

*I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back.*

- Maya Angelou

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## NEW MEMBERS

A warm welcome to newest members:

**Claire and Pierre Wagner**

## President's Letter

---Iris Molotsky

This has been an incredibly busy and productive month, and interest in social media leads the way. On May 28, we conducted our second Twitter class, again led by the wonderfully knowledgeable and patient Villager **Mike Brown**. There are lots of @dupontcirclevil tweeties around now, including **Kathy Cardille's** nine-month-old granddaughter, who also attended the session. But she hasn't, to my knowledge, chosen her Twitter handle yet.

On June 4, the long-awaited Village-to-Village Volunteer Day social-media session was held. This project is sponsored by Capital Impact Partners (formerly NCB Capital Impact) as part of their annual Volunteer Day. It was originally scheduled for last December, but had to be cancelled because of snow. Beginning at noon, eight Villagers met volunteers over pizza, and the session began with an overview of different types of social media, including Facebook, Twitter, LinkedIn and YouTube. This was followed by a spirited group discussion that morphed into one-on-one tech support sessions. The level of interest and the intensity of the discussion lead me to only one conclusion: #DCV tweets.

This is primary election time nationally, and the Village also is entering our election period. This year's Nominating Committee, **Kenlee Ray, Burke Dillon and Rick Busch**, will be contacting members about joining the Board of Directors. We will be expanding the Board and would like to get some of our newer members involved in governance, as well. As many of you already know, I will be stepping down as president in September, when my two-year term ends, so we are seeking presidential candidates, as well. If you are interested in playing a role in shaping future directions for the Village, please contact me. I would very much like to hear from you.

The Health and Wellness Committee has a number of projects underway. One of its most successful programs in the past has been the Matter of Balance (MOB) classes, which focus on preventing falls. The DC Office on Aging (DCOA) is again contracting with an organization in Maine to provide instruction to master trainers, who will then train

DUPONT  
CIRCLE  
VILLAGE

FROM  
THE  
President



Village coaches to lead classes. If you are interested in training to become a coach for the DCV falls prevention classes, please contact **Bernice Hutchinson** or **Lucia Edmonds**.

The Committee also is getting ready to launch its long-awaited report on how Villagers can be partners in their own health care. It offers advice on selecting a physician and preparing for doctors' appointments, as well as maintaining and updating health records, necessary and recommended legal documents and a comprehensive resource list. This is the first in a number of planned reports that we hope will help us maneuver through increasingly complex and frequently onerous health-care issues.

The Village-to-Village Annual Meeting, September 29-October 1, is going to be in Washington this year. **Bernice Hutchinson, Peg Simpson** and I have attended previous meetings and have found the plenary and panel topics timely and extremely valuable. We are speaking with V-to-V meeting managers to see if we can arrange special fees (registration for the whole meeting is \$250) that will enable Washington area Villagers to attend individual sessions at reduced rates.

The Village is conducting a Volunteer Workshop program on June 23. It will be held from 10 am-2 pm in the upstairs Conference Room of our office, 2121 Decatur Place, NW. Helping people forms the backbone of our organization and we are fortunate to have so many willing volunteers. Being prepared to handle emergencies, learning how to help ailing members safely in and out of cars or coping with fall victims are all situations that volunteers face, and training provides

*continued on page 2*



## MONTHLY Calendar

### **Celeb Salon**

**Sunday, June 15, 11:00 am**

Brunch with stellar chef/Ris restaurant owner Ris Lacoste; \$75.

Contact Georgette Sobel at [georgettesobel@verizon.net](mailto:georgettesobel@verizon.net) for registration and payment information.

### **Sunday Soup Salon**

**Sunday, June 15, 6-8:00 pm** (TBA)

### **DCV Writer's Coffee**

**Wednesday, June 18, 11:00 am**

Sugar Daddy's, 2006 18th Street, NW, Second Floor.

Whether you are an old hand or new at this endeavor, come share ideas about works in progress, completed pieces and publication in a friendly environment. If you would like to get ideas or sources that were gathered at a previous meeting, or plan to attend this one, contact Kathy Cardille at [KCardille@gmail.com](mailto:KCardille@gmail.com) or 202/248-4347.

### **Dining in Dupont**

**Thursday, June 19, 12-2:00 pm**

Agora Restaurant, 1527 17th Street, N.W. Join fellow Villagers for a succulent lunch of Mediterranean delights, \$18. RSVP to Kathy Cardille at [Kcardille@gmail.com](mailto:Kcardille@gmail.com) or 202/248-4347.

### **DCV Volunteer Training**

**Monday, June 23,**

**10:00 am-2:00 pm**

DCV Office, 2121 Decatur Place, NW, upstairs conference room. This workshop is designed to give DCV volunteers the knowledge and skills they need to provide safe, sound and quality services to DCV members. See Garry Hutchinson's column in this issue for more details.

### **Live and Learn: Estate Planning**

**Monday, June 23, 3:30-5:00 pm**

PNC Place, 800 17th Street, NW, across from Farragut West Metro Station on Blue/Orange Lines.

Presenters are J. Max Barger, JD, and

*continued on next page*

*President's Letter - Continued from page 1*

you with the knowledge and coping skills needed. For more information, see our Volunteer Coordinator **Garry Hutchinson's** column in this issue.

Our age-friendly business initiative continues to move ahead. You may recall we surveyed Village members and a sample of representative local merchants earlier this year. Using the data we collected, we produced a list of recommendations that businesses can adopt to become age-friendly. We have been working closely with **Gail Kohn**, DC's Age-Friendly Program Coordinator; and **Bill McLeod**, Executive Director of Historic Dupont Circle Main Streets.

Last week, we launched our latest approach: an Age-In-Place Retail Assessment. Bill McLeod distributed a jointly developed flyer that offers to evaluate establishments in four areas: Visual; Sound; Staff Training; and Accessibility. The free assessment will be done by secret shoppers during regular business hours. Several members have offered to be secret shoppers, and we may need more. If you are interested, please contact Bernice Hutchinson.

The Live & Learn Committee has some blockbuster programs lined up for June and July, and the Village is also in the process of planning a unique September program with PNC Bank. We also got a resounding affirmative vote for a Village Dance Program, so we are planning to launch in September. Welcome to summer, and I hope you will join us in our ongoing quest for programs and activities that are fun and meaningful. ■

*See photos of the Social Media Workshop on page 6*



### **KUDOS**

---Iris Molotsky

### **Kudos**

This month we salute two people who are not Dupont Circle Village members but who have contributed so much to DCV and the Village movement as a whole.

**Tori Goldhammer** has stepped down as leader and a co-founder of the District's Falls Free Coalition. Tori, who is an occupational therapist, worked hard to form the Coalition and was the guiding force behind its many achievements. The accomplishment that stands out for many of us is the Matter of Balance Falls Prevention program, which stressed education, exercise and prevention. DCV held two sessions, and we are working at putting together a third one. Tori, along with her colleague **Anne Morris**, was one of our earliest Live & Learn presenters. We will miss Tori's leadership but wish her tremendous success and joy in her future undertakings.

Our good friend and tireless promoter of Villages, **Andy Mollison**, died May 21st at the age of 75. Andy had a stellar

career as a newspaperman, covering Congress, the White House, federal agencies, women's rights, the peace movement, economic issues and much more. He was president of the National Press Club in 1987 and also served as chair of its Board.

But most of us knew him as a good friend and a devoted cheerleader for the Village movement, a man who gave generously of his time and knowledge, particularly to Villages in formation. **Peg Simpson**, who was Andy's good friend and colleague, asked him to help us when we were trying to form DCV. He was a tremendous resource and is the reason we drew our original boundaries in conformity with census tracts. He counseled that it would be easier to collect data for grant writing if we did this. We followed his advice and have subsequently put census data to good use in grant proposals. He served as president of Palisades Village for five years and was the moving force behind the founding of WAVE, the Washington Area Village Exchange. He was the group's vice president when he died. He truly will be missed by those who knew him and by the Village movement he did so much to advance. ■

*Calendar, continued from page 2*

Celandra Deane-Bess, CFP, both Vice Presidents and Senior Wealth Planners with PNC Wealth Management. Barger will focus on estate, gift and fiduciary taxation; trust, estate and probate administration; business succession planning; elder care; special needs planning; retirement; asset protection; and planning for gay and lesbian families. Deane-Bess will focus on investment management, trust, and banking services. RSVP to Linda Harsh, 202/234-2567 or lindajkh@mac.com. Free for Village members; \$10 for others. Please notify Linda if you find you must cancel a reservation.

**Special Joint Project with Theater Lab  
Tuesday, June 24, 2:00-4:00 pm**

See a rehearsal of *West Side Story*, a production of the Musical Theatre Institute for Teens, followed by a Directors' Dialogue. After the rehearsal, (Deb Taylor and Buzz Mauro) will host the Dialogue. For those who just attended one of the Sunday Soup Salons, the Celeb Salons, or the weekend at the theater, this continues the programs that bring theater to the Village by featuring one of our own, Debbie Taylor. RSVP by June 19 to Kathy Cardille at kcardille@gmail.com.

**Celeb Salon**

**Tuesday, July 8, 6:30 pm**

Dorothy Kosinski, Director of the Phillips Collection, \$75.

Contact Georgette Sobel at georgettesobel@verizon.net for registration and payment information. ■

## Training for Greater Excellence

---Garry B. Hutchinson, Volunteer Coordinator

In an ever evolving effort to improve the quality of responses to the requests of Dupont Circle Village members, we will conduct a series of workshops for our volunteers on Monday, June 23rd. When we examine our volunteer record, transportation, escorting and friendly visits are among the services provided most often. It is a testament to our volunteers – in terms of their care, carefulness and dedication – that there have not been any reported instances of harm either to volunteers or members as a consequence of our volunteer services.

However, as our organization matures and our needs increase in volume, variety and sophistication, it is incumbent upon DCV to train its volunteers to equip each and every one to meet a certain, uniform standard of service. Accordingly, three sessions, each focusing on a different skill set, will allow each volunteer to identify which skills he or she needs to refresh, refine or acquire.

On the surface, it is tempting to think there is no need for any particular training to be proficient in volunteering, especially if “all” you are doing is providing a car ride to a medical appointment, for example. But such a colloquial conceit is self-deceptive and may have dire consequences for the volunteer, the member or DCV.

As a volunteer, ask yourself a set of “simple” questions. What are the proper steps to take if you happen upon a member who has fallen? Do you know the proper techniques for assisting a fallen person to her or his feet or a sitting position? When is it permissible for a volunteer to be an advocate with a healthcare professional on behalf of a member? When is a volunteer allowed to give legal advice, and in what way is that volunteer permitted to give such advice? Do you know how to assist a member in and out of a vehicle? Our aim is to provide the training that makes every volunteer able to answer each one of the queries listed above and translate that knowledge into appropriate behaviors.

Experts from Iona House, an established organization that educates, advocates and provides programs and services that support people through the challenges of aging, will be among those who will train DCV volunteers in the proper techniques for physically assisting our members, as well as about when and how to be their advocate with a doctor, financial counselor, lawyer or social agency. DCV anticipates that such partnerships and training will improve the already high standard of volunteer responsiveness that DCV members deserve and expect. ■

### Psst: Have You Heard about Sustaining Memberships?

**Our latest membership category, Sustaining Member, is designed for those who support the Village concept, like to meet new friends at educational and cultural events, want to be part of a physical fitness program (exercise, yoga, walking group) or socialize at mixers, group lunches and dinners. Volunteer services are not included. Dues, which are tax deductible, are \$500 for individuals and \$700 for households. Members can easily switch categories if the need for services arises. It's a great way to support Dupont Circle Village and become involved in your community. Please get out the word.**

## Keeping the Focus on Falls

---Bernice Hutchinson,  
Executive Director

This past February, I attended a *Washington Post* conversation with former President Jimmy Carter about discrimination against women around the world, particularly in religious societies. Sally Quinn, founding editor of *On Faith*, and David Ignatius, a *Washington Post* columnist, interviewed Carter about his new book, *A Call to Action: Women, Religion, Violence, and Power*. I was part of a standing-room-only audience of about 100 people who listened as the former president discussed the worst countries for women, modern slavery and women and his recent letter to the Pope, which was sent by snail mail and answered.

I was poised to get in line to ask a question. I had pondered for most of the event to craft the perfect question. I wanted to dazzle him with my amazing, thought-provoking question about older women and caregiving. And then, with the perfect

question formulated, I ascended from my seat, made a quick move toward the microphone and fell. That's right; I fell forward, with both hands extended in space as if I were free falling. It was a lot like what I imagined the movie *The Matrix* to be, with my slow motion dive through space, only to land flat on my face with both knees and the palms of my hands absorbing the shock and the pain, too.

Over the past two years, Dupont Circle Village has invested a lot of time and focus on falls prevention. We are a founding member of the DC Falls Prevention Coalition, which makes DC one of more than 30 states across the nation to have a coalition that promotes falls prevention awareness. Several DCV members have attended a course led by a master trainer to become certified coaches in falls prevention. Our Village has also successfully conducted two eight-week courses on falls prevention for members. These classes were based on the highly acclaimed Stanford University evidence-based model, which teaches falls prevention through awareness and behavior modification.

I am a certified coach. And yet, on that day of my fall, I was looking to the sky, not down around my ankles, where the woman seated next to me carelessly rested her purse straps on the floor next to my feet. I did not think that my shoe heel would get caught in the purse handles. No one could have told me that four months later I would still bear the bruises and scars of that fall.

One in three adults 65 years of age and older falls each year; but less than half talk with their health-care professionals about it. Among older adults, falls are the leading cause of fatal and nonfatal injuries. In 2010, the direct medical cost of falls was about \$30 billion. I say all of this to ask you to stay engaged with our programming on falls prevention. We hope to do more in the days ahead. Our agenda is optimistic and clear: We will train more members to become certified coaches, we will offer more classes, and we will seek every opportunity to share our stories and wisdom to help each other. As the Village moves forward, I hope you will help us to teach others through your experiences and consider opportunities for certification and training when they come our way. ■

### Who is at risk of falling?

#### Fall-related Deaths

- The death rates from falls among older men and women have risen sharply over the past decade.
- In 2010, about 21,700 older adults died from unintentional fall injuries.
- Men are more likely than women to die from a fall. After taking age into account, the fall death rate in 2010 was 40% higher for men than for women.
- Older whites are 2.4 times more likely to die from falls as their black counterparts.
- Rates also differ by ethnicity. Older non-Hispanics have higher fatal fall rates than Hispanics.

#### Fall Injuries

- People age 75 and older who fall are four to five times more likely than those age 65 to 74 to be admitted to a long term care facility for a year or longer.
- Rates of fall-related fractures among older women are more than twice those for men.
- Over 95% of hip fractures are caused by falls. In 2010, there were 258,000 hip fractures and the rate for women was almost twice the rate for men.
- White women have significantly higher hip fracture rates than black women.

**Source: The Centers for Disease Control and Prevention**



## Soup Salon: The Star in Constellation Theatre: Allison Arkell Stockman

Some riddles: What's *in* the Source Theater but not *the* Source Theater? What's small in size but attains epic proportions? Answer: The Constellation Theatre, whose Founding Artistic Director and still-guiding light, Allison Arkell Stockman, was the featured guest at the May 18th *Soup Salon*.

Many neighborhood and other DC residents know the Source Theater on 14th Street. But few are aware that Source is not actually a theater company in its own right but home to a number of different companies. While each of these companies has a dedicated following, this confusion about Source has made it particularly challenging for the companies that rotate in its space to "brand" themselves and build an audience. Stockman's vision of a "larger-than-life theatrical experience in an intimate space" is steadily overcoming that challenge. As the fervent Village fans of Constellation attested at the Salon, once you see the extraordinary ways in which Stockman realizes that vision, you keep coming back for more.

Constellation's 2012 production of *Metamorphoses*, which Stockman directed, made a major splash – figuratively and literally – with DC theater critics and audience. No one who experienced this is likely to forget the wonder of seeing a stage transformed into a pool, with the cast appearing and disappearing beneath the water's surface, only to emerge again in different guises. "I never thought I'd learn so much about pool chemicals and maintenance," laughed Stockman as Villagers eagerly questioned her about how she pulled off this watery feat.

*The Ramayana*, which was also directed by Stockman, was another breakthrough hit for Constellation. Produced in 2010 and reprised, by popular acclaim, in 2011, that play's unique character also has water at its heart, this time tragically. "I was devastated by the tsunami," explained Stockman, "and it shook my faith." A friend of hers interested her in Hinduism and dualism, the idea that for everything destroyed, something is created, and "this helped me through." That journey also resulted in Stockman's vision for *The Ramayana*. The critics and audience — including **Jane Cave** and **Eugene Versluisen** — were wowed. "It was an incredible spectacle," exclaimed Jane. "Constellation

does amazing things in a small space."

That was an apt distillation of Stockman's vision for Constellation. She thinks of theater in general, and of what plays Constellation will produce in particular, "in terms of ritual, by which I mean doing something live with a community present, experiencing catharsis, being moved or elated together."

"I like doing larger-than-life in a very intimate space," Stockman added. "And my hope is that this heightened style of theater encourages people to live bigger because we're usually so cramped."

Stockman also told the group that the unofficial rule for choosing which plays to put on is to do one big comedy a year and something involving mythology or an epic. The inclination toward myths and epics came out of deciding to do *Arabian Nights* with the highly celebrated percussionist Tom Teasley, who plays and writes for an astonishing array of musical instruments, many of them unusual. It was a terrific collaboration, said Stockman, "so now, we always select one show that can work for him."

When asked how far in advance she looks for plays, Stockman responded that she always has a list, is always looking and wants to plan even farther in advance. More questions about the production process revealed that rehearsals go on for six weeks, the design process is five months out and casting is even farther out than that, yielding about a six-month production schedule, "though we're always doing lots of other things at the same time," she sighed.

Although Stockman would have preferred talking only about her cherished Constellation, Villagers succeeded in coaxing her to talk some about herself. Originally from Baltimore, she was in 1st grade "when the light went off about being in the theater," she recounted, and was in community theater from that time on, directing her first



from left Caroline Mindel, Dorothy Marschak, Allison Arkell Stockman, Judy Krueger.

show as early as 8th grade. Notwithstanding her passion for theater, she went to Princeton University, which did not offer a major in theater at the time, so she majored in comparative religion, with the illustrious Elaine Pagels as her advisor. She also ran a musical-comedy theater and, after graduation, took lots of theater-related classes in New York before heading to Carnegie-Mellon University to earn a Master's of Fine Arts. Next up was DC and a pragmatically inspired step into teaching school. "But that was bad for my theater career," Stockman laughed, "because teaching turned out to be all consuming. So I decided that I needed to go for my dream."

Although Stockman thought she'd never get a job in musical theater, the goal of her dream, she got a number of such jobs -- and dreamed some more. And as a result of her founding Constellation Theatre, the little company that thinks and delivers big, she's encouraging us to dream and live bigger, too.

More information about Constellation, including a generous membership package that piqued Villagers' enthusiasm, can be found at [constellationtheatre.org](http://constellationtheatre.org).

Thanks to **Peg Simpson** for hosting the *Soup Salon* and to **Judy duBerrier** and **Linda Harsh** for, respectively, their marvelous vichyssoise and butternut squash/carrot soups. ■ BR

## Celeb Salons Roll Along



Celeb Salon with Alice Rivlin



Celeb Salon with Septime Webre



Celeb Salon with Camay Calloway and Christopher Calloway Brooks



## Village-to-Village Volunteer Day: Social Media Workshop



John Holdclaw, NCB Capital Impact volunteer presenter on social media



from left: alone at table in b&w top: Renee Pouissant, blue blouse: Marilyn Newton; orange dress: Caroline Minde; front table: white blouse, Joan Ludlow; black beads, Kathy Cardille, blue top, Judy Werdel; sofa: Bernice Hutchinson



NCB Capital Impact Volunteers at Village-to-Village Volunteer Day Social Media Workshop



## Shopping and Cooking for Singles – or More

This month's **Live and Learn**, Shopping and Cooking for Singles, moderated by DCV Newsletter food columnist **Judy duBerrier**, was held on May 19. It was a well-attended, lively session on food shopping, handling, cooking and storing. The animated exchange of tips, strategies and recipes, gathered through personal experience, was enough to tease out the gourmet in all of us and stimulate our appetites for tasty and healthful meals. We also came away with several useful handouts, including an assortment of tried and true recipes.

Here are some highlights of the discussion.

- Shopping in large quantities can be economical, especially when items are on sale, but also can be wasteful if food is not stored quickly and appropriately. When returning from the grocery store, be sure to divide and package food in small portions and label before storing in the refrigerator or freezer.
- Frozen vegetables are flash frozen at their peak of nutritional value and last longer than fresh when cooking for one. There is no need to defrost frozen veggies; they can be cooked straight from the freezer. Take what you need, reclose the bag and put it back in the freezer for the next night.
- Vegetables can be blanched (dropped in hot water and then cold) and frozen. Berries can be frozen by flattening them between sheets of wax paper and then stored in glass or plastic containers.
- Meats, fish and chicken should also be divided, packaged and frozen in small quantities. These items can be seasoned before freezing.
- Length of time in the freezer is important. Judy noted that meat should not be frozen for longer than one year and fish no longer than three months.
- It is also very important to label freezer items with the date. Perhaps move older items to the front of the freezer where they will be seen and not forgotten.
- Parmesan cheese, as well as other items such as onion skins, carrot tops and peel, mushroom stems, shrimp shells or celery leaves, can be frozen and used as flavoring agents in stocks.
- Herbs can be frozen in plastic sandwich bags – but do not wash them first.
- **Lucia Edmonds** recommended Costco as an economical alternative for food shopping, but the drawback is that you must buy in large quantity. It was suggested that Villagers arrange to shop there in groups and divide up some of the items. A list was circulated for this purpose.
- **Abigail Wiebenson**, via email, praised the virtues of Trader Joe's. **Frances Oakley** said that she only shops at Trader Joe's for unfrozen cooked meals, fresh and frozen veggies and some other items. One of her favorite recipes is made with frozen turkey meatballs, water, bouillon, shallots, carrots and potato, all cooked in a pan on top of the stove. Hummus and tabouleh add flavor. One drawback to the new Trader Joe's on 14th Street is that it only carries pre-packaged produce, so you don't always know exactly what you are getting.
- **Iris Molotsky** noted that Harris Teeter, on the other hand, has a terrific fresh produce department, a large selection of fresh fish and meat, good breads and cheeses. It is also a good place for one-stop shopping since they carry paper goods, cleaning supplies and over-the-counter pharmacy items. Plus, they offer seniors a 5% discount on Thursdays!
- **Stephanie Ortoleva** talked about cooking blind. She pointed out that hearing and smelling are just as important to cooking as seeing. Your sense of smell will tell you when items are done. You can also hear food as it cooks (think of sizzling and boiling). Cleaning up as you go helps. If you quickly put things back in the same place, you will be able to find them when you need them in a hurry. Organization, neatness and cleanliness are always helpful, whether you see or not.
- There was also a brief discussion of gluten-free cooking by **Judy Krueger**. It can be difficult to identify and locate gluten-free ingredients, but foods such as quinoa, brown rice, eggs, meats, chicken, fish, veggies, fruits, almond and peanut flour are not hard to find.
- **Burke Dillon** mentioned that the best thing she can make is a reservation, but, failing that, she finds Souper Girl at Dupont Circle great for homemade soups and other items. Chef As You Like It is also a good, although not inexpensive, alternative to cooking.

If you would like a copy of the handouts, please e-mail [lindajkh@mac.com](mailto:lindajkh@mac.com). ■ SL



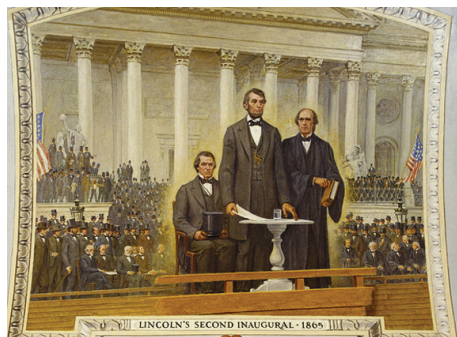
Live & Learn with Judith duBerrier (standing)

## Out & About with DCV

**BBQ Potluck.** Marilyn Newton hosted a gathering on May 12 that featured great food, as well as an opportunity to pick up bargains left over from the Silent Auction. Marilyn's deck provided a lovely setting for a delightful evening that also yielded some additional Auction proceeds.



**Yousuf Karsh Exhibit, Part II, and Mr. Lincoln's Washington.** On May 13, docent Liane Lunden guided the second part of this exhibit of Karsh's iconic photographs. Experimenting with artificial lighting effects to achieve dramatic effects, Karsh captured intense images of distinguished Americans, including Jacqueline Kennedy, Elie Wiesel, Andy Warhol, Muhammad Ali, Paul Robeson, J. Robert Oppenheimer and Clark Gable. From there, the group proceeded to **Mr. Lincoln's Washington**, a photographic exhibit of Civil War Washington,



documenting how the Civil War affected patterns of life in the District of Columbia. It includes views of forts, hospitals, the Navy Yard, Sixth Street Wharf, the Capitol, White House and the old Capitol Prison.

**Dining in Dupont.** Classic Italian favorites and lively conversation highlighted this month's Dining experience at the Odeon Café on May 20.



**An American in London: Whistler and the Thames.** On June 10th, Jane Washburn Robinson, one of DCV's favorite docents, led a tour of the Sackler's first major Whistler exhibit of the artist's depictions of London's rapidly changing environment. The exhibit includes over 70 works created over two decades, with paintings of famed London sites in Chelsea and along the Thames River; as well as rarely seen drawings, watercolors and pastels. ■ SL

### The One-Sentence Review

Chef is pleasantly filling.  
Anne Stephansky

High marks for Grand Circle Cruise Line, about which I had heard good things and now see why: value, attention to detail, fine food and knowledgeable guides.  
Abigail Wiebensohn

The partnership between the dancers who portrayed Giselle and Albrecht in *Giselle* [Kennedy Center, May 20] was "rooted in fate."

Pender M. McCarter (with credit to *Washington Post* dance critic Sarah Kaufmann)





## Where Are They Now?

In planning her trip to an early May wedding in Lake Mary, FL, it occurred to **Ceceile Richter** that there might be a Village nearby and perhaps she could join them in an activity the day before the wedding. Sure



enough, when she visited the website of the Village to Village Network, she found a nearby Village, Neighbors Network (NN), and contacted its volunteer coordinator. Since there was no Village program that day, Ceceile asked whether a local Villager would take her for some sightseeing and talk. That request resulted in an enjoyable day of sightseeing with NN's Jean Siegfried in Winter Park, including a pontoon boat ride on the Winter Park Chain of Lakes featuring historic, lakeshore mansions and beautiful, diverse trees and birds, followed by an equally enjoyable time dining on exceptional Greek food and taking in an arts and crafts fair in Lake Mary. Of course, Cecile reports, she and her hostess mostly talked about DCV and NN!

**Jane Cave and Eugene Versluysen** were in London and Barcelona from mid-May to mid-June.

**Abigail Wiebenson** and 60 fellow singers from Encore Chorale groups were recently on a Grand Circle Travel riverboat tour, going along the Danube from Budapest to Linz, with stops in Bratislava, Vienna and



Melk for singing in beautiful churches and glorious cathedrals. Abigail also reported that, "We've had perfect guides and weather and even a home visit in Slovakia."

**Dan and Nancy Gamber** recently returned from a family reunion loop, with some sightseeing included. Their month-long road trip of more than 4000 miles went through Virginia, Tennessee, Arkansas, Missouri, Iowa, Nebraska, Iowa, Minnesota, Wisconsin, Michigan, Ohio, Pennsylvania and Maryland. Lots of family! The sightseeing highlight, the Gambers report, was the new Crystal Bridges Museum of American Art near Bentonville, AR. The photo is an architect's model of the lovely building, from their web site.



**Ken and Carol Galaty** say they've been taking full advantage of retirement. Ken spent mid-April enjoying the sun, scenery and culture in Columbia, South Carolina, while

Carol explored the land and waters of the Galapagos Islands to check out Darwin's theories first hand. After a stop home, they then took a month-long trip traveling from San Diego, CA, to Calgary, Alberta, "visiting family, attending a college reunion, gawking at incredible snowy mountains from the Rocky Mountaineer train, as well as hiking, walking on glaciers and observing wild animals in the Canadian Rockies." After another brief return to DC, they're off to Switzerland for Carol's high-school reunion and then to Sweden to be among family.

**Iris and Irv Molotsky** travel to Italy in mid-June to stay in the tiny hilltop Tuscan town of Cennina. In early July, they're off to Paris to practice French for the rest of the summer.



**Kathy Cardille** is resting up for her 15-day, jam-packed July tour to Paris, Provence, Nice, Cassis, Cinque Terra, Florence, Siena and Rome.

**Kenlee Ray** will spend 10 days in July in Denmark and Sweden with her nephew and family.

*BR & SL, with thanks to the travelers for their contributions.* ■



---Judy duBerrier

Many thanks to all who attended the "Cooking for Singles" Live & Learn session last month. Yours Truly learned a lot! I will be featuring Villagers' recipes and tips for many months. Just in time for summer are two tasty, simple techniques for chicken salad.

#### Lucia Edmonds's Chicken Apple Salad

2 cooked chicken breasts, diced (using a rotisserie chicken is fine)  
1-1 1/2 apples, cut into small chunks  
1/4 cup minced red onion  
1 cup chopped walnuts  
Fistful of Craisins  
Trader Joe's Spicy Peanut Dressing

Mix all in a bowl. Ingredient amounts can be altered to taste.



#### Christine Windheuser's Chicken Salad Supreme

4 cups chunked chicken  
1/2 to 1 cup mayonnaise + 3/4 cup mayo (see Note)  
2 cups white grapes  
2 cups chopped celery  
2 tsp curry powder  
1/4 cup sour cream (see Note)  
1 tsp lemon juice  
Salt & pepper to taste

Combine the chicken and 1/2 cup mayo in a bowl. Stir in grapes and celery. In a separate bowl, combine curry powder with the 3/4 cup mayo, sour cream and lemon juice. Add the sauce to chicken mixture. Season with salt and pepper; add remaining 1/2 cup mayo if needed.

**Note:** For those watching fat and calorie intake, try subbing plain Greek yogurt for part/all of the mayonnaise or sour cream, or use low-fat mayo or low-fat sour cream.

#### Questions/comments:

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---Judy Silberman,  
Yoga Master



Here's another twisting pose, this one called revolved triangle pose. This will strengthen your hamstring muscles (the ones behind your thighs), which can help your posture and balance.

Stand behind the back of a sturdy chair on a rug or carpeted area. Place both hands on the top of the chair back, and step back, so that your arms are straight, with elbows soft and not locked. Reach up with your left arm, and then cross over your torso to your knee. See if you can make it to your shin or ankle; bending your knees some may help with that. If you can let go of the chair, lift up your right arm and look at your right hand. Feel the twist. Slowly return to starting position, and repeat on the other side. ■

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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