



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“Sometimes you will never know the value of a moment until it becomes a memory”

— Dr. Seuss

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Welcome New Members!

Naomi Ayala
Ginny Griggs
Sue Trent

Senior Voters: The Most Reliable Voting Bloc



It's exciting to see how DCV members are actively engaging in the electoral process. Their enthusiasm for participating in the elections is inspiring. From organizing debate watch parties, postcard mailings, and voter registration drives to participating in community forums, DCV members

Democracy thrives when everyone takes part. Older adults have always played a key role in shaping our political landscape, and their continued

*By Eva M. Lucero,
Executive Director*

involvement is more important than ever.

Studies and statistics frequently show that adults aged 60 and older turn out to vote in significantly higher numbers compared to younger demographics. For instance, in the U.S., voter turnout among those 65 and older often exceeds 70%, while for those under 30, it can drop as low as 40% during general elections. Older adults are more likely to view voting as a civic duty, and many have a long-established habit of voting regularly, reinforcing their reliability.

are making their voices heard and encouraging others to do the same. Fun fact: research shows that activists are happier than non-activists.

Here are a few ways you can engage in the electoral process:

1. **Canvassing** — Going door-to-door or making phone calls to engage voters, share information about candidates or issues, and encourage voter turnout.
2. **Postcard Campaigns** — Sending personalized postcards to remind friends and family to vote, sharing information on candidates or issues that matter.

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President's Notes



David Schwarz

Halloween is coming, so, with apologies to my mother, I thought I'd share some of her excursions into the occult. She was definitely a believer. At least during certain periods of her life—and increasingly as she grew older—dinner table conversations would often veer off into past lives, prophetic dreams, and poltergeists. Poltergeists loomed especially large after her mother died. Mom and Grandma had a fraught relationship while they were both alive, and this seemed to carry forward into the afterlife. Although I never personally heard or saw the evidence, Mom claimed that Grandma's continuing displeasure was manifested with pots banging in the night and general havoc wrought upon the contents of certain kitchen cabinets. This only ended when Mom prevailed upon her reluctant rabbi to perform a kind of exorcism ceremony. (Apparently this came with a lecture on the Biblical injunctions against witchcraft.)

Mom was introduced to the spirit world through her Aunt Paula, Grandma's sister. According to Mom, Paula was in regular contact with a posse of departed ancestors—often through "automatic writing"—which conveyed such useful information as the future direction of the stock

market. When Mom was in her early teens, she once sat down with Paula to have her fortune told. As she described the session, she thought her questions, and Paula wrote down the answers, in the right order, in her automatic hand. At a certain point, Paula drew a line across the page—evidently Mom had asked something the posse wasn't prepared to answer, and that ended the session. Although she never told me exactly what her questions were, Mom claimed that the answers, such as they were, turned out to be true.

True or not, most of these predictions—at least those I was aware of—made a poor case for special knowledge. For example, I remember Mom reporting that her departed friend Ruth had come to her in a dream, telling her that the stock market would go down. However, Ruth wisely omitted to say when. Even Mom was sometimes skeptical. One time she was fretting that Grandma was sick but wouldn't see a doctor. She went on to tell me about a letter from Paula, saying that Aunt Etta had assured her that nothing was seriously wrong with Grandma. "Who is Aunt Etta?", I asked. "Oh," Mom answered, "she's one of the spirits Paula's in touch with." "So," said I—playing along—"I guess there's

nothing to worry about then." "But Aunt Etta's no doctor!," was Mom's indignant response. (Grandma went on to live another 20 years, so maybe Etta did nail it, after all.)

Still, there was one case where Mom really did spook me, but not with the usual report from beyond. While I was living in western Massachusetts, Mom phoned one evening, evidently in a panic, to say that she knew that something terrible had happened. But at the time of her call, nothing had happened, so I spent the rest of our conversation trying to calm her down. The next evening a friend and I drove to Amherst to see a movie. On the way back, with me in the front passenger seat, an oncoming car took a curve in our lane, and we collided head-on. Luckily, I was wearing a seatbelt, in a car that was designed to take the hit. So, I literally walked away from the crash. But at the moment of impact, before the seat belt punched me in the chest, I was mentally completing my trajectory through the windshield. And I clearly remember thinking I was about to die. I have to wonder if Mom somehow perceived that moment more than a day in advance, across time and space. How she did that, and whether spirits were involved, I'll never know. All I do know is that I was glad it never happened again.

**Senior Voters:
The Most Reliable Voting Bloc**
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- 3. Voter Registration Drives —**
Organizing or participating in efforts to help people register to vote, ensuring that everyone has a voice in the election.
- 4. Volunteering at Polling Stations —** Serving as a poll worker or election official to help ensure the voting process runs smoothly.
- 5. Advocating for Accessibility —** Working to ensure that voting is accessible to all, particularly those with disabilities or transportation challenges.

Engagement in the electoral process not only empowers individuals but also enhances the collective voice of older adults, ensuring their perspectives and needs are addressed in the political arena.



15-Minute Meal

Autumn Squash Soup



Ingredients

For the blender

18-20 ounces raw butternut squash flesh cubed*
1 cup apple juice or apple cider
2 ½ cups vegetable broth
14 ounce can pumpkin puree
2 tablespoons brown sugar

For the soup

1 tablespoon olive, vegetable, or coconut oil
1 cup finely chopped onion (about ½ large onion)
¾ teaspoon ground cinnamon
¾ teaspoon mild yellow curry powder
½ teaspoon ground ginger
1 teaspoon Kosher salt
2 ounces softened cream cheese
½ cup half-n-half or heavy cream
Extra vegetable broth or water as needed
Roasted pepitas for garnish option

Directions

Preheat oven to 400°F and line a sheet pan with foil or parchment paper. Spread the squash cubes on the pan and roast for 20 minutes, or until the edges of the cubes are light brown. Remove from the oven and let cool a bit.

In the blender

Preheat oven to 400°F and line a sheet pan with foil or parchment paper. Spread the squash cubes on the pan and roast for 20 minutes, or until the edges of the cubes are light brown. Remove from the oven and let cool a bit.

1. Add the squash, apple juice, broth, pumpkin puree, and brown sugar to the blender jar. Puree until smooth. You might have to scrape down the jar during processing. If too thick, add 2 tablespoons of broth or water and process again. Set it aside.

For the soup

1. Heat the oil in a 4-quart Dutch oven or stock pot over medium heat until shimmering. Add the onions and sauté until they're soft and transparent. Sprinkle the cinnamon, curry powder, ginger, and salt over the onions, and stir for a minute or two to bloom the spices.
2. Pour the squash mixture into the onions and bring to a gentle simmer for 10 minutes (keep an eye on the soup — it's likely to sputter). Reduce heat to low and let stand for a few minutes to cool slightly. Add the cream cheese** and dairy, stirring until completely incorporated.
3. Now, test for thickness: if you'd like a "souper" soup, add more broth or water by the tablespoon, until it reaches your desired consistency. Taste, and add more salt if necessary. Ladle into bowls and top with pepitas, or a swirl of heavy cream.

October Calendar

Visit the DCV website [calendar](#) to find further information for each event listed below.

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

Film Noir Movie Screening and Discussion

Saturday, October 5, 2024, 2:00 pm—4:00 pm

Location: DCV Office

Limit: 15 guests

Register by October 4 online or

Contact DCV Office at (202) 436-5252

Home Social Hour—Stevens

Monday, October 7, 2024, 5:00 pm—6:30 pm

Location: Mary Steven's Home

Limit: 8 guests

Register by October 4 online or

Contact DCV Office at (202) 436-5252

Tour—Anderson House

Tuesday, October 8, 2024, 10:30 am—12:00 pm

Location: 2118 Massachusetts Ave NW

Limit: 15 guests

Register by October 7 online or

Contact DCV Office at (202) 436-5252

Fall Picnic—Heurich House

Wednesday, October 9, 2024, 11:15 am—1:30 pm

Location: 1307 New Hampshire Ave NW

Limit: 65 guests

Register by October 7 online or

Contact DCV Office at (202) 436-5252

Happy Hour—The Darcy Hotel Bar

Wednesday, October 9, 2024, 4:00 pm—6:30 pm

Location: 1515 Rhode Island Ave., NW

Limit: 20 guests

Register by October 8 online or

Contact DCV Office at (202) 436-5252

Mosaic Theatre:

Lady Day at Emerson's Bar and Grill

Sunday, October 13, 2024, 3:00 pm—5:00 pm

Location: 1333 H. Street, NE

Limit: 10+

Register by October 7 online or

Contact patricia.baranek@yahoo.com

Tour—Heurich House

Wednesday, October 16, 2024, 3:00 pm—4:30 pm

Location: 1307 New Hampshire Ave NW

Limit: 15

Register by October 15 online or

Contact DCV Office at (202) 436-5252



Home Social Hour—Lopez

Thursday, October 17, 2024, 5:30 pm—7:00 pm

Location: Home of Sheila Lopez

Limit: 20

Register by October 14 online or

Contact DCV Office at (202) 436-5252

LGBTQ+ Friends Portrait Exhibits and Dinner—NPG

Thursday, October 17, 2024, 4:30 pm—8:00 pm

Location: National Portrait Gallery, 8th and G. Street, NW

Limit: 25

Register by October 15 online or

Contact DCV Office at (202) 436-5252

Sunday Soup Salon—Mindel and Lewis

Sunday, October 20, 2024, 5:30 pm—7:00 pm

Location: Home of Caroline Mindel and Lynn Lewis

Limit: 16

Register by October 17 online or

Contact DCV Office at (202) 436-5252

Tour—The Residences at Thomas Circle

Tuesday, October 22, 2024, 10:50 am—2:00 pm

Location: 1330 Massachusetts Ave NW

Limit: 12

Register by October 21 online or

Contact DCV Office at (202) 436-5252

Home Social Hour—Vetri

Tuesday, October 29, 2024, 4:30 pm—6:00 pm

Location: The Residences at Thomas Circle

1330 Mass Ave NW #809

Limit: 20

Register by October 26 online or

Contact DCV Office at (202) 436-5252

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October Calendar

Continued from page 4

MONTHLY EVENTS

Navigating the Path Ahead

Tuesday, October 8, 2024, 3:30 pm—4:30 pm

Location: Virtual

No Limit

Register online or contact DCV Office at (202) 436-5252

Mystery Book Group

Friday, October 25, 3:30 pm—5:00 pm

Location: Virtual

No Limit

Register online or contact DCV Office at (202) 436-5252

Men's Book Group

Monday, October 28, 11:00 am

Location: 2121 Decatur Place NW

Limit: 10

Register online or contact DCV Office at (202) 436-5252

Live and Learn: Affordable Senior Living—Does it Exist?

Monday, October 28, 2024, 3:30 pm—5:00 pm

Location: Hybrid

DCV Office—2111 Decatur Pl NW

Limit: 12 guests in person

Register by October 27 online

Contact DCV Office at (202) 436-5252

RECURRING EVENTS

Tai Chi for Arthritis and Fall Prevention

Tuesdays 2:00 pm—3:30 pm

Location: DCV Office

Limit: 8

RSVP: Register online or contact DCV Office

Online Meditation

Mondays and Thursdays, 9:00—9:30 am

Location: Virtual

RSVP: Register online or contact DCV Office

Chair Yoga

Tuesdays, 10:30 am—12:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Accessible Mat Yoga

Mondays, 3:30—4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office



Coffee and Conversation

Thursdays, 10:00 am—11:00 am

Location: Annie's Paramount Steak House

1609 17th Street, NW

RSVP: Register online or contact DCV Office

Bridge Group

Thursdays, 1:30 pm—3:30 pm

Location: DCV Office—enter at 2111 Decatur Pl NW

RSVP: Register online or contact DCV Office

Mahjongg

Location: Hosted live by Bobbi Milman

RSVP: Bobbi Milman, rmilman@comcast.net

or (202) 667-0245

Knitting Group

Every Thursday, 4:00 pm

Location: Hybrid

RSVP: Sheila Lopez at sheilablopez@gmail.com

Dupont Circle Walking Group

Every Monday, Wednesday, Friday at 8:00 am

(Summer/Fall hours)

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 and Columbia that borders Kalorama Park

Meet New Member: Barbara Sobol

Barbara Sobol's late husband, Arthur Robinson, was a native Washingtonian and the son of Lucille Robinson, a gospel music teacher and a well-known radio personality in D.C. for many years. While Arthur was a musician, he primarily worked as a manager rather than pursuing his own music career.

Barbara is the younger of two daughters born to immigrant parents. Her mother was from Ukraine, and her father from what was then Hungary. Both parents immigrated to the United States as children and later met in New York before settling in Albany, where they were surrounded by numerous relatives on both sides of the family. Many of these relatives arrived from Eastern Europe during the 1930s and 1940s, often staying in the upstairs flat of the family's house during their first months in America.

Barbara's father ensured she received a quality education, including attending an Ivy League institution. In 1962, she married her first husband, Richard Sobol, and they welcomed their first child, Joanna. At the time, Richard worked as a lawyer at the Federal Trade Commission before joining Arnold, Fortas & Porter as an associate. Barbara, fresh out of college, embraced her role as a homemaker and mother, while also maintaining an interest in editing, poetry, and art. Their second child, Zachary, was born in 1966.

Shortly after Zachary's birth, the family moved to New Orleans, where Richard did significant civil rights legal work for the ACLU. In 1968, they returned to Washington where their children attended Georgetown Day School.

Fast forward 55+ years, and Barbara is still rooted in her long-time DC home in the Kalorama neighborhood since 1987. In the wake of a divorce, Barbara joined an intentional community and alternative boarding school in Virginia, where her children were students. She taught art, literature, and writing and worked as an organic farmer for about five years. This period of creativity served as a bridge before her career launch.

Barbara returned to D.C. with her children enrolled at Georgetown Day School, and she herself entered the master's program in Art Therapy at George Washington University. Since 1981, she has worked as an art therapist, initially in public health clinics and later in private practice. Over the years, she has also served



on the faculty of GWU and other university art therapy programs. Her office is in the Quaker Meeting House, specifically in the former DCV conference room.

Throughout her career, Barbara has found that her proximity to art materials grounded her not only in psychology but also in her deep connection to art. Now, as she enters a new phase in life, she has returned to her own artmaking, currently pursuing a certificate program at the Washington Studio School.

Barbara cherishes the knowledge she has gained at the intersection of psychology and art, two fields that she finds deeply mysterious. She is grateful for the privilege of family, valuing the moments of joy as well as the times of profound sadness and loss.

October Birthdays



Happy Birthday to Villagers celebrating October birthdays!

Stephan Dix, Jane Hauser, Nancy Hartsock, Sondra Cohen, Geri Nielsen, Joyce O'Brien, Lee Baker, Dianna Eshman, Wes Rivel, Don Symmes, Courtney Rogers, Jerry Sandridge, John Richardson, Lisa Duperier, Shubh Schiesser, Dennis Houlihan, Judith P. Lambart, Hamda O'Brien, Judith Meguire, Phillip Solano, Terry Walz, Lex Rieffel, Maria Higgins, Maria Pilar Vela and Kathleen Miller.

Out and About



▲ Mosaic Theater's president, **Cathy Solomon**, drew an enthusiastic crowd of some two dozen Villagers to Soup Salon's fall debut, September 22. Delicious soups, dessert and wine contributed from guests were on the menu. But Solomon and her behind-the-scenes look at the theater were the stars at this gathering of friends, which one attendee commented is what DCV is all about. Soup Salons are held monthly at the home of Village co-hosts **Caroline Mindel** and **Lynn Lewis**.



▲ **Karen St. John** shared a photo of the new Frederick Douglass mural in Easton, MD. In one corner of the mural, you can see former President Barack Obama and Vice President Kamala Harris standing in front of the White House.

In mid-September, **Mary Wheeler** joined fellow Smithsonian Associates for a hiking trip in Theodore Roosevelt National Park, North Dakota. During the hike, they explored the park's ecology, geology, wildlife, and history, including Theodore Roosevelt's time in the region. The bison in this photo later wandered onto the trail they had used, so on their return, the group had to detour through the grassland to avoid disturbing the animal. ►



▲ Two longtime DCV members, **Susan Meehan** and **Alice Day**, were featured last month in the 2024 National Press Club Members' Exhibit, as part of a submission from DCV Member **Pender M. McCarter**. Susan and Alice were identified as a DC activist and an environmental activist, respectively. Susan posed for Pender in her "I Am DC" shirt in August at Prego Again. Alice and her husband, Lincoln Day, are shown returning from the Dupont Circle market in 2018. Both Susan and Alice were scheduled to attend the Press Club exhibit in person with Pender at the end of September. Available online, the 2024 Club exhibit includes 203 digital images and print photos from 52 member participants "capturing the moment" in news, sports, travel, wildlife, nature and art.



Out and About



▲ Five villagers attended **Joan A. Treichel's** Village social hour on September 19. **David Schwarz, Olga Hudecek, Sue Trent, Joan Treichel,** and **Jon Parein.** Photo by **Jim Chamberlin.**



▲ DCV members enjoyed a perfect weather day on an interesting, nature hike through the Tregaron Conservancy woods curated by **Jeff Catts** who led the group to a hidden pond and laced his talks with historic anecdotes, including those about Margery Weather Post's mysterious Dacha.



▲ DCV launched its first film series for members. We kicked off the series viewing *Out of the Past* (1947), a classic from the film noir genre.



▲ **Sheila Lopez** and **Kathy Cardille** traveled to the Washington Hilton for a Harris-Walz rally on Sept 14, 2024. After some delicious hors d'oeuvres, some of the speakers were Rep. Clybourne, the singer Common, and Chair of the Democratic National Committee Jaime Harrison. The rally concluded with a rousing speech by Presidential candidate Vice President Kamala Harris.

September Birthdays



Leslie Sawin kicked off the Fall monthly birthday celebrations in her home. Celebrants **Raquel Sussler, Sarah Burger, Lynn Lewis, Pender McCarter, Jon Parein, Karen St. John, Irene Price, Nancy LaVerda, Dorothy Marshak** and **Joe Auslander** were feted with another delicious **Monica Heppel** cake!

Out and About



▲ **Sheila Lopez**, a docent at the National Portrait Gallery and a member of Dupont Circle Village, captivated our members with stories of 57 remarkable American women who traveled to Paris between 1900 and the eve of World War II. These women sought the recognition they were often denied in the U.S. due to their gender, race, or sexual orientation. Their journeys to Paris became a crucial part of their pursuit of acknowledgment for their significant accomplishments.



▲ **Carol Galaty** hosted a book signing for local entrepreneur **Kathy Luu**, captivating the audience with an inspiring story. Luu, a Vietnamese boat person and survivor of a refugee camp in Hong Kong, shared her remarkable journey. She recounted the dramatic and emotional tale of escaping Vietnam, traveling through China, and ultimately arriving in Washington, DC, after five long years with nothing. Despite the hardships, by age 47, she had achieved the incredible feat of owning two stores.



▲ Villagers who toured Forest Hills, an assisted living facility in Northwest DC are standing in front of a mural, "See Me Hear Me" a large scale project composed of 70 portraits of Forest Hills residents and team members wheat-pasted to the front of the Forest Hills main building that debuts during DC's Art All Night 2024.

◀ **Carol Galaty** and **Ken Shuck** spent five climate changing days in Glacier National Park. The glaciers were melting and had retreated, placing them out of reach for us with our present hiking ability.

Out and About



▲ DCV hosted its annual Ice Cream Social in September. 70 members enjoyed reuniting with other members on a glorious fall day after a very hot summer.

Out and About

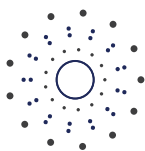


Students from the Washington International School (WIS) provided another Tech with Teens program in September. One member commented:

"Thank you for organizing the Tech with Teens. My tech teen, Adanne, was wonderful—skilled, efficient, patient, and responsive to my needs. And so lovely and gracious. It was a helpful, productive and enjoyable experience and I recommend it to other Villagers. I will be back again if the opportunity arises!"



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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