



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

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

— Martin Luther King, Jr.

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Welcome New Members!

Sandra R. Bisbey
Ilene Ellenbogen
Kay Flaherty

Christian Cooper: Championing Nature, Diversity, and Inclusion in Birding

Christian Cooper, a passionate birder, writer, and advocate for diversity in the outdoors, became a household name in May 2020 after a viral incident in Central Park. On May 25, 2020,

By Eva M. Lucero,
Executive Director

Cooper was birdwatching in Central Park's *Ramble*, a popular spot for observing migratory birds. During the outing, he encountered a woman walking her dog off-leash in an area where leash laws are strictly enforced to protect the park's wildlife. Cooper politely asked her to leash her dog, and when she refused, he began filming the interaction. The woman, Amy Cooper (no relation), called the police, falsely accusing Christian Cooper of threatening her life.

The video of the incident quickly went viral, sparking widespread outrage and a renewed conversation about racism, privilege, and the barriers faced by Black people in outdoor spaces. Christian Cooper, however, refused to let the incident define him, focusing instead on using the attention to advocate for change.

Cooper's love for birdwatching began in his childhood on Long Island, New York. By the age of 10, he was captivated by the beauty and behavior of birds. This passion



only deepened as he grew older, becoming a cornerstone of his identity. Cooper's expertise in birding is matched by his enthusiasm for sharing this love with others, often using his experiences to highlight the wonders of the natural world.

As an active member of the birding community, Cooper has contributed to initiatives that promote the conservation of birds and their habitats. He has also been a vocal advocate for expanding access to

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President's Notes



David Schwarz

On January 21, the DCV Board met to elect officers for the 2025 term, and it will be my honor to serve a second year, joined by **Jeanne Downing** as vice-president, **Kari Cunningham** as secretary, and **Steve Kittrell** as treasurer. As I look back on my first year as president, what impresses me the most is how much the Village owes to the generosity, talents, initiative and energy of you, our members. Our core mission is to help our members stay in the neighborhood and “age in place” in their own homes. We largely do this by helping each other—offering social connections, supporting each other’s health and wellness, and providing the volunteer services that can extend our ability to live independently.

The social hub of the Village is our Membership and Activities Committee (MAC). Chaired by **Beth Merricks** and **Monica Heppel**, the MAC offers a dazzling array of social and cultural activities. Those of you familiar with the DCV events calendar know that there are, on average, at least 10 MAC-sponsored events every week, including home socials, happy hours, countless tours and performances, book groups, weekly coffee and conversation, birthday parties and holiday parties. For all of us who take pleasure in these gatherings and outings, we owe a great debt of gratitude to the MAC members who plan the events and make them happen. But it is not just the members of MAC. There are also the Villagers who open their homes to host the socials and the parties, who

prepare food for our events or gift bags, who sponsor ad hoc meetups (for example, for films or theater performances) or walking groups, or who organize special-interest groups such as LGBTQ+ and Girls Just Want to Have Fun. There are also those who just turn up for each other. Thanks to our fellow Villagers, then, if we want social connection, we can have it almost every day of the week.

The core of our mutual health and wellness support is also member-led, through the Health and Wellness (H&W) Committee, chaired by **Sarah Burger** and **Ann McFerran**. H&W has three over-arching goals. The first is to make as much wellness-related information available to our members as we can. So, our committee members help organize the ongoing “Live and Learn” series, and are developing new programs to address nutrition and self-care. Led by **Bob McDonald**, they are also working to increase the health and wellness content of our monthly newsletter and our website. The second goal is to promote member health and independence. Ongoing programs include the weekly yoga, tai chi and meditation sessions, and also the semi-annual immunization clinics. Developing programs will focus on personal safety, for example, by addressing fall prevention, emergency contacts, and medical alert systems; there will also be a program on end-of-life planning. The third goal is supporting members with chronic or acute mental or physical challenges. This support can take several forms, depending on the

need. Sometimes, it is just providing companionship, through friendly calls or visits. But it may also involve organized care groups, for example, to help support post-hospitalization recovery, and even advocacy and support during hospitalization (or a stay in a rehab facility) with the support of DCV’s case manager and/or geriatric nurse.

The care groups are certainly a focal point of the Village’s volunteer services. Not all of these services are provided by our members—we also have a wonderful cadre of younger friends who make themselves available to help care for our Villagers. Nonetheless, in many cases it is our own members caring for each other—helping with transportation, with shopping and/or food preparation, with small home-maintenance tasks, or simply keeping a member company. Not all of this support occurs within the framework of a care group. When it does, it is coordinated by a volunteer care group manager, and may also include help with monitoring the cared-for member’s condition. But other times, it is simply an ad hoc case of one member helping another, organized through our Volunteer Coordinator, **Ellen Brody**.

So, it is really you, our members, that do the heavy lifting—to help keep each other connected and healthy and safe in our homes, and to help look after each other in times of need. It really does take a village to do this. Lucky for us that we have one!



My Way: Preparing for the Inevitable

By Leslie Sawin

I've lived a life that's full, I traveled each and every highway. And more, much more than this I did it my way.... I planned each charted course, Each careful step along the byway. And more, much more than this I did it my way. — Frank Sinatra

We are excited to introduce a new program, underwritten by a grant, to support members thinking through the necessary end-of-life tasks we each need to consider. It has been developed by four Villagers — **Susan Doolittle, Jeanne Downing, Monica Heppel, and Abigail Wiebenson** — over a year of discussion, research and personal experience. They will lead the interactive sessions.

Starting from the premise from *Compassion and Choices* that “Everyone should have the information they need to make end-of-life decisions with knowledge, power, and support”, we’re offering a 6-session program, called My Way. It encourages each participant to do things in their own way, on their own terms and at their own pace. Aging in place is a unique journey for everyone that involves adjusting to shifting capabilities, different perspectives and includes gracefully dying in our own way, to the extent possible.

The six sessions are:

Session 1: Getting Your Life in Order

Session 2: Defining a Life Worth Living in its Last Chapter

Session 3: Planning to Ensure a Good Death for You

Session 4: Awareness of and Planning for Physical and/or Cognitive Decline.

Session 5: End of life options.

Session 6: Options for Celebrating Lives Well Lived

The program will begin on March 24th from 3:30-5. It will meet on consecutive months except for the summer: April 21st, May 19th, June 16th, September 15th and October 20th. This is a pilot program limited to 20 participants. In the February 7th E-Blast there will be a way to register. Participants must commit to attending all six sessions in person at our office. *The Finishing Strong Award*, generously created and funded by Chris Palmer and Gail Shearer, is funding part of this series.

Christian Cooper: Championing Nature, Diversity, and Inclusion in Birding

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nature for people from all backgrounds, particularly those who may not see themselves reflected in traditional outdoor activities.

In 2021, Cooper released his memoir, *Better Living Through Birding: Notes from a Black Man in the Natural World*, reflecting on race and nature. In 2023, he hosted *Extraordinary Birder with Christian Cooper* on National Geographic, a series that explores bird species around the world. The show won a Daytime Emmy in 2024.

Black History Month Recipe

BLACK | HISTORY MONTH

For several years about 30 Black Food Bloggers have taken part in a virtual potluck during Black History Month that highlighted their favorite recipes with roots in Africa and the Caribbean. One of the participants offers the following recipe on her website www.beautifuleatsandthings.com

Honey Herb Roasted Sweet Potatoes

Serves 2

Ingredients

- 1 medium- to large-sized sweet potato, peeled and sliced in ½ inch rounds
- 1 ½ teaspoon olive oil
- 1 ½ teaspoon honey
- 1 teaspoon fresh rosemary, minced
- salt and pepper to taste

Directions

1. Preheat oven to 400.
2. In a medium bowl whisk together the olive oil, honey, rosemary, salt and pepper. Add the sweet potato slices and toss to coat.
3. Spread the slices onto a baking sheet and bake for about 20-30 minutes or until they are brown around the edges and tender.

(Note: The recipe as it appears on her website is 5 medium sized sweet potatoes serving 8.)

February Calendar

Visit the DCV website [calendar](#) to find further information for each event listed below.
REGISTER online, or at admin@dupontcirclevillage.net, or contact DCV Office at (202) 436-5252

Home Social Hour — Friday

Wednesday, February 5, 2025, 5:30 pm — 7:00 pm
Location: Barbara Friday's Home
Limit: 12
Register online by February 2 or
Contact DCV Office at (202) 436-5252 or
admin@dupontcirclevillage.net

The Green Book: Guide to Freedom Documentary Film Screening

Friday, February 7, 2025, 3:00 pm — 5:00 pm
Location: DCV Office
Limit: 15
Register online by February 6 or
Contact DCV Office at (202) 436-5252 or
admin@dupontcirclevillage.net

Tour — MLK Library Green Book Exhibit

Monday, February 10, 2025, 2:00 pm — 4:00 pm
Location: 901 G Street, NW
Limit: 15
Register online by February 9 or
Contact DCV Office at (202) 436-5252 or
admin@dupontcirclevillage.net

Happy Hour — NAMAK Mediterranean Turkish Restaurant

Wednesday, February 12, 2025, 4:30 pm — 6:00 pm
Location: 813a Columbia Rd NW,
Limit: 18
Register online by February 11 or
Contact DCV Office at (202) 436-5252 or
admin@dupontcirclevillage.net

Valentine's Day Dessert and Wine Social

Friday, February 14, 2025, 6:00 pm — 8:00 pm
Location: Hamilton House Party Room
Limit: 20
Register online by February 11 or
Contact DCV Office at (202) 436-5252 or
admin@dupontcirclevillage.net

Green Book: Film Screening and Discussion

Saturday, February 15, 2025, 2:00 pm — 5:00 pm
Location: DCV Office
Limit: 15
Register online by February 14 or
Contact DCV Office at (202) 436-5252 or
admin@dupontcirclevillage.net



LGBTQ Friends Group Gathering: Heart-to-Heart Party

Sunday, February 16, 2025, 3:00 pm — 5:00 pm
Location: Woodward Condominium
Limit: 25
Register online by February 13 or
Contact fwalterdc@gmail.com or call 202-271-7727

Sunday Soup Salon — Mindel & Lewis

Sunday, February 16, 2025, 5:30 pm — 7:00 pm
Location: Home of Caroline Mindel and Lynn Lewis
Limit: 16
Register online by February 13 or
Contact DCV Office at (202) 436-5252 or
admin@dupontcirclevillage.net

Tour — SAAM Shape of Power

Monday, February 17, 2025, 1:30 pm — 3:00 pm
Location: Smithsonian American Art Museum (SAAM)
Register online by February 16 or
Contact bmerricks@msn.com or (202) 288-8743

Home Social Hour — Burger

Thursday, February 20, 2025, 5:30 pm — 7:00 pm
Location: Sarah Burger's Home
Limit: 10
Register online by February 17 or
Contact DCV Office at (202) 436-5252 or
admin@dupontcirclevillage.net

Tour — Mary McLeod Bethune House

Friday, February 21, 2025, 10:50 am — 12:00 pm
Location: 1318 Vermont Ave NW
Limit: 15
Register online by February 20 or
Contact mvwheeler@verizon.net or 202-744-5006

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February Calendar

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Home Social Hour — Schwarz and Nielsen

Monday, February 24, 2025, 4:30 pm — 6:00 pm

Location: David Schwarz's Home

Limit: 12

Register online by February 21 or

Contact DCV Office at (202) 436-5252 or

admin@dupontcirclevillage.net

MONTHLY EVENTS

Men's Book Group

Monday, February 3, 2025, 11:00 am

Location: 2121 Decatur Place NW

Limit: 10

Register online or contact DCV Office at (202) 436-5252

Navigating the Path Ahead

Tuesday, February 11, 2025, 3:30 pm — 4:30 pm

Location: Virtual

No Limit

Register online or contact DCV Office at (202) 436-5252

Live and Learn:

The Benefits of Watch Technology — It's More Than Counting Steps

Monday, February 24, 2025, 3:30 pm — 5:00 pm

Location: Hybrid

DCV Office — 2111 Decatur Pl NW

Limit: 12 guests in person

Contact DCV Office at (202) 436-5252 or

admin@dupontcirclevillage.net

Mystery Book Group

Friday, February 28, 2025, 3:30 pm — 4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office at

(202) 436-5252 or admin@dupontcirclevillage.net

RECURRING EVENTS

Tai Chi for Arthritis and Fall Prevention

Tuesdays, 2:00 pm and 3:30 pm

Location: DCV Office

Limit: 8

RSVP: Register online or contact DCV Office

Online Meditation

Mondays and Thursdays, 9:00 am — 9:30 am

Location: Virtual

RSVP: Register online or contact DCV Office



Chair Yoga

Tuesdays, 10:30 am — 11:30 am

Location: Virtual

RSVP: Register online or contact DCV Office

Accessible Mat Yoga

Mondays, 3:30 pm — 4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Coffee and Conversation

Thursdays, 10:00 am — 11:00 am

Location: Annie's Paramount Steak House

1609 17th Street, NW

RSVP: Register online or contact DCV Office

Bridge Group

Thursdays, 1:30 pm — 3:30 pm

Location: DCV Office — enter at 2111 Decatur Pl NW

RSVP: Register online or contact DCV Office

Mahjongg

Thursdays, 2:00 pm — 4:00 pm

Location: hosted live by Bobbi Milman

RSVP: Bobbi Milman, rmilman@comcast.net

or (202) 667-0245

Knitting Group

Every Thursday, 4:00 pm

Location: Via Zoom

RSVP: Sheila Lopez at sheilablopez@gmail.com

Dupont Circle Walking Group

Every Monday, Wednesday, Friday at 8:00 am

Location: Meet at the fountain in Dupont Circle

Adams Morgan Walking Group

Every Tuesday, Thursday at 8:00 am

Meet at northwest corner of Kalorama and Columbia
that borders Kalorama Park

Meet Member Cynthia Williams

By Tom Carmody

Cynthia Williams joined Dupont Circle Village (DCV) about a year ago, after meeting **Beth Merricks** and hearing her stories of the Village. To further encourage Cynthia, Beth arranged a lunch for the two of them with another Villager. Cynthia thought about it, coupled the idea with her decision to retire, and decided the Village would be a good addition to her life.

Since joining the Village, Cynthia has become a regular with the DCV walking group and has attended various events, including tours of art exhibitions, happy hours and holiday parties. She noted that all these activities have provided great opportunities to meet people with different interests, and added that in the future, she may consider volunteering for the Village.

Cynthia grew up in Delaware, attending the University of Delaware. An interesting fun fact about her is that she once volunteered for a young aspiring man running for US Senator who later became our 46th President! She first came to DC in the 1980s, working at the International Science and Education Council.

At some point during her time in DC, Cynthia decided to pursue a PhD and enrolled at the University of Wisconsin–Madison. As she worked on her doctorate, the University offered her a position with the International Division and her 30+ years working with the University began.

While working for the University, Cynthia held various leadership positions, working on policy, overseeing projects and driving new initiatives, including the development of a new university in Kazakhstan. Cynthia moved to DC from Madison in 2017 to teach in the growing Wisconsin in Washington internship program she initiated in 2005 and continue working on international policy issues. From 2021 until her retirement, she served as the interim director of the program, which now has more than 700 alumni.

Cynthia currently lives on New Hampshire Avenue. Beyond DCV, she enjoys the vibrant neighborhood and DC's long list of cultural and educational activities, including events at the Kennedy Center, think tanks and museums. She also has many friends, courtesy of nearly 10,000 University of Wisconsin–Madison alumni in the DC area.



She is an active member of the Women's National Democratic Club, is engaged in teaching English to adult immigrants at the Washington English Center and is in the process of becoming a volunteer at the Library of Congress, to help visitors navigate the historic building. Future activities may include researching her family's history, particularly to learn more about their history making whiskey and winning a US Supreme Court case in the 1800s to push back on whiskey taxes!

A decorative image featuring lit candles and a Hershey's Kisses box with the text 'XL SINCE 1894' and 'HERSHEY'S KISSES'.

February Birthdays

Happy Birthday to all Villagers born in February!

Donna Batcho, Juan Cockburn, Tia Duer, Gretchen Ellsworth, Michael Gallagher, Mike Gould, Katharine Gresham, Arlene Lutenecker, Kathy Price, Bill Roberts, Nancy Rocha, Barbara Sloan, Eileen M. Tanner, John VerSteege, Mary Wheeler and Valentine Wilber

2024 Annual Appeal Donors

Matt Abrams
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Michaela Buhler
Sarah Burger
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Susan Lindahl
Peggy Long
Sheila B. Lopez
Kay Marlin
Pende M. McCarter
(in memory of Robert Meehan)
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Darrell Totman
Joan A. Treichel
Nancy Turnbull
Gloria Valle
John VerSteeg & Jane Pierson
Terry Walz
Jeanne Welsh
Victor Wexler
Mary Wheeler
(in memory of Janet Kegg)
Abigail Wiebenson
Cynthia P. Williams
Ron Wilson
Roy Wyscarver & Ann Bryant
Sandra Yarrington
Sharon Zamore
Patty Zweibel & Dan Leathers
DC Department of Aging &
Community Living (DACL)
The Washington Home

**This list does not include the generosity of all who donated to the annual gala.*

January Birthdays



Leslie Sawin hosted a wonderful and large January Birthday Celebration. In front, **Burke Dillon**, L-R **Michael Hoffman**, **Martha Rosacher**, **Susan Hattan**, **Harriet Fields**, **Patricia Black**, **Carol Morgan**, **Katie McDonald**, **Bella Rosenberg**, **Chris Hannah**, **Bob McDonald**, **David Insinga** and **Walter Albano**.

Out and About



◀ On Monday, January 20th, Martin Luther King Day, Villager **Pender M. McCarter** returned to his alma mater in its centennial year, Duke University in Durham, NC. Pender toured Duke's Center for Sexual and Gender Diversity (CSGD) and met the Center's director, Angel Collie, who had just completed the Doctor in Ministry program at Duke. Angel and Pender agreed that the university's CSGD is needed at Duke now more than ever.



Earlier on Inauguration Weekend, Pender visited his nephew in Greensboro; together they toured the International Civil Rights Museum, established at the site of the 1960 Woolworth lunch counter sit-in; and Pender also attended a "semi-programmed" Quaker meeting at Guilford College.



▲ **Carol Galaty** and **Ken Shuck** left the snow and cold weather behind to visit their children in Copenhagen, where there was no snow but the temperature wasn't any warmer. They then embarked on a land and ship tour of Sicily, where the weather gradually became a little warmer, though not by much! Carol with her daughter and grand-dog in Copenhagen, and Ken and Carol in the Valley of the Temples in Agrigento, Sicily.



▲ 15 Villagers had a fun time in the former site of the Childe Harold, in the below-street-level space cheekily named *Step Childe Harold*.
◀

Out and About



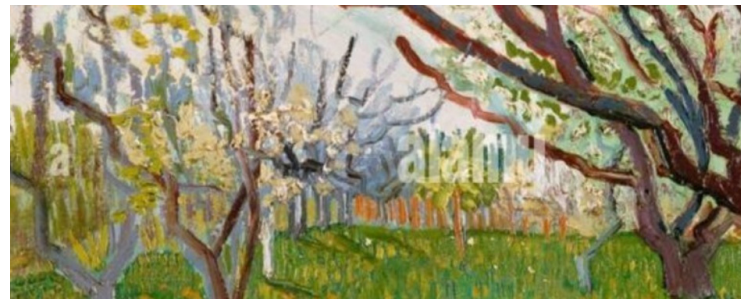
◀ Eager to declutter their lives, get organized, even improve home safety, some two dozen Villagers listened intently to practical advice from Soup Salon guest **Judy Tiger**, founder of Just That Simple, a local business helping people embark on what she called a house review. Avoid overwhelm, Judy said; take it slowly, congratulating and rewarding yourself with each step; importantly, stick with it. Nodding knowingly and breathing sighs of relief, guests left energized with workable suggestions and no guilt about those piles in their living spaces. Monthly Soup Salons, held at the home of Villagers **Caroline Mindel** and **Lynn Lewis**, are announced in the DCV newsletter and Friday e-blast.



◀ Over 20 members enjoyed a delightful in-home concert by the DC Concert Orchestra in January. One attendee summed up the event: *"I just want to thank all the people who helped arrange the concert this afternoon. I am a music lover but had never heard a reed instrument trio before, so this event was especially delightful. It was lovely to listen to new (to me) composers, as well as the familiar ones."*



▲ Village volunteers, **Sam** and **Joyce Liberto** were out in full force, helping members during Washington's first snowfall.



SAVE THE DATE!
DCV SPRING GALA
FRIDAY, MAY 9
6:00 PM- 9:00 PM
AMERICAN GEOPHYSICAL UNION



Out and About



▲ **Nancy Turnbull** hosted a lively social hour in January: great group and many discussions



▲ **Joan Treichel** shared this photo of Eli the camel, who came all the way from Saudi Arabia, with his guardian, to celebrate the Feast of the Three Kings on January 6 in front of St. Matthews Cathedral near Dupont Circle. If you'd like more information about Eli, please send me an email at joanatreichel@gmail.com



▲ Another Teens Teach Tech session took place in January. It's a fantastic intergenerational opportunity for both learning and teaching, where teens help Villagers with technology



▲ **Jim Chamberlin** taking photos in the neighborhood.

Out and About



▲ **Laurie Thomas**, DCV member and director of Inspir Embassy Row, shares that it's moving along nicely and will be opening in February. This photo is the Department Head Team.



▲ Despite the cold and snow, several members still made their way to **Abigail Wiebenson's** warm and cozy home for a January social hour.



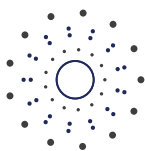
▲ Villagers touring the Osgemeos Exhibit at the Hirshhorn in January.

Out and About



DCV hosted its first new member gathering for 2025. It was a great opportunity to learn why they decided to join the Village. The gathering also featured DCV's Health Care Navigator, **Lee Reed**, who shared her expertise and provided examples of how she can assist all Villagers with advocacy and their health care needs.

DCV Commitment to Diversity, Equity, and Inclusion: Dupont Circle Village (DCV) is committed to being a diverse, equitable and inclusive organization. We condemn all forms of discrimination in our society. We aim to make our organization one that is open and welcoming to all. We recognize that the human experience comes in all colors, shapes, abilities, economic circumstances, ages, backgrounds, gender expressions and identities, and sexual orientations. We strive to celebrate these differences and recognize how they benefit our community. To this end, we will do what is necessary for us to grow as a community and as individuals who respect and care for one another.



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