

*"I have decided to stick with love.  
Hate is too great a burden to bear."*

*Martin Luther King, Jr.*

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# Interim President's Letter

*-Martis (Marty) Davis*

Let me begin by wishing my fellow Villagers a very blessed and safe New Year. To those of you who might have missed the news of my appointment, I am the interim president of Dupont Circle Village -- a position that, six months ago, I could never have imagined having.

I joined DCV a year ago and was elected to the board this fall. I volunteered to co-chair the public affairs committee and, shortly thereafter, was asked to take the interim helm of the Village when Iris, our phenomenally accomplished president, wished to step away from her duties. Who can say no to Iris? But not to fear: Iris remains a member of the board and executive committee and is busy leading the planning of our spring fundraising gala on April 17 at the Women's National Democratic Club. The board is working on a succession plan, and a new president will be announced sometime this summer.

In the meantime, I have been meeting as many members as possible and assisting Iris with the spring gala. This year's theme, "Destinations," invites gala attendees to grab their "Village Passports" and prepare to bid on a wonderful array of trips and adventures, both overseas and closer to home. So mark your calendars for April 17! We want to see all of you there.

Final preparations are also being made for our new website, which will greatly enhance our ability to take advantage of all the wonderful opportunities afforded to us by membership in DCV. The new website will allow us to renew membership, buy tickets to the gala or other events, access vital information and, most important, look up fellow members.

Affinity groups of all stripes will be posted, and invitations to start new groups will be available at a finger's touch. We expect to go live with the new website later this month, so be on the lookout for that announcement.

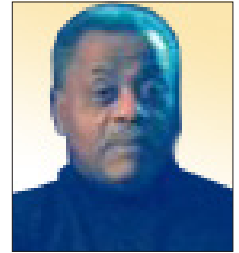
As I become more familiar with the operations of the Village, I have become increasingly impressed with how much is done by volunteers, not only in providing direct services to members who need them but also by serving on the board and on a variety of committees that develop the programs and

events that we all enjoy. Volunteers do the vital and necessary work of governance, finance and other behind-the-scenes activities that make DCV a gleaming gem among Villages in the Washington area. Also, it is truly astounding to behold the generous contributions that come from members on top of our fees, as well as from volunteers. We owe members and volunteers a deep debt of gratitude. Without you, there would be no Dupont Circle Village.

I am learning a lot, observing even more, and can see some interesting challenges ahead for DCV. Through strong individual efforts and sacrifice, this Village has become a vital example of human initiative. But for DCV to grow and fulfill a shared vision for the future, we must develop and implement creative and effective policies and practices to meet our members' growing needs while achieving the fiscal sustainability vital to any organization's success. With the help of the board and standing committees, I plan to identify some of those policies and practices to strengthen our organizations without creating undesirable bureaucracy.

We must ask ourselves vital questions: How big do we want to be? At what number might we lose the feeling of community? How shall we continue to sustain ourselves financially? Are auctions and donations enough? What alliances and partnerships might serve DCV in the years to come?

These are questions that do not yet have answers. DCV presidents cannot, nor should they, answer those questions alone or even with the help of the board and our capable executive director. The answers must come from each and every one of you. In order to prosper, we must find those answers, starting right now in 2015. ■





## MONTHLY Calendar

### **Soup Salon**

**Sunday, January 18, 6:00-8:00 pm**

1719 Swann Street, NW

(Peg Simpson's home)

Doris Meissner, former INS Commissioner (1993-2000) and current director of US immigration policy at the Migration Policy Institute, will share her insights and expertise and take your questions. RSVP to Linda Harsh at lindajkh@mac.com.

### **Richard Estes' Realism**

**Tuesday, January 20,**

**11:45 am – 12:45 pm**

Smithsonian American Art Museum, 8th and F Streets, NW

Mary Braden, Villager and favorite docent, will lead a tour of Estes' visions of New York City, Paris and Tokyo, as well as his explorations of the Maine coast and the woods on Mount Desert Island. RSVP to kcardille@gmail.com.

### **DCV Prospective Members Informational Dinner**

**Tuesday, January 20,**

**6:30 – 8:30 pm**

1916 S Street, NW

(Abigail Wiebenson's home)

Please send names of prospective members, along with their contact information, to Abigail (abigailwiebenson@gmail.com) no later than January 2nd. If you missed that date, it's not too early to send names for the next dinner.

### **Writer's Coffee**

**Wednesday, January 21,**

**11:00 am – 12:30 pm**

The Cake Room, 2006 18th Street, NW, Second Floor

This group welcomes all. Bring a piece of writing to share or write about this month's topic: the best gift you ever got. RSVP to kcardille@gmail.com. Please send Kathy your discussion pieces for forwarding to members or bring 8-10 copies to the Coffee.

*continues on page 3*

## Resolutions – Come On, Get Happy!

---Bernice Hutchison, Executive Director

As 2015 begins, so do many of our hopes of starting anew with resolutions on diets, exercise, medical appointments and downsizing collections. But, did you ever stop to think that following through on your resolutions can actually make you happier? It is estimated that 44 percent of Americans make New Year's resolutions. That means 56 percent do not. While the majority of you probably passed on the opportunity to sit down and write up your resolutions, some of you made a list. Good! There is evidence that written goals are essential ingredients to success. And there is growing discussion linking written goals to happiness. Consider, if you will, the following positive outcomes of the time-honored New Year ritual.

**Increases focus.** Just think about it: I have ignored my garage all year, and suddenly I have zeroed in on the enormous mess therein. Committing some concrete thoughts about this disaster onto paper has been a huge leap forward for me! I have to admit, I had a little encouragement and incentive when I found the Christmas tree stand buried under the Easter egg molds. So this resolution was, shall we say, long overdue and a little obvious. But seriously, committing this goal to writing has made my desire to achieve it more intense.

**Clarifies intent.** If your thoughts have been vague, then writing them out could give them the dimension, clarity and purpose you need. As I wrote down, "buy new seasonal boxes and sort items," I knew that the Easter egg mold would have to bid a fond farewell to the reindeer and Christmas tree stand.

**Gives purpose.** Your resolutions may be just the ticket for coming up with positive goals and a way to implement some of the things that have been nagging you all year long. Giving purpose to a thought can move you in the direction of accomplishment instead of just existing from day to day.

**Encourages big dreams.** What if you decide on one gigantic, important resolution with small incremental steps for the year? Who knows? You may find that, by December 2015, this unbelievably huge idea was worth working toward.

Gretchen Rubin, author of *The New York Times* best seller, *The Happiness Project*, reminds us to think about our bliss and happiness when making resolutions. You may ask yourself questions like: What would make me happier? What is a concrete action that will bring happiness/change? Am I starting small enough? How am I going to hold myself accountable? Are there any small nagging issues that are weighing down my happiness? As you proceed through 2015, it may be a good practice to think about happiness.

Okay, so here goes: "I resolve to completely clean out the garage this year." Now, I've said it, and I'm going to write it down with incremental steps. If I roll my calendar back to January 1, I have exactly 365 days -- 8,760 hours or 525,600 minutes -- in which to embark on a journey to complete my task. Now is the time to get busy! You know, I feel happier already. ■



Calendar, continued from page 2

**Live and Learn: When Are Memory Lapses a Problem?**

**Monday, January 26, 3:30-5:00 pm**

Jewish Community Center, 1529 16th St, NW, Ina and Jack Kay Community Hall Robin Lawrence, Certified Adult and Gerontological Nurse Practitioner with Georgetown University's Memory Disorder Program, will explain how to look for signs of cognitive decline. Free for Village members and \$10 for others. Building is wheelchair accessible. RSVP to Linda Harsh, 202/234-2567 or lindajkh@mac.com.

**Tour of the Smithsonian Castle**

**Sunday, February 8, 11:30 am – 12:30 pm**

Jefferson Drive, SW, at 10th Street Take a private, behind-the-scenes tour of this Washington, DC, landmark with Villager and Smithsonian docent Sheila Lopez. Learn about the history of the building and its architecture, and explore its grand mid-Victorian rooms that are not open to the public. RSVP by Feb. 6 to kcardille@gmail.com.

**DCV Spring Fundraising Gala: Passports Friday, April 17**

Woman's National Democratic Club, 1526 New Hampshire Avenue, NW It's not too soon to mark your calendars for this gala event that will feature an auction with great travel destinations, a buffet dinner and dancing. ■

# Growth and the Volunteer Program

---Garry Hutchinson, Volunteer Coordinator

Each month, I write an article praising some element of the spirit of volunteering that infuses, stimulates and supports Dupont Circle Village. Whether it is a brief bio of a volunteer or a summary of the services and hours provided over the course of a year, these articles reveal the vital nature of our volunteer program, either as a small but appreciated courtesy, a necessary arm of support or an integral element of our administrative infrastructure.

As our organization continues to grow, so have our ideas about ensuring that the volunteer program keeps pace. DCV receives a modest but healthy number of volunteer requests each month. But it is no secret that a majority of our members remain quite active and prefer to engage in the cultural, educational, health and wellness and social components of membership. With that being said, our volunteer program now has the opportunity to plan for a future that anticipates more members and, with that, an increase in volunteer requests. Accordingly, there is mounting interest in enhancing our volunteer program.

In advance of our expected growth, I have a wish list for our volunteer program: policies and procedures to govern the program; the implementation of new training seminars; and the expansion of our volunteer base to accommodate all the exciting areas for probable growth. DCV's volunteer program is not structured currently as a committee. However, a volunteer committee would be an appropriate platform from which to strengthen the infrastructure of volunteer operations and also expand them.

It is an established trend that Villages across the nation are expanding their boundaries. DCV's growth has paralleled this trend. As our boundaries have recently expanded, so have our thoughts about what it takes to live and age well in the community and how to plan to accomplish that. Volunteers are a vital part of intergenerational and community integration. The volunteer program would be the perfect vehicle through which our organization can better achieve youth, young adult, local business and other community engagement.

This month our board of directors will entertain the idea of a more formal approach to expanding our volunteer program. As a DCV volunteer who has had the great fortune of serving as your Volunteer Coordinator for the past 16 months, I feel privileged to continue along this marvelous journey and bear witness to this wondrous evolution. ■

**C**ongress shall make no law respecting an **ESTABLISHMENT OF RELIGION**, or prohibiting the free exercise thereof, or abridging the **freedom of speech** or of the **PR**ESS; or the right of the people peaceably to **ASSEMBLE**; and to **petition** the **government** for a **redress** of **grievances**.



## In His Own Words: A Tribute to Martin Luther King, Jr.

Martin Luther King, Jr., was born on January 15, 1929 and was assassinated on April 4, 1968. In 1983, then President Ronald Reagan signed into law a bill establishing a national holiday in the Reverend Dr. King's honor, to be observed on the third Monday of every January, starting in 1986. This year, the commemoration falls on January 19th.

There is no match for Dr. King's own words. This deeply moral, wise, courageous, non-violent man wielded language like a sword to cut through to our better natures so that we might apprehend the meaning of "with liberty and justice for all." Let us therefore take some time to reflect on his teachings in his own words:

As my sufferings mounted I soon realized that there were two ways in which I could respond to my situation -- either to react with bitterness or seek to transform the suffering into a creative force. I decided to follow the latter course.

The hope of a secure and livable world lies with disciplined nonconformists who are dedicated to justice, peace and brotherhood.

Faith is taking the first step even when you don't see the whole staircase.

Nonviolence is a powerful and just weapon which cuts without wounding and ennoble the man who wields it. It is a sword that heals.

We who engage in nonviolent direct action are not the creators of tension. We merely bring to the surface the hidden tension that is already alive.

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.



We may have all come on different ships, but we're in the same boat now.

I look to a day when people will not be judged by the color of their skin, but by the content of their character.

We must learn to live together as brothers or perish together as fools.

Rarely do we find men who willingly engage in hard, solid thinking. There is an almost universal quest for easy answers and half-baked solutions. Nothing pains some people more than having to think.

Shallow understanding from people of good will is more frustrating than absolute misunderstanding from people of ill will.

Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity.

Injustice anywhere is a threat to justice everywhere.

Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be. This is the interrelated structure of reality.

Philanthropy is commendable, but it must not cause the philanthropist to overlook the circumstances of economic injustice which make philanthropy necessary.

It's all right to tell a man to lift himself by his own bootstraps, but it is cruel jest to say to a bootless man that he ought to lift himself by his own bootstraps.

The moral arc of the universe bends at the elbow of justice.

All progress is precarious, and the solution of one problem brings us face to face with another problem.

We must rapidly begin the shift from a "thing-oriented" society to a "person-oriented" society. When machines and computers, profit motives and property rights are considered more important than people, the giant triplets of racism, materialism, and militarism are incapable of being conquered.

We are faced with the fact, my friends, that tomorrow is today. Procrastination is still the thief of time. Over the bleached bones and jumbled residues of numerous civilizations are written the pathetic words 'Too Late'.

If I cannot do great things, I can do small things in a great way.

If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.

Our lives begin to end the day we become silent about things that matter.

We must accept finite disappointment, but never lose infinite hope.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident, that all men are created equal." ■ BR

## Valentine's Day: Blood and Roses

Like Christmas, Valentine's Day seems to come earlier each year. Many people eagerly await February 14 as an occasion to acknowledge, and be acknowledged by, their loved ones in a special way. Others may remember the mortification of getting the fewest number of cards in their school's Valentine Day's card exchange or dread being reminded that they don't have a romantic love. How did February 14th come to be fraught with so much emotion?

The history of Valentine's Day is an amalgam of myth and fact. We know that Pope Gelasius declared February 14th St. Valentine's Day at the end of the 5th century, and that the Catholic Church once recognized at least three different saints named Valentine or Valentinus, all presumably martyred on February 14th. Most scholars think that the St. Valentine of the holiday was a priest who incurred the ire of Roman emperor Claudius II around 270. Why he did so, however, is the stuff of legends. One legend has it that Claudius, having concluded that bachelors made better soldiers than married men, prohibited marriage for young men. Valentine continued to perform such marriages anyway and was caught and ordered executed by Claudius.

Another legend has it that, while in prison, either for performing these marriages or for helping Christians to escape harsh Roman prisons, Valentine fell in love with the jailer's daughter and, shortly before his execution, wrote her a letter signed "from your Valentine." A non-romantic version of the story has Valentine being martyred for refusing to renounce his religion.

Why February 14th was chosen for St. Valentine's Day is also contested. Some hold that Pope Gelasius did so because it was when Valentine(s) died or was buried. Others believe that the Church wanted to co-opt Lupercalia, a pagan fertility festival that was celebrated on February 15.

That festival began with members of an order of Roman priests, the Luperci, gathering at a sacred cave where the infants Romulus and Remus, held to be the founders of Rome, had been cared for by a she-wolf. The priests sacrificed a goat for fertility and a dog for purification. The goat's hide was cut into strips and dipped into the sacrificial blood, and then the Luperci would roam about slapping both women and crop fields with the goat hide to induce fertility. Legend holds that, later in the day, young Roman women would place their names in a big urn to await selection by Roman bachelors. The resulting couple would be paired for the year and might even get married. Not surprisingly, when the Church declared February 14th St. Valentine's Day, it simultaneously outlawed Lupercalia.



By the Middle Ages, Valentine had become one of the most popular saints in England and France. The St. Valentine stories all had some heroism and romance to them, which abetted the appeal of the saint, and the English and French belief that mid-February was the beginning of birds' mating season reinforced the association of the feast day with love. Scholars say that Valentine's Day wasn't "definitively" associated with love until the 14th century, but they disagree about the defining event. Some attribute it to a poem composed by Chaucer in 1381 to honor the engagement of England's Richard II to Anne of Bohemia, while others point to a 1415 poem written by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London.

The celebration of Valentine's Day increased in popularity throughout the 17th and 18th centuries, with friends and lovers exchanging small gifts and notes. The mass production of Valentines cards in the U.S. began in the mid-18th century and is attributed to Esther A. Howland, a native of Worcester, MA, and a Mt. Holyoke graduate. Today, Valentine's Day is second only to Christmas in the number of cards purchased, with women representing by far the majority of buyers.

Indeed, Valentine's Day has become a big business, involving not only cards but also dining out, flowers, jewelry or other expensive gifts. But the religious nature of Valentine's Day is no more. In 1969, when the Catholic Church removed from its liturgical calendar the feast days of saints whose historical origins were questionable, St. Valentine was expunged. There is little likelihood, however, that the pagan custom of slapping with bloody goat-hide strips will be revived.

Happy Valentine's Day. And remember that every day is an opportunity to show love and appreciation for loved ones, romantic or otherwise. (Sources: [www.history.com/topics/valentines-day](http://www.history.com/topics/valentines-day); [www.infoplease.com/spot/valentinesdayhistory.html](http://www.infoplease.com/spot/valentinesdayhistory.html)) ■ BR

## Health and Wellness Alert: Attainable New Year's Goals

The Health and Wellness Committee's New Year's wish is for Village members to venture through 2015 with vim and vigor.

As you watched the famous ball drop in Rockefeller Center or celebrated with friends and family, you may have taken a moment to think of a resolution for the New Year. It might be something you want to do or change and not do. Regardless of your wish, making resolutions is a widespread practice.

According to *Psychology Today*, two resolutions top the list every year. The first is to lose weight, the second is exercise more. But by mid-January, your cravings are harder to resist. You've consumed a delectable you had planned to pass up and missed a few days at the gym, and now you wonder if your goals were too lofty.

We suggest that, rather than setting yourself up for disappointment, set more easily attainable goals.

Let's look at three areas: **Eat Right ~ Be Fit ~ Live Well**

**Eat Right ~ Nutrition Resolution:** Simply aim for five servings of fruits and vegetables per day. Snack on apples or bananas, which are great take-with-you snacks. When eating salads, opt for dark leafy greens (iceberg lettuce is mostly water with few nutrients). Don't forget to drink water, and limit sugary drinks to one a week. Lemon and lime will flavor your water, and a touch of seltzer adds tang. Lastly, control your portions. One easy way is to use a smaller plate or associate a serving with an object. For example, three ounces of meat equals the size of a deck of cards; whatever picture works for you.

**Be Fit ~ Fitness Resolution:** Try a new fitness class. This might be tai chi, yoga, kick boxing or strength building. Be sure to schedule the class, and let the benefits keep you motivated. And don't forget the benefit of having the opportunity to meet new people, which means endless possibilities. But exercise doesn't have to happen only at a gym. Take the stairs instead of the elevator, park further away from your destination when driving, walk when feasible instead of drive or do chair exercises while watching television. Explore the possibilities. And get a buddy. You can motivate each other to keep your plan working and more interesting.

**Live Well ~ Overall Wellness Resolution:** Try for seven hours of sleep a night. If you have difficulty going to sleep, try to create a pattern, like reading for 20 minutes before going to bed or listening to your favorite music. Be creative in creating that ritual, taking into consideration the things in your life that bring a sense of calm and peace.

Don't bypass regular check-ups with your doctor(s). This helps to find problems early or keeps existing problems from getting worse. And don't forget prevention exams.

**Laugh more.** Laughing causes positive physical changes within the body. It can work out the heart, lungs and muscles and encourages the brain to release mood-enhancing endorphins. Laughing can help you deal with difficult situations and bring you closer to other people. Reading can bring you laughter (e.g., *New Yorker* cartoons); so can funny movies or just being around humorous people.

As an incentive to help you commit to these doable resolutions, we offer up some tasty and nutritious treats:

**Cheesy Kale Chips:** Tear kale leaves into large pieces and arrange on a baking sheet. Spritz with olive oil, and bake in a 350° oven until crisp. While still warm, sprinkle with grated parmesan.

**Greek Watermelon:** Crumble feta cheese over cold watermelon cubes; sprinkle with slivered fresh mint. ■

### Healthy Definition

As defined by the World Health Organization, **health** is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

**Wellness**, as defined by The National Wellness Institute, is an active process of becoming aware of, and making choices toward, a more successful existence. According to popular university, corporate and public health programs, wellness encompasses six dimensions: social, occupational, spiritual, physical, intellectual and emotional.

The Pacific Northwest Foundation in Portland, OR has an interesting website on health and wellness at <http://www.pnf.org>.

*Health and Wellness Committee*

# 2015

## Out and About with DCV

**Unearthing Arabia.** On December 16th, a group of Villagers were treated to the archeological treasures of South Arabia (present-day Yemen) as seen through the eyes of paleontologist Wendell Phillips during expeditions he led to the area in 1949-1952. The exhibit at the Sackler Gallery displayed more than 70 artifacts that Phillips unearthed, dating as far back as the 8th century B.C.E. Photographs taken by his photographer during the expeditions gave us a rare view of the life of this legendary figure, who is often likened to Hollywood adventurer Indiana Jones.



Image Credit: Wikimedia Commons

**Christmas Eve Party.** Thanks to the extraordinary hospitality of **Carol Galaty** and **Ken Shuck**, a crowd of Villagers spent Christmas Eve in their wondrously decorated home enjoying drinks, desserts and one another. A highlight of the evening was Carol's reading of the many hilarious, anonymous messages attached to the tasty treats guests brought for the Swedish (presumably) "fun food" gift exchange. No one left empty handed. ■ SL & BR



Carol Galaty and Ted Bracken as Santa

### DCV's Papparazzi

**Jane Cave** and **Harvey Friedman**, both professional photographers, have volunteered to help DCV develop a library of photographs for the new website. Thank you! Expect to see Jane and/or Harvey pop in on Village events to take candid shots, as well as individual portraits. They will also be taking photos of DCV's leadership team. Smile!



### SAVE THE DATE – April 17!

Mark Friday, April 17, on your calendars NOW for the DCV Spring Fundraising Gala at the Woman's National Democratic Club, 1526 New Hampshire Ave., NW. The theme is "Passports," and great travel destinations, near and far, will be available at auction. Add in a sumptuous buffet dinner, dancing and sparkling conversation, and you get an evening that is not to be missed. Spread the word, and stay tuned for further details.

## Where Are They Now?



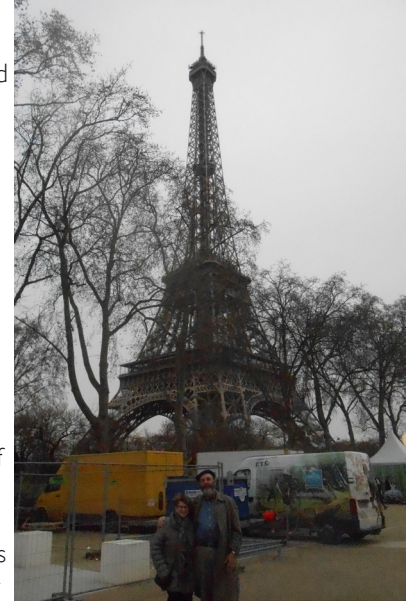
**Ann McFarren and Bill Roberts** had a fulsome trip to China last spring, thanks to an amazing Groupon deal that even included airfare and four-star hotels along with the usual, and not so usual, sightseeing: the Forbidden City; the Great Wall; a high-speed train ride; a cruise through the three gorges of the Yangtze River; the Ghost City of Fengdu; the Panda Zoo; a Kung Fu show; Macau; the best Beijing duck they ever ate; and much more, including a side trip to Hong Kong. Bill proclaimed the trip “one of the most interesting of our lives,” and he’s eager to share his 64-page travelogue with fellow Villagers (wrobertsd@yahoo.com).



**Abigail Wiebenson** spent two weeks over the holiday in Brazil: Rio, Brasilia and the high country of Alto Paraiso. “The warm and sunny weather was perfect for hiking to dramatic waterfalls (think Niagra Falls multiplied) and delighting in the abundance of parrots, monkeys, emus and macaws, with an armadillo sighting, as well,” she writes.



**Iris and Irv Molotsky** spent the holidays, and then some, in their beloved Paris and sent greetings in the form of evidence that they took in a Christmas market set up at the foot of the Eiffel Tower:



**Sheila Lopez** faithfully returned from her trip to Southeast Asia with her daughter just in time to work on the January DCV Newsletter: “Tales of Hindu deities, epic adventures from the Ramayana, and stories of the past lives of Buddha punctuated our travels,” she recounts. “The ancient capitals of Bagan, Ava, Amarapura and Mandalay in Myanmar; Luang Prabang in Laos, and Ayutthaya in Thailand, with their countless stupas, pagodas, and temples, provided stunning contrasts to the current skylines of cities like Yangon and Bangkok. Kipling came to mind over and over again.” From Kipling to the Newsletter...hmmm. ■ BR with thanks to the travelers







---Judy duBerrier

Nothing quite hits the spot in wintertime like soup! Here are two simple, delicious and nutritious recipes.

**Spanish Pea Soup (serves 6)**

- 2 large chopped shallots
- 3 minced garlic cloves
- 4 cups low-sodium chicken stock
- 2 lbs frozen peas
- 6 thin slices Serrano ham or prosciutto

Place ham in a single layer on a sheet pan and roast at 425 for about 6 minutes or until crispy. Set aside. Sauté shallots in 2 TB olive oil in heavy saucepan until lightly browned. Add garlic and cook one minute. Add stock, peas, 2 tsp salt and 1 tsp pepper; bring to a boil. Lower heat and simmer 5 minutes. Coarsely purée with an immersion blender or other blending tool. Adjust seasoning. Serve soup in 6 shallow bowls with a slice of crispy ham on top.



**Leek Soup (serves 6)**

- 7 leeks, white & light green parts, thoroughly washed and cut into rings
- 2 small red potatoes, skin on, washed and cut into 1" chunks
- 1/2 cup white wine
- Approximately 3 cups low-sodium chicken stock
- 3TB cream
- 3TB chopped parsley
- 3 thin slices prosciutto, baked or fried until crisp, then crumbled

Sauté leeks in 2 TB olive oil until tender. Deglaze pan with the wine. Add potatoes and enough stock to cover vegetables by 2". Bring to a boil, then simmer until tender, about 15 minutes. Salt and pepper to taste. For extra gorgeous decadence, add 1/2 cup grated Parmesan cheese. Let cool. Coarsely purée. Stir in cream. Serve at room temperature or hot in 6 soup bowls with parsley and prosciutto on top. Note: I usually add zucchini and/or garlic with the potatoes.

**Questions/comments:**  
judyduberrier@verizon.net. 202-328-9123. ■



---Judy Silberman,  
Yoga Master

Happy New Year! I hope you still have an old tennis ball handy for massaging more body parts, like the feet. Sitting on a straight-backed chair, come forward so your feet touch the floor. Place the tennis ball under your left foot and begin rolling the ball as firmly as you like. Observe tender spots, and work those areas with more or less pressure. Push your heel into the ball and then the toes, slowly breathing. (You may also do this standing, preferably close to a wall, to help keep the ball from getting away.) Then, place the left ankle on your right thigh. (Don't do this part while standing.) Holding the foot with your right hand, use your left hand to roll the ball firmly against the bottom of the left foot. Switch the ball to the right hand, if you would like more massage on the bottom, using your left hand as resistance. Then, switch to the right foot. Enjoy! ■

*Mark Your Calendar for the DCV Spring Fundraising Gala on April 17*

The Dupont Circle Village is a non-profit volunteer organization that connects neighbors to services and educational, cultural/social and health and wellness activities. Please consider a donation now or remember us in your will.



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