

"New Year's Day now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual."

Mark Twain

SPECIAL INTEREST ARTICLES

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NEW MEMBERS

A warm welcome to newest members:

Mimi Conway
Dennis Houlihan
Ken Shuck

President's Letter

A Healthy, Happy New Year to You and DCV

---Iris Molotsky

We were walking by the local city hall of our Paris neighborhood on Christmas Eve, and it was covered with neon signs in a variety of colors and languages. The message was "Celebrate the Differences," which is a good idea to keep in mind as we begin 2014.

We ended last year with a potluck dinner and a salute to our volunteers, who form the backbone of the village. Our strength is derived directly from members and volunteers who willingly help in all aspects of DCV life. The five volunteers with the highest number of volunteer hours in 2013 were: **Ella Cleveland, Teo Collin, Marilyn Newton, Kirk Perrow** and **Dean Pugh**. **Abigail Wiebenson** was honored for her extraordinary and successful efforts at membership development.

Each honoree received a pin with a shooting star. They and all volunteers received certificates of appreciation for their service to the Village. We again recognized **Judy du Berrier, Judith Neibrief** and **Joan and Nicholas Ludlow** for their extraordinary work on behalf of the Village. We also were pleased to introduce the members and volunteers who are taking over: **John and Debby Taylor** (yoga), **Kathy Cardille** (activities) and **Sheila Lopez and Bella Rosenberg** (co-editors of the newsletter). And big thanks to **Bernice and Garry Hutchinson**, who put the program together.

The potluck dinner was a splendid ending to a successful year. Over 50 villagers and volunteers made the evening a pleasant jumble of eating, drinking, saluting good friends and lively discussions. And, although I don't think it was in doubt, the variety and quality of the food proved, once again, that we're pretty good cooks.

**D U P O N T
C I R C L E
V I L L A G E**

FROM
THE
President



By the time you read this, the Village's Board of Directors will have completed its second retreat since our founding. When we started, we had to focus on defining our mission and ensuring our existence. Now, as we revisit our strategic plan, we can tweak where necessary and set new goals for the future. We know that DCV has contributed to the well-being of individual members and the community. Convinced we are traveling on the right path, we now are focusing on financial stability, health and wellness issues and social interaction, which promotes intellectual stimulation—and just good fun.

Since I am writing this prior to the retreat, I don't know the outcome of our discussion. I think I can say with some degree of certainty that the session will consider membership, fundraising, staffing and leadership, as well as new programs relating to health and wellness and fundraising. I'd like to invite you, our members, to join the discussion by sharing your thoughts and ideas about future directions or initiatives with me (iris.molotsky@gmail.com).

Whenever I am asked to speak about the DCV, I cite the vitality, education and experience of our members as the reasons for our success. It's not just a throw-away line. I believe our members stand out in experience, knowledge and the determination to make the Village strong. I'd like to know what you think about future directions.

Here's hoping that at least one of each of our new year resolutions will be fulfilled. ■



MONTHLY Calendar

January 17 – February 17

Sunday Soup Salon (Wait List)

Sunday, January 19

6:00-8:00 pm

DCV member, President emerita and professional journalist Peggy Simpson will speak about her 50-year career as a journalist, including her coverage of the Kennedy assassination. 1719 Swann Street, N.W. RSVP for Wait List to Linda Harsh at lindajkh@mac.com.

Tour of Peace Corps Headquarters

Tuesday, January 21, 1:00 pm

Take an exclusive tour of the Peace Corps headquarters, 1111 20th Street, NW, with a Peace Corps executive. RSVP to Kathy Cardille at kcardille@gmail.com by Friday, January 17. Tour is limited to 20 Villagers.

Flash Fun Friday, Art Experience at Artjamz

Friday, January 24

12:00-1:30 pm

Enjoy an afternoon of art studio time, including all supplies, for only \$22.50 per person. Artjamz is a bar and art studio all in one. Wines, beers and soft drinks are available at a modest cost, or choose the open bar for \$20 per person. Artjamz is located at 1728 Connecticut Avenue, near S Street. RSVP by January 20 to Kathy Cardille at kcardille@gmail.com, and please let her know if you can bring a snack.

Robbie Burns Supper (Wait List)

Sunday, January 26,

6:30-8:30 pm

DCV will join the world in celebrating the 255th birthday of Robbie Burns, the great Scottish poet, at the home of Carol Galaty and Ken Shuck, 1910 S Street, N.W. We will celebrate with drinks, food, poems, songs and high spirits. Admission is one short poem or toast, either by Burns, you, or another favorite poet, and a potluck dish. RSVP for the Wait List to Kathy Cardille at kcardille@gmail.com.

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Lean In and Live

---Bernice Hutchinson, Executive Director

If the *New York Times* is a good barometer of all things newsworthy, then check this out. More than 50 articles and commentaries were published in 2013 that addressed serious topics about aging. The newspaper's coverage included health, caregiving, housing, safety, debt, life-long learning, memory, entitlements, poverty, driving, sexuality, communal living, health insurance, and much more. During 2013, I think the *NY Times* took a bold and expansive look at aging, moving beyond stereotypes into meaningful subject matter about real people in real communities. These articles speak about what it actually means to age in an ever-changing modern society. Reviewing some of the pieces, I was impressed with their honesty. Perhaps some of these writers had more than a distant appreciation for the topic.

Now, I don't know about you, but I always look forward to "The List," an annual *Washington Post* tradition that tells us about what's "In" and "Out" for the upcoming year. This is a pop-culture scroll of all things hip and trendy, and it can be an instructional manual, of sorts. The idea is that the list can give you just a bit of a jump on things and make you appear more "with it" during idle cocktail chatter. Yet, as time moves on, the list increasingly reveals to me that I never

knew that the things going out were ever "in." This is the time when someone gleefully steps in with a gentle grip of the shoulder to say, "Getting a little older, perhaps?"

Well, you may be happy to know that cronuts, ferns, JFK, content and Brussels sprouts are "out" in 2014, and that content, General Motors, WWI and brass fixtures are all "in." I keep looking every year for Villages to be "in." When Villages did not make the list for 2014, I was surprised and disappointed, again. However, I go back to the *NY Times* and its steady coverage of serious aging news in 2013. This varied coverage represents something more than a trendy "In and Out" list. We are in the midst of a demographic shift. Populations around the world are aging. And with this challenge comes amazing opportunities to think creatively about aging well in the community.

It seems to me that there is a love/hate thing with aging. We marvel at the increase in life expectancy, cringe at the thought that this somehow means compromising quality of life and absolutely shun the notion that we become more isolated and somewhat irrelevant with age. The members of this Village are a true embodiment of living your best life after 50. It is this spirit that laid the foundation for creating Dupont Circle Village. Each day, I marvel as you prove the *Washington Post* hipsters who prepared this year's In and Out list right: The secret is to "lean in" and embrace the future. Happy 2014. ■

A New Year, New Goals

---Garry Hutchinson, Director of Volunteers

Each year, like each day, may begin with grand visions and achievable goals. The village concept generally, and DCV specifically, began with wonderful ideas of how to keep individuals in their homes, active, and connected to their communities. Volunteerism was, and is, an important gem in that scheme, one that has been continuously polished to become more of what DCV members want and need it to be.

For 2014, we will initiate several projects and programs targeted to improve your volunteer corps. Although the Village is a rather informal and congenial cooperative in many aspects, there is a real need and value to instituting more formal procedures and requirements in our volunteer infrastructure.

To this end, DCV will conduct a series of volunteer training sessions. While all volunteers have been vetted through a professional background check and given a volunteer handbook, we have not had a formal orientation or training series for them. This new series will include training in

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Live and Learn

Monday, January 27

3:30-5:00 pm

This month's Live and Learn, at Scion Restaurant, will address Home Health Care and feature Maura Barillaro, RN. The restaurant is at 2100 P Street, NW. RSVP Linda Harsh at lindajkh@mac.com or 202/234-2567. Members attend for free; others, \$10.00.

Dining Around the Village

Tuesday, January 28

12:00-2:00 pm

Lunch at Taqueria Nacional, 1409 T Street, NW, corner of T and 14th streets (\$20 for 3 courses, tax, tip and soft drinks). This casual hotspot is the latest from renowned chef Ann Cashion. The event is limited to 20 Villagers, and the deadline for signing up is January 24. RSVP Kathy Cardille at kcardille@gmail.com.

National Public Radio (NPR)

Building Tour

Tuesday, February 4

1:00-2:00 pm (Arrive at 12:45 pm)

Take a free private, guided tour through the newsroom and studios of NPR world headquarters at 1111 No. Capital Street, NE. Guests should bring photo ID and check in with NPR security 15 minutes prior to the tour. The group will assemble in front of the NPR Commons, just inside the main doors on the left side of the lobby. There is a public parking lot on L Street across from NPR headquarters. NPR headquarters is equidistant from the Union Station and NoMa-Gallaudet U stops on the Red Line. RSVP by January 31 to Kathy Cardille at kcardille@gmail.com.

Yusuf Karsh Exhibit at National Portrait Gallery

Tuesday, March 11

11:30-12:30 pm

This is the first of a two-part exhibit

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In Memoriam: Edith Chase

Edith Chase, who was among Dupont Circle Village's earliest members, died on January 1, following surgery. She had fallen in her apartment the day before, breaking her hip and dislocating her shoulder. Fortunately, her live-in aide and a neighbor were there, and she received medical help immediately.

When the sad news became known, it evoked an immediate response from villagers, who remember her with fondness and admiration. Many of the responses referred to her as inspirational. **Mary Braden** recalls visiting her on the day before the fall and how "she was her usual with-it and cheerful self. I am truly stunned and will really miss her."

Several years ago, Edith wrote a letter to the Committee on the District of Columbia Public Library System about the value and importance of the Public Library to her. In it, she said, "The public libraries have always played a large part in my life—as a child, a teen-ager, an adult, and now as a senior citizen. I have been hearing impaired since I was a small child, and, once I began to read, the public library was a home to me. I'm now visually impaired as a result of glaucoma. But I still read thanks to the Large Print Books that I receive from the MLK library."

Abigail Wiebenson remembers her as "an inspiration for me for how to face the last years with courage and dignity. I'm

comforted by knowing she is united with her beloved husband now." Marilyn Newton remembers "her constant positive outlook on life. She was a very intelligent and spunky gal."



"One of my first memories of Edith is at the Village's first group dinner at Scion," **Iris Molotsky** recalls. "She was a skilled lip-reader and, with the help of a mirror, was able to be part of the conversation as we went around the table introducing ourselves and recalling what the neighborhood was like when we first came to Dupont Circle. She was a person with a vital mind and we shared many email exchanges over the years."

As the immediate responses to her death reveal, Edith was a cherished member of the Village. We are grateful we were able to share in her life and regret her loss deeply.

There will be a memorial service for Edith at the Residences at Thomas Circle, 1330 Massachusetts Avenue, NW on Sunday, January 19, 2014, from 3:30-5:30 pm in the auditorium. The family invites members of the Village to join them in remembering Edith. ■

Volunteers, continued from page 2

all the services that volunteers provide, from transportation, escorts and friendly visits to computer assistance and organizing files.

DCV also will vet all of its volunteers who provide transportation. The Village has been quite fortunate to have so many volunteers provide members with rides to doctors' appointments, physical therapy, hospital visits, grocery shopping, and DCV events. The Village has been even more fortunate to have had no mishaps to members, volunteers, or their vehicles. However, in the future, we will formalize our procedures for checking on volunteers' driving backgrounds, ensuring that they are fully within the scope of DCV's liability insurance coverage.

We also intend to expand documentation of the volunteer services provided to the organization. Over the years, we have recorded the services directly provided to members, giving

us a detailed overview of how many volunteers provide services, by type and duration, to how many members each month. We will begin to do the same for the administrative services that volunteers provide for DCV, giving us a closer look at what is provided and needed in the way of office, fundraising and membership services. This kind of reporting will help the organization to become more efficient and effective-- and grow.

Moreover, there will not only be an emphasis on training our volunteers, but also on recruiting new ones. And, in our efforts to focus more attention on our volunteers, we will make a concerted point of continuing to recognize their contributions and value. As was evident at our terrific December potluck dinner, honoring our volunteers is great for the volunteers and the members, many of whom are one and the same. ■

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featuring more than 100 photographs of distinguished Americans in the fields of business, medicine, entertainment, politics and the arts. Included in the tour, led by docent Liane Lunden, are portraits of artist Georgia O'Keeffe, First Lady Eleanor Roosevelt and the iconic portrait of a scowling Winston Churchill. RSVP to Kathy Cardille at kcardille@gmail.com.

Silent Auction Friday, March 28

This year's Silent Auction will be at the Woman's National Democratic Club, 1526 New Hampshire Ave., NW. Check out Iris Molotsky's article in this issue for further details. To contribute items for the auction, please contact Iris Molotsky at iris.molotsky@gmail.com, Marilyn Newton at marilynsnewton@comcast.net or Kathy Cardille at kcardille@gmail.com. ■



New Year in Paris (Irv Molotsky)

Meet the New Editors

---Iris Molotsky

So what are a couple of New York gals doing in Washington these days? Co-editing Dupont Circle Village's newsletter, of course.

Although **Sheila Lopez** and **Bella Rosenberg** were both raised in New York City, they have been in Washington for decades. The women view editing the newsletter as a wonderful way to learn more about and contribute to the village culture, which they already find "really terrific."

Both agree that putting together this, their first issue, has been a learning process, but they are already gaining a sense of the rhythm required to put the pieces in place. They admired the newsletter under **Joan and Nick Ludlow's** tenure and "don't want to mess with a good thing," but will undoubtedly put their own stamp on it over time. One thing they're sure about now is running with the concept of historical features begun by Nick. "Then and Now: Slavery in Kalorama Triangle," written by Sheila, is the first of many articles that will explore our neighborhoods, people and history.

Sheila views co-editing the newsletter and her other volunteer work as her latest career change. She began her first career as a secretary on the White House National Security Council staff, and it ended, after 20 years of government service, at the State Department, where she was an interagency coordinator. Her second career was at the Urban Institute. When she retired, she began her third career, volunteering for the Smithsonian. While she continues to volunteer there, she's delighted to add DCV to her volunteer portfolio.

Most of Bella's career was spent as special assistant to **Albert Shanker**, the late president of the American Federation of Teachers and a giant in the history of public education and human rights.

Her work on policy analysis and development gave her extensive writing, editing and media experience, skills that mesh well in her new undertaking.

Though Sheila and Bella are new to the Newsletter, they're both long-time enthusiasts of the Village concept. Coincidentally, Sheila was applying for membership



Sheila Lopez, left with Bella Rosenberg,

just as Bella was applying to be a volunteer, and each asked the other for a reference! They live in the same building, and both have served on their co-op board, sometimes at the same time, so they already know they can work together. They also share a love of theater, art, opera, reading, walking, cooking/eating and cats — though they assure DCV dog owners that they like dogs, too.

We wish them success as they begin their new venture, and extend our appreciation to Bella and Sheila for taking on this important work for the Village. ■

Then and Now: Slavery in Kalorama Park

---Sheila Lopez

Did you know that slavery once thrived in the Kalorama Triangle, an area just a few blocks north of Dupont Circle? This area was the site of a cattle farm owned and operated by John Little from 1836 until about 1863. He began purchasing slaves in 1839, and by 1861 there were 17 slaves working on his farm, including three generations of the Prout family.

Hortense Prout was born into slavery on the Little estate in about 1841, where she worked in the family manor house. When she was about 20 years old, in the spring of 1861, she attempted to escape by dressing as a man and seeking refuge in an encampment of Ohio soldiers about two miles east of the Little house. She was quickly captured and jailed briefly before being returned to work in the Little home. As an article in the June 17, 1861, *Washington Evening Star* noted:

A FUGITIVE – A slave woman belonging to Mr. John Little having eloped, Mr. Little made diligent search and ascertained that she was in one of the Ohio camps. He made visit to the camp and told the colonel commanding what he wanted, and the reply was, “You shall have her, if she is here.” Search was made and the fugitive was found, completely rigged out in male attire. She was immediately turned over to the custody of Mr. Little, and was taken to jail. Every opportunity is afforded loyal citizens of loyal States to recover their fugitive slaves.

Less than a year later, in April 1862, President Lincoln issued an emancipation act freeing

all enslaved African Americans in the District of Columbia. After emancipation, District of Columbia slave owners were compensated by the government for their “property.” Under this plan, John Little received \$3,636.40, \$525.60 of which was compensation for Hortense. (Documentation submitted by Mary Belcher to National Park Service, July 2008.)

The entire Little estate consisted of a 56.5 acre parcel of land that Little purchased in 1836. He built his estate house on a knoll in what is now Kalorama Park and established a cattle farm, slaughterhouse and tannery to the East of Taylor Road, now Columbia Road. His house, a three-story structure in the Revival or Italianate style, was built on the site of Kalorama Park in the 1850s.

When Little died in 1876, his five daughters inherited the property and began to subdivide and sell off portions of the estate. In 1903, what was left was sold to Christian Heurich, a successful Washington brewer, who rented out the house until it was abandoned in 1927. (Historic Preservation Review Board, Historic Landmark Designation Case No. 10-10, September 23, 2010.) At urging from the community, the city built a public park on the location in the 1940s. Because of Hortense Prout’s daring escape, the Little House site is now an official site in the National Park Service’s Underground Railroad Freedom Trail. ■



December Soup Salon: A Champion of Women and Girls with Disabilities

December’s Sunday Soup Salon headlined DCV member **Stephanie Ortoleva**, President and Founder of Women Enabled, Inc. Hosted by **Abigail Wiebenson**, this Salon offered table service, which, as **Dean Pugh** declared, made it easier for the audience to focus on the presentation. But no amount of dish clattering could have distracted from Stephanie’s riveting remarks.



While still a youngster, Stephanie was told by her grandmother, “You should be a lawyer; you love to talk!” She followed her grandmother’s advice. In fact, in 1973, during the height of the women’s movement, Stephanie recalled, she and the few other women law students took the front row of the classroom to make sure they would be heard!

Stephanie worked in the civil rights movement early in her career, and was invited in 2004 to apply for a position in the U.S. Department of State in the international human rights division. There, Stephanie discovered that issues related to women and girls with disabilities were not part of the human rights agenda. Although a disability can impede your ability to engage in a host of activities – including working -- few countries devote many resources or policy attention to their disabled popula-

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Well Traveled and Well Rooted

Bené Durant has twice pulled up Washington roots, but this time it looks like she's here to stay. "I love being in DC. You have local, national and international people in the same place; a low skyline, which I fully support; a wonderful public transport system, which means I don't need a car; and access to nature in the Zoo -- I live very close. What more can a person want?!"

Bené's career began in 1967 as the first black woman to be hired as a professional librarian by the Arlington, VA, library system. She then worked for a DC Minority Leadership Development program funded by the federal government. When her contract expired in 1974, she decided to take a break and head down to Mexico. "I like to say the one thing I have in common with Richard Nixon is that we both left Washington at the same time -- August 1974," Bené said, smiling. Ultimately, Bené landed in San Miguel de Allende, an artist's colony. "Instead of remaining there for the planned one month, I remained for nine, renting an apartment and fully enjoying the time spent with those who were aiming to become 'great painters!'"

While on a visit to Mexico City, Bené found a kindred soul in a Norwegian man whose roots were in a small town outside Madison, Wisconsin. She went with him to Madison, found their relationship did not work, returned to Washington and then moved to New York City, where she was hired by *Black Enterprise* Magazine. Bené loved her time at the magazine and counts as an especially meaningful memory the experience of meeting Nelson Mandela when he visited the magazine's office.

Bené found it hard to warm to a city with so much crime and drugs, but her feelings changed to love as New York improved. Again looking for a challenge, she attended New York University and earned her second Master's degree, this time in Tourism Management, and then took a job at Standard and Poor's Business Information Center.



Duty called, however. Bené's father was getting on in age and living in Virginia, so she returned to the area and obtained a position in the Founders Library at Howard University. A friend reminded her she was still under the DC Civil Service System from her early working years. "I became more aware of my age, decided that retirement was much closer than I originally thought and moved on to a job at the DC Mt. Pleasant Public Library." But, Bené reflected, "It was not a pleasant experience; I never knew what I was going to encounter when I arrived each morning. Many homeless made the library their home during operating hours. When the city offered a buyout in 2009, I jumped at the chance to leave."

"I now have the time to enjoy being an art lover. Tuesdays are my museum days. I also participate in the DCV exercise class at Washington Sports Club twice a week and on Fridays attend a class at the Columbia Heights branch of the club. On Mondays and Wednesdays, I volunteer at the Fonteneau Senior Wellness Center on Georgia Avenue, NW, and also participate in their book club. Fridays, I usually can be found at the movies."

DCV is not only helping to keep Bené's body healthy, its social networks are also helping to stoke this well-seasoned traveler's continuing interest in travel. "In reading the DCV newsletter recently, I saw that **Lucia Edmonds** had visited Istanbul. I e-mailed her; and we talked about her trip to Turkey. I hope to visit there soon," said Bené. ■

Salon, continued from page 5

tion, especially women, even though 19 percent of women and 12 percent of men worldwide fall into this group, according to the World Health Organization.

Unable to leave this cause behind when she retired in 2010, Stephanie founded and became president of Women Enabled, whose mission is to educate and advocate for the human rights of women and girls with disabilities. When international human rights resolutions, policies and programs are introduced, Stephanie lobbies to ensure that disabled females are included. The goals she is pursuing include more women advocating for themselves, strong coalitions among different groups within and across countries and more research on the issue. Radio is a powerful force in developing countries, so funding for announcements and lobbying for interviews on talk shows, Stephanie declared, would help raise awareness about women with disabilities and secure a place for this issue in the human rights agenda.

Iris Molotsky asked "What can we do to help the cause and to capture our concern?" Stephanie responded, "Visit the Women Enabled website [<http://www.womenenabled.org/>] to become familiar with our goals. Then I recommend writing to various publications, commenting on upcoming Congressional bills dealing with human rights and speaking out in various forums, when appropriate, to raise awareness of this issue."

Gillian Lindt asked, "How did you get started? This topic is a niche issue that many people might not immediately understand as an important issue." Stephanie replied that she began by investing her own funds and then applied for grants. "But, for sure, it is a large challenge that requires the support of a fantastic partner [husband and DCV member **Frank Della Penna**] and a good sense of humor!" ■

The Hunt Is On: DCV Silent Auction, Friday, March 28

What do you need to make your life complete? More to the point, what is it you don't need to make your home perfect? This year's Silent Auction is **Friday, March 28**, at the Woman's National Democratic Club. We are beginning to collect items for the auction, and once again are relying on your generosity and superb good taste to provide or make items for the sale. Here are the categories of goods we will feature this year:

- Art and Photography
- Destinations (vacation homes, inns, day trips)
- Household Objects
- Indulgences (spas, trainers, health and wellness)
- Jewelry and Accessories
- Unique Treasures (services—cooking lessons, concierge services, shopping discounts, private tours)

No clothes please because of the difficulty in displaying them properly.

The Celeb Salons were big hits last year, and we are working to make them even better this year. If you know someone you think would be a superb celeb or are willing to host a celeb salon event, please contact Peg Simpson (pegsimpson38@gmail.com).

So, **let the collecting begin!** Please contact Iris Molotsky (iris.molotsky@gmail.com), Marilyn Newton (marilynsnewton@comcast.net) or Kathy Cardille (kcardille@gmail.com) to contribute your amazing items.

This is our most important fundraiser of the year. Let's make this year's the best ever.

Low-Cost Brain Food: DCV-GWU Course Audit Program

Feel there's a hole in your education? Yearning to expand the depth or breadth of knowledge that's already there? DCV's course audit program with George Washington University (GWU) can fulfill those desires for only \$65 per course.

But hurry. Registration for the spring semester began January 6 and closes January 31. More information about the program and instructions for registration, which can be done on-line, are available at <http://alumni.gwu.edu/benefits/education/courseaudit/index.html>. Essentially, there are the five easy steps toward auditing a course:

1. Find the course you want in the Schedule of Classes.
2. Make sure your choice is not an excluded course.
3. Complete the Spring 2014 Registration Form.
4. Get the course professor's permission to audit the class by having him or her sign your registration form.
5. Submit your registration form and payment to GWU's Office of Alumni Relations by email (ALUMNI@GWU.EDU) or in person at GWU Alumni House, 1918 F St., NW, **as soon as possible**. GWU's Registrar Office starts adding auditors on January 13, so waiting until January 31, the absolute deadline, may be too late.

Mary Braden is an enthusiastic – and frequent – auditor. “This is a great bargain,” she noted. “These are real college courses that others are taking for credit, not the Mickey Mouse kind of classes other places often offer just for seniors.” Mary also enjoys the experience of learning alongside undergraduates, and points out that auditors who don't necessarily want to buy course reading materials can easily rent them through GWU, at about half the price of used books.

Since there's not always much advance notice of registration dates, check the site periodically for the Summer 2014 program to maximize the likelihood of being able to audit the courses you want to take.



---Judy Silberman, Yoga Master

Lots of us make resolutions as each new year begins. These are often hard to keep, which may cause us to demean ourselves and feel stress. Let's resolve to try to be more loving of ourselves and more stress free in 2014. Make a conscious effort to release stress regularly.

At the end of each day, reflect on what made you anxious. Try to view each situation dispassionately. Then breathe out and imagine that, with your exhale, you expel the issue and free yourself from its burden. You might do this as you get ready for bed, which may help you sleep better. ■



---Judy duBerrier

You want to make something special for someone (maybe you!) on Valentine's Day, right? You don't want a lot of fuss. How about 20 minutes, start to finish, and few ingredients – with a result that looks like you knocked yourself out?

Pork Tenderloin with Herbs and Jam (serves about 4)

1 boneless pork tenderloin (about 1 1/2 lbs.), trimmed of fat and silver skin
Salt and pepper (to taste)
Herbes de Provence (to coat)
1/2 cup pepper jelly or apricot jam, warmed in microwave

Remove meat from fridge at least one hour before cooking. Preheat oven to 475 degrees. Sprinkle salt and pepper liberally over tenderloin. Roll the meat in a heavy coating of herbes de Provence, pressing to make herbs adhere. Place in a small roasting pan. Roast 5 1/2 minutes to the pound, or 145 to 150 degrees on a meat thermometer for medium, slightly pink. Remove meat to a cutting board and allow to rest for 10 minutes. Cut into 3/4" slices. Drizzle or paint warm jam across the top of meat slices. Note: Use pepper jelly if you prefer savory; apricot if you like it sweet. You may also add garlic powder or hot sauce to jelly for a spike.

I like to serve this with couscous embellished with sliced scallions, toasted pine nuts and raisins (pretty)! Add steamed asparagus with lemon zest shavings. Ice cream with a drizzle of limoncello for dessert.

Questions/comments: judydubrier@verizon.net. 202-328-9123.



This month, we want to recognize a group that has served the Village in innumerable small and large ways: the tri-weekly **Village Walking Group**. Each Monday, Wednesday and Friday morning, members of the group, **Abigail Wiebenson, Peggy Simpson, Judy duBerrier, Judi Neibrief, Marilyn Newton, Frances Oakley, Susan Meehan, Faith Williams, Jillian Lindt**, Brigitte, Jillian's service dog, and, most recently, **Suzanne Legault**, meet at the Dupont Circle Fountain to set off to explore neighborhoods while keeping fit.

A delivery service *par excellence*, the group most recently handed out surveys to local businesses, which was a vital part of our age-friendly business project. They've put up posters for the silent auction, delivered invitations to Village gatherings, dropped off timely documents to the treasurer and, most in keeping with the Village credo, visited home-bound villagers. The walking group epitomizes our goal of neighbor-helping-neighbor and community cohesiveness, and we are delighted to recognize them for keeping our Village truly connected.

The Dupont Circle Village is a **NONPROFIT** 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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Board of Directors
Iris Molotsky, president
Nancy Hartsock, vice president
Linda Harsh, treasurer
Lois Berlin, secretary
Brad Edwards
Curtis Farrar
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