

*Happy 450th birthday,
William Shakespeare!*

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NEW MEMBERS

A warm welcome to newest members:

Mary McIntosh and Daniel Abele
Peggy Siegel
Christine Windheuser

President's Letter

---Iris Molotsky

"Stunning display." "The food was really delicious." "There were so many great Celeb Salons; it was hard to decide which ones to go to." "Another success for the Village." These are just a few of the remarks I heard the night of the auction.

The gods were good to us on March 28th, and we are still coming down from a high after wrapping up our fourth successful Silent Auction. The weather cooperated, our 200 guests were greeted with a superb assortment of items, the food was universally praised, and even the checkout process, usually chaotic, was relatively smooth.

Choosing which Celeb Salons to attend from among the stellar choices was difficult, and the buzz around the table was lively. Whether you are into economics, the news media, cooking, the world of art and literature or climate change, there's a Celeb Salon for you.

This year we added a new event, "Raise Your Paddles," a fundraiser for our Subsidized Membership Fund, which raised \$2,000. First prize for the raffle, a \$150 gift certificate from **Nora's Restaurant**, and the second prize, a \$100 certificate to **La Tomate**, were appealing to our foodie crowd, and we netted over \$900. We don't have the final results yet from the Auction, but it is clear we surpassed last year's income.

Our witty and creative program host, **Tricia Hoban**, kept the audience informed and amused throughout the evening. And once again, the **Yoshi Nishio Trio and Friends**, led by **Yoshi Nishio** and musicians **Roger Rosa** and **Marc Feldman**, livened up the evening with songs we all remember and cherish. They have become an anticipated part of our Auction.

There were so many people who worked to make our Auction a success. This includes the wonderful staff at the Woman's National Democratic Club, who made us welcome and provided assistance throughout the evening. I also want to acknowledge the work of committees and individuals who worked so hard to make the Auction a special evening.



FROM
THE
President



- The 2014 Silent Auction Committee: **Lois Berlin, Mary Braden, Kathy Cardille, Tricia Hoban, Bernice Hutchinson, Garry Hutchinson, Iris Molotsky, Marilyn Newton, Peg Simpson, Eileen Tanner, Abigail Wiebenson**
- The Celeb Salons Committee: **Jane Cave, Jane Pierson, Peg Simpson, Georgette Sobel**
- The Technology Group: **Luis Dodero, Louise Franklin, Michele Molotsky**
- The Food Committee: **Lois Berlin, Abigail Wiebenson, Donna Morris**, as well as the three assistants from **Xtra Helping Hands**
- The 42 volunteers who made everything possible. Members, DCV volunteers, Ross School parents, friends, friends of friends—they all pitched in to make the Auction the success it was.

So, as we put our Silent Auction -- and snow -- behind us, we look forward to cherry blossoms, greenery and a splendid spring. ■





MONTHLY Calendar

DCV Writer's Coffee

Tuesday, April 15, 10:00 am

Whether you are an old hand with dozens of published works or new at this effort to make something out of memory or imagination, come to talk about ideas, completed pieces and publication in a friendly environment. Glen's Garden Market, 20th and S Streets, NW. Contact Kathy Cardille at kcardille@gmail.com or 202/248-4347.

Arguendo

Woolly Mammoth Theater

Tuesday, April 15, 8:00 pm

641 D Street, NW. Innovative company, Elevator Repair Service, comes to Woolly with their newest show, *Arguendo*, a play about the Supreme Court and the 1991 First Amendment case *Barnes vs. Glen Theatre*, where a group of go-go dancers challenged a state ban on public nudity. Call the box office (202/393-3939) with the code DCV to order discounted \$40 tickets.

The Social Role of Theater (Lunch and Panel Discussion)

Thursday, April 17, 2014

11:30 am, bar opens; 12:15 pm, lunch; 1:00-2:00 pm, Presentation and Q & A. Members \$20; non-members \$30; Lecture only \$10. Woman's National Democratic Club, 1526 New Hampshire Ave. After lunch, Ari Roth (Theatre J), Serge Seiden (Studio Theatre), Paata Tsikurishvili (Synetic Theatre) and Anu Yadav (actress, playwright, educator) will engage in a panel discussion on *The Social Role of Theater*. Reserve online at www.democraticwoman.org or call 202/232-7363, Ext 3003.

Earth Day Picnic

Monday, April 21, 12:00-2:00 pm

Heurich House Museum Garden. Box lunch from Glen's Garden Market can be ordered when you RSVP to Kathy Cardille at 202/248-4347 or kcardille@gmail.com.

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Nothing About Us Without Us

*---Bernice Hutchinson,
Executive Director*

My father always wanted a girl. One cold and snowy Christmas Eve night more than 50 years ago, he opened the front door to find me wrapped in a bundle. He and my mom got their wish. And, as I grew up, my dad would often say that daughters are the best insurance policy. It was never spoken, but always assumed, that I would never leave and that I would always be there. You see, my dad was born in 1904. Think for a moment what went into shaping his world view. The Emancipation Proclamation had been signed forty years before his birth.

My father adored baseball. Growing up in Baltimore, I attended my fair share of Orioles games, long before the new Camden Yards Stadium was ever opened near the harbor back in 1989. In fact, from spring into the fall months every year, I felt like a permanent fixture at the old middle of the city's Memorial Stadium on 33rd Street. I even worked there during the summer of my senior year in high school. So, it was a powerful moment this week to stand just a short distance away from the old home-plate diamond. With my feet firmly planted in what was once a massive parking lot, I stood in a dining room of The Green House Residences at Stadium Place.

The Green House Project opened its first residence more than a decade ago in 2003. Designed for elders who are unable to live independently and need long-term care, Green Houses are now taking flight and popping up around the country. This is not your traditional nursing home. Green Houses are proud to proclaim an alternative status. Much like the Village Movement, the Green House Movement embraces a philosophy that is person centered and deeply rooted in maximizing independence, dignity and choice for its residents. The goal is to help each resident minimize loneliness and live as independently as possible. With private bedrooms and baths, meals whipped up special order when you choose and personalized exercise schedules, it is breaking all the normal rules of institutionalized nursing

home care. No more long corridors, medicine carts or nurses and doctors as the stars of the show. A hearth, fireplace and open kitchen are standard features of every Green House. Imagine a college dorm setting, with a maximum of 10 residents and a centralized pit for fun, food and frivolity. Make way for the new-school nursing home!

My father never talked about leaving his home in later years. But, if he had talked about it, I am sure he would have imagined neither the traditional nursing facility nor the alternative. And I wondered, as I met residents at the Stadium Place Green House, whether they had ever imagined this in their future. Would my old Orioles heroes Brooks Robinson, Frank Robinson or Boog Powell ever have imagined rounding third base and sliding here?

We are now seeing the results of innovation and practical influence on long-term-care facility design, rapid growth of the older adult population, generational demand for choice and distance on the first nursing facility models. As with our Dupont Circle Village and the Age Friendly DC Initiative, better alternatives are always possible if you simply ask people what they want before attempting to create it in a vacuum. ■

Talking Up Villages

Recognizing the growing importance of Villages, OASIS, a non-profit, lifelong-learning program based in Bethesda, MD, reached out to **Iris Molotsky** to teach a class on the Village Movement. Together with **Peggy Newman**, executive director of the Palisades Village, and **Susan Haight**, president of the Foggy Bottom/West End Village, their class was entitled "Growing Old Gracefully with Independence: The Village Movement." Because the three presenters represented different Village neighborhoods, constituents and dates of founding, participants were exposed to good examples of the diversity of Villages.



From left: Susan Haight, Iris Molotsky, Peggy Newman

Calendar, continued from page 2

Sunday Soup Salon

Sunday, April 27, 6:00-8:00 pm
TBA

Live and Learn - It's Only Money

Monday, April 28, 3:30-5:00 pm

Ping Pong Dim Sum, Back Room, 1 Dupont Circle, NW. Whether looking for ways to simplify your finances, to save money or to resolve a dispute with a vendor, Thomas Cooke, Client Representative for Help Unlimited, will answer these and many more questions. He has been working with seniors and others on financial issues for over three decades. RSVP to Linda Harsh, 202/234-2567 or lindajkh@mac.com. Free for Village members, \$10 for others. Facility is wheel chair accessible.

Studio Theatre –

DCV Acting Workshop

Weekend of May 3 and 4:

Saturday, May 3, 11:00 am – 2:00 pm; Sunday, May 4, 12:00–5:00 pm

Exclusive opportunity for Villagers to participate in an acting workshop designed and held specifically for DCV. Throughout the weekend, faculty members of the Studio Theatre Acting Conservancy will guide exercises on voice, movement, and improvisation. The workshop will culminate in the reading of a play. The cost is \$150 for the entire weekend. To register, call Studio Theatre at 202/232-7267, Ext. 352, and ask for either Anderson or Roma. Then notify Kathy Cardille at kcardille@gmail.com that you have registered.

Yousuf Karsh Exhibit, Part II, and Mr. Lincoln's Washington

Tuesday, May 13, 11:30 am

National Portrait Gallery, 8th & G Streets, NW. Docent Liane Lunden will guide the second part of this exhibit of Karsh's iconic photographs of distinguished Americans in business, medicine, entertainment, politics and the arts. From there, the group will move to an exhibit about Civil War Washington, noting many familiar buildings and sights. RSVP to Kathy Cardille at kcardille@gmail.com. There is a limit of 15, so please reserve your space by May 9. ■

Red Alert Team

---Garry Hutchinson, Volunteer Coordinator

At the end of winter 2014, on March 16th and 17th, the District had the third biggest snowstorm on record to occur so late in the season (based on Washington records that date back to 1888). In fact, the 7.2 inches of snowfall surpassed the mark of the March 1993 super storm; only the snowfalls in March 1942 and 1891 happened later in that month, with greater totals. The late snow of March 2014 was a fitting conclusion to a winter season that broke the recent trend in Washington toward milder winters in terms of temperature and precipitation.

Significantly, the Village was prepared for the exigencies usually associated with winter storms in urban centers in warmer climates. That is, DCV had assembled a team of volunteers -- the Red Alert Team -- who were ready to fan out for emergency, short-notice requests to shovel walkways, provide transportation, bring food or handle whatever service is needed as a lifeline during these events.

As every professional and amateur meteorologist knows, forecasting and being prepared are the signature elements by which any municipality, organization or individual is evaluated when a winter storm occurs. Municipal Washington politicians know to deploy their salt trucks early, to keep their snow plows poised and to enforce (i.e., tow away all violators of) rules about "Emergency Snow Route" areas along the major arteries citywide. And weatherpersons know to over-forecast the severity of any approaching weather front to avoid criticism from the public and public officials.

So, Dupont Circle Village was warned and prepared, mobilizing its Red Alert Team in anticipation of each winter storm this season. We have had five such snow events, and for each one our team was ready. I want to thank its members for their responsiveness and willingness to brave the cold, the wet and the snow to assist Villagers in need.

In 1993, meteorologists hit the gold standard when they forecasted that super storm with astonishing accuracy five days in advance. With the same kind of accurate notice, we were alerted and able to anticipate what you, the Villagers, needed as the winter storms of 2013/14 approached. However, we discovered that we had overlooked one of the hallmarks of why Villages came into existence, and that is the desire of its members to remain independent in their homes.

You shoveled your walkways or got a friendly neighbor to do so. You did your grocery shopping or got someone to go for you. You listened to all the good advice from the news stations and stayed in your warm homes. You showed more concern for fellow members than for getting help from DCV volunteers or the Volunteer Coordinator to dig you out or bring things in. The winter of 2013-14 provided the perfect platform to prove that the Village is working, because you are remaining vibrant and independent individuals who are active members of the community around us. ■

NEWS FROM THE DMV

Northwest DC dwellers who remember the convenience of the Georgetown branch of the DC Department of Motor Vehicles (DMV) Service Center will be happy to know that the center is scheduled to reopen at the Georgetown Park Mall on April 29th. As is the case with all DMV service centers and the inspection station, it is best not to go at the end of the month or on the days before and after a holiday. It is also best to avoid the lunch hours between 11:00 a.m. and 1:00 p.m.

Also, the DMV will no longer issue licenses and ID cards over the counter; they will be sent by mail instead. Licenses and ID cards have been redesigned for greater security, but your current ones will remain valid until their expiration dates. Happy motoring!

DCV Annual Silent Auction





DCV thanks photographer Phil Carney for donating his services.

Heard at the Auction

"Wow, I can't believe how professional and elegant this is!"

"Fab jewelry. I must have some!"

"Hey, this food is really good, and it keeps on coming! Who would have thought?"

"A whole lot of people must have worked super-hard to pull off something this amazing."

"They told me to expect an unpleasant check-out. Nice that they lied!"

"Some really fine art here. I didn't expect that level of quality."

"Ok, let's not fight over which Celebrity Salon to go to. You get your first choice, I get mine, and we'll both go together. Besides, it's for a good cause."

"Tricia Hoban missed her calling! And do you think she'd mind if I grabbed that great hat of hers?"

"Great band. And you can still hear yourself think."

"Ooh, there's that lovely peacock from the poster!"

"Now, there's a trooper, carrying that Celebrity Salons placard on her back."

"They thought of everything, didn't they."

"Indulgences: I'll say. They really pulled off some good ones."

"Ok, so I don't need this. But I want it!"

Celeb Salon Update

---Peg Simpson

The 2014 Celeb Salon fundraisers are proving to be a great draw. By early April, we had sold more than \$11,500 worth of seats, far exceeding the \$8,000 total for our Celeb Salons a year ago.

Former Colorado **Senator Tim Wirth** got the 2014 season off to a robust start on April 3rd with energetic conversation about climate change, fracking, Congressional disarray, Ukraine and Russia – and more. Local news star, **Derek McGinty**, was riveting on April 5th. We still have more seats to sell, and you don't want to miss them! Several have already sold out. And rest assured that, while Phillips Collection Director **Dorothy Kosinski** will be in Europe on May 5 and not able to keep her Salon date, she promises to reschedule.

Check with **Georgette Sobel** (georgettesobel@verizon.net) to see what seats are available for **Sara Horowitz** on May 1; **Camay Calloway Murphy** and **Christopher Calloway Brooks**, the daughter and grandson, respectively, of "Cab" Calloway on May 16; economist **Alice Rivlin** on May 22; and Washington Ballet Director **Septime Webre** on June 4.

Many thanks to all who helped recruit the celebs or offered to host the events, and to those who signed up for seats to make this a uniquely enjoyable – and profitable – fundraiser for the Village! ■



Broadcaster Derek McGinty



From left: John Taylor, Tim Wirth and Ann von der Lippe



Kudos to the Silent Auction Sponsors

We extend a very special thanks to all of our sponsors who helped make this year's Auction a splendid and successful event.

Platinum Sponsorship: \$1,000+

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Diego's Restaurant
Diego's Hair Salon
Dupont Italian Kitchen
Firefly
Geller Law Group
Heurich House Museum
Il Canale
James Hoban Irish Restaurant & Bar
Joe Carter Home Improvement
Keegan Theatre

Lauriol Plaza
Looped Yarn Works
The Mediterranean Way
Nails
Patrick Segui Hair Salon
Picasso Gallery
Ping Pong Dim Sum
Rizik's
Robert's Landscaping
Manuel Sanchez, Segui Hair Salon
Scion and Crios Restaurants
Spa Logic
Studio Theatre
El Tamarindo
Theater J
La Tomate
Toro Mata
VIDA Fitness Metropole
Washington Hilton Hotel
Woolly Mammoth Theatre

Soup Salon - Seiden: Studio's Groupie Extraordinaire

From Jewish roots in the Bronx, to an agnostic adolescence in Searsmont, Maine, to political science major at Swarthmore College, to Senator George Mitchell's staff, to Producing Director of Washington DC's Studio Theatre: It's an unlikely career path, but one that has brought great success to **Serge Seiden**. A self-described Studio Theatre groupie, he has worn many hats during his 23 years at Studio, including usher, student, actor, director and producer. In 2013 he received the Helen Hayes Award for Outstanding Director of a Resident Musical (*Jacques Brel is Alive and Well...* at Metro Stage).

His next venture is a collaboration with Theater J on *Freud's Last Session*, a play that envisions atheist Sigmund Freud and Christian advocate C.S. Lewis in a dialogue on religion and the existence of God. Seiden found the play compelling, although given his own relative inexperience with formal religion, he was not sure why. He decided to learn more, so he took a Yale course on-line and followed up by reading the Old and New Testaments.

He then embarked on a mission to find out why religion is so important to so many people. Even more important, he asked, is there an active God who engages in our lives in a real way? Freud, he said, would undoubtedly argue that God is a delusion that permits us to fend off responsibilities to some imagined father figure, and that only when purged of that notion will it be possible to act as a responsible adult. Seiden challenged the audience to engage in a discussion of these issues, and the assembled Villagers most certainly did.

Seiden talked about how theater, in its finest form, can produce empathy and catharsis -- something akin to a religious experience. British author Philip Pullman says that all morality grows out of storytelling. In fact, Seiden observed, "the Old and New Testaments are wonderful collections of multi-valent stories." In a sense, a storyteller does God's work by giving us a window on humanity and helping us understand how we live our lives. He noted that in instances like these, theater and religion find common ground.

Several Villagers asked general questions

about theater and the factors that go into season building. Seiden said that every theater has a different method for selecting a season, but there are some common elements. Budgetary considerations are important. Each season has a finite amount of money, and the financial needs of all plays selected must be balanced against one another. Subscription and single ticket sales must cover upwards of 60% of a theater's income. Therefore, one or two hits each season are important to maintaining commercial viability.

A second category is *zeitgeist*. At Studio, the Literary Committee spends time each year discussing what's going on in the world, the nation, and the city -- and how the programming should reflect that. More important, however, are the authentic impulses of the artists involved. Finding plays that inspire the directors, designers, and actors who will be involved is critical.

Studio also tries to lead its audience. Seiden says, "It's important to choose some plays that go beyond what an audience might expect." Seiden likened the process of building a season to that of "curating an art exhibit; there are hundreds of artists and players involved, and the Artistic Director must choose a palate, select the offerings, and sell it to everyone involved, including audiences." Another element of season building is more conceptual. The Studio team strives for an eclectic mix of plays in different styles and genres that will provide a variety of experiences for the audience.

There were several questions on where we are going as a city: whether audiences are growing, whether all the theaters we have will survive, and how the pool of theatergoers could be increased. DC is the second largest theater town in the country, with 60 theaters operating in the DC/Baltimore area. Much of this growth has been spurred by huge capital gifts from families like the Meads and the Kogods. It is unclear how all of these theaters will fare without continued gifts from large capital donors. With the recent passing of Jaylee Mead, many DC theaters need new donors in all categories of giving.

Young people are an important part of the equation. The arts are suffering because



Burke Dillon, Joan Ludlow, Dorothy Marschak, Peg Simpson, Serge Seiden, Nancy Gamber.

they have been cut from public school curricula. Seiden said, "If we want to keep theater alive and build future audiences, we must advocate for the arts in public schools." He added that, "subscriptions, as well, are vital to keeping theater alive because they demonstrate support for the organization, rather than just pleasure with individual plays." Publicity and traditional advertising are essential, as well as word of mouth, which is still a prime seller. Web presence and e-mail are big marketing tools, but Studio subscriptions continue to be a critical part of the equation. Subscribers now have greater choice in packages, more flexibility and added benefits in addition to a discount. Studio is working hard to retain and build its community of 6000+ subscribers.

Villagers expressed eagerness to do their part in maintaining DC's vibrant theater scene. Several ideas emerged on how Villagers can work more closely with Studio, such as through workshops or classes for adults or providing space for Live and Learn sessions or arranging theater parties followed by post-performance discussions and special events. As promised, Seiden has since arranged for a DCV Acting Workshop in May and hopes to see many of us there!

Many thanks to **Peg Simpson** for organizing this stimulating session, to **Carolyn Mindel** for hosting, and to the soup makers for the hearty sustenance. ■ SL

The Long and Winding Road:

An Interview with Lois Berlin and Larry Stuebing

It started with a “riders wanted to Durham, NC,” notice on a Virginia Tech bulletin board. **Lois Berlin and Larry Stuebing** have been riding – and sail kayaking and scuba diving and camping – in tandem pretty much ever since. Even when they’re not pursuing their passion for travel, the couple is always on the go: at the theater; at jazz/blues concerts; serving the Dupont Circle neighborhood they vow they’ll never leave; and working over time on renovating the Victorian gem of a house they’ve owned for 27 years.

The couple’s travel bug was planted early. Lois was “an Army brat” who believes that life was “a great advantage.” Larry also moved around a lot, following his jazz musician father and, later, as a military “brat.” By 9th grade, he’d attended 11 schools. Committed to urban life now, though still in love with nature, neither of them had much experience with cities growing up. But, says Lois, “Cities are in my blood through my Baltimore mother. She also made sure our family was exposed to cities as often as possible.”

Not so for Larry, whose early years were spent in the woods of northern Idaho, “living in a cabin without running water.” Prior to a trip to New York City as a teenager, which left him “absolutely smitten,” his only urban experience was briefly living in Boston in the 4th grade. “I had no exposure early on to the kinds of cultural institutions where I ended up making my living,” Larry notes with an ironic laugh.

He did, however, develop an early interest in theater, especially in the technical design aspects. Larry thinks it’s because when he started high school in Falls Church, VA, as a new kid in town, he found the arts students the most accessible and interesting. But that interest served him well, not only because it later led to his helping to set up a theater in New York, but also because the first date he took Lois on was to the theater, which, she pointed out, “was not your typical college date.”

Lois, a sociology major, and Larry, an engineering student, continued to date after college graduation. Lois says that her major didn’t really give her an idea of what to do, so she decided to visit her sister who was working in a residential school for special-needs children in Scotland. “That visit,” says Lois, “set my career.” She taught there for five years and even did some acting.

Reuniting with Larry when she returned home in 1979, Lois earned a master’s degree in early-childhood/special education at George Washington University and, eventually, a doctorate in educational leadership at Virginia Tech. Starting as a preschool teacher in Alexandria, VA, she moved into administration, and in 2004 became su-



perintendent of the Falls Church City Public Schools – the district from which Larry had graduated high school years earlier.

While Lois was in Scotland, Larry spent three years “living the life of the starving artist,” traveling out west and driving a cab when rent was due. Photography, etching, lithography – he did everything but paint, which he wants to take up in retirement. In 1974, when he was backpacking in Oregon, Hurricane Eloise flooded his place in DC. It took him a month to return home, where he found all his belongings, including his art, destroyed. Larry figured that you can’t show you’re an artist without your art, and then thought, “Hey, don’t I have an engineering degree?” He dusted off the degree and landed consulting work in architectural and mechanical engineering. One of those jobs involved designing the Smithsonian Museum Support Center, which led to a job offer from the Smithsonian and a 28-year career there. The last 15 of them were spent as director of the Office of Engineering and Design, where he oversaw the design and renovation of the Smithsonian’s museums and research facilities world-wide.

Larry retired in 2010 and spent five months kayaking and camping around America, with the still-working Lois joining him for part of the time. Lois retired in 2011, but after one year grew “antsy.” She’s now coaching school principals and is also the executive director of a group of retired and active superintendents from the metropolitan DC area who meet five times a year. Not surprisingly, the couple still travels: China, Tibet, India, blues/jazz cruises, the Adirondacks, Seattle and Alaska, among other recent places.

Lois and Larry knew several Villagers from the neighborhood and from common civic activities who had been urging them to join DCV. Once they retired, that pressure – “good pressure,” they added – escalated. They resisted, exclaiming, “But we’re not old!” Then they thought about it, realizing that joining the Village wasn’t about being old; it represented a form of community and service. Moreover, they said, they were committed to the concept of aging in place. They joined in 2011 and haven’t looked back since – except, of course, when they’re on the road. ■ BR

The Skinny on Nutrition and Fitness: Live and Learn with Katherine Tallmadge

Renowned nutritionist **Katherine Tallmadge** began the March 24th Live and Learn by leading participants through a pledge to “make one change today, be brave and fearless about that change, and listen to everything I have to say.” Whether Villagers fulfilled the whole pledge is between them and their conscience. But they certainly listened to what Tallmadge had to say. Given her stellar credentials, Villagers could be confident that they’d be getting the straight skinny on nutrition and fitness rather than hype about the latest fads.

As we age, Tallmadge pointed out, our calorie requirements go down while our nutritional needs go up. Balancing that see-saw means concentrating on low calorie, high nutrient foods, with fruits and vegetables – at least five cups a day – at the center. Such a regimen also reduces our risk of age-related diseases, such as clogged arteries, cancers, diabetes, arthritis and cognitive decline, while increasing that five-cup minimum promotes healing from illness or injury.

Heart-healthy fats, such as avocado, nuts and olive oil, are also essential, but their caloric density means that their intake must be limited. Starting as early as the age of about three, it’s best to reduce animal and dairy fat, Tallmadge cautioned, but doing without fat altogether is a death sentence. Type of fat is what counts, and Omega-3 fats, whose sources include salmon, sardines, herring, anchovies, sardines, nuts and flax seed (grind them so the nutrients can be digested), are terrific.

One big surprise of the session was finding out that olive oil is not necessarily as healthy as we think. Healthy olive oil is no more than a year old, but it’s rare to find dates on containers. California and Texas are good sources of newer oils, and sellers

can be found on the web. Look for opaque containers, and store the oil in a cool, dark place. Use good olive or sunflower oil for garnishing and canola oil for cooking at high temperatures.

Tallmadge also hailed the benefits of low-fat yogurt not only as an excellent protein and fat source but also for its healthy effect on our guts. As we age, the bacteria in our gut can diminish, get out of balance and become more disease promoting. Our overuse of antibiotics contributes to the killing off of good bacteria, among other problems. Yogurt counteracts these natural and man-made problems with its probiotic effect.

With a market explosion in Greek yogurts, Villagers were naturally interested in whether that was superior to the regular kind. Tallmadge said that Greek yogurts have more protein but less calcium and other nutrients, while regular (European) yogurts are the opposite. Her advice was to eat the kind you like the most. Do, however, avoid full-fat, artificially sweetened varieties; buy plain, low-fat yogurt and add fresh fruit.

Loss of muscle and bone mass is also implicated in our diminishing caloric requirements as we age. Keeping that mass high is crucial not only to burn calories more efficiently but also because studies have shown that strength can make the difference between living independently or being in a nursing home, not to mention just getting around. Tallmadge recommended strength training at least three times per week, 30 minutes a session, and doing it until you can’t do that last repetition; you’ll know you’re building mass when you gradually go up in weights. Lifting weights not for you? Tallmadge said that yoga, Pilates and swimming are strength building, too.

The second part of muscle and bone health is eating protein and doing so at the right times. Our bodies can only process so much protein at a time, so eating that big steak at night will yield a lot of calories but only a fraction of the meat’s protein. Spread out your protein intake during the day, starting with breakfast, Tallmadge counseled. Also, because building muscle requires breaking it down (hence the need for workouts), maximize your workout by ensuring that your protein intake is available for rebuilding mass. Protein researchers advise eating something high in protein 20



from left: Katherine Tallmadge, Peg Simpson

minutes before and shortly after a workout. Having yogurt and/or a soy or skim-milk latte is the way Tallmadge follows her own advice.

Another big surprise of the session was finding out that tea improves muscle mass. Researchers have not determined which kind of tea works best, but most of their work has involved green and black caffeinated teas, both of which are effective. (Herbal tea is not really tea, but because it is plant based, it can be health promoting.) Tallmadge also pointed out that tea lowers blood pressure and is a major anti-inflammatory and anti-oxidant and thereby important for reducing the risk of disease and wrinkles.

More health-promoting surprises emerged in the extensive Q & A (see next page) And more, and more detailed, information and tips on the above and other important health topics can be found on the speaker’s website,

<http://www.KatherineTallmadge.com>

Q&A continues on next page

Nutrition, continued from page 11

Q: Are fermented foods good for you?

A: They are because they contain probiotics.

Q: Why are walnuts the best nuts?

A: They aren't, necessarily. Walnuts are highest in Omega 3's, while almonds are highest in protein and lowest in saturated fat. But pecans and macadamias and other nuts, including peanuts, the non-nut, are also nutritious, though beware the caloric density of all nuts. You just hear about walnuts and almonds the most because they represent the biggest growers in the U.S. and have clout.

Q: What about the benefit of roasted vs. other nuts?

A: The main benefit of nuts is good fat. How they're processed doesn't change the fat. And because it's the fat that counts, avoid something like reduced-fat peanut butter.

Q: What about almond milk?

A: While it's being pushed, it's not as good for you as dairy or soy milk.

Q: What about coconut oil?

A: Coconut water is okay, but coconut oil and milk are very high in saturated fat, so their risks outweigh their benefits.

Q: If palm oil is bad, does that mean hearts of palm are, too?

A: No, hearts of palm are very good for you.

Q: How much daily fat intake does an older woman need?

A: It's not really different from the need of a 3-year-old. The minimum amount is 10-15% of your daily calories, up to 35%.

Q: What are the best diets?

A: The Mediterranean (Crete, 1950's), Japanese (Okinawa), DASH or vegetarian diets.

Q: What are the best web-based sources for nutritional information?

A: I refer only to the National Institutes of Health, Office of Nutrition and Dietary Supplements, website, which has an easy A-Z guide. I also consult the Journal of Nutrition and Dietetics. ■ BR

ScanSnap: New Membership Benefit

As reported in our February issue, Fujitsu Computer Parts of America, Inc., has graciously donated one of their popular scanning devices to the Village. ScanSnap representative Allie Rumpanos demonstrated how to use the device and maximize its efficiency at the DCV office on March 12. She also demonstrated several additional Fujitsu scanner models: a portable model that is about the size of a long pencil case and can fit into a briefcase, and another that can be used to scan books simply by flipping their pages.

The ScanSnap model that was donated to us is about the size of a toaster and is easily portable. Pages from books, recipes, photos, business cards and newspaper articles, as well as hand-

written materials, can all be scanned, filed and stored in your computer. Static, typewritten text can be turned into editable text.

We encourage you to borrow the ScanSnap and discover how easily and quickly you can eliminate reams of paper! If you prefer, you can use the scanner in the Village office, or you can sign it out for use in your home. If you would like to take it home, you can pick it up on Wednesdays between 10:00 am and 2:00 pm at the Village Office, and return it to the office on the following Monday by noon. Please contact the office at 202/436-5252 to get on the sign-up list. ■ SL

Out & About with DCV

Karsh Exhibit. On March 11, Villagers toured the Yousuf Karsh Exhibit at the National Portrait Gallery. Docent **Liane Lunden** provided an insightful perspective into Karsh's life and the events that shaped his photographic quest to capture the "inward power" of his subjects. His success in achieving this objective is evident in all of his portrayals, from a scowling and obstreperous Winston Churchill, to a spiritual and peaceful Marian Anderson, to a thoroughly enigmatic Alfred Hitchcock, to an imperious Henry Booth Luce and a comedic and playful portrait of the Marx Brothers. Karsh kept a prolific journal recording the stories behind his photographs, and Liane enlightened and delighted us with many of them.



Winston Churchill



Marian Anderson



Alfred Hitchcock

Lunch at Bistro Bistro. What better way to spend a cold afternoon than lunching with friends and neighbors at Dupont Circle's Bistro Bistro? A dozen or so Villagers did just that the day after an unseasonable March snowstorm, warming themselves with good conversation and continental fare. ■ SL



Earth Day

April 22 marks the celebration of Earth Day, an event that many consider the birth of the modern environmental movement in the late 1960s and early 1970s. At that time, Vietnam War protests were in full swing, and Americans were little troubled by issues of industrial waste and air pollution.

At a 1969 Conference in San Francisco, peace activist **John McConnell** proposed March 21, the first day of spring, as a day to celebrate the concept of peace and honor the Earth. Shortly thereafter, then Senator from Wisconsin **Gaylord Nelson**, inspired by a massive oil spill off the California coast, decided to bring the issue of environmental protection to the national agenda. He recruited Congressman **Pete McCloskey** and environmental activist **Denis Hayes** to work with him to organize a "national teach-in on the environment." On April 22, 1970, their efforts culminated in massive demonstrations throughout the country that brought together rich and poor, urban dwellers and farmers, industry and labor leaders, and ultimately led to the creation of the United States Environmental Protection Agency and the passage of the Clean Air, Clean Water, and Endangered Species Acts. **President Bill Clinton** later awarded Gaylord Nelson the Presidential Medal of Freedom for his efforts.

In 1990, Earth Day went global, mobilizing 141 countries and bringing worldwide attention to environmental issues. As the millennium approached, Hayes spearheaded another campaign focusing

on global warming and clean energy. Earth Day 2000 brought together 184 countries and over 5,000 environmental groups and sent a clear message to world leaders that citizens around the globe were committed to protecting the environment. Now coordinated by the Earth Day Network, Earth Day is celebrated annually on April 22 in over 192 countries. (Sources: Earth Day Network; Wikipedia)

Villagers will have their own celebration at an Earth Day picnic at Heurich House Museum Garden on Monday, April 21 (see the Monthly Calendar). ■ SL





---Judy duBerrier

Herewith, a delicious, go-to favorite of mine. I have included this recipe as **Rishia Zimmern** conceived it, but made modifications and slimmed it down with substitutions (in parentheses). If you make it her way, it will look just like the picture. But my way is faster and better for you.

Chicken with Shallots

(One-pot meal. Company-worthy. Easy. Serves up to 8.)

8 bone-in, skin-on, chicken thighs (8 boneless, skinless)
 2 TB flour (Wondra)
 1 TB each kosher salt/black pepper
 2 TB unsalted butter (1 butter/1 olive oil)
 12-15 whole medium shallots, peeled (16 small)
 2 cups white wine
 2 TB Dijon mustard
 2 sprigs tarragon (4)
 2 cups cherry tomatoes, cut in half (optional sprigs of parsley for decoration)

Rinse thighs in water, and pat them very dry with paper towels. Sprinkle salt, pepper and flour over them. Melt butter in a large, heavy-bottomed skillet over medium-high heat. When the butter foams, cook the chicken in batches until well browned and crisp, about 10 minutes. Set aside. Add the shallots to the pan, and sauté them in fat

until they begin to soften and caramelize, about 10-12 minutes.

Add the wine to deglaze the pan, stirring with a large spoon. Add the mustard and tarragon, then the thighs. Cover the pot, turn the heat to low, and simmer for 30 minutes. Remove the lid, and allow the sauce to reduce and thicken, 15 to 20 minutes.

Add the cherry tomatoes and optional parsley. Stir lightly to combine and serve immediately.

Note: If you use my version, sauté flattened thighs quickly, about 5 minutes. As you remove them from the pan, fold them in half, and place in a casserole dish. Sauté shallots in the pan, arrange decoratively around the chicken in the casserole. Continue with above directions to deglaze the pan, and add mustard/tarragon. Stir well, and pour over chicken in the casserole. Bake at 425° until hot, about 12 minutes, removing lid last few minutes.

Both versions can be made ahead by browning chicken/shallots, deglazing the pan, and placing deglazing liquid in a separate container. Refrigerate chicken and deglazing liquid. When ready to cook, pour liquid over all and bake.

Suggestion: Serve with green salad and tarragon/mustard vinaigrette and crusty bread to sop up sauce.

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



---Judy Silberman, Yoga Master



As you know, deep breathing can bring you out of a stress state and into a calm state. To breathe deeply, it is important to use your diaphragm. Breathing into the belly and pelvis strengthens abdominal muscles and improves hip stability, important for balance. Practice belly breathing standing, sitting, or lying down. As you inhale, feel your belly expand, similar to a balloon filling up; think of breathing way down into your pelvis. Then, as you exhale, feel the belly contract and flatten. Go slowly, counting to four as you inhale and six as you exhale. Setting aside 10 minutes for deep breathing can really improve your day. ■

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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