

DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us.”

—Anonymous

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Welcome New Members!

Barbara Worth

Let's Take a Joy Ride!

We live in a consumer-based culture, surrounded by advertisements and brands. Commercials are meant to entice us to buy things. They often play to our emotions. Sometimes they spark us to buy something but sometimes they simply spark joy.

By Eva M. Lucero,
Executive Director

This holiday season, Amazon* released an advertisement titled “Joy Ride.” It is beautifully cast and showcases friendship, warm memories, and simple joys. The heartwarming story begins with three elderly, life-long friends sitting on a park bench watching children sled down a snow-covered hill in their local park. A Beatles cover *In My Life* plays in the background, perfectly matching the ad’s ode to enduring friendships and shared memories. What follows, after an assist from an overnight delivery and a gentle nudge from the ring-leader, is an endorphin-releasing thrill ride down the snowy hillside evoking an emotional flashback to their youth spent together on the same slope. As the trio zooms down the hill, the younger generation looks on with amazement.

The three stars of the 60 second ad said they were drawn to the ad to dispel aging stereotypes. Maya Waterman, one of the stars noted, “Nostalgia in older age can often be framed as overly sentimental that you yearn for, so I feel immensely proud that we were able to flip that

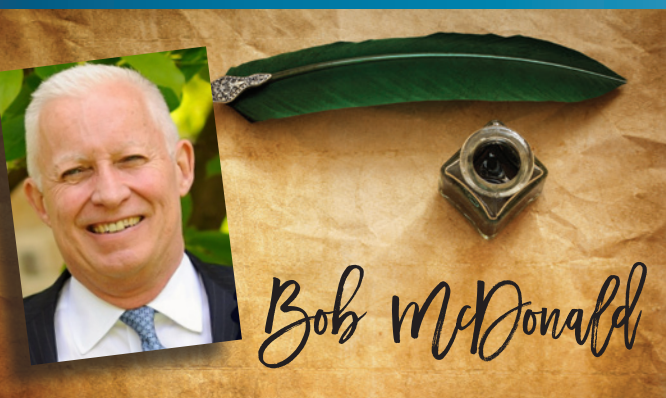


narrative on its head and tell a story of three women who don't just relive memories but make new ones. I hope audiences of all ages relate to the feelings of shared joy.”

A joyous holiday season to all!

*I am not at all promoting Amazon, rather I'm promoting the quality of life and the joy that this ad represents.

President's Notes



Showing Gratitude

As often as I can, I take advantage of our online Meditation sessions that are provided by Patricia Ullman every Monday and Thursday morning. I find these sessions to be very beneficial to my well-being. Toward the end of almost every session, Patricia asks us to conduct a gratitude reflection. For me, it turns out to be a great way to start the day, being grateful for many things in my life.

This Thanksgiving I was filled with gratitude once again for those Villagers who worked on our Thanksgiving meals and for those who opened their homes and shared their tables with other Villagers. The Membership and Activities Committee organizes the meal production and distribution each year. In addition to the wonderful members of the Committee and our staff, my thanks go to all those who shared their culinary skills, those who put the meals together, and those who made the deliveries. I know they made the holiday a better one for many of our members and their friends.

I am also very grateful to our Board members who have spent a good deal of time and thought in finalizing our DCV strategic plan for 2024–2028. We had a great retreat day at the end of October to review the plan and define new action items to make the Village even better.

Board members, along with our committee members, task forces, and others have worked long and hard on this plan, which will soon be shared with the Village.

Another reason for gratitude is the sound financial footing of our Village. Accolades go to our Treasurer, **Steve Kittrell**, to our Executive Director, **Eva M. Lucero**, and to the members of our newly re-organized Finance Committee. I am grateful for how our members, our friends, our city, and generous foundations have provided the resources needed to make the Village prosper. But our financial stability is an ongoing task. The Village is making its annual request for contributions now. Only 22% of our income comes from membership dues. Another 28% comes from contributions. The remaining income comes from the DC Department of Aging and Community Living, from foundations, from our Gala, and from our investments. I hope that you will be able to contribute as you have in the past and perhaps increase your gift this year.

This is one way to show gratitude for what the Village has given to you.

The upcoming holiday season can be a difficult time for many of us. I am thinking about my brother, my mother-in-law, and father-in-law who left us over the past two years. In the Village, we have lost several of our members who were our friends and fellow travelers. The holidays can bring up painful memories and other losses that perhaps are known only deep within us. I am grateful that, with the Village, we are not alone. There are many possible ways to connect with others through our programs and activities. There is a Live and Learn session on December 4: **"Embracing Solitude and Stillness, A Holiday Season Workshop."** We have a book launch party for **DCV The Village People—Who We Are Now** on December 13 at the Chastleton, an **Ugly Sweater Social Hour** on the 18th, and much more. I hope you will take advantage of these opportunities during the holiday season. We have much to celebrate.

I wish you Happy Holidays and a New Year filled with health and happiness!

December Birthdays



Happy Birthday to all members celebrating birthdays in December! **Susan Lindahl, Ron Wilson, Bob Harlow, Deirdre O'Neill, Matt Abrams, Mary Jean Collins, Gregory Bolton, Marianne Thomas, Ann Talty, Andres Doernberg, Ralph Johanson, Mary Conway, Geri McCann, William Kloss, Helene Scher, Peg Simpson, Leslie Carothers, Iris Molotsky, Richard Saunders, Davye Gould, Nancy Turnbull, D Wilson**

December Calendar

This is an abbreviated version of the DCV Monthly Calendar. To register and see full descriptions please access the website www.dupontcirclevillage.net/calendar

Register online or contact DCV Office at (202) 436-5252 or admin@dupontcirclevillage.net

DCV HOUSE CONCERT

DC Concert Orchestra Society

Saturday, December 2nd, 1:00 pm–3:00 pm

Location: At the home of Davey and Michael Gould
2126 Connecticut Ave NW #64

Limit: 20 people

Smithsonian American Art Museum's Third Floor Highlights Tour

Tuesday, December 5, 2023, 1:30–2:30 pm

Location: 750 9th Street, NW Suite 3100

Limit: 15 people

Home Social—Rob Finkel

Thursday, December 7, 2023, 4:30–6:00 pm

Location: 1813 19th St NW Apt. C

Limit: 6 people

Holiday Party and DCV Book Launch

Wednesday, December 13, 2023, 3:00–5:00 pm

Location: The Chastleton, 1701 16th St. NW

Limit: 120 people

Register online by December 6

DCV Happy Hour—The Darcy Hotel and Bar

Thursday, December 14, 2023, 4:00–5:30 pm

Location: 1515 Rhode Island Ave. NW

Limit: 15 people

Register online by December 12

Sunday Soup Salon—Lewis and Mindel

Location: 1760 Swann Street., NW

Sunday, December 17, 2023, 5:30–7:00 pm

Limit: 15 people

Ugly Sweater Holiday Home Social Hour

Location: 1330 Massachusetts Ave. NW

Monday, December 18, 2023, 4:30–6:00 pm

Limit: 15

Strategies to Cope with Decline in Vision

Presentation by Sandy Neuzil

Low Vision Community Outreach and Support Group

Facilitator, Prevention of Blindness Society

Wednesday, January 3, 2024 1:00–2:00 pm

Location: Zoom

Register <https://www.nnvdc.org>



RECURRING EVENTS

MONTHLY

LIVE AND LEARN

Embracing Solitude and Stillness: A Holiday Season Workshop

Monday, December 4, 2023, 3:30–5:00 pm

Location: Hybrid

Limit: 12 in person

Navigating the Path Ahead

December 12, 2023, 3:3–4:30 pm

Location: Virtual

No Limit

Mystery Book Group

Friday, December 15, 3:30–4:30pm

Location: Virtual

No Limit

Men's Book Group

Monday, December 18, 11:00 am–12 pm

Location: DCV Office—2111 Decatur Pl NW

RSVP: [Robert M. Hirsch](#)

WEEKLY

Tai Chi for Arthritis and Fall Prevention

Tuesdays, 2:00 pm

Location: DCV Office

Limit: 6

Tai Chi for Arthritis and Fall Prevention (Second Class)

Tuesdays, 3:00 pm

Location: DCV Office

Limit: 6

Online Meditation

Mondays and Thursdays, 9:00–9:30 am

Location: Virtual

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December Calendar

Continued from page 3

Chair Yoga

Tuesdays, 10:30–11:30

Location: Virtual

Accessible Mat Yoga

Mondays, 3:30–4:30 pm

Location: Virtual

Coffee and Conversation

Thursdays, 10:00–11:00

Location: Kramers

1517 Connecticut Ave NW

Bridge Group

Thursdays, 1:30–3:30 pm

Location: DCV Office—enter at 2111 Decatur Pl NW

Join other Villagers who like to play bridge.

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 Thursday, 4:00 pm

Location: Usually DCV Office

RSVP: Sheila Lopez at sheilablopez@gmail.com

Dupont Circle Walking Group

Every Monday, Wednesday, Friday at 8:30 am

Location: meet at the fountain in Dupont Circle

Adams Morgan Walking Group

Every Tuesday, Thursday at 8:00 am

Meet at northwest corner of Kalorama & Columbia Road bordering Kalorama Park

15-Minute Meal

Sugar Cookies

Soft and Chewy Sugar Cookies are perfectly tender and soft with just the right amount of chewiness. They take just minutes to make with ingredients you may already have in your kitchen!

Ingredients

- 2½ cups all-purpose flour
- 2 teaspoons baking powder
- ¾ teaspoon fine sea salt
- 2 sticks unsalted butter, at cool room temperature
- 1¼ cups granulated sugar, plus ¼ cup for rolling.
- 1 large egg plus 1 egg yolk
- 1 teaspoon vanilla extract

Directions

- Preheat the oven to 350°F. Line baking sheets with parchment paper.
- In a medium bowl, whisk together the flour, baking powder, and salt to combine.
- In a large bowl, use an electric mixer on medium-high speed to beat the butter and 1¼ cups sugar until light and fluffy, 2 to 3 minutes. Add the egg, egg yolk, and vanilla, and beat until combined. Slowly beat in the flour mixture.
- Place the remaining ¼ cup sugar in a shallow dish. Using a **large (3-tablespoon) spring-loaded scoop**, divide the dough into balls, then roll in sugar to coat evenly. Place the dough balls on the prepared baking sheets, spacing 2 inches apart, and flatten slightly with the bottom of a measuring cup.
- Bake for 10 to 12 minutes, or until the cookies set and begin to brown. Cool for 5 minutes before removing to a wire rack to cool completely. Cookies can be stored in an airtight container at room temperature for up to 3 days.



Meet Volunteer Michael Schmidt

Michael is originally from Norwalk, Connecticut. He came to DC in 1974 to attend George Washington University (GWU) and never left! Michael studied Political Science and his first job upon graduation, was at the Washington Post, selling print advertising. He was well suited for the position and stayed at the Post for eighteen years. He left the Post to work at Roll Call for the next fifteen years.

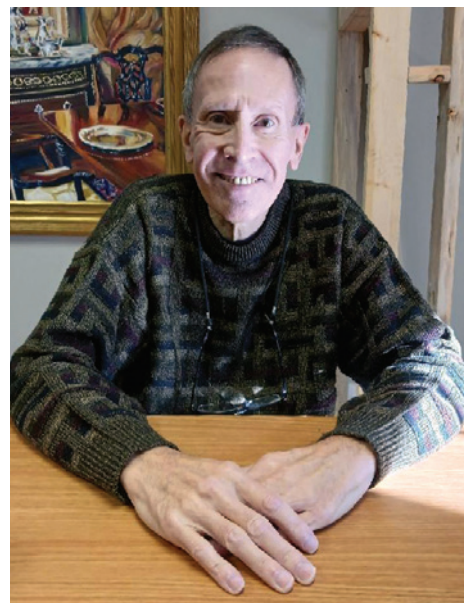
He met his partner Bruce, while attending GWU and the two of them spent the next 32 years together. They lived in various locations in northwest DC until 1984, when they purchased a 1500 square foot condo at the Netherlands on Columbia Road. Michael is grateful that they purchased their unit then, as he does not think he could possibly afford it in today's market.

Michael loves to travel and is grateful to have made trips to India, China, Australia, Egypt and many European countries. An African safari in Tanzania was one of his "bucket list" trips. He loves cruises and his

favorite was a ten-day cruise through Alaska's Inner Passage. His most notable experience on that trip was an excursion via helicopter to the top of a glacier. He is delighted to have ticked off all his bucket list destinations, because in 2016, health issues diminished his ability to travel.

Michael volunteered for the National Bone Marrow Donor program, where he would fly to the hospital bone marrow was being donated and then fly the marrow to the hospital that required it for a transplant. In 2016 because of health issues, his doctor discouraged him from traveling for a year. When he was able to fly again, he was told that they did not need additional couriers. He was then encouraged to volunteer locally by his neighbor, DCV member, Gretchen Ellsworth.

He believes being a volunteer is a win-win situation. When you can offer your assistance to a recipient who appreciates it, you are rewarded with a very satisfying experience. Michael volunteered to drive a 92-year-old man, who assured Mike he was still



healthy, and his children had taken away his driver's license and car keys. At the conclusion of the trip, the man told Michael "Maybe my children were right, because it helps to know there is someone like you to call on when you need it." Michael feels very appreciated by the Village members he has helped.

Volunteer Accolades

"Thank goodness for Joan! Not only did she take me to the hospital on a holiday weekend, but she went above and beyond the call of duty to find a wheelchair (the staff who does this had the day off) and take me to my chemo. I don't know what I would have done without her! LD 11/23/23

"Many thanks for arranging for Steve and Sue to take me to the foot doctor and then bring me back home. I am so lucky for the kind and helpful volunteers Dupont Circle Village

provides. Many blessings to all of you." SS 11/16/2023

"Hooray to those turkey preparers, and all the meal packers as well as those who delivered the wonderful Thanksgiving items! I really enjoyed the delicious dinner and am thankful for the wonderful participants who made it possible." OH 11/23/2023

"I want to thank all the individuals involved in the Thanksgiving dinners. I had two...shared with an old friend who is now housebound...we both

loved the meal which added to our enjoyment of visiting together and giving thanks for our 20+ year friendship." RM 11/23/2023

"I add my thanks to all as well for the delicious Thanksgiving meal. Looking forward to leftovers tonight!" JM 11/23/2023

"Thank you so much for the wonderful Thanksgiving dinner. I already ate some of it and it was great. Always makes me happy." KM 11/23/2023

Meet Member Katie McDonald

Katie McDonald was born in Ann Arbor, Michigan, but grew up in Brigham City, Utah.

Her surviving family members now all live in Madison, Wisconsin. Katie and her husband came to Washington in 1984 when she was hired by the U.S. Agency for International Development (USAID) as a Foreign Service Officer in public health. They have lived in Washington off and on since September 1984, but she spent

19 of those years overseas.

Katie managed US government foreign aid programs in Washington DC and

overseas. She first worked in public health, family planning and education, later agriculture, democracy promotion and economic growth were included. For her USAID work,

she lived in Haiti, Indonesia, Bangladesh, Nicaragua, Armenia, Pakistan, and Tajikistan. Her husband, Jim Bates, also worked in public health in developing countries, specializing in pharmaceutical supply management.

She had many highlights in her career but is especially grateful for the opportunity to live and work in so many interesting places with so many wonderful people—and learn (or at least try to learn) a few foreign languages. As well as amassing a very eclectic collection of oriental carpets, furniture, paintings, sculpture, porcelain, and textile art.

Since retiring in 2016, Katie has joined two book clubs (one history and one Russian literature) and taken several classes at Politics & Prose bookstore. She enjoys walking in Rock Creek Park and the zoo. She and Jim love their art collection, but it takes quite a bit of maintenance.



And just the wealth of Washington's museums! For travel, they have been making annual trips to Armenia and Katie goes to Wisconsin regularly to visit her brother.

DCV Member Profile

Out and About

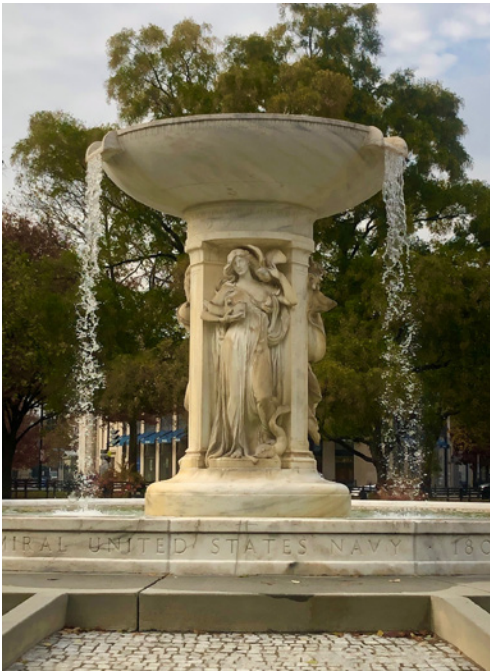


◀ **Donna Batcho** shares a pic with Joe Absolom who stars in the BBC show *Doc Martin*. She attended his play in Glasgow, Scotland and ran into him the next day.



▲ **Annie Groer** enjoyed a stupendous seven-week odyssey Down Under this fall. Here she is at Uluru, the sacred Aboriginal site in Australia's Outback. It's Halloween and she is dressed as an ecstatic vagabond. Cheers, mates!

Out and About



▲ **Jim Chamberlin** sharing a pic of the Dupont Fountain on a cool day in November.



▲ The DCV Mystery Book Group Zooms to the close of its 4th year of thrills and chills.



▲ Villagers enjoying the November Sunday Soup Salon on storytelling featuring Dr. Moira Dougherty, scholar and storyteller extraordinaire, who shared her knowledge of storytelling and its effect on education during these post-pandemic times. **Caroline Mindel** and **Lynn Lewis** hosted.

Out and About



▲ A group of Villagers enjoyed a tour of Meridian Hill/Malcolm X Park and learned the many details and features the park holds. Their guide was Jeffrey Catts, a local landscape architect, who has volunteered and worked with the National Park Service for many years.



▲ In October, **Nancy LaVerda** was in Rome Italy. She shared a selfie with The Colliseum in the background.

▶ **Shub Schiesser** was in London with her daughter over Thanksgiving.



▲ **Rick Busch** and **Kenlee Ray** took a tour of Meridian Hill Park with tour guide and author of "Meridian Hill Park: Images of America," Fiona Clem. Here's the photo of them sitting on "Serenity"



▲ **Steve Kittrell**, **Susan Hattan**, and their grandniece & nephews take in some sports history at the Negro Leagues Baseball Museum in Kansas City, Missouri.

Out and About



▲ **Miriam Schottland** hosted a fun social hour titled *49.5 Shades of Gray*. Members who attended were asked to wear gray. Their attire complimented the gray interior throughout the unique and charming apartment.



▲ **Bob McDonald** and **David Insinga** visited Puerto Vallarta for the Day of the Dead (Día de los Muertos) celebration in early November.

Out and About



Members enjoying a happy hour at Across the Pond, one of the neighborhood bars that DCV supports. Villagers who attended include **Lucia Edmonds, Barbara Friday, Tom Carmody, Carol Galaty, Olga Hudecek, Nancy LaVerda, Sam Liberto, Judith Neibrief, R Wesley Rivel, Holly Salamido, Ken Shuck, Peg Simpson, Karen StJohn, Marianne Thomas, Gretchen Ellsworth, Bob Hirsh, and Mary Wheeler**

Carol Galaty and Ken Shuck took their grandson, who is 1/2 American, 1/2 Swedish, living in Sweden and on his "semester abroad" at the University of Virginia with his visiting Swedish girlfriend on a long Weekend to Jamestown, Williamsburg, and Yorktown. The goal was to learn about colonial America. They had a lot of fun as they were experiencing what early pre-revolutionary and revolutionary life was like in this county



Out and About



▲ Once again, the DCV Thanksgiving outreach was a success! DCV provided 36 meals to members who requested one. The members who provided the food included **Louise Krumm, Lucia Edmonds, Eva M. Lucero, Katharine Gresham, Sarah Burger, Sandra Yarrington, Leslie Sawin, Bobbi Milman, Barbara Sloan, Marie Matthews, Ann McFarren, and Lisa Lider.** Drivers and runners include **Kristin Durfee, Joan Rogliano, Rick Busch, Pender McCarter, Mike Silverstein and Ceceile Richter.** Preparers include **Francis Oakley and Ann Talty.** Financial donation, **Lynn Lewis.** Very grateful for you all!

▲ Swann Street Halloween Bewitchery (**Lynn Lewis, Caroline Mindel, Peg Simpson, Joelle Michaud**). About 300 hungry ghosts, goblins, fairy princesses, costumed doggies and others, ages zero to 90, devoured some 200 hamburgers, 200 hotdogs (grilled on the scene by hardy neighbors), 240 bags of chips, over 100 soft drinks and, under a "hunter's" moon, danced to a live DJ's music at our 43rd year of magic...a veritable community love fest.



◀ **Karen St John** recently visited the royal palace in Seoul, South Korea and the Chang Kai Chen memorial in Taipei, Taiwan.

Out and About



▲ **Kathy Cardille** and **Peg Simpson** spent a delightful afternoon at Lauriol Plaza with former DCV members, Chris and Tricia Hoban. Chris and Tricia now live in Seattle.



▲ **Caroline Mindel**, an early Dupont Circle Village member has been leading a small group of village members and their dogs on walks in the Arboretum every Saturday and Sunday for the last 15 years. Caroline knows every nook and cranny of the park as well as which flowers are blooming at what time of the year and believe me, in the Arboretum, there is always something blooming. Caroline will be offering a Forest Bathing experience for Villagers in early spring 2024. Be on the lookout for her announcement. For those of you, not familiar with the concept, Forest Bathing is a Japanese practice that is good for both physical and mental well-being and has been proven to reduce stress as well as lower the heart rate and blood pressure.



▲ **Marilou Righini** and her daughter Giovanna, overlooking the Hudson River from Sojourner Truth State Park, NY.



▲ Members enjoyed a lovely day at the zoo: **Jeanette Barker, Sandy Desautels, Don Krumm, Louise Krumm, Joyce Liberto, Sam Liberto, Peggy Long, Rebecca Martin, Beth Merricks, Ceceile Richter, Peggy Siegel, Karen StJohn, Joan Treichel, Carmela Vetri and Mary Wheeler**

Out and About

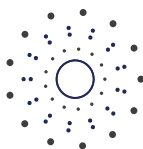


▲ **Lynn Lewis** recently spent 10 days in Iceland with her son Matt, planner, and expert guide to kind of off-the-beaten path in the West Fjords. Awesome snow-clad mountains, stark and stunning; basically, treeless landscape despite growing silviculture industry; rust-colored valleys where small Iceland horses, sheep, and cows' graze; tiny fishing villages (one featuring Iceland's Museum of Sorcery & Witchcraft) glaciers, geysers, hot springs, abundant, well-marked trails in Provincial parks; great food and spirits; a wealth of art and artists; and more. Iceland boasts a vigorous tourist industry, though quieter in winter when we visited. English is widespread as is credit card use. This idyllic country is only a six-hour flight from the nation's capital.



◀ **Karen St. John** hosted a fall social hour in her home. Attendees included **Pat Black, Abigail Wiebenson, Carolyn Mindel, Mel Goldstein, Olga Hudecek, Kristin Durfee, Judith Neibrief, Joyce Liberto, and Jeanette Barker**

DCV Commitment to Diversity, Equity, and Inclusion: Dupont Circle Village (DCV) is committed to being a diverse, equitable and inclusive organization. We condemn all forms of discrimination in our society. We aim to make our organization one that is open and welcoming to all. We recognize that the human experience comes in all colors, shapes, abilities, economic circumstances, ages, backgrounds, gender expressions and identities, and sexual orientations. We strive to celebrate these differences and recognize how they benefit our community. To this end, we will do what is necessary for us to grow as a community and as individuals who respect and care for one another.



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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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executive director

Newsletter co-editors
Eva M. Lucero, *editor*
Sherri Monson, *copy editor*

Design
Saiz Design