

SPECIAL INTEREST ARTICLES:

Visit to the Library
of Congress

Silent Auction

Recruitment Dinner

COLUMNS

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NEW MEMBERS

Membership is the essential link in building and sustaining an effective organization, so it is with great pleasure that we begin 2012 by welcoming five new members:

Lynn and Joe Horning
Ceceile Richter
Sharon Webster
Gabriella Zaboli
Ann Wood

We're starting off on a high note and, with your continuing help, we will continue to build and strengthen the Village in the coming months. ■

DID YOU KNOW?

Villagers get a free membership to the on-line version of Washington Consumers Checkbook, including ratings of products and services. For more information contact Executive Director Bernice Hutchinson

DCV Visit to the Library of Congress

January 10, 2012

A terrific, fun, and interesting day!

—DCV Group visits
'Temple of Human Intellect'

On a sunny January day a group of DCV members visited the Library of Congress (LOC), a cornucopia of 147 million books, newspapers, maps, photographs and items of interest including the items from Lincoln's pockets on the fateful night at Ford's theater. The five-hour tour, with excellent guides, included the Music Library and Waldseemüller map room.

**The Library's mission is to
'preserve, protect, collect.'**

The Library, established by law in 1800 as a resource for Congress, had an initial collection of 300 books, which, after being burnt down by the British in 1814, was replenished with a gift from President Thomas Jefferson's own library of 6,487 volumes. As it grew, space became an issue. Like the Sorcerer's Apprentice, the collection grew by leaps and bounds.

In 1886, Congress approved construction of the Jefferson LOC, including the first electric lights. It's a beaux art building of exquisite craftsmanship, recently restored to its founding glory. Today, 25,000 items come into the library every working day with only 10,000 being accepted, the remainder made available to various non-profit organizations and book dealers.

In the Music Library, we heard about the original music stored there, from Brahms to Gershwin, and saw the LOC's collection of violins and cello made by Stradivari, still played by current chamber musicians in the Coolidge auditorium, a 500-seat acoustically perfect auditorium given to the Library by Elizabeth Sprague Coolidge. Besides the music, the LOC's



exciting offerings include concerts offered by the Music Library. With the auditorium and contribution of the Stradivari instruments by Gertrude C. Whittall, these women had a large role in founding this department and contributing to its continued growth. The concert series runs through May; tickets may be purchased through TicketMaster.

We also spent time with the Waldseemüller map, published in 1507, referred to as "the birth certificate of America", the first map that identifies the New World as a separate continent. A 15 minute presentation was scheduled, but DCV member and Library docent **Suzanne Legault** enabled the session to go on much longer. Much of the time was given to questions and answers regarding the map's history, its preservation and cost, and myths about whether the earth was flat versus round.

Judy du Berrier, commented to **Suzanne Legault**, after the tour, "I am sure I speak for all of us when I say "Well done! A terrific, fun[and]interesting day!" We learned a lot and it was never dull." ■



MONTHLY Calendar

JANUARY 17-FEBRUARY 1:

Registration for George Washington University courses. This is part of your perk through the GW Hospital Senior Advantage Program. Here's your opportunity to register and attend a wide selection of courses on a not-for-credit basis. \$65 per class + any fees. Visit www.alumni.gwu.edu/courseaudit for detailed information. (Classes begin the week of January 17th).

SUNDAY, JANUARY 22:

6-8 pm. Soup Salon: Defeating the T&U Street -Dupont Circle Freeway.

Location is Peg Simpson's, 1719 Swann Street NW. How the 20 year battle against such a freeway was won and led to DC's current mass transit system. For reservations, contact Linda Harsh, 202-234-2567 or Lindajkh@mac.com. This is a members-only event.

MONDAY, JANUARY 23:

3:30-5 pm. Live & Learn Series: Heart Health: Women and Heart Disease

(Open to men, too!) Firefly restaurant, 1310 New Hampshire Ave, NW. Debra Cruz will explain current findings in women's heart disease. For reservations, contact Linda Harsh, 202-234-2567 or Lindajkh@mac.com. The talk is free for Village members and \$10 for others.

TUESDAY, JANUARY 24:

10:30-11:45 am; lunch—noon to 2 pm.

Washington Hilton Hotel Double Header: Go behind the scenes

and experience life at the hotel and stay for lunch at the District Line Restaurant. The Washington Hilton is at 1919 Connecticut Avenue, NW. RSVP no later than January 19 to Judith Neibrief at jneibrief@aol.com and please put Hilton Tour (no lunch), Hilton Lunch (no tour) or Hilton Both in the subject line.

continued on the next page

Stepping Up Our Game

—Peggy Simpson

We had many of successes in 2011. We need to build on that record in 2012.

With our 2012 calendar, we challenged stereotypes about "old." We won more media attention for doing that than we had for anything else in recent years. A few villagers objected to the very premise of spotlighting our own folks versus "beautiful places" in Dupont Circle. But many more embraced it, gave us high marks for gumption and bought the calendar. The national Village to Village Network embraced it by awarding us first prize in their national photo contest for the Sandy & Dave Burns photo.

We've also gotten nearly two dozen people wanting to sign up as volunteers as a result of our calendar booth — and some who say they might join, too. That's what we had in mind when we did the calendar this year: it wasn't just to make money from calendar sales but to use it as a marketing tool for membership, volunteers and potential donors.

Our partnership with NOMAD, the virtual marketing firm, paid off in many ways. We had hired them to help us with a new "elevator speech" about our Village as well as to help us develop a badly needed brochure. They were excited to learn about, and help us with, our calendar project, then built on its powerful photos and words to shape a new brochure. NOMAD's Jim Kingsley also worked closely with **Iris Molotsky** in the photos and graphics for our first-ever yearend report.

We know the yearend report will continue to pay dividends, as an elegant, comprehensive look at who we are. If you want extra copies of the report, say so!

Already we can see the rewards. More than half of the donations last year came from

FROM THE President



non-members, some we'd never even met. Many said they didn't know about the Village but liked what they read in the report, which went to everyone 45 and older in our eight census tracts. We continue to receive donations.

We're on the way to a second major Silent Auction fundraiser, on Saturday March 10. We welcome your ideas for other fundraisers! Last year, we raised about \$28,000 from three major fundraisers — the Silent Auction, the calendar and the Sizzling Sidewalk sale.

We continue to get new members, netting 22 newcomers in 2011. That's pretty good in a time of economic distress. We know we're still a long way from being financially stable, however. We had said in 2009 that we needed at least 150 members to meet that goal and now we know that's not nearly enough.

Other village leaders keep asking me how we get members. I say it's through good programs, a great executive director and a lot of activities. But, really, we know it takes personal contact and word-of-mouth friendly persuasion as well. A lot of our neighbors don't understand what a Village is or think it's only for the feeble and frail. It's up to us to educate them — and to escort potential members to one of our vibrant events (almost any would do!) to show off what an interesting community we've created.

Two members who do this with ease are **Marie Marcoux and Laurie Coburn**. Many thanks to them for bringing a half dozen people to the membership recruitment dinner earlier this month.

Don't be shy about recruiting members. We need to step up our game to get more new members in 2012 — and I know we can do that, with your help! ■



MONTHLY Calendar

TUESDAY, JANUARY 31:

New Members Dinner. 6:30-8:30 Location is at Peg Simpson's, 1719 Swann Street NW.

TUESDAY, FEBRUARY 7:

10:30-11:30 am. Something of Splendor: Decorative Arts from the White House. See an exhibition of 95 objects (furniture, ceramics, metals, glass and textiles) from the White House's permanent collection. Renwick Gallery, 1661 Pennsylvania Avenue, NW. RSVP no later than February 2 to Judith Neibrief at jneibrief@aol.com and please put White House in the subject line

TUESDAY, FEBRUARY 21:

6-8 pm; Group Dinner at Mandu. Traditional homestyle Korean cuisine. 1805 18th Street NW (between S and Swann Streets). Limited accessibility – no elevator to 2nd floor dining area. RSVP no later than Saturday, February 18 to Judith Neibrief at jneibrief@aol.com and please put "Mandu" in the subject line.

SATURDAY, MARCH 10:

6:30-9:30 pm Second Annual Silent Auction, "Spring Ahead with the Village" Woman's National Democratic Club, 1526 New Hampshire Ave, NW. Think about donations you might wish to make and ways you can assist with promoting the event to people beyond the Village borders. More information to follow.

DISCOUNTS FOR VILLAGERS

Take your membership card and patronize these restaurants and cafes who give valuable discounts to DCV members! Keep up with additions through the website.

Village Cooks Want to Know

—Judy Du Berrier

Villagers want to know how to lose those unwanted pounds they packed on over the holidays. Here are a few ways to shed them without starving yourself silly. We're calling this "INSTEAD OF" to give alternatives for commonly eaten foods.

INSTEAD OF...

Bread: Tortillas. Warm 30 seconds on an open flame or pan. Top with margarine, shredded cheese or refried beans.

Butter: Olive Oil. Add optional garlic or herbs.

Pasta/Rice: Farro. This ancient grain is almost gluten free, has a nutlike flavor.

Baked Potato: Boil instead. Baking results in higher calories.

Mashed Potatoes: Use 50-50 ratio regular potatoes with *yams or cauliflower florets*. Then mash with chicken or vegetable broth and tablespoon(s) olive oil. Add chopped scallions or chives.

Any Potatoes: Couscous. Add chopped scallions/craisins/toasted nuts. Pretty and delish!

Meat: Beans. Garbanzos in salad or couscous, all varieties in chili/stews/casseroles. Lots of protein. Fills you up, not out!

Bacon: Crispy Proscuitto.

Cream/Milk: Low-fat Buttermilk. Sauces/soaking chicken/mashed potatoes.



Mayo/Sour Cream: Greek Yogurt. Works in most recipes calling for creaminess. Great snack or breakfast: Dollop heaping tablespoon frozen juice concentrate. Sprinkle toasted nuts and dried/fresh/or frozen fruit. Add honey if you are a sweets person. Tastes like a sundae.

Boxed cereal: Oatmeal.

Croutons: Baked Pita Chips.

Microwave Popcorn: Pop from *no salt/fat kernels*. Takes same amount of time.

Potato Chips: Sun Chips or Tortilla Chips.

Coke/Pepsi: Lo-cal Seltzer Water. Optional spritz cranberry or grape juice.

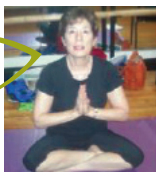
Pecans/Macadamias: Peanuts or Pistachios.

And finally. The American custom of eating salad first turns out to be a very good idea. Eat a lot of it before the meal. And be sure to include either grains or beans. Nuts and seeds. Crunch and color: Eat s-l-o-w-l-y. Savor the alternatives...

Questions/Comments: judydubierrier@verizon.net. 202-328-9123. ■

Yoga Tip of The Month:

More Balance Work for the New Year



—Judy Silberman, DCV Yoga Master

We need good balance and awareness of our body in space to try to prevent falls. This is the third in a series of balance exercises.

Hip Extension: Stand 12-18 inches from table or chair, holding on with both hands. Bend slightly forward toward table, careful to keep your spine aligned, with ears over shoulders. Slowly lift one leg straight backward. Hold. Slowly lower leg. Repeat

with other leg. Add modifications: holding with one hand, then fingertips, one finger; no hands (stare at a spot in front of you), then with eyes closed.

Side Leg Raise: Stand straight behind the table or chair, holding on with your hands, feet slightly apart. Slowly lift one leg to side, 6-12 inches. Hold. Slowly lower leg. Repeat with other leg. Use modifications noted above when you can. ■

Silent auction—*Bid for a week in Paris!*

We're gearing up for our second Silent Auction and are determined to make it even better than the first one—which was pretty good! Mark your calendar now for DCV's **2012 Silent Auction on Saturday, March 10, at the Woman's National Democratic Club**, 1526 New Hampshire Avenue, NW. With this year's theme, "*Spring Forward With The Village*," we welcome the return of daylight saving time, marking spring and Washington's fabled cherry blossoms.

A historic building, great food and drinks, good company and tantalizing and unique items waiting for you to take them home—there's no better way to spend an evening and support the village —Iris Molotsky

The auction committee is hard at work, but we can't pull this together without your help and support in getting donations to sell at the auction. **Our goal is 120 items by February 29.** We all have skills, objects or knowledge that could be turned into great auction items. We

also have friends, neighbors or businesses we patronize that we can approach for donations.

This year we have selected six categories of items we want to focus on: wining and dining, indulgences, learning and growing, celebrating authors, in-town and out-of-town getaways, and hearth and home. And we're pretty adept at fitting objects into these categories!

Know an author? Invite him or her to make a presentation at a dinner in your home. Have a beautiful basket that you don't use? Fill it with items around a theme. For example: "Some Enchanted Evening" could feature a bottle of champagne, two glasses, a box of chocolate truffles and a Do Not Disturb sign. Quilters, knitters and weavers: this is your chance to show off your skills.

We've created a donation form to ensure we have accurate information for all items. A copy of the donation form is available on the Village website: www.dupontcirclevillage.org. Ask donors to fill **it** out a form for each item. The form should be returned to Iris Molotsky, 1735 T Street, NW, Washington, DC 20009. Contact Iris at iris.molotsky@gmail.com or 202-328-1121 for more information. ■



2012 CALENDARS STILL AVAILABLE

Do you wish you'd sent our 2012 calendars to other friends and relatives or given one to potential members or donors?

It's not too late! Calendars are still available at the reduced price of \$5.

You can order it online, with a credit card, and can also ask that it be mailed for a \$3 fee, or you can get calendars from Peggy Simpson (psimpson@attglobal.net), Iris Molotsky (iris.molotsky@gmail.com), or Bernice Hutchinson (bernice@dupontcirclevillage.org). ■



A WEEK IN PARIS:

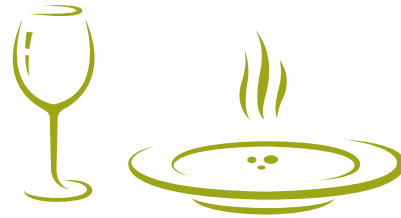
A Highlight in This Year's Silent Auction

Once again, silent auction participants can bid on a week in a Paris apartment in the Marais, one of the oldest historic districts in Paris. A five-minute walk across the Seine to Notre Dame, the two-bedroom apartment is located on a quiet, tree-lined street filled with outdoor cafes and boutiques.

Winners can enjoy the amazing Sunday morning market at the Place de Bastille or walk to the famous Place de Vosges, the only square in Paris still completely lined with its original 17th century buildings. ■

Recruitment Dinner

A Great Start for the Social Season!



The Village's social season got off to a great start as 16 neighbors gathered at **Carol Galaty's** house for dinner and an introduction to the Village. President **Peggy Simpson** was joined by Villagers **Abigail Wiebenson, Marie Marcoux, Laurie Coburn** and **Iris Molotsky**. The rainy night did not deter people from attending. We got to know one another while being warmed by a glowing fire and plenty of food and drinks. As is well known in the Village, Carol is a gracious host who knows how to throw a party.

The food, featuring chicken mole and corn pudding, was superb, but the highlights of the evening were finding out, once again, what a fascinating group of people our neighbors are. Conversations ranged from wine—**Ellen Kirsh** is a certified wine educator; to the state of DC Schools with **Mary Lord**, who is our community's educational watchdog; to the joys of France, fueled by speaking with two attendees, **Nicole Anich** and **Claire-Lis Levin**, both of whom were born in France. This discussion included

Village francophiles Marie Marcoux and Iris Molotsky and there was talk of trying to start a French-speaking Village group.

Many thanks to Marie Marcoux and Laurie Coburn, who both work diligently at increasing Village membership and recruited many of the participants at the dinner: **Jacob Love**, another friend at the dinner, offered to serve as our official photographer for the evening, which was greatly appreciated, and his photographs are terrific. Thanks also to Abigail Wiebenson, the driving force behind our recruitment dinners and, especially to Carol, who repeatedly opens her home and her heart to the Village. ■



A NOTE FROM THE EDITOR

—Joan Ludlow

As new editor of our DCV newsletter, I look forward to meeting and communicating with many villagers in the months to come. I'm indebted to Iris Molotsky for the excellent publication she established and developed over the last three years.

The goal of our newsletter is to provide DCV members with sparkling and interesting features that will keep our growing community in touch with our activities, upcoming plans and each other.

Please, if you have thoughts and/or contributions for future issues please don't hesitate to contact me at joanl@crosslink.net ■



Kudos

TO JOANNE LIU

Joanne Liu, a big Village supporter, and the owner-operator of Scion, hosted President Obama at her restaurant in mid-January. She's among the very few to get a visit from the President and, for that, we say a special congratulations!

Scion, which is at the corner of 21st Street and P Streets, has been the frequent site for events for DCV volunteers and Joanne has arranged three-course meals for our activities group. Joanne gives villagers a discount, if they show their membership card (more details from our website on the hours that apply.)

TO WILL STEPHENS

Will Stephens chairs the Advisory Neighborhood Commission (ANC) for the Dupont Circle area but also is a drummer and jazz entrepreneur. In the past two years he has built up the Sunday night jazz and blues musical "conversations" at the Eritrean restaurant Dahlek. This brought him a big plug in a recent *Washington Post* blog featuring places to hear city musicians.

Will is a big Village supporter and last year hosted the Village at one of the Sunday night jam sessions. These are free and are come-and-go affairs where you can order food and drinks or just listen. Dahlek is at Florida and 18th Street N.W.

Our hat's off to you, Will! ■



Villagers might like to see this



Five minutes of your time is all it takes to see this video. The song "Small Planet" by Village member **Linda Rosch, Zan McLeod** and **Steve Rosch**—is accompanied by a charming graphic-design presentation by Linda. The video describes itself as "a deeply heartfelt attempt to reach out to all people on our beautiful Planet Earth—to say—"We all have our origin in the Same LIGHT—but we don't live as if this is the TRUTH." Viewers comment: ...so beautiful, I have to hear it every day! Makes my heart soar; cry, love...Everyone in the world should see it! Lovely and inspirational. <http://www.youtube.com/watch?v=XxAN5JYN6xY> ■

Village Testifies in Support of Raising Real Property Tax Cap

—Bernice Hutchinson

On January 9, 2012, **Bernice Hutchinson**, Executive Director of the Dupont Circle Village, gave testimony in a hearing before the DC City Council, Committee on Finance and Revenue, supporting Bill 19-512, *The Age-in-Place and Equitable Senior Citizen Real Property Act of 2011*, urging for its swift passage into law.

Jack Evans, Councilmember for Ward 4, introduced the bill to increase the qualifying income cap (from \$100K to \$125K) for the District's real property tax credit. The increase would allow 1500 additional seniors in the City to take advantage of the credit. The bill reflects the needs of home-owning Washingtonians, like

those of Dupont Circle Village, and the diverse demands of aging in place, especially during a recovering economy that has municipalities like DC cutting back on providing much-needed health and social services.

Victor Wexler, ANC Commissioner 2B 05 and member of Dupont Circle Village, testified in support of the bill, noting that the current law operates like an unfair burden on monies deferred in IRA accounts. Wexler stated that the current limit operates like a tax on a lifetime of hard work rather than on income earned in the current year. Others testified in support of administrative fixes needed for an outdated set of regulations.

Those opposing the bill noted that raising the cap represents lost revenue for the City.

Ms. Hutchinson's testimony was one of several highlighting the need of the City to recognize the importance of retaining its older, home-owning, middle-income residents. This would help reverse a trend in the City that casts it in sharp contrast with Maryland and Virginia, which have growing senior populations.

To read the Village's testimony in its entirety, log onto the website at www.dupontcirclevillage.org ■

DONATE TO THE VILLAGE

You can support DCV in many ways, including becoming a sponsor for the Silent Auction. Contact Iris Molotsky for further information

The Dupont Circle Village is a **NON-PROFIT** 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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Lucia Edmonds, secretary
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Curtis Farrar
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Bernice Hutchinson,
executive director