

"It is worth being honest, though it doesn't always pay off. It pays off to be dishonest, but it isn't worth it."

Wladyslaw Bartoszewski
(1922-2015)

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New Members

*DCV warmly welcomes
its newest members:*

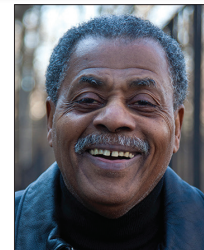
Joan Anderson and Carlo Cencetti
Elisabeth Bobynscy
Michael Hoffman
Wanda Sorgente
Joan Treichel

DUPONT
CIRCLE
VILLAGE

Interim President's Letter

How Many Villagers Does It Take to Produce a Gala?

---Martis (Marty) Davis



The answer: The whole Village, and for that I thank each and every member, whether you chose to attend the Gala or not. Our success produced our biggest challenge: not quite enough space for the overwhelming number of members and guests who packed the ballroom of the Woman's Democratic Club.

Yes, the space was limited, the room too warm and the sound system like something out of a bygone era. Yes, the trek to the food required rare acrobatic agility, and the registration lines were a challenge even for veterans of Washington's DMV. Yet you endured and, but for a few exceptions, enjoyed yourselves.

The Gala was instructive to me not only for its challenges, but also for the wonderful ways in which I witnessed people coming together to make it work. The Gala planning group began preparing for the event before the first Thanksgiving turkey was carved and had already held numerous meetings before a holiday gift was exchanged. The Gala committee braved this winter's inclement and frigid weather to meet regularly in the DCV office. Assignments were shared among the members of the committee and the numerous other volunteers who worked on the event. Let me take you through some of their efforts on behalf of the DCV.

Our Gala has several components, each of which alone is a challenge. For example, the effort it takes just to recruit Celebrity Salon personalities is staggering -- repeated phone calls, leveraging connections, calling in favors and so much more. Then there's recruiting members to host the Salons, which means members opening their homes to the public and providing food and beverages. We are so grateful.

Most of the people who have been working on our Salons are not even members of the Gala committee, but without them there is no Gala success.

An equally challenging task for our Gala committee was feeding our members and guests. Much like the barn-raising analogy I use so frequently, our catering effort was in the hands of our members, who prepared, cooked and served our elegant buffet of delicious foods. We thank each and every one of them.

One cannot say enough about the members who donated their vacation residences for the destinations auction. Each final bid goes directly to the financial bottom line of DCV. Equally important are the volunteers who met you at the door, registered you for the event, processed your destination bids, your Celebrity Salon reservations, sold you a raffle ticket or were just there to answer your questions. These were not hired staff; these were your friends, neighbors and, most telling, fellow members of your Village. And we so appreciate the DCV members who underwrote tickets for those not able to afford them or covered unexpected costs and otherwise provided us with the resources necessary to produce the event.

Yes, we heard you loud and clear about the need for more space, a better audio system, a more accommodating way to get to the food and a quieter dinner hour; those can and will change. However, before focusing on doing better, let's take time to give ourselves a pat on the back for a great effort on behalf of a great organization, the Dupont Circle Village. ■



MONTHLY Calendar

Live and Learn: Reverse Mortgages

Monday, May 18, 3:30-5:00 pm

Bird Room, Church of the Pilgrims, 2201 P Street, N.W. (wheel chair accessible). Steven Strauss, Branch Manager of the Bethesda office of Security One Lending, a nationwide lender dedicated solely to reverse mortgages, will explain what reverse mortgages can and cannot do for you. Free for Village members; \$10 for others. RSVP to Linda Harsh, 202/234-2567 or lindajkh@mac.com.

Knitting and Stitching Group

Monday, May 18, 4:00-5:15 pm

1916 S Street, N.W. (Abigail Wiebenson's home). Free to members and friends. Wanabees are encouraged. RSVP to abigailwiebenson@gmail.com.

Celeb Salon

Tuesday, May 19, 6:30 pm

Geoffrey Garin, President of Peter Hart Research, directs polling and strategies for Democratic campaigns and major non-profits. \$75. Purchase tickets online at www.dupontcirclevillage.net, or call Linda Harsh at 202/234-2567.

Writer's Coffee

Wednesday, May 27,

11:00 am-12:30 pm

1910 S Street, N.W.

Members only. Bring a piece of writing to share. RSVP to kcardille@gmail.com.

Celeb Salon

Tuesday, June 2, 7:00 pm

Patty Stonesifer, President and CEO of Martha's Table. \$75. Purchase tickets online at www.dupontcirclevillage.net, or call Linda Harsh at 202/234-2567.

Smithsonian Museum of American Art: Tour of Kuniyoshi and American Masterworks Exhibits

Tuesday, June 2, 2:00-3:00 pm

8th and G Streets, N.W.

Preventing Falls

---Bernice Hutchison, Executive Director

Did you know that each year, one in three Americans over age 65 falls? Did you also know that the fear of falling can lead people to limit their activities, which can worsen mobility, increase the risk of falling and detract from quality of life?

This past week, a national Falls Prevention Summit was convened as part of the 2015 White House Conference on Aging. This summit was held to draw attention to the seriousness of falls and to promote prevention for healthy aging.

During the summit, the Centers for Disease Control and Prevention (CDC) unveiled new data showing that from 2000 to 2013, age-adjusted death rates from falls grew for people over the age of 65. For men, death rates from falls increased from 38.2 per 100,000 in 2000 to 67.9 in 2013. For women, death rates virtually doubled from 24.6 in 2000 to 49.1 in 2013.

As the nation highlights falls prevention this week, I hope you will take a moment to discover something wonderful that is happening right here in our Village. For the past three years, we have been convening falls prevention classes for members who sign on.

Currently, ten Villagers are meeting for eight consecutive weeks to complete an evidence-based Falls Prevention Program called, *A Matter of Balance*. The course is based on curriculum and measurable outcomes to demonstrate its value. The classes are led by certified coaches -- DCV members **Lucia Edmonds** and **Brad Edwards**. DCV members who sign on are led to explore their feelings about falls, become more aware of potential hazards of their living space and engage in exercises and conversations that many say are "life changing experiences."

This is the third round of Falls Prevention classes for Dupont Circle Village. As more and more members sign on to take the classes, our Village becomes more informed, proactive and purposeful about balance, home safety, nutrition and self confidence.

Seek out Lucia and Brad to learn more about this valuable opportunity. In fact, chat with some of the class members. You may find that the time they invest has a high return on reducing falls. Here at DCV, the classes come around once or twice a year. Be sure to look for them and sign up if you're interested in healthier aging. ■



Falls Prevention Workshop

continues on page 3

Calendar, continued from page 2

American Masterworks includes 19 paintings from the late 19th and early 20th centuries; Yasuo Kuniyoshi is a preeminent but neglected 20th century American modernist. Villager Mary Braden will lead a private tour of both exhibits. RSVP to kcardille@gmail.com.

Celeb Salon

Saturday, June 20, 6:30 pm

Rebecca Sheir, Host of NPR's Metro Connection. \$75. Purchase tickets online at www.dupontcircuitvillage.net, or call Linda Harsh at 202/234-2567.

Celeb Salon

Tuesday, June 23, 7:00 pm

Andy and Marjan Shallal, founders of Busboys and Poets and community activists. \$75. Purchase online at www.dupontcircuitvillage.net, or call Linda Harsh at 202/234-2567.

Celeb Salon

Monday, June 25, 6:30 pm

Howard Shalwitz, artistic director of Woolly Mammoth Theater. \$75. Purchase tickets online at www.dupontcircuitvillage.net, or call Linda Harsh at 202/234-2567.

Celeb Salon

Thursday, September 10, 7:00 pm

Peggy Cooper Cafritz, co-founder of the Duke Ellington School for the Arts, prominent education advocate and patron of the arts. \$75. Purchase tickets online at www.dupontcircuitvillage.net, or call Linda Harsh at 202/234-2567.

Celeb Salon

Tuesday, September 15, 6:30 pm

Judith Martin, creator of Miss Manners in the *Washington Post*. \$75. Purchase tickets online at www.dupontcircuitvillage.net, or call Linda Harsh at 202/234-2567.

Celeb Salon

Monday, September 21, 7:00 pm

Donald E. Graham, Chair and CEO, Graham Holdings Company, formerly the Washington Post Company. \$75. Purchase tickets online at www.dupontcircuitvillage.net, or call Linda Harsh at 202/234-2567. ■

Inside Volunteering

---Garry Hutchinson, Volunteer Coordinator

"Pay no attention to that man behind the curtain!"

Each year, the Village rolls out or participates in an impressive series of events, like our Annual Gala, Celeb Salons, Live & Learn series, the 17th Street Festival and our Annual Gathering. These are attractive benefits of the Village, glittering on the surface; however, the tremendous efforts of our volunteers behind the scene generally go unseen. Relying on skills, dedication and contacts developed from their professional lives, DCV volunteers are a marvelous resource that propel what DCV does. Yet, you might ask, "What kind of resource are they?"

Well, members might call the office to ask for a ride or an escort to a medical appointment, or for someone to assist with filing away a professional lifetime of documents, or to read to them, do their grocery shopping, pick up their medication or to help them de-clutter their home. Our volunteers respond to all of those member requests and are willing to tackle even more.

And, just as our Villagers are a diverse array of accomplished individuals, so are our volunteers. Caring, cosmopolitan, educated, social, talented, young, elderly, men, women, member and non-member, our volunteers have an intrinsic value that enriches the Village and the lives of our Villagers.

So, if you are one of our untapped treasures, someone suppressing your unrealized potential for social good, please consider joining our corps. We value your opinions and your knowledge. In addition, we cherish the abilities you have honed and the niches of need that you may fill. There is wondrous wealth in helping your neighbors. And, much like a feeder reactor, the good increases exponentially for the giver and the receiver.

Whether you join one of the several DCV committees, contributing your opinions, ideas, expertise or time; whether you join our volunteer force and are another in the ranks that may be called upon when a member is in need; whether you write an article for the newsletter that informs or instructs; whether you simply make yourself available to set up chairs or help move boxes for a DCV event; you would be a welcomed addition. ■
volunteer@dupontcircuitvillage.net

Who do you call? The Village!

---Abigail Wiebensohn, Membership Committee Coordinator

Recently, as our walking group neared my house, I invited them in to see the floors I had restored after termite damage. While there, the group helped me lift and reposition my dining room table. That one-minute act of accomplishing what I could not do myself is a metaphor for what I consider to be one of the most valuable aspects of Village membership: coping with the practicalities of life.

DCV may not have the magic of the *Ghostbusters*, but between our listserv and volunteers, there's enough collective wisdom and talent to figure out a solution for all manner of needs.

I frequently hear of members not asking for help. Too often, our independence holds us back. Or we think, "But the Village wouldn't help with *that*." It took me, for instance, way too long to ask for assistance with sorting my mounds of papers. You should see the order now, thanks to a Villager who helped me over several weeks. Not only was her help invaluable, but the very act of her coming gave me energy, resolve, momentum and a new friend.

Ask for what you need. You'll be glad you did.

Live and Learn: A Cure for Disorganization and Clutter

Are you feeling overwhelmed by your surroundings and the things you have accumulated? According to Leslie Clesner, Chief Executive Organizer of *Around Tuit, LLC*, you are by no means alone. Although Leslie had been “organizing” all of her life, she realized that organization is not necessarily intuitive, nor is it a simple matter of common sense. The emotional aspects involved in the process are the most difficult to deal with. That awareness inspired Leslie to “organize” *Around Tuit* to help others rid their lives of clutter.

Leslie emphasized that “the secret to de-cluttering is to surround yourself with only those things that make you happy.” But how do you get there, and where do you begin? She suggested drawing a line with arrows at both ends and a dot in the middle; the dot being the present, the arrows the past and future. You must start in the present, but it is important to look to the past and the future to determine what stays and what goes. Think about things you can do in the present to set yourself up for success in the future. Look around you; take stock. Then think about your top five organizing needs: things that have been on your “to do” list for years, like inherited things, unused wedding gifts, furniture or mountains of accumulated paper. Tackle one group at a time. Allot a period of time for each group, and use a timer. Categorize each item from the group as something to be “kept,” “given away” or “thrown away,” and designate one specific place for each category. It could be a drawer, a chest or even a shoe box. Consider a special place for more sentimental items.

One Villager noted that not knowing where to get rid of things can be a problem. We want our things to go where they are needed. An internet search is an excellent way to find groups that can use things you no longer need or want. The DCV Listserv is another. Here are some additional ideas.

Recycling and shredding are good options for paper. There are several shredding centers in the District, such as Fort Totten, where boxes of paper can be dropped off. Cancel catalogs and credit card offerings you don't want. Tax records need only be kept for seven years; paid bills and receipts need only be kept for one year, unless they are supporting tax returns.

Make use of technology. Do not print documents; save and bookmark them on your computer. Scan photos or even books if you want to preserve them. Shutterfly and others

can digitize and store old photos. Most books can be given to libraries, Books for America or the World Bank, etc. Furniture and appliances can be given to places like Habitat for Humanity, A Wider Circle or Martha's Table. The Woman's Committee at the Kennedy Center has a “petting zoo” for old musical instruments. Craig's List, eBay and consignment stores are good options for donating/selling furniture. Some furniture items, appliances, costumes and costume jewelry can be used by film companies and university theater schools.



Help with cleaning out and organizing is available from college and high-school students looking for paid hourly work or community-service credits. Check school job boards. As a Village, Clesner noted, you can schedule a time for exchanging or trading items, for a community garage sale or for shredding expeditions.

Remember to let go of things that are not important to you. Surround yourself with things that make you happy and have meaning for you. When you are unhappy with things, they become a burden. Remember that there is always someone out there who can use what you give away. Perhaps the only things you need to keep are those things you cannot replace. And, as several Villagers noted, a list of Leslie's Resources would be a tremendous first step in helping them to stop thinking about it and actually start getting “around tuit.” For more information, contact Leslie Clesner, info@getaroundtuitnow.com or 202/489-3660. ■ SL

Glorious Gala

---Iris Molotsky

"It looks so elegant," one person said, speaking for many others in referring to the Dupont Circle Village 5th Annual Gala. First impressions are important and set the mood for the evening. People were having fun! Even the weather cooperated, allowing us to have tables and a bar in the garden of the Woman's National Democratic Club.

The overriding purpose of the Gala and other fundraising efforts throughout the year is to ensure the sustainability of the Village. Fundraisers enable us to continue to make a difference in members' lives. As I write this, only preliminary figures are available, but we do know our net profits will be in the \$25,000 range.

We recognize and salute the tremendous effort and contributions made by the Gala Committee members and our volunteers, donors, sponsors and advertisers. You and everyone who worked so diligently to make the Gala a success have our heart-felt and enormous thank you.

The buffet dinner was a tribute to the diversity of cuisines available in our community. The food was donated by local merchants and by Villagers, whose culinary skills are impressive. There was an alluring and delicious range of appetizers, and Larry Stuebing's home-smoked salmon was a stand-out. And who could resist the delicious pork loins that were prepared by Villagers? Chocoholics were not disappointed at the dessert table, but those of us who prefer other sweets had an array of choices, as well.

In a repeat of previous years, the wonderful *Yoshi Nishio Quartet* and vocalist provided the music and, for the first time, we had space for dancing. Their sets were tied to the Gala's theme, *Destinations: Dreams to Go*, and included "I Left My Heart in San Francisco," and "I Love Paris," which set the scene for the romantic local and international sites available at the silent auction.

The variety and number of this year's Celeb Salons is incredible. The committee assembled 15 outstanding figures from the literary, theater, arts, culinary, and entertainment worlds to share their experiences in the intimate setting of Villagers' homes. Tickets for Salons went on sale for the first time at the Gala, and the response was gratifying. The Salons will continue throughout the summer and into September, so there is still time to buy tickets. But hurry; many are selling out. For more information and to purchase tickets, please go to www.dupontcirclevillage.net or contact **Linda Harsh**, 202-234-3567.

Everyone at the Gala noticed the woman with the tall, red top hat selling raffle tickets throughout the evening. **Tricia Hoban**,



Iris delighting in – or not believing – her own success

our salesperson *extraordinaire*, along with volunteers **Eugene Versluysen**, **David Messing**, **Marilyn Newton** and **Lindsey Holaday**, ensured that everyone was given the opportunity to win dinner for two at Nora's; a case of red wine; a basket of Greek oils, vinegars and delicacies from Mediterranean Way; or two \$50 certificates for dinner at Scion Restaurant.

The Gala Committee met following the event to assess the evening. Our goal was to give people an opportunity to spend a festive and enjoyable evening with friends and neighbors while supporting a worthy cause, and we think we achieved that goal. Inevitably, there were glitches, and next year will reflect these lessons learned. Thank you all for helping to make the Gala so delightful and for being a part of Dupont Circle Village. ■



Welcome to the Gala!

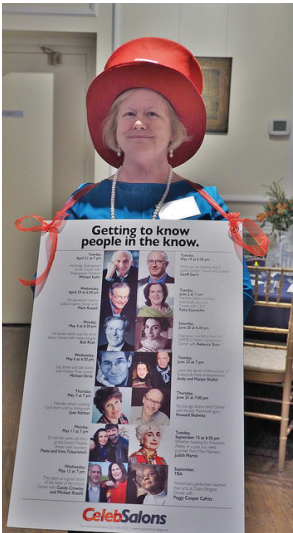
Glorious Gala!



Revelers arriving



Tables awaiting revelers



Our Village Hawker



Checking out the destinations



Paris? New Orleans?



Checking out the Celeb Salons



It's a real party!



Not far from the madding crowd

More Glorious Gala



Chowing down



Shmoozing



Tête-à-tête-à-tête



Do wop, be bop – hip hop?



And they said they wouldn't dance....



Still dancing!



Hallelujah and amen, DCV did it again!

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Nancy Hartsock

Don Jones
Gillian Lindt
Joan Ludlow
Alison Luchs and Richard Best
Iris and Irv Molotsky
Jane Pierson and John VerSteeg
Alaire and Lex Rieffel
Peg Simpson
Nathan Simpson
Abigail Wiebenson
Ann Wood

Photo Credits: Phil Carney, Gala Photographer

Celeb Salon Update

---Peg Simpson

To date, we've had six marvelous Celebrity Salons. These "stars" were refreshingly personable, not to mention mesmerizing. Take a look at the photos we've provided of the Salons with **Michael Kahn**; **Mark Russell**; **Bob Ryan**; **Michael Dirda**; **Joan Nathan**; and **Paata and Irina Tsikurishvili**. While they can't possibly capture the experience, these photos do give a sense of how "up close and personal" our Salons are. Thank you Celebs! Thank you hosts!



Celeb Salon, Mark Russell



Celeb Salon, Irina & Paata Tsikurishvili (Synetic Theater)

Unfortunately, the Salon with **Candy Crowley**, CNN's long-standing and just-retired political guru, and her producer **Michael Roselli**, was postponed due to a serious illness in Ms. Crowley's family. We wish Ms. Crowley well. Stay tuned for news of the rescheduling.

Including the postponed Crowley/Roselli event, nine more exciting Salons are coming up in May, June and September (see Calendar for dates): WAMU's **Rebecca Sheir**, whose "Metro Connections" breaks local news in many ways; **Judith Martin**, a.k.a **Miss Manners**, whose syndicated column strives to uphold civility; top pollster **Geoff Garin** with the latest political trends; **Andy and Marjan Shallal**, the entrepreneurs and activists behind Busboys & Poets restaurants and performance centers; **Peggy Cooper Cafritz**, a huge contributor to the cultural and educational life of the city; **Patty Stonesifer**, who headed up the Bill and Melinda Gates Foundation and is now shaking up the social justice scene at Martha's Table and citywide; **Howard Shalwitz**, artistic director of the innovative Woolly Mammoth Theater; and **Donald Graham**, chair and CEO of Graham Holding Company and a major force in DC's business, cultural and educational scenes.

Sign yourself up at www.dupontcirclevillage.net, or call **Linda Harsh** at 202/234-2567. Talk up the Salons with your friends, neighbors or co-workers, at your gym class, book club and other groups. Email everyone you know around town. Ask them to come to the Salons as a good way to support DCV. Tickets, including food and drinks, are \$75 each, \$50 of which is tax deductible.



Celeb Salon, Joan Nathan



Celeb Salon, Michael Kahn (Shakespeare Theatre Company)



Celeb Salon, Bob Ryan



Celeb Salon, Michael Dirda

New Chinese Chancery on Track

---Nick Ludlow

Construction of the new Chinese Chancery building, now well underway, is on track to be completed by next March, as planned (though it might be a little longer), followed by two or three months for furnishing. The Chinese are scheduled to occupy the building by the end of 2016 and, to the relief of nearby residents, the noisy racket of drills and concrete machines will cease. Engineers are already working on the third of nine floors. According to Architect Phil Esocoff, things are “looking pretty good now, which is very satisfying.”

Over the next few months, the steel girders propping up the façade of the historic St. Albans apartment house will be taken down as the façade is integrated into the new Chancery. No longer will the neighborhood have a mini-Pompidou Center!

The building will be robust: construction involves nine-inch thick concrete levels with an extra inch per floor so the federal height limit for the building can be met more easily, as appropriate for Kalorama Road. The height limit of the building, 90 ft., is determined by the Zoning Code and public “Right of Way” (the width of the road and sidewalks from property line to property line).

Engineers are employing “tensioners,” special cables that ensure concrete slabs never sag and tighten them so they never crack. Reinforcing rods will be coated with epoxy to prevent rusting.

As noted in an earlier DCV newsletter, the new Chancery will have 160 apartments (with 30 studios). There will be a fitness center, recreation room, 25-meter swimming pool, three bike rooms and a two-story space for table tennis. The building includes 15,000 square feet of consular space, plus 194 parking spaces and 69 bicycle parking spaces. There will be an outdoor play area for children, and the roof will have a garden and a parapet.

Today, viewers from nearby roof decks may be able to glimpse a special feature of the Chancery-to-be: a lower courtyard with windows facing north with what looks like a huge concrete tub for the swimming pool, above which is an upper courtyard, both linked by a triangular staircase with curved corners allowing people to go right or left, either upwards or down. There will be a small Chinese door between the courtyard and a rear access road.

The new building's opening is during the Year of the Monkey, according to the ancient Chinese calendar. Smart, quick-witted, frank, optimistic, ambitious and adventurous are the personalities of those born under this sign, so the new Chancery may house some interesting new neighbors! ■

Van Gogh, Manet and Matisse: The Art of the Flower at the Virginia Museum of Fine Arts (VMFA) in Richmond

---Joan and Nick Ludlow

This is a sensational show that every Washingtonian should see! We recently spent three wonderful hours experiencing the 19th century French floral masterpieces lovingly brought together by the curators of the VMFA and the Dallas Museum of Art.

The spellbinding show, the first major American exhibition of its kind, is much greater than the three impressionists in the title. The show features more than 60 flower paintings, many of them so stunning you want to pluck the blossoms from the frame. They're by more than 30 artists, beginning with the painters of the Flemish/French school of the 18th century, quickly moving on to 19th century impressionist painters and ending with the 20th century painters – in other words, you get to walk through centuries of lovely flowers, complete with dewdrops and butterflies. Joan said, “my eye was taken and my heart stolen by the exquisite beauty of the bouquets, especially those of the French painter Henri Fantin-Latour (1836-1904).”

The Museum also has an excellent restaurant. We found Richmond has many fine dining places, of which two, L'Opossum and Tarrant's Café, we highly recommend.

For more information, go to <http://vmfa.museum/exhibitions/exhibitions/van-gogh-manet-matisse-art-flower/>. The show closes June 21.



Out and About with DCV

State Department Diplomatic Reception Rooms. Villagers strolled through the John Quincy Adams state drawing room, which houses the 1783 desk on which the Treaty of Paris ending the Revolutionary War was signed; the Thomas Jefferson state reception room inspired by Jefferson's residence at Monticello; and the elegantly gilded Benjamin Franklin state dining room. All these rooms are furnished with early American masterpieces selected for their historical associations with the founding of our country. What a treat!



Dining in Dupont. It was a great evening of food and fun at Le Diplomate, the bustling French brasserie and outdoor cafe on 14th Street's restaurant row.



Monday Movie Maniacs. The feature of the evening was *A Fish Called Wanda*, a 1988 film starring John Cleese, Jamie Lee Curtis, Michael Palin and the cast of Monty Python. Movie-goer Nick Ludlow agreed with the Rotten Tomatoes Critics consensus that the film offered a "classic example of a brainy comedy with widespread appeal." A tasty potluck buffet completed the evening. The next film will be the Gene Kelly classic, *Singing in the Rain*. ■ SL

New Face in the DCV Office

Next time you're in the DCV office, say hello to **Kim Kelley**, who will be helping with administrative tasks and improving the flow of communication. Kim has worked with a wide variety of non-profit and other organizations in project management and publishing. She is also a serious pianist. We welcome those extra hands!

Where Are They Now?



Ted Bracken recently returned from a two-week trip to Japan with his Dartmouth College group. He reports that he spent "several days in Tokyo before heading out to the countryside and a special time in Kyoto with all the cherry blossoms in full bloom. Sadly, the weather precluded a view of Mt. Fuji except for the bottom third."



Ann and Robert von der Lippe fared better than Ted with the weather in Japan. There they are in Hakone, with Mt. Fuji's peak fully revealed. ■ *BR with thanks to the travelers*

Product Pro and Con

I'd like to recommend Galley takeout (https://store.galleyfoods.com/sign_up), a new company. They have a menu of three dishes every day, which they post on their website or email you after you sign up. It's usually one beef, one chicken or salmon and one vegetarian, which costs either \$12 or \$14 (for the salmon), including delivery and taxes. I have ordered four times now, and can strongly recommend this service as a great value for very tasty food. If you sign up and give my name, you get a free meal, and so do I.



Dorothy Marschak

It hasn't exactly changed my life, but last week I discovered that Oxo solved a problem that has irritated me for years. You are all probably familiar with the wire-mesh splatter screens that fit over frying pans to prevent grease from covering everything in the immediate vicinity of the burner. They work moderately well when new. But, inevitably, the mesh separates from the wire rim and, once again, you're prowling the hardware store aisles looking for replacements. In contrast, Oxo's one-piece, stainless-steel splatter screen (with folding handle!) fits frying pans up to 13 inches wide, goes in the dishwasher and will not self-destruct within six months. I am so happy, and, according to the label, my "satisfaction is guaranteed."

Iris Molotsky ■

Meet DCV's Newest Member

Joan Treichel: For 42 years now, I -- and my husband, too, until he died in January -- have lived in the Dupont Circle neighborhood. We even raised our two daughters here.

I love our neighborhood for its European flavor, especially the Beaux Arts architecture stemming from the late 19th century. I love the way you can walk everywhere, as in Europe. Actually, as a journalist specializing in writing about advances in medical research, I walked to work every day for many years until I retired this past June.

I enjoy the intellectual, cultured individuals who live in my apartment building and elsewhere in the neighborhood. It's great, I think, how young and old, individuals of various sexual orientations and people from different backgrounds (e.g., my husband was German) live together in a peaceful, cordial manner. And now that I am retired, I look forward to becoming even more deeply involved in Dupont Circle life via membership in the Village. ■



---Judy duBerrier

Quinoa

Before you reject it, consider: It is the #1 super-food, high in protein, vitamins and minerals. No cholesterol. Low fat/calories. Gluten free. Peruvians have known about it for thousands of years, and I now love it. It even satisfies my voracious carb appetite.

I cook it often. **Breakfast:** In place of oatmeal, or mix with scrambled eggs. How about Chocolate Quinoa Breakfast Cookies? **Lunch:** Quinoa Tabbouleh Salad; Quinoa with Pesto, Spinach & Parmesan. **Dinner:** Quinoa Stuffed Squash; Garlic & Parmesan Quinoa (instead of mac & cheese!).

All of these recipes can be Googled on the internet. Or email me, and I will happily share my own variations. In the meantime, try this **Simple Healthy Quinoa Salad**. You can even make up a bigger batch and nosh for several days because there is no oil in it.



1/2 cup cooked quinoa
1/2 cup corn kernels, fresh or frozen (defrosted)
1/2 cup canned black beans, rinsed & drained
1/2 cup fresh chunky salsa (I recommend Trader Joe's)
1 chopped scallion
1/2 avocado, cubed (optional)
Fresh lime juice, salt & pepper to taste

Make a bed of chopped lettuce, if desired, in a salad bowl. Add quinoa, corn and beans. Top with salsa, onion, optional avocado, salt and pepper. Squeeze lime over all.

Questions/comments:

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---Judy Silberman,
Yoga Master

Balance is something that can and should be practiced. As you wait on line for a cashier or as you brush your teeth, stand on one foot. Try to schedule a bit of balance exercise into your day, maybe after cleaning up from dinner. Touch a chair or wall with your right fingertips; stand up straight and tall (mountain pose); find something to stare at three or four feet ahead; and then lift your left foot one inch. Aim to hold the pose for 10 seconds, letting go of the chair as you become more practiced and confident. Take a few yogic breaths, and then go to your right leg. One side may be easier than the other due to your anatomy or just how you slept the night before. ■

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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