

*"Ah, summer, what power you have to make us suffer and like it."*

**Russell Baker**

## COLUMNS

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## NEW MEMBERS

DCV has a bumper crop of new members this period and extends a warm welcome to them:

**Kathy Cardille**  
**Nicholas and Bridget Cavarocchi**  
**Steve Hogland**  
**Janet Kegg**  
**Kathleen Kiely**  
**Robert and Judith Martin**

## President's Letter

---Iris Molotsky

It's rentrée time in Paris as school children all over France get ready to reenter the world of books and classroom routines. Department store aisles are filled with notebooks, paper, pens, pencils and parents checking off items on the list sent by the Ministère de l'Éducation Nationale to all children so they will be prepared with all required materials on the first day of school. I had a friend who owned a book store in Paris who loved this arrangement, because she also received a copy of the list and knew exactly what books to stock for the coming year.

Although I always try to bypass this frantic section of stores, I do like the sense of anticipation it engenders. Although we still have time to enjoy the summer with its more relaxed pace, it is nice to begin to look ahead and start planning for the September reentry.

September will be a busy time for the Village, with lots of events scheduled.

- The Village's new dance program will premiere on September 16 at the Sumner School and will feature an Indian dancer. Details about the program will be available shortly. Villager **Meera Wolfe**, who initiated our partnership with DC Dance Metro, is quite excited about the opening program.
- The national Village-to-Village (V-t-V) Annual Meeting will be held in Washington this year on September 29-October 1.
- DCV's general meeting to announce new leaders and activities for the coming year will be in mid-September.
- After a lapse of several years, AARP is again offering a Smart Driver's Course. It has been completely revamped with a new presenter and curriculum.
- PNC Bank, in connection with the Live & Learn Committee, has developed a special session for DCV, "The Economics of Same Sex Marriage," which will be held Tuesday evening, September 23.
- Finally, our annual fall potluck dinner will be scheduled for September.

Although only the dates for the first dance program, the Live & Learn session and the V-t-V Annual Meeting are known at this time, please note them on your calendar. We hope to have the dates for others shortly.

DUPONT  
CIRCLE  
VILLAGE

FROM  
THE  
President



Our proposal for a panel discussion has been accepted for a plenary session at the V-t-V annual meeting. We will be partnering with Capitol Hill Village, which submitted a subject that dovetailed very nicely with our proposal, "The Age-Friendly City: An Eye Toward Our Aging Population; A Concept For All." We propose to show how the age-friendly concept is an important vehicle for advancing the Village mission; the model DCV developed provides individual Villages with the flexibility to develop policy within the larger framework of national and local programs. Using the example of our own DCV Age-Friendly Business Initiative, Villages across the country can increase visibility, develop new partnerships and influence businesses, accommodations and practices for all consumers.

Capitol Hill's proposal, "Becoming a Presence in Local Politics: From Village Members to Aging Advocates," fits well with our political objectives encompassed in the Age-Friendly Business Initiative, and we were asked to combine the two into one panel. We do not yet know the exact date and time for the panel. Also, we have asked the V-t-V staff to consider offering a reduced rate to local Villagers who would like to attend individual sessions of the meeting.

But before we leap into the autumn fray, there is still a little time for fun. Before Irv and I arrived in Paris, we spent two weeks in Tuscany, where the beautiful countryside and the fabulous food offered much needed rest—even more than anticipated because we had no telephone or Internet connections. However, just before we lost our Internet, I received an email from fellow Villager **Antonia Avery**, who was in Pienza, an hour's drive from us. We arranged to meet and had a wonderful lunch with Antonia and her family. Connectedness between Villagers reaches beyond Dupont Circle. ■



## MONTHLY Calendar

### *Dining in Dupont*

**Thursday, August 21, 12-2:00 pm**  
TBA

### *Live and Learn:*

**Monday, August 25, 3:30-5:00 pm**  
Location and details to follow.

Dr. Loretta DiPietro, chair, Department of Exercise Science, George Washington University, will speak on exercises targeted to various conditions. RSVP to Linda Harsh at lindajkh@mac.com.

### *"Cold" Potluck in a Hot Town*

**Monday, September 1  
(Labor Day), 5:00-8:00 pm**

The Galaty/Shook rooftop, 1910 S Street. Join the fun for cold meats, treats, desserts, wines, and salads. There is an elevator for handicap accessibility. RSVP with your potluck donation to Kathy Cardille at kcardille@gmail.com.

### *Celeb Salon*

**Wednesday, September 10,  
6:30-8:30 pm**

1719 Swann Street (Peg Simpson's Home). There are just a few seats left for this Celeb Salon featuring Dorothy Kosinski, Director of the Phillips Collection. \$75. Contact Georgette Sobel at georgettesobel@verizon.net for registration and payment information.

### *Writer's Coffee*

**Wednesday, Sept. 24, 11:00 am**

The Cake Room, 2006 18th Street. Bring a piece of writing of your own to share with the group. And if you don't have anything to share at the moment, please come anyway. RSVP to Kathy Cardille at kcardille@gmail.com and let Kathy know if you would like to have the ideas and sources gathered at previous discussions. ■

## All's Quiet in the Village?

---Bernice Hutchinson,  
Executive Director

Summer is here. You may have noticed that the communications, events and pace of things here in the Village have slowed down just a bit. But there is still a lot of energy and activity in the office. In fact, the pace could not be more vigorous.

Just this past Monday, **Abigail Wieben-son, Marilyn Newton, Helen Dye, Sandra Yarrington** and **Bettina Del Sesto** arrived at the office with high spirits and a mission. They are "team membership," and they have a new milestone within their grasp. They are so close to 160 members, they can touch it! It's no wonder. Every Monday this team arrives at the office to prepare packets for new and prospective members, write notes of cheer and make telephone calls. It's all a part of the team's approach to staying connected to everyone in the Village. With smiles and great vibes, they all get their assignments and move to their desired spaces to get things accomplished.

I am sitting in front of a laptop and rolling up my sleeves. I have a list a mile long of people to call and appointments to make. It is Monday morning, and I have just returned from a national aging conference in Dallas, Texas. The meeting was exceptional and reminded me of the World's Fair. I was overloaded with stimulation. I connected with a potential speaker for our upcoming fall annual meeting here in the Village. **Gail Kohn** and I bumped into one another and shared a brief moment conducting business as we waited to be seated at a restaurant in the hotel. Sessions and plenaries were futuristic. I learned about innovations in the field, like Moodle (Modular Object-Oriented Dynamic Learning Environment) training of volunteers and "will-prep teams" to assist with those documents that no one wants to think about. And everyone is talking about the Stanford University evidence-based program models, like chronic-disease self-management education and falls prevention.

Just then, the main door at the Village opens, and **Jonetta Bolden**, a new member of the Village's technical team, arrives to begin her day. For the past several weeks, she has been working hard behind the scenes building a new website for the Village and working on back-office operations that will enhance our membership, volunteer and other administrative functions. Jonetta is busy working on the donations page today and making sure that she's all set to pre-view sections of the site to the DCV board.

And just when you think the office couldn't get busier, the door opens again, and Garry arrives. He has just spent a couple of hours with a member who is moving within the building. It is an opportunity for the Volunteer Coordinator to support a very important event in this member's life. He is eager to work with Abigail on next steps for the move.

Telephone conversations are lively and meaningful. Lines are ringing as members call in to make new volunteer requests. The tap, tap, tap of fingers striking the keyboards of laptops and iPads can be heard at a distance. There is laughter, movement, and a lot is getting done.

I stop my work for a moment to appreciate the true spirit of volunteerism in our Village. ■

### **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.

## Volunteer Coordinator Profile of a Volunteer

---Garry B. Hutchinson, Volunteer Coordinator

Last month saw the beginning of a series of workshops focused on developing the skills and awareness of your volunteers. This month kicks off a series of profiles in the DCV Newsletter to develop your awareness of our volunteers. Our first profile features **Meaghan McMahon**.

This native of Buffalo, New York, is the oldest of six children. Raised in this city on the lake (Erie), Meaghan's deepest memory of the place is not the mountainous drifts of snow or the cold, but the people and "their strong sense of community and family.... My home has a midwestern kind of feel to it." Taking this quintessentially American quality to Cornell University, she majored in English and Sociology.

She might have taken any of a number of professional paths based on her academic background, but there was a road she started to walk in high school that would be more predictive of her future. She volunteered a great deal at skilled-nursing facilities during her high school years, and that volunteering continued while she attended Cornell. It was during a lecture there by Dr. Bill Thomas, co-founder of the Eden Alternative and the Green House Project, that she found a new outlet for her volunteer spirit.

She decided to get a master of social work degree at the University of Michigan in its Geriatric Scholar program, with particular interest in the de-institutionalization of the elderly, a movement challenging established notions of long-term care. The idea of our elders receiving care in a place that feels more like a real home, giving their lives more meaning than is typical of nursing homes, was a light that drew Meaghan.

She graduated in 2011 and got a position with the National PACE (Programs of All-Inclusive Care for the Elderly) Association. Her work in providing all-inclusive care for the elderly brought her to Alexandria, Virginia. During a visit to Capitol Hill, Meaghan heard Dr. Thomas's Green House Project deliver testimony to Congress.

Meaghan reconnected and has now been with the Green House Project for the last 18 months.

The Green House Project is a "radically new approach to long-term care where nursing

homes are torn down and replaced with small, home-like environments." Meaghan handles membership relations for the Green House Project, coordinating educational training and providing technical resources, support and materials. She knew this was the kind of work she wanted to do because she sees immense value in our older citizens and believes that they should be in environments where they can continue to live full and productive lives.

Meaghan has moved into the revitalized 14th Street corridor of the city, and says that "Washington feels like your finger is on the pulse of everything... There are galleries, museums, and the Smithsonian is unbelievable. There are so many thought and political leaders here, it is an unbelievable experience."

Meaghan's professional trips to Capitol Hill made her aware of the Village movement. She still burned with the desire to volunteer, so she became one for Capitol Hill Village. However, once she moved to 14th Street, she saw the logistical sense of volunteering for DCV. And, it has been a valuable development for us and for her. Meaghan says when she fills volunteer requests, what she remembers most are the great conversations with the members. When they share their ideas and experiences, it reinforces her belief in the value of our older citizens for our society.

In fact, when she participated in the Annual Volunteer Day for Capital Impact Partners (Village to Village Network), she said that what she "really enjoyed was chatting with the [DCV] members... just appreciating the collective wisdom and experiences... listening to the stories of these different, fascinating people." Meaghan believes that we are in strong need of mentors, and this intergenerational component is something that she would love to see bloom in our society. That is why she is a DCV volunteer. ■



## Dinner for Potential Members

**Carol Galaty** and **Ken Shuck** hosted a fascinating and delicious dinner for several neighbors, one of whom has lived in the neighborhood since the 1950's, and all of whom wanted to know more about the Village. The stories were spellbinding: One participant worked for the IRS assessing art claimed on income taxes. Two others are psychologists, and another, a sculptor.

Gradually and steadily our membership grows; we are now at 158. Any Villagers who would like to suggest prospective members should send names and contact information to [abigailwiebenson@gmail.com](mailto:abigailwiebenson@gmail.com).

The next bi-monthly dinner is scheduled for September 23rd at the home of **Marilyn Newton**.



## From the Health & Wellness Committee

# Essential Steps: Being a Partner in Your HealthCare

The **Health & Wellness Committee** is preparing a series of occasional articles to focus attention on health and wellness issues as we age. In "Essential Steps," the first in the series, we assert that you need to be your own health-care advocate, and we provide checklists to support you in this role. Below, we offer some key concepts from a longer paper by the same name. If you wish to access the full paper, it is available through the DCV website and in the Health & Wellness Notebook at the DCV office.

*Nobody knows your body as well as you, and nobody should be as invested in keeping it healthy as you. There was a time when your medical doctor was thought to be all knowing, and you expected that he or she would prescribe a medicine or recommend an intervention that would make you well. We now know that medicine is an evolving practice and that it is up to us to ask questions when in doubt and seek a second opinion when confronted with serious medical decisions. In other words, we need to be informed and to be the best possible advocate for our own health.*

**Choosing a Primary-Care Physician (PCP)** is a beginning point in good health care, and it is important to select a primary-care physician with whom you can build a good long-term relationship. Some things to consider are the doctor's training and experience, location, hospital affiliation, gender, communication and listening skills, and whether he or she accepts your health insurance.

**Preparing for Your Doctor's Appointment.** Most doctors routinely request that you arrive fifteen minutes before your appointment to give you enough time to complete forms and bring your medical information up to date. Come prepared.

### What to Bring

- Insurance, Medicare, Medicaid Cards
- List of medicines/supplements with strength and dosages
- List of health conditions/diseases/surgeries and treatments
- Copies of relevant scans/x-rays with reports
- Referral/authorization forms if required (e.g., insurance)
- Family medical and health history
- Advance Healthcare Directives, Durable Medical Power of Attorney, Living Will and any other relevant legal documents.

### Notes for Reference

- Create a list of symptoms, including changes in your condition, health or mood
- List relevant changes in your life, such as major losses, moves, changes in physical ability
- Prioritize your list of questions and concerns, write them down and bring your notes with you.

**Making the Most of Your Doctor's Visit.** Fifteen-minute visits have become the norm in many practices, and this puts pressure on the patient and physician to make the most of the time.

### Your Role During The Visit

- Refer to the notes you prepared in advance, and share the information
- Stay on point: have a health-related, not a social conversation
- Be clear about your primary concerns and what you would like as a result of your visit
- Ask questions and get clarification for anything you do not understand.

### Your Doctor's Role During The Visit

- Listen carefully to your medical concerns
- Ask questions, get clarification and create a plan based on your symptoms and a thorough knowledge of your medical records
- Order tests, if needed, to complete the medical picture

*Continued on next page*





## Kudos

Many thanks to Board Member **Jane Pierson** and her husband **John ver Steeg** for serving as hosts for a potential members' informational dinner in their lovely apartment. **Abigail Wiebenson**, chair of our Membership Committee, reports that the meeting was well attended, and several people have joined DCV as a result. If other Villagers are willing to serve as hosts for a similar meeting, please contact Abigail. **Iris Molotsky**

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On the morning of July 26th, Councilmember At-Large Anita Bonds had a very successful program on the needs of senior citizens, with well over 100 people attending and much information shared. I encouraged her to make part of the program an overview of what Villages could do for DC residents, and she bought the idea. When she asked me to make a suggestion about a speaker to invite, I suggested **Garry** and **Bernice Hutchinson**. That turned out to be a very good idea!

Both Bernice and Garry spoke, principally Bernice. She clearly stated the objectives and benefits of the Village to Dupont residents, including how much we got out of our information sharing, assistance when needed and our fun-filled social activities. She offered to show potential leaders across the city what we do and help them understand why and how we do it the way we do. The audience learned about the variety of Village models. Bernice spoke clearly, logically and enthusiastically and was very well received. As a result, I think we will get some interested visitors, ones who will bring back to their communities a positive view of senior Villages in general and ours in particular. Huzzah! **Susan Meehan**

Healthcare, Continued from page 4

- Seek the knowledge of specialists, where indicated
- Schedule a time for review and discussion of next steps

### Consider Bringing A Trusted Relative/Friend To Listen And Take Notes

- When a physician is delivering serious medical information, it is not uncommon to feel overwhelmed. Your relative/friend can remind you of questions you wanted to ask and take accurate notes.

### Do Not Hesitate To Speak Up

- Discuss options
- Talk about costs
- Ask about getting a second opinion
- Do research to understand your condition, reports, medications and analyses so you can make an informed decision.

Does all this sound overwhelming? It doesn't have to be. You can start with some small steps. As participants at the July 28th *Live and Learn* session already know, the Village is partnering with **Everplans**, a new online way to collect all the information you need—medications, doctors, medical history, advance directives, will, etc.—about your health. The September newsletter will report on that session, but you don't have to wait. It only takes a couple of minutes to get started, and you can do as much or as little as you want. Try it and see: [www.everplans.com](http://www.everplans.com). (This article is based on an outline developed for DCV by Roberta Milman, President of Milman Consultants, a healthcare strategy and public policy consulting organization.) ■

## LEG CRAMPS

It's amazing how something as seemingly trivial as a foot or calf cramp can cause such excruciating pain. Almost half of people over the age of 50 report that they experience some kind of leg cramps, with most of them saying that the cramps occur only at night. The reason for that is not clear. About 40% of leg-cramp sufferers report symptoms three times a week; 5-10% experience symptoms every night. Ouch! What's going on?

Cramps occur when muscles in the feet, calves or thighs tense so much that they cause pain. The source of these cramps may be musculoskeletal problems like flat feet or high arches, long periods of sitting or long periods of standing on hard floors. Individuals with neurological problems such as Parkinson's disease or nerve damage (neuropathy) as a result of diabetes or other illnesses also often experience night-time leg cramps. Anemia can also be a cause but less commonly.

What to do? In the midst of a leg cramp, usually the only thing to do is to stretch the muscles or get up and walk. Apply ice or heat to the affected muscle, as well. Of course, all that's easier said than done when you're balled up in pain.

The best bet is prevention. Get sufficient fluids, stretch during the day, do gentle exercises before bed and wear comfortable shoes. Using a foam roller consistently on a habitually tight muscle is now popular and effective, too, but go easy at first because it can be painful.

If these methods don't help, taking a daily B-complex vitamin containing 30mg of vitamin B6 may do the trick. Leg cramps were once treated with quinine pills, but quinine can have serious side effects, so it's no longer recommended. Some people, however, seek out tonic water with quinine in it. Discuss the problem with your physician before taking any medication, even a supplement. (Source: Harvard Women's Health Watch, July 2014) **BR**

# 10 Mistakes Seniors Make in Estate Planning: Taxes, Trusts and Terminology

J. Max Barger, J.D., Vice President and Senior Wealth Planner for PNC Wealth Management, focused his June 23rd **Live and Learn** presentation on 10 common mistakes that seniors tend to make with estate planning. During the course of the session, Villagers asked many questions about this topic. Mr. Barger's answers were technically and legally complex, reinforcing his point that each person's estate planning needs are different and often require professional help. Rather than summarizing specific questions and answers, following is a broad outline of the common errors people make, along with some of their implications.

"What does estate planning mean?" Barger began with this question and replied that it is a way of managing and controlling your assets during your lifetime or while you are incapacitated and directing how those assets should be distributed upon your death. It involves using trusts, wills and other instruments to construct plans for you and your loved ones upon disability or death and ensuring that "you give what you have to whom you want, the way that you want."

What are the 10 common mistakes that seniors should avoid?

**1. Don't assume your particular situation is too simple for professional advice.** A prevalent mistake is one Barger called "the curse of knowledge." Using a rhythm-tapping exercise, he illustrated that what we think we know intuitively often turns out not to be the case in fact. Most present thought the rhythm-tapping exercise (ably performed by **Peg Simpson** and **Dorothy Marschak**) was the *Happy Birthday* jingle, when in fact it was the *Star Spangled Banner*, which illustrated his point that people often mistakenly think their particular situations are so simple that they don't need to do estate planning.

**2. Don't conduct estate planning via the Internet.** Although it is possible to use planning instruments retrieved from the Internet, it can be dangerous and costly because those documents do not provide much of the information needed to make good decisions. Further, people often assume that they are only responsible for what they know. The fact is that your legal responsibilities often encompass laws and regulations that you may not know about and that the Internet does not disclose. For example, you may be subject to inheritance, estate, property and tax laws that are never mentioned in the on-line document. Also, these laws often vary from state to state, another factor not accounted for on Internet documents. Estate planning encompasses many areas of law, including property, inheritance, trust, retirement, elder law and laws relating to financial institutions and instruments.

**3. Don't take a neighbor's advice on questions of joint tenancy (with rights of survivorship).** Here, as in other areas, one size does not fit all. Tenancy has advantages and disadvantages with respect to creditors, gift and capital gains taxes, wills and revocable trusts, and it is important to account for individual circumstances and needs.

**4. Don't assume that if everything is left to a spouse, there is no tax.** While this assumption may be true, it risks wasting the unified credit, which integrates the federal gift tax and estate tax into one unified tax system, and does not provide for asset protection or

protection of your intended disposition (to children of a previous marriage, for example). Portability is a relatively new technique that gives the surviving spouse some flexibility if everything is left to that spouse because the survivor gets the ability to use both her/his own unified credit and that of the deceased spouse. Generally, this is a technique used by non-taxable estates and deserves a thorough discussion with an estate planning attorney.

**5. Don't assume that a will obviates the need for probate.** This area is wrought with confusion about terminology and process. An estate planning attorney, tax attorney, CPA and other professional advisors are often essential to sorting out issues of probate, trust estate, tenancy, health care directives, living wills, beneficiary designations, operations of law and gifting.

**6. Don't assume that a will signed years ago, perhaps in another state, is good enough.** It is important to review estate plans on a regular basis to account for changes in circumstances, accumulation of assets and changes in the law.

**7. Don't assume that trusts and owning assets jointly will automatically make adequate provisions for the administration of your affairs, accounts and property and for the protection of your assets for beneficiaries.**

**8. Don't assume there will be something left for your heirs.** It is important to plan for needed liquidity, longevity, tax-advantaged use of savings and preservation and protection of assets.

**9. Don't defer difficult decisions.**

**10. Don't make poor choices of fiduciaries.** Selecting who will inherit and manage your estate is important to ensure that your wishes are carried out. Individuals and families have special needs, and estate plans can ensure protection for children and other family members.

Discussion of these common mistakes, as well as the extensive and technically detailed questions that were raised, revealed the complexity of the laws involved in estate planning and augur well for the benefit of getting professional advice.

At the conclusion of the session, Villagers were treated to a brief visit to PNC's beautiful, green roof deck with its sweeping views of Washington, the Potomac River and beyond. ■ SL



## Out & About with DCV

**Dining in Dupont.** Villagers lunched on the Mediterranean delights of Agora Restaurant on June 19th.

**Writer's Coffee.** On June 18th and again on July 30th at The Cake Room, Villagers continued their monthly dialogue on issues of mutual interest and pieces they are currently working on, including memoirs, a novel of love, factual pieces for the newsletter, a play for seniors and The Conversation Project.

### Special Joint Project with Theatre Lab.

On June 24th, some ten Villagers enjoyed a visit to the Theatre Lab School of Dramatic Arts. The group attended a rehearsal of *West Side Story*, one of the School's summer productions by teenagers, and watched the first practice of the rumble between the Jets and Sharks, as well as the amazing singing of the 16-year-olds playing Maria and Tony. After the rehearsal, Buzz Mauro and Deb Gottesman, directors of the musical and founders of the Theater Lab, answered Villagers' questions and discussed the Lab's many offerings, ranging from classes offered throughout the year to summer camps for students in the region, many of whom are on scholarships.

**Ralph Fasanella: Lest We Forget.** DCV's Mary Braden led a tour of this powerful exhibit at the Smithsonian's American Art Museum that chronicles the life and times of Bronx-born labor leader turned folk artist *extraordinaire*. Fasanella painted large

narrative scenes dealing with themes of struggle, social justice, family and community. He reminds us of the momentous events of his day, including the JFK assassination, the Lawrence, MA, textile worker strike, the traumatic events of the McCarthy era and the trial of Julius and Ethel Rosenberg. He recalls the societal changes wrought by industrialization in the paintings of his father, Giuseppe ("Joe the Iceman"), a working-class immigrant who looked on as the icebox gave way to the refrigerator. He cautions us to remember the sacrifices of previous generations, inscribing the phrase "Lest We Forget" on several of his paintings.

### American Masters from the Phillips:

**Made in the USA.** Villagers were treated to a docent-led tour of this comprehensive on-site installation of the Phillips Gallery's American collection. This was a thematic journey revealing the breadth of America's modernist vision, beginning with the great heroes of American art of the late 19th century, whose work set the course for modern art in the US, and concluding with a display of Abstract Expressionists, whose new visual language turned American art into a global force.

**Foggy Bottom Garden Sculpture.** On June 29th, eight Villagers joined with Foggy Bottom and Georgetown Villagers for a guided tour of the Foggy Bottom front-garden-sculpture exhibit, including 16 very different styles along with their stories. The tour was followed by an interesting exchange of Village ideas and life at lunch at the Bistro at One Washington Circle.

Contributors:  
Lucy Cooney, Kathy Cardille, Sheila Lopez, Judith Neibrief, Deb Taylor, Abigail Wiebenson.  
■ SL



"McCarthy Era Garden Party" by Ralph Fasanella."



"Bathers at Bellport" by William Glackens



West Side Story, Theatre Lab



Foggy Bottom Art Tour

## The One-Sentence Review

For a feel-good movie see *Chef*, a family love story featuring food!  
**Gretchen Ellsworth**

*And So It Goes* [film]: Yes Diane, you can have a love life after Woody.  
**Dan Gamber**

"The Interestings," by Meg Wolitzer, is not all that interesting(s).  
**Bella Rosenberg**



## Now Going Up: China's New Chancery Long-Time Neighbors in a New Building

---Nicholas Ludlow

Soon the gaping pit at the corner of Connecticut and Kalorama, so far excavated by clattering Caterpillars, will briefly be home to towering cranes used to erect the new Chinese Chancery. By March 2016, it will be home to People's Republic of China (PRC) embassy staff, their cars and bicycles and the new PRC Chancery.

When it opens, the serpentine Chancery will be reflective of the neighborhood in more ways than one. Its unusual sinuous shape will grace the curves of Connecticut Avenue as Connecticut comes off the Taft Bridge. And the Chancery will also echo the rounded forms of the neighboring Carthage and Dresden historic apartment buildings directly across the road from it, thus forming a shapely neighborly trio.

The St. Albans, the site's original apartment house, whose façade has been retained by the Chinese, propped up by huge grey girders, will become an integral part of the new Chinese Chancery as a "contributing resource to the Sheridan-Kalorama Historic District." St. Albans was built in 1923 in the "period of significance" for the District, the era between 1890 and 1939, sharing that significance



Historic Facade of Future Chancery

with several other neighboring buildings, including The Dresden (1909). Thus, the DC Historic Preservation Office of the Mayor's Office of Planning required retaining the building's façade.

But the St. Albans has its own significance. The "Tapestry" stamped bricks, used on the exterior of the building, were trademarked as unique by Fiske and Company of New York and Boston. In 1912, Fiske claimed that "A wall built of 'Tapestry' brick shows the soft shades and delicate tones of a fine old Persian rug, translated into the unfading permanency of burned clay." "Tapestry bricks harvested from the demolished site will also be used in construction," according to Phil Esocoff, the distinguished architect of the Chancery.

"The new brick for the Chancery," says Esocoff, "will be similar in color and tone to that of the Woodward, so as to flank the bridge approach without distracting people with a major color contrast. It will be a little lighter than the retained historic façade, which helps differentiate the new Chancery building from the earlier part. Current preservation theory holds that clear delineation between old and new, in this case with a distinctive but sympathetic change in masonry and ornamentation, is important to understand the history of the building and overall evolution of the urban context."

Esocoff is personally involved with the neighborhood. From 1979, he lived for thirty years at the Woodward (built 1910), which is directly across Connecticut Avenue from the Chinese site. Indeed, his marriage to Amy Weinstein was performed on the roof deck of the Woodward, which is claimed as "the best roof



Artist's Rendering of Future Chinese Chancery



Construction Site at End of July

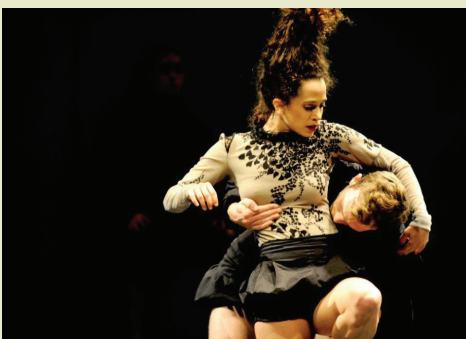
deck in the city". Both are Fellows of the American Institute of Architects (AIA), an honor bestowed by their peers on only about two percent of AIA members.

The new Chinese Chancery will be nine-stories high with 160 apartments, including 30 studios. The first level below ground will include a fitness center, recreation room, 25-meter swimming pool and three bike rooms. There also will be a two-story space for serious table tennis. The second level below ground will include 15,000 square feet of consular space, plus parking. The third level will be for parking. A total of 194 parking spaces will be provided and 69 bicycle parking spaces. There will be an outdoor play area for children. There will also be a roof garden. In the public spaces adjacent to the building, there will be new sidewalks and planter areas, tree-box modifications, repaving of adjacent Belmont Road, retaining walls and fence piers, plus the entrance canopy, bicycle racks, a circular drive and spherical bollards. ■



## Where Are They Now?

From June 17-19, **Pender McCarter** attended the American Dance Festival (ADF), while also visiting friends and colleagues in Durham, NC, and at Duke University, his alma mater. The six-week ADF is the second longest running, new modern dance festival after Jacob's Pillow in the Berkshires.



**Helene Scher** and friends spent 10 days in June in Istanbul. "I loved the city and the people," she said, "but did not take any pictures. It is time to buy a digital camera!"



All 14 of **Marilyn Newton's** family spent a week early in July in a seven-bedroom house at the Lake of the Ozarks in Missouri. Hopes for fresh-caught fish were



high at departure, but only Marilyn knows who, if anyone, landed the "big one."

**Judy duBerrier** and **Rush Fritz** took a break from walking among the penguins on the beach at Betty's Bay, South Africa, to describe their fabulous trip, which started in July. "The official Town Crier in Hermanus leads us to the best viewing site for migrating whales. Flocks of pink flamingos are nesting in Kimberley. A boat trip to Dyer Island reveals thousands of dolphins, seals and birds. It is spring on the 150-mile Garden route where lush flowers and baobab trees line the byways. A Jet Ranger circles Blyde Canyon and lands on an outcropping where we enjoy champagne brunch at God's Window. Four days on safari in Kruger ensure we are up close and personal with lions, hippos, leopards, rhinos and elephants. A thrilling helicopter ride to the underside of Victoria Falls is followed by dinner over the Zambezi Gorges on the African Queen."



The couple returns in September via Iceland, where they will have "the unique opportunity to view the center of the earth. By means of helicopter, boat and Land Rover, we will...take in fjords, waterfalls, volcanoes and magnificent rock strata."

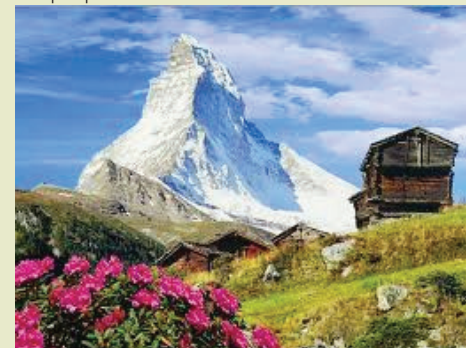
**Dorothy Marschak** is going to Interlochen, Michigan, for a week in August for its annual Adult Chamber Music Workshop, which she has attended for many years. As a pianist, she looks forward "to gorging on playing chamber music till I drop with fellow string and wind enthusiasts." Dorothy says she "keeps meaning to take more time to enjoy the beautiful woods and lake Interlochen is situated in, but making music usually wins."



**Chris Windheuser** recently returned from a walking trip in Switzerland that focused on the Alps in the Bernese Oberland and Valais regions. The group of 18 walkers set off on daily hikes that included the Valley of the Waterfalls to the Trummelbach Falls



inside a mountain, and along mountain meadows to a "cheese alp," where cows get milked and cheese is made on site in huge black kettles over an open fire. The walkers had a hair-raising experience on a stony trail on a knife-blade ridge at Schynige Platten, where extreme fog and mist caused the guides to terminate the hike. From there the group moved on to Bettmeralp, where they had great views of the Matterhorn. Hikes in the higher altitudes were accessed by cable car and took in woods, meadows with glacial lakes and views of the Aletsch Glacier. The very highest elevations of the trip were reserved for the last days, including a trip to the Gornergrat (10,000 feet) and the Bettmerhorn (9,000 feet). An exquisite final dinner at the Ferienhotel Waldhouse, a gem of a 60-year-old hotel, prompted a standing ovation for the chef. While the hiking was quite strenuous, Chris noted she was "pleased that I was able to keep up!"



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



### ---Judy duBerrier

Meet Chef DJ. This local entrepreneur will plan and cater your event or provide weekly meal preparation. His family-run business name says it all: The Breathe Easy Group. Mama makes phenomenal desserts! Check them out on [www.chefdj.com](http://www.chefdj.com). Many thanks to DJ for the following easy, delicious shrimp recipe. And thanks to **Abigail Wiebenson** for her great soup recipe, which would make an excellent accompaniment to the shrimp dish.

#### Simple Shrimp Skewers

1 lb. medium to large shrimp (peeled and deveined), frozen or fresh  
1 pack of skewers or long tooth picks  
1 medium onion of your choice  
1 sweet pepper  
1/2 cup Lite Italian dressing  
2 TB low-sodium seafood seasoning (like Mrs. Dash)

If using wood skewers, soak in water at least an hour before assembling ingredients. Chop onion and sweet peppers into large chunks, approximately the size of the shrimp. Assemble in the following order: slice of onion, slice of sweet pepper, then shrimp. Repeat three times. Prepare skewers just before grilling; they don't do well assembled in advance.

Place assembled skewers on a flat pan or baking dish. Lightly sprinkle seafood seasoning over all. Pour Lite Italian dressing evenly over skewers.



Heat indoor grill or panini press to high. If using an outdoor grill, the temperature should be 400 degrees Fahrenheit. Place skewers on the grill, and cook 4 minutes per side. Serve alone as an appetizer, with a simple salad and/or a velvety cold soup. Enjoy!

#### Abigail's Avocado Soup (3-4 servings)

3-4 avocados, mashed  
3 cups chicken or vegetable stock  
1 tsp. cumin  
3 TB fresh lemon or lime juice (about 2 fruit)  
1/3 cup cilantro leaves, chopped  
1/3 tsp. crushed red pepper flakes

Pulse all ingredients in a blender or Cuisinart (or blend with a whisk). Chill and serve with a dollop of sour cream, crème fraîche or Greek yogurt.

#### Questions/comments:

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### ---Judy Silberman, Yoga Master



Here is a twisting stretch that can keep your spine flexible and energize you before you even get out of bed.

Laying on your back, form a big X with your legs and arms. Keeping your torso still, cross the right leg over your left leg with right foot on the bed. Grasp your right thigh with your left hand, and draw it closer to the mattress. Turn your head to look right. Breathe three full breaths, trying to lower the thigh a bit more with each exhale. Repeat with left leg.

For a variation, cross right leg over, with foot on mattress, and then cross left arm over torso, so that the left hand can rest on the right shoulder or elbow. Again, look to the right. Breathe slowly and enjoy! ■

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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