were thrown in". He

was there when a nationally-known US poet and orator of "sensational theatricality", Nicholas Vachel Lindsay, recited his works in a segregated auditorium. Hughes wrote out three of his own poems, *Jazzonia*, *Negro Dancers* and *The Weary Blues*, and, when he went to clear Lindsay's table, surreptitiously laid them on Lindsay's place mat. That night Lindsay read all three poems to his audience at the hotel and the next day Hughes found in the morning paper that Lindsay had "discovered a Negro busboy poet!"

Thereupon Hughes was interviewed by the *Associated Press*, his picture circulated throughout the US, and his life as professional poet launched. *The Weary Blues* poetry collection was published to laudatory reviews. One critic praised Hughes for his "liberation from established literary forms." It was the first of twenty collections of Hughes' poetry. On January 15, 1926, Hughes premiered this new volume at the *Playhouse*, at 1814 N Street NW just off Dupont Circle, admittance one dollar.

During his lifetime (1902-1967), the prolific Hughes eventually wrote 898 poems, of which at least 49 were written or published while he lived in Dupont Circle. He also wrote three novels, nine sets of compelling, beautifully-crafted short stories, many of them poignant in their searing depictions of black lives, thirty plays, three translations, ten works for children and two frank and free-flowing autobiographies. "My whole creative output," he said "has been devoted to fighting the color line in all of its forms."

In DC, Hughes experienced the jazz and blues of Seventh Street, where he was influenced by the music. "I tried to write poems," he wrote, "like the songs they sang on Seventh Street.... Their songs had the pulse beat of the people who kept on going."

During the fourteen months Hughes lived in Dupont Circle, his career as a professional



Langston Hughes in 1926.



1749 S St NW, where Hughes lived while in DC in 1925.

writer erupted. He became a pre-eminent poet. But he soon left Dupont Circle, among other reasons, because he didn't like DC. Despite being colored, he wrote, he had never "been in Dixie proper. But Washington is like the South," he wrote. "It has all the prejudices and Jim Crow customs

continued on next page

of any southern town, except that there are no Jim Crow sections on the street cars..."

He explained why he left DC just fourteen months after arriving. "In New York I have sat beside white people in theaters and movie houses and neither they nor I appeared to suffer. But in Washington I could not see a legitimate stage show, because the theaters would not sell Negroes a ticket. I could not get a cup of coffee on a cold day anywhere within sight of the Capitol, because no "white" restaurant would serve a Negro. I asked some of the leading Washington Negroes about this, and they loftily said that they had their own society and their own culture – so I looked around to see what that was like. To me that did not seem good, for the "better class" Washington colored people, as they called themselves, drew rigid class and color lines within the race against Negroes who worked with their hands, or who were dark in complexion and had no degrees from college."

Over time Hughes became known internationally as a "proudly racial poet" and "leftist radical", according to his biographer; Arnold Rampersad, all the while producing poems, stories, plays and other literature, none of which paid well.

Hughes traveled abroad, working on tramp steamers, in Paris nightclubs and ultimately found his way back to New York. With a

group of film-makers, Hughes toured the Soviet Union in 1932-33 (where he found education and medical care for all, no anti-Semitism, and no Jim Crow), wrote a set of short stories *The Ways of White Folks* while staying in Carmel, California, and reported on the Spanish Civil War in Madrid in 1937. After the war, Hughes returned to Harlem where he spent the remainder of his life. Over time he won fellowships from the Rosenwald Fund and Guggenheim Foundation to help support him while he continued writing.

In the 1950s, Hughes prospered, wrote plays including *The Emperor of Haiti*, collaborated as lyricist with Kurt Weill and Elmer Rice (on *Street Scene*, 1947), and wrote shows including *Black Nativity* (1961). His late prosperity finally allowed him to purchase a home in Harlem.

He died in New York in May 1967.

His time in Dupont Circle, although short, was pivotal to his becoming nationally and internationally known as a poet and writer. Fifty years after he lived on S St, in September 2005, in loving commemoration, *Busboys and Poets* opened at 14th and V Streets as a pleasant coffee shop, bar and bookstore, dedicated as a "community where racial and cultural connections are consciously uplifted". The adjoining block is now called Langston Hughes Way. ■

The Negro Speaks of Rivers

THE FIRST POEM HUGHES HAD PUBLISHED

The first poem Hughes had published, in the magazine *Crisis* in 1921, was inspired by his slow crossing of the Mississippi, in a Pullman car at Sunset: *The Negro Speaks of Rivers*

I've known rivers:

*I've known rivers ancient as the
world and older than the flow of
human blood in human veins.*

My soul has grown deep like the rivers.

*I bathed in the Euphrates
when dawns were young.*

*I built my hut near the Congo
and it lulled me to sleep.*

*I looked upon the Nile and
raised the pyramids above it.*

*I heard the singing of the Mississippi
when Abe Lincoln went down to New
Orleans, and I've seen its muddy
bosom turn all golden in the sunset.*

*I've known rivers:
Ancient, dusky rivers.*

My soul has grown deep like the rivers.



Hughes in rainbow colors behind the bar at Busboys and Poets

Selected References – *The Big Sea*, autobiography of Langston Hughes; *The Ways of White Folks*, stories by Langston Hughes; *The Collected Poems of Langston Hughes*, edited by Arnold Rampersad; *The Life of Langston Hughes*, Vols 1 and 2, by Arnold Rampersad; *Remember me To Harlem*, the Letters of Langston Hughes and Carl Van Vechten.



MONTHLY Calendar

**WEDNESDAY, SEPTEMBER 19:
5:30—7:00PM**

A Matter of Balance. Brad Edwards is in charge of a program that will explain what he and five other Villagers learned from the master trainers in the Matter of Balance training Program aimed at preventing falls. He will talk about next steps for those of you interested in participating in the training program. YMCA 1711 Rhode Island Ave, NW. Contact Bernice Hutchinson at BHutchinson@dupontcirclevillage.org to register.

**WEDNESDAY, SEPTEMBER 19:
1:00 – 3:00PM.**

Retirement and Beyond is a practical workshop for those wanting to remain active and connected. Learn how to make choices that reflect your skills, abilities, interests, through creating a community engagement portfolio, enhancing your social network and well being and utilizing your unique background. Sponsored by Iona Senior Services. NOTE: Sessions will be held at Live and Learn Bethesda, B-CC Regional Service Center, 4805 Edgemoor Lane, Bethesda, MD. Center is across the street from the Bethesda Metro on the Red Line. For more information call Beth or Vanessa 202 349-3400.

**MONDAY, SEPTEMBER 24:
3:30 – 5:00PM.**

Live and Learn Seminar— End of Life Choices. Mickey MacIntyre, Chief Program Officer, ex officio, of Compassion and Choices, will explain resources and choices that are available to us as we approach the end of our lives. Merrill Lynch, 1152 15th Street, 6th floor Conference room. Contact Linda Harsh, 202.234.2567 or lindajkh@mac.com. Free to members, \$10 for others. Wheelchair accessible.

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African American Art in the 20th Century Explodes in Color at the Smithsonian

There is No One Type of African-American Art

On a hot sunny day in August, DCV members made their way to the Smithsonian's American Art Museum to view a show of 20th century African American Art. The museum has the largest collection of African American art in the country.

Viewers could see that there was no one type of African American art. The exhibit reflected the on-going conversation between and among artists— some of whom felt their art should reflect the African-American experience versus those who wanted to be part of global esthetics and not single out their art by race alone ("There is no such thing as black art – just art." **Felrath Hines**, a well-known abstract artist).

The art in this exhibit reflects many different styles – collages on canvas, screen prints some of which reflected Greek myths and bible stories through a southern lens, oil on canvas, sculptures in wood, bronze and steel and black and white photographs interspersed among a great variety of vibrant and very colorful works. In any one of the exhibit rooms, the viewer is exposed to an explosion of color.

The docent, DCV member **Mary Braden**, was very helpful in explaining the overall exhibit and highlighting specific pieces, helping the viewer to see the style and viewpoint of the artist, including the photographers.



From left, docent, Mary Braden, Linda Harsh and Marilyn Newton viewing an Alma Thomas painting

It was an interesting and enlightening tour that offered a varied perspective to the group.

Although the show has just ended and will be traveling to seven other museums over the next several years, there are some works available for viewing from the Smithsonian collection. There are two works by **William H Johnson** and one by **Lois Mailou Jones** on the second floor which also boasts a large sculpture of Cleopatra by the 19th century artist, **Edmonia Lewis**.

On the third floor, there is a **Sam Gilliam** piece as are several other contemporary works by other African American artists, including a very large and gorgeous painting of a woman in the classic odalisque pose which the artist, **Mikalene Thomas** created with paint and rhinestones. ■



MONTHLY Calendar

SATURDAY, SEPTEMBER 29:

10:00—12:00PM.

Sheridan-Kalorama Historic District

Walking Tour. Some DCV members live in this district, it being contiguous with Dupont Circle. Most residences were constructed the first half of the 20th century by local and national architects. Sally Berk, former DC Preservation League President, will be the tour guide. There is a charge. For information see www.dcpreservation.org.

TUESDAY, OCTOBER 2:

6:00—7:30PM.

Taking Care of Yourself While Taking

Care of Others. The hardest job most family caregivers have is taking care of themselves. Learn how to practice self-care while caring effectively for your family members and other older relations. Sponsored by Iona Senior Services. Meeting is held at Grand Oaks, 5901 MacArthur Blvd, NW For more information call Beth or Vanessa 202 349-3400.

THURSDAY, OCTOBER 4:

1:30—3:00PM.

Health and Wellness. Experts will share their advice on what you need to know to stay physically and mentally healthy and active as you grow older: Dr. Margolin, geriatrician, R. Clifford, nutritionist and B Amt, clinical social worker, both of Iona Senior Services. Sponsored by Iona House. Session held at Bethesda-Chevy Chase Regional Service Center, 4805 Edgemoor Lane, Bethesda, MD. Across the Street from the Bethesda Metro Center Red Line station.

MONDAY, OCTOBER 8:

6:30—8:30PM.

Prospective Members Dinner.

Iris Molotsky, 1735 S Street, NW.

continued on next page

This month, guest columnist **Stephanie Ortoleva** graciously shares one of her most favorite recipes. Lucky us!

SALMON & CORN STEW

Makes 4 to 6 servings

Made with red peppers, yellow corn, pink salmon and green parsley, this stew is as colorful as a canvas by Van Gogh. For convenience we call for bottled clam broth, but purists can use homemade fish stock.

INGREDIENTS

1 pound skinless salmon fillets
3 to 4 fresh ears of corn (enough for 2 cups of kernels)
1 leek
1 small onion
2 or more cloves of garlic, according to taste
1 branch celery
1 red bell pepper
1 large white potato
2 strips bacon
2 tablespoons butter
1 tablespoon flour
4 cups bottled or boxed clam broth or fish stock
1 cup light cream
Salt and fresh white pepper to taste
1/3 - 1/4 cup finely chopped fresh flat parsley, plus 2 tablespoons for garnish

DIRECTIONS

- Run your fingers over the salmon fillets, feeling for bones. Pull them out with tweezers or needle nose pliers. Cut the fish into 1" pieces.
- Working over a bowl, cut the kernels off the corn.
- Wash the leek thoroughly and cut in half lengthwise.
- Finely chop the leek, onion, garlic, celery and pepper.
- Peel and dice the potato.
- Cut the bacon into one quarter inch slivers.



— Judy duBerrier

- Melt the butter in a large saucepan. Cook bacon over medium heat for 2 minutes.
- Add the leek, onion, garlic, celery and pepper, and continue cooking for 3 to 4 minutes, or until the vegetables are soft but not brown.
- Stir flour into the sautéed veggies.
- Add the clam broth and potatoes.
- Gently simmer the stew for 5 minutes, or until the potatoes are almost tender.
- Just before serving, add the corn, salmon, cream and seasonings.
- Gently simmer the stew for 4 to 5 minutes, or until the salmon is cooked and the corn is tender.
- Correct the seasoning and stir in the parsley.
- Serve salmon corn stew in shallow bowls, garnishing each with a sprinkle of parsley.

This meal is wonderful with a hearty bread, especially corn bread!!

Note: For those who are concerned about fat and sodium, you may want to substitute pancetta for bacon and/or yogurt for the cream.

Comments/recipe submissions:
judydubrier@verizon.net.
202-328-9123. ■





MONTHLY Calendar

TUESDAY, OCTOBER 16:
10:00AM – 12:00PM

National Museum of the American Indian.

Villager Larry Stuebing, arranged a special tour of the NMAI. The first part of the tour focuses on the museum's architecture and landscaping, the second part will be inside with an overview of the public program including a focus on a special exhibit. The tour concludes with a multimedia experience, *Who We Are*. Tour concludes with lunch in the café that serves indigenous foods of the Americas. Please RSVP by October 13 to jneibrief@aol.com. Put "INDIAN MUSEUM" in the subject line and indicate whether staying for lunch. Limit 25. Meet at museum's main entrance, 3rd Street SW. Closest Metro stop: L'Enfant Plaza.

SUNDAY, OCTOBER 21:
6:00—8:00PM.

Sunday Soup Salon.

12:00—5:00PM.

Dupont Circle Citizens Association 2012 House Tour and Tea. See www.DupontCircle.org for more detailed information

TUESDAY, OCTOBER 23:
6:00—8:00PM

Save the date. Dining out evening.

FRIDAY, NOVEMBER 16:
12:00—1:30PM.

Woody SEZ: The Life & Music of Woody Guthrie blends musical numbers, scenes from Guthrie's life, and excerpts from his progressive newspaper column into an infectious and moving piece about a musical legend. If you are committed to attending, please RSVP no later than NOVEMBER 1, 2012 to Judith Neibrief at jneibrief@aol.com. Put "WOODY SEZ" in the subject line of your e-mail. A block of 10 tickets is reserved. If more than 10 DCV members sign up, Judith will try to secure additional tickets. However, tickets for this show are expected to go quickly, so if you wish to attend, RSVP'ing well before the deadline is advisable.

The Golden Age Lives On in Muslim Originality

On Display at the National Geographic Museum

—Joan Ludlow

We recently visited the National Geographic Museum exhibit "**1001 Inventions: Discover the Golden Age of Muslim Civilization**", and highly recommend it, especially if you have grandchildren visiting any time between now and February 3, 2013. The weekend we were there, the exhibit was packed with families enjoying the many interactive displays.

While Western Civilization refers to the period from about 500 AD to 1300 AD as the Dark Ages, the Muslim civilization, encompassing a region from Southern Spain to China, referred to this same period as the Golden Age. The exhibit introduces the viewer to a cornucopia of Muslim inventions from the Golden Age that continue to influence today's world.

The exhibit is setup as seven separate islands each covering scientific principles in optics, mathematics, time-keeping, navigation, architecture, hydraulics and the place of women in this world.

One of the most interesting facts was that a woman, Fatima al-Fihri built the college mosque complex of Al-Qarawiyyin in Fez,



Morocco, in 859 AD. The complex is still in operation today. There is also a replica of the Elephant clock, a water powered mechanical marvel of the 13th Century, invented by Al-Jazari of southeastern Turkey. It used the application of the "crank and connecting-rod" system that is crucial to modern day pumps and engines.

The exhibit is at the National Geographic Museum, 1145 17th Street, NW until February 13, 2013.



Éire Today - Savoring the Flavors of Yesterday's Ireland

DCV Members Visit Hoban's

On Tuesday evening, August 21, a score of DCV members were treated to the cuisine of modern Éire mingled with traditional Irish fare at James Hoban's Irish Restaurant and Bar just off Dupont Circle.

The restaurant is named after an immigrant architect who designed the White House

in 1792, as per George Washington's wishes, to have "the sumptuousness of a palace, the convenience of a house, and the agreeableness of a county seat."

Mindful of this stellar association and with traditional fare and agreeable modern dining in hand, DCV members had a

pleasant, cozy evening, escaping from a soaking storm.

"A drenching rainy day, a pleasant Irish atmosphere, and a sense of history borne out just a stone's throw away, what more could you want!" commented one of the members. ■



From left, Linda Harsh, Mary Braden, Yolanda Horan, Patricia Capdevielle



Darrell Totman (left) and Erik Neumann



From left, Julia Kagan, guest of Peg Simpson, Laurie Coburn, Ceceile Richter and Steven Winegardner.

Wishes Worth Writing Down

Three Documents, Five Wishes

—Bernice Hutchinson

Our August 2012 Live and Learn Seminar with guest speaker Myrna Fawcett provided an excellent handout to help you think about the three most important documents to have as you age — the advanced health care directive, financial directive, and will. To obtain a copy of the Live and Learn handout, please send an e-mail to Linda Harsh and the Live and Learn Committee at lindajkh@mac.com.

Last year, if you had asked me about my 97 year old aunt, I would have told you that she was doing just fine, thank you very much. She was taking the bus to church and independently making her way from her apartment on lower east side of Manhattan to her favorite stores on the upper west side of the city. But, one bright Sunday morning, following mass, as she made her way to her bus with her 80 year old friend at her side, she slipped, fell and sustained a broken hip.

Today, following three hospitalizations, two nursing home rehabilitation stays, home health and extensive one-on-one physical therapy, her health has declined and her health profile has become quite complex. As she slips in and out of consciousness, all eyes are on her advanced health care directive to ensure that her wishes are honored. I am grateful that she took proactive steps more than twenty years ago to draft her advanced health care directive. As I sit by her side, I know she

would want me to encourage each of you to plan now and create an advanced health care directive.

An advanced health care directive gives you a way to maintain control in the event that you become seriously ill. If you become incapacitated due to serious illness, your preferences for care can still be articulated. Here are a few questions to ponder: Have you identified a person to make health care decisions for you when you can no longer do so for yourself? Have you thought seriously about the kind of medical treatment you would like administered? Is pain management important to you? Do you have special foods, faith practices, and routines that you want health care professionals, family and friends to honor? And, what exactly do you want your loved ones to know about you and your health?

An advanced health care directive can be as simple or as detailed as you want it to be. This document names a health care proxy or agent who makes health care decisions when you can no longer do so. Details can include your personal preferences for treatment, medical services and supports, residence transfers, and legal actions. Did you know that a health care agent can make decisions about admission to assisted living, hospital, hospice, or nursing home? And, they can make the call on requesting and taking away medical treatments, including artificially provided



Myrna Fawcett, presenter at the Live and Learn session on Power of Attorney.

water and food, they can even see and approve the release of medical records and personal files.

A health care agent can also be empowered to sign for you, move you to another state if you desire, authorize or refuse procedures and take legal action to carry out your wishes. If your desire is to spend your last days at home rather than in an institutional setting, a health care agent can articulate that wish and make sure that everything happens as you would want it. If you have not given a lot of thought about this, it is not too late.

For more information, please check out *Five Wishes* a helpful tool, that can be found at the following website: <http://www.agingwithdignity.org/forms/5wishes.pdf>. ■



THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

Members Continue Learning at GWU and AU.

This semester there is continued interest by DCV members in taking courses at George Washington University and American University.

Mary Braden has signed up for two courses and Ceceile Richter has signed up for three courses offered by George Washington University. Marilyn Newton has signed up for three Ollie courses offered by American University, including one on the history of Migration.

These audited courses are offered to DCV members at a discount. ■

Requesting a DCV Volunteer?

How It Works...Our Current Procedures

—Bob McDonald

A member recently asked: "How do I get services from a volunteer if I have a need?" Good question – especially since many of our members have participated in various Village activities and events, but might never have experienced a need for our volunteer services.

Over the past five months, since I started volunteering for the Village as Volunteer Program Coordinator, a great number of volunteers have provided hours of service for our members and for the sake of the Village's organization itself. Part of my role and responsibility is to make the process of requesting and providing services more efficient, reliable, and accountable. As we move forward, it is vitally important for us to be able to quantify the services provided for multiple stakeholders — our members, volunteers, prospective members, sponsors, donors, and foundations — who could be potential funding sources.

HERE IS AN OUTLINE OF OUR CURRENT PROCEDURES:

1. If you have a need (e.g. for transportation to an appointment, in-home assistance, computer help, meal support, insurance forms, etc.), contact us in one of the following ways:
 - a. Call the Village phone line at 202.436.5252
 - b. E-mail Bernice Hutchinson at bernice@dupontcirclevillage.org
2. Provide us with as much detail as possible so that we can make your request clear in our communications to our volunteers. For example:

a. For transportation to a medical appointment: the pick-up time, the appointment time, destination address, estimated length of

appointment, whether you need an escort as well as a driver.

b. For in-home assistance: what specific tasks are involved, how much time is anticipated.

c. For computer help: the brand and type of equipment and software, what needs to be fixed, what you want to learn, times you will be available.

3. We will post your request in an e-mail to all of our volunteers, or to a specific group if warranted (e.g., drivers for transportation). In this e-mail, we do not identify the member by name – this is done anonymously.
4. Volunteers interested and able to fulfill the request contact Bob McDonald as soon as possible. Bob provides more detailed information and vets the match of the volunteer and the member.
5. Once a match is made, Bob alerts the member and provides contact information for the volunteer to contact the member and confirm the logistics of the service being provided.
6. All requests and volunteer responses are recorded by Bob.
7. The service is then provided by the volunteer.
8. The volunteer provides information back to Bob to confirm services were provided and the length of time for the service.
9. We then conduct follow-ups with members served.

While our Dupont Circle Village List Serve is an excellent and well-used communication tool for our members to communicate with one another, we ask that you do not request volunteer services



Bob McDonald

through this instrument. Otherwise, this moves the request out of our system where we are striving for efficiency, clarity, organized response, as well as the guarantee of a vetted DCV volunteer.

At times, we know that a volunteer might provide services to a member on a spontaneous basis. When this happens, we ask that you inform Bob of the service and the amount of time provided as soon as possible. In this way, we can track all the services that are being provided.

As our new office becomes staffed during regular office hours, our procedures for placing requests will be expanded as our capacity increases. If you have any questions about these procedures, please contact Bob McDonald at bob.mcdonald.dcv@gmail.com. ■

A Glorious Mix of Sequined Patriotism

Putting DC on the DNC Convention Map in Charlotte

—Susan Meehan

I went to the Democratic Convention with one principal aim - to spread the word that the District wants and deserves statehood. I felt I could do this because the District has the most dependably Democratic vote in the country. To show to the rest of the country what living without representation can feel like to DC citizens, I made a video interviewing DC Delegates on how this situation made them feel. It turned out well - even better than I expected. So I put it up on YouTube (You can find it on YouTube at Dreaming for DC Statehood) and took its message to the Convention. What fun!

My world at the convention was right in the mix, on the main corridor of the Convention Center. Delegates streamed by me in a glorious mix of sequined patriotism. (Wouldn't a photo essay of their hats be great? A terrific, cross-party cultural quirk they share!) I talked statehood to delegates whenever they slowed down and I could edge in. I was wearing a brilliantly red t-shirt donated by DC for Democracy, (a local activist group to which I belong), and that helped a lot. The red was so bright, its message couldn't possibly be missed. It was really heartening that every delegate to whom I spoke went solidly for statehood, once I explained our situation. Most didn't know that we operated at the mercy of Congress, and agreed that we ought to become the 51st state - New Columbia. Very satisfying!

The other group I aimed at was the media. They, too, passed through the main corridor, and were usually a twosome - cameraperson and reporter. It was easy to find them because of their bulky paraphernalia. I figured that foreign reporters might find my subject interesting to their viewers, and I was right. They were fascinated. I appeared three times on

Spanish-speaking stations and once on a French-speaking channel. (The French reporter insisted on chatting with me for 10 minutes to determine if my French accent was sufficiently correct for his listeners!) I spoke to South African TV, numerous American TV and radio stations and even ended up in a Time Magazine online photo essay of delegates - one picture per state, so Time, at least, gave us the equivalent of statehood! (See <http://lightbox.time.com/2012/09/07/the-dnc-in-pictures-the-delegates-by-grant-cornett/#54>)

I loved the Convention's energy and diversity, the bright lights, the power of speeches, and the seriousness of the workshops dealing with specific issues. I went to a workshop for Seniors, and had the Medicare/Medicaid wars between the Republicans and Democrats pulled apart for explanation. That one-third of seniors in assisted living are there on Medicaid was news to me, as was Medicaid's vulnerability, if Republicans win, to deep cuts and potential elimination for its funding of this assistance. That would leave many seniors out in the cold, possibly literally. So I'll pull out all the stops to win victory in this area!

I also got a chance to talk up the concept of senior villages with a number of the older delegation members. Boy, this idea was really grasped and appreciated. Expect to see some politically-active seniors



DCV Member Susan Meehan

from across the city, and especially from Ward Five, at some of our upcoming functions. They are most enthusiastic.

What I saw that interested me the most was not so much the speeches, interesting as they were, as it was the demographics of the delegates. I'd say that young and prosperous-looking Hispanics and African-Americans were represented fully, perhaps in even greater numbers than their percentage within the total US population. I enjoyed that success, and look ardently forward to a time when it can be used to further our climb towards statehood. *Ad astra per aspera.*

Susan Meehan attended the DNC Convention as a DC delegate. ■

August Prospective Members Dinner

Abigail Wiebenson, co-chair of the Membership Committee, hosted the August Prospective Members dinner with Bob McDonald, Volunteer Services Coordinator:

"We enjoyed the company of four prospective members/volunteers over a summer supper. All at the dinner expressed an avid interest in the Village and wanted to know about its history and operation in great detail, more than any other dinner I recall. Before going to bed that evening, two wrote

to say how much they enjoyed the dinner!"

One potential member, who learned of the Village from our fall, 2011 bulk mailing, said he didn't usually respond to mass mailings but the DCV material has a compelling message and he was happy to contribute! Iris Molotsky, president-elect, orchestrated the development and mailing of the material.

We look forward to our next dinner on October 8, at 6:30pm, hosted by Iris. ■

Letter from the President continued from page 1

I hesitated a second and then said "well – not exactly."

Our mission is to get villagers OUT OF their homes, to connect them with the many vibrant activities we sponsor, including walking and yoga groups as well as quarterly mixers and the educational and "policy wonk" seminars.

This is about creating community.

We want to minimize the isolation that can plague people as they grow old alone – yes, to give them information they can use, through Live&Learn seminars, but to connect them with the many other interesting people in the Village.

Early this month, I spoke to a newly established Rotary Club in Dupont Circle, inviting the members to partner with us as volunteers – or as fundraisers.

I told them the Village movement is a paradigm shift from the Sun City concept of retirement. Villagers opt to stay put in an intergenerational, multicultural community, taking part in a rich mix of activities and asking for help when they need to. It's about independence and about options. It is a bottoms-up, grass roots movement.

I also quoted the first executive director of Capitol Hill Village, Gail Kohn, who's been a great mentor to me and to the DCV, as saying that villages also are hugely important in offering a place where villagers can contribute their time and talent.

This is invaluable, in an era when some people and institutions equate "retirement" with "obsolescence."

We have great Village leaders – and are always looking for more -- on the board and committees, as donors and volunteers and we have an important team at the top, executive director Bernice Hutchinson and volunteer director Bob McDonald.

I know Iris Molotsky will do a great job as the next president. And I know she'll be calling on a lot of you to help! ■



– Judy Silberman, DCV Yoga Master

Massage as a Sleep-Aid

Try these ideas.

As you are lying on your pillow, start to gently massage the scalp with your fingertips. Then, press firmly on the scalp and push it slightly front to back, left to right. Use your thumbs to gently rub the base of the skull, being careful to stay away from the center, spinal area. Let your index and middle fingers gently make circles at the temples.

Next, use the thumbs and sides of the index fingers to lightly pinch the skin at the jawline from earlobes to chin and back again. To end this series, use the fingertips to brush the forehead, from left to right with the right fingers and back with the left.

Hope you sleep well! ■

Smart911

This program is an enhancement of the city's 911 system, providing a 'safety profile' to the 911 first responders who receive your call.

During a 911 call your safety profile is immediately displayed on their computers and information such as existing medical conditions and disabilities, locations of bedrooms, special needs and whether pets are in the home, offer emergency medical technicians and firefighters background when answering your emergency call; information that ultimately might save your life.

This new system is a public/private partnership that integrates personal information with the 911 system. The data is secure and will be used for emergency purposes and made available only during an emergency call. "This is an excellent example of how technology can improve a critical public safety system..." said Mayor Vincent Grey.

Go to www.smart911.com to register. There is no charge. ■



Kudos

Kudos to **Alaire Reiffel** and **Patricia deCapeville** for their generous techno donations to the new DCV office.

And congratulations to DCV volunteer **Charlie Ellis** who has been voted president of the Dupont Circle Citizens Association. We look forward to continued cooperation with you!

DUPONT CIRCLE CITIZENS ASSOCIATION 45TH ANNUAL DUPONT CIRCLE HOUSE TOUR AND TEA

On Sunday, October 21, join your neighbors in viewing the variety of homes, from Victorian to ultra modern, found in the Historic Dupont Circle District. This year there is an emphasis on the environmentally sustainable, including a grey water system in an early 20th century home. The tour will also include The Scottish Rite Masonic Temple and a luscious afternoon tea. Proceeds go to support the mission of DCCA ■.

Where Are They?



Judith duBerrier is off with her partner, **Rush Fritz**, on quite an adventure. Starting out in Anchorage, Alaska making their way south to Ketchikan, and across to the Canadian Rockies (Lake Louise, Banff, Jasper.) Along the way, they will be visiting (and walking on) Mt. McKinley, various fjords and glaciers. The trip's transport will include a total of 17 airplanes, including regular commercial jets, seaplanes, helicopters, fixed wing planes, etc., a train into the summit of British Columbia, 2 gondoliers and a cable car. Of course, the easy way to do the inside passage of Alaska is by cruise ship. This, however, seemed far too tame to Rush! Judy commented, "If you don't hear from me again, I will be somewhere in the bowels of a glacier."

Abigail Wiebenson is spending the month of September on assignment in Africa and visiting old haunts with Stephen, who served in Africa for two decades as a foreign service officer. They will then go visit Zurich where her newly-settled son and his family are on a two-year work assignment.

At the beginning of October, **Nick and Joan Ludlow** are off to the wilds of Utah with Road Scholar (Elderhostel) to visit Bryce, Zion National Parks and the North Rim of the Grand Canyon, with quick stops in Las Vegas for the beginning and ending of the trip. This will be their first trip with Road Scholar and they are looking forward to the experience. ■



DONATE TO THE VILLAGE

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

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



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