

“A little Madness in the spring is wholesome even for the King.”

Emily Dickinson

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New Members

DCV warmly welcomes its newest members:

Carolyn Gamble
Patricia Kelly
Robert Layton
Lisa Robin
Karen StJohn
Holly Van Fleet



President's Letter

---Lois Berlin

The few spring-like days we've experienced so far have whet my appetite for playing in the dirt in our little garden and putting away my woolly socks in exchange for flip flops. While waiting for the warmer weather, I have been busy advocating for our Village along with Eva Lucero, our executive director, and representatives of neighboring Villages.

Last month I reported about the testimony I gave to the DC Council on behalf of Villages. Based on the positive feedback we have received from our Mayor and various members of the Council with whom we have met, our efforts may prove fruitful. We won't know until the Mayor's budget is published, but we are hopeful that we will receive financial support to supplement our M+ membership (low-income subsidy) and volunteer training programs.

Last month I also told you that the board would be having a retreat to focus on ways to serve our membership more effectively and on a rebranding effort. One of our conclusions was that the board needed to have greater outreach to members so that we know them more personally.

We initiated that effort after our board meeting in March with our first "Meet and Greet." We invited all members who were new to DCV in the last year to come to an open house in the living room upstairs from our office so we could put faces with names and find out how satisfied (or not) they are with their DCV experience so far. It was a lively event attended by at least 15 members and all 13 of our board members, and I think all who attended were very pleased with the experience.

I am happy to report that we will continue this effort until we have invited every member to a similar event. Stay tuned for your personal invitation to a "Meet

and Greet" in the months to come.

We also appointed a small board committee, plus our executive director, to focus on rebranding. This group will focus on how our message, our name and our logo can represent the diversity of members that make up our organization. You will hear more from me on this topic as the process evolves.

The arrival of April means that our annual Gala is right around the corner, and April 17 should be on your calendar. This Gala promises to be great. *Taxes, Politics and All That Jazz* is an opportunity to celebrate the end of another tax season (unless you filed an extension), discuss (or forget) the ongoing circus of the presidential campaigns and enjoy the sounds and mood of a bygone era.

Don't worry, you won't be overwhelmed by loud or raucous music. Our jazz and blues playlist will be a pleasant backdrop to interesting conversation, an elegant sit-down dinner and an opportunity to bid on international or local destinations and buy tickets for Celeb Salons. And while you're having fun, you'll have the satisfaction of knowing that you're helping to support and sustain the vital work of our Village.

Please be sure to buy your tickets to the Gala and your Celeb Salon tickets online now at www.dupontcirclevillage.net. Your Village needs your support.

See you at the Gala! ■





MONTHLY Calendar

Matter of Balance Classes

Tuesdays, April 12 through May 24 (offered once a year)

Dupont Circle Village Office, 2121 Decatur Place, NW

Falls are not inevitable. Learn how to protect yourself. Sign up now. Few spaces remain. Fee: \$20 (includes instruction, materials and light refreshments. Contact lucia.edmonds@gmail.com.

Kalanidhi Dance Group

Friday, April 15, 3:00 pm

Church of the Holy City
1611 16th Street, NW (one flight upstairs)

In DCV's final Dance Series Program for this year, Kalanidhi Dance will explore creative and contemporary ideas while retaining the essence of classical form. \$10. RSVP by April 13 to Lucy Cooney at lucy1030@starpower.net.

DCV Gala 2016: Politics, Taxes and All That Jazz

Sunday, April 17, 6:30 – 9:30 pm

Woman's National Democratic Club
1526 New Hampshire Avenue, NW
Support DCV while listening to terrific jazz, enjoying a seated dinner and drinks and bidding on fabulous destinations. Tickets are \$100, of which \$75 is tax deductible. Order now by sending a check to Dupont Circle Village, 2121 Decatur Place, NW, Washington, DC 20008, or pay with credit card online at www.dupontcirclevillage.net under the 2016 Gala page.

Tech Tuesday

Tuesday, April 19, 11:00 am

La Tomate Caffe

1701 Connecticut Avenue, NW (up a few stairs)

Come for the \$5 breakfast special and talk about computers, phone, cable, WiFi and TV. RSVP to Lucy Cooney at lucy1030@starpower.net. Limit 12.

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A Poet Close to Home

---Eva M. Lucero, Executive Director

WE EMBRACE

We fought against the invisible
We looked to one another for comfort

We held the hands of friends and lovers
We did not turn our backs

We embraced
We embraced

*E. Ethelbert Miller, 2005**

In honor of National Poetry Month, I had the good fortune to visit with E. Ethelbert Miller, poet, literary activist and DC resident of nearly half a century who continues to leave his literary imprint and impact around the city.

Ethelbert came to DC in 1968 to attend Howard University and was one of the first graduates of the university's African-American Studies program. For 40 years, he served as Director of Howard's African-American Resource Center. According to the prominent historian Douglas Brinkley, he was "deeply inspirational" and known as the "heart and soul of Howard University." Also during this time, Ethelbert was an initial investor in the Dupont Circle independent bookstore, Vertigo Books, which closed its doors in 2001 after a 10-year run on Connecticut Avenue.

Ethelbert cares deeply about people and building community. When I suggested that he was a conduit for linking individuals and groups, he corrected me and said he was a "can do it!" Without question, this talented man is an active doer.

In 2015, Ethelbert left the university, but that didn't hinder his passion for weaving himself into the literary fabric of the city. The range of activity that he's involved in is deep and wide. Depending on when you catch up with him, he might be editing *Poet Lore*, America's oldest poetry journal; interviewing guests on his weekly book program, *On the Margin*, on WPFW (89.3 FM); chairing a board meeting for the Institute for Policy

Studies (IPS); collaborating with the novelist Charles Johnson; or cheering on his good friend, Carla D. Hayden, President Obama's pick to be the next Librarian of Congress.



Amidst all of this activity, Ethelbert continues to be a prolific poet. His latest book, *The Collected Poems of E. Ethelbert Miller*, will be released by Willow Press this month.

As a socially engaged poet, Ethelbert crafts poems using the Beloved Community philosophy, a prescription for a healthier society as popularized by the Reverend Martin Luther King, Jr. Fundamental to this philosophy is inclusiveness, both economic and social. The Beloved Community also describes a society in which all are embraced and none discriminated against.

"Ethelbert's poetry enters us and sings," says Susannah Heschel, the daughter of the late Rabbi Abraham Joshua Heschel, who walked beside Dr. King during the Selma march in 1965. "Like the biblical prophets, he inspires and challenges us, and gives voice to our deepest longing: to live with greater intensity and passion, and bring significance to our existence. He is one of the great voices of our day."

It seems fitting for poetry month, and really every month, to heed Ethelbert's hopeful sentiment that "we will soon celebrate spring again after surviving another winter in America. And this is why I continue to hold fast to hope and the glitter of poems that have the potential to become starlight."

*Engraved around a bench near the Dupont Circle Metro station's north entrance elevator. ■

Calendar, continued from page 2

Stories of Migration: Contemporary Artists Interpret Diaspora

Friday, April 29, 11:30 am

(arrive at 11:20 am)

The Textile Museum at the George Washington University Museum
701 21st Street, NW

Take a docent-led tour of the Textile Museum's newest exhibit that showcases the work of 44 artists who share their personal and universal migration stories, from historic events to recent stories of migrants and refugees adapting to new homelands. Selected pieces include art quilts, 3-D works, large installations and video. RSVP to Beth Merricks at bmerricks@msn.com.



Village Volunteers Step Up Their Game

---Mike Gould, Volunteers Chair and Coordinator

I'm happy to report that the number of requests for volunteer assistance to members has been steadily increasing, due in large part to our efforts to make our services more accessible. And thanks to **Linda Harsh** and **Jodie Mount**, who have been cleaning up our volunteer filing and record-keeping systems, we now have a greater ability to track the work of our volunteers.

The number of requests has risen from six in November to 20 in both January and February, and the total time in service to the Village rose dramatically from an average of 650 hours in the last three months to 900 hours in February. Assistance to individuals has averaged about 75 hours over the last three months.

The volunteer sub-groups are moving forward on several fronts. Technology, transport and home maintenance were the most common services requested and provided. The Handyman Services and Technology sub-groups are working well, responding to at least ten requests in February.

The Medical and Health Support sub-group has met with Bob McDonald, Executive Director for the Foggy Bottom Village, to see how we might better organize and upgrade our services in this area. A very important component of this collaboration will be training for providing the services.

We will be meeting again in April to follow up on possibilities that our individual members are looking into. Six Villagers have already attended a workshop on transporting frail and handicapped people, and we are planning to offer our own workshop for our drivers sometime in the near future. We are also checking into courses that are available on how to take medical notes at doctors' appointments.

The Volunteer Committee has met with Sarah's Circle and Jubilee Housing to offer assistance to a limited number of people living in subsidized housing. We're delighted that some individuals from Sarah's Circle have joined the Village, and I will be meeting with them soon.

These are just a few highlights of the ways in which volunteers are fulfilling DCV's mission and making life better for our members and our community. Thank you. ■

A Month of Membership Landmarks!

---Abigail Wiebenson, Membership Committee Chair

Thanks to the collective efforts and networks of DCV members, we have surpassed the 200-member goal we sought to begin 2016.

One of the surges that put us well over the top is the result of a new effort initiated by Board member, **Mary McIntosh**, who began to seek out a younger constituency of members. Known as NewGeneration 2.0, this is a group of Villagers who are around

retirement age and who seek different kinds of connections and experience than our older members. In the Directory, they have an asterisk (*) after their names. The NewGen2.0 group will of course be included in all activities. Some are already walkers and knitters and participants at Soup Salons.

We continue to have regular information gatherings and welcome suggestions for outreach to neighbors who might not know about us.

This past month, we have welcomed some new members from Sarah's Circle, an organization that is an affordable housing residence and a wellness center in Adams Morgan for women with economic constraints. Many thanks to **Eva Lucero**, **Mike Gould** and the Board for encouraging and underwriting these memberships.

In a dynamic Village movement that is constantly growing and recalibrating, these are three important landmarks to be proud of.

Countdown to the DCV Gala: April 17th

---Iris Molotsky

It seems like anything goes these days, but we're not the first! They knew how to kick up their heels in the 1920's, too—and they had a lot of fun doing it. So, if you want an evening devoted to the pleasures in life—nibbling, sipping, a sit-down dinner and great desserts—while Louie, Ella and Billie remind us how terrific jazz can be, buy your tickets now for DCV's 6th Annual Gala on April 17th at the Woman's National Democratic Club.

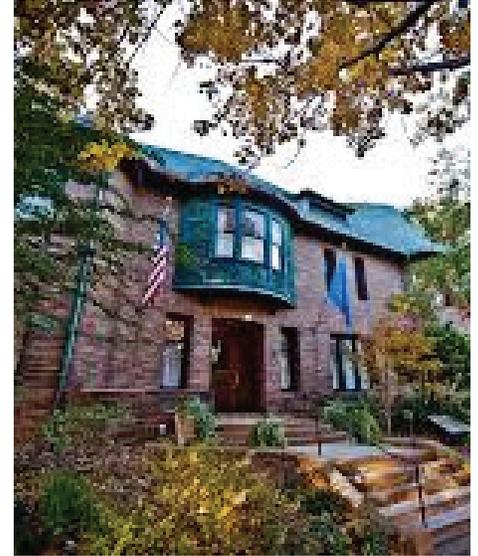
Our theme this year, "*Politics, Taxes & All That Jazz*," looks to recreate the exuberance and excitement that marks that era. And we're enhancing these good vibes with new attractions that today's world offers. This year's destinations are better than ever—travel gems like a week in a Paris apartment or your choice of a house in southern France or in Santa Fe or one near the beach in Falmouth, MA, on Cape Cod.

Closer to home, we again offer a picnic for six on Sycamore Island in the Potomac. DCV member **Pender McCarter**, winning bidder for last year's picnic, says, "Five friends and I enjoyed a unique and memorable experience, thanks to our indefatigable and creative host, **Abigail Wiebenson**."

Another superb and supremely quirky destination is a guided tour of the Georgetown Flea Market by **Annie Groer**, a devotee of flea markets around the world. How about great "close to the first base line" tickets for two Nationals' home games against the Cardinals and Dodgers? Other exciting destinations to bid on await you at the Gala, as well.

The Celeb Salon speakers this year are once again unbelievably amazing: Jim Lehrer and his wife Kate; actress Holly Twyford; Ashok Bajaj, the owner of the acclaimed Rasika Indian restaurant; to name just a few. For a complete list, see **Peg Simpson's** "Celebrity Salon Update."

We expect it will be an enjoyable evening for all—but it also is an essential evening for the future of the Village.



Woman's National Democratic Club

The Gala is our major fundraiser of the year, and the profits from this event enable us to continue and expand our services and offer the cultural, educational and physical fitness programs we all find so valuable.

So please join us on April 17th. It's a chance to have a good time and support a good cause—a cause we all support and believe in. ■

Celeb Salon News Flash!

---Peg Simpson, Co-chair, Celeb Salon Committee

We've just about filled out our roster of 2016 Celebs. The last to be nailed down is Susan Goldberg, editor of *National Geographic* magazine. She has a bird's eye view of the many changes underway there. She is convinced that the venerable *National Geographic* will be able to beat the odds that have taken down so many print publications—and she'll illustrate what she means to the Villagers at her Salon on May 6.

For the first time, Salon seats will be available online, as well as at the April 17 Gala.

We've also lined up many new hosts this year: **Mary McIntosh** for N Street Village's Schroeder Stribling; **Annie Groer** for Mosaic Theater's founder and director Ari Roth; **Andres Doernberg** for the *Atlantic's* Steve Clemons; **Lucia Edmonds** for former Republican Congresswoman Constance Morella; **Pierre and Claire Wagner** for celebrated actress Holly Twyford; and **Carol Ridker** for the director of the Washington National Opera, Francesca Zambello.

Many thanks to the newbies, and to our veteran hosts, as well. ■



6th ANNUAL DUPONT CIRCLE VILLAGE GALA

Sunday, April 17; 6:30-9:30 pm

Woman's National Democratic Club
1526 New Hampshire Avenue, NW

Tickets: \$100 each;
buy online—dupontcirclevillage.net

Celeb Salons at a Glance

Monday, May 2

Ashok Bajaj, owner of Rasika and other celebrated restaurants

Friday, May 6

Susan Goldberg, editor of National Geographic magazine

Tuesday, May 10

Brookings Institution economist Henry Aaron

Monday, May 16

Robert McCartney, Metro columnist for the Washington Post

Tuesday, May 17

Elisabeth Bumiller, Washington bureau chief, New York Times

Monday, May 23

Schroeder Stribling, CEO of N Street Village

Wednesday, May 25

NewsHour luminary Jim Lehrer and his author wife Kate

Wednesday, June 1

Mosaic Theater's Ari Roth

Tuesday, June 7:

Steve Clemons, Washington editor of the Atlantic

Monday, June 13

actress Holly Twyford

Thursday, June 23

former Rep. Constance Morella

Monday, Sept. 19

Francesca Zambello, director of the Washington National Opera.

Stay tuned for more news!



Adapting to Disability

Gillian Lindt's Guide to Guide Dogs

People facing a disability know they need to learn how to cope and adapt or risk being overrun by that disability. For **Gillian Lindt**, that disability was blindness, being overrun was not an option and, eventually, using a guide dog became her main mode of adaptation. It was a decision that not only enabled her to maintain the richness of her world-traveling life, but also added new dimensions to it.

Gillian has been blind for 12 years as a result of macular detachment during a high-altitude flight and a surgery that was too late to repair the damage. She had been using a cane for two years when her surgeon suggested she consider a guide dog. Although she'd had several dogs, this was a startling proposition to her. "I think I was in denial then about being blind. But I also didn't think I could care for a dog if I couldn't see." Still, she was game.

The process began with a visit from a social worker, who denied Gillian when she learned she was retired. The prevailing belief then was that a retired blind person would mostly sit at home, which was a waste of a highly-trained guide dog. When Gillian's surgeon heard the news, he detailed to the social worker just how active Gillian was. The process resumed.

The next step was finding a guide dog organization. Gillian's research led her to seriously investigate four of the many different ones that exist throughout the country, each with its own training approach. After visiting the four, she chose the Guide Dog Foundation (GDF) in Smithtown, Long Island (NY), largely because it focused heavily on discovering an individual's needs and lifestyle and then matching a dog accordingly. Indeed, not only does GDF do extensive interviewing, it also videotapes its clients on their home turf in a variety of situations.

You can't come to Smithtown until GDF finds the right dog for you. In Gillian's case, that was Bridgette, the Lab/poodle mix who guided her for almost a decade, at home and abroad, and is now in blissful retirement in the south of France.

Missing Bridgette, Gillian didn't want another dog right away and returned to using a cane. (Only five percent of blind people use guide dogs.) The experience further convinced her that a dog best suited her.

Gillian re-contacted GDF and went through another interview and videotaping process. Her new match was Stella, a yellow Lab/golden retriever mix.



Gillian holding Stella as they arrive in DC, with Caroline Mindel
Photo credit: Abigail Wiebenson

The process of vetting a guide dog is meticulous. GDF breeds its own dogs to ensure health, good temperament and intelligence. At about eight weeks, the candidates are given to carefully chosen "puppy raisers," who house train them and socialize them for 12 to 14 months, making sure to expose them to many different experiences. The dogs are then returned to GDF and trained for three to four months to become guide dogs.

If the dogs pass muster, they are matched with clients, who come to Smithtown to train with their respective dogs for what used to be a month when Gillian first matched with Bridgette but is now two weeks. Finally, in order to "graduate," clients and dogs must bond successfully and demonstrate that they are a good working team.

Only 50 percent of dogs that enter the process become guide dogs. Dogs are carefully evaluated throughout their lives to determine how they will best serve. Those that don't become guide dogs may instead be assigned to help individuals with other disabilities.

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New Member Profiles

Annie Groer

Annie Groer is a Washington native, long-time journalist, passionate traveler and irrepressible collector of festive people and oddments.



She landed her first job in the news biz at age 12, delivering a neighborhood weekly. At the University of Maryland *Diamondback*, she and her colleagues exiled homecoming-queen candidates to the back page and splashed stories about campus drug use, civil rights and anti-Vietnam marches out front.

After receiving her diploma from the not-yet-indicted Spiro Agnew, she moved to Adams Morgan and covered local politics, parties and crime for the *Washington Star* and *Washington Daily News*. In 1974, with Richard Nixon about to resign in Watergate disgrace, she joined the *Orlando Sentinel's* DC bureau to cover Congress, the White House and presidential campaigns. She was a 1988 Bush-Dukakis debate panelist.

She bought her first home in Brightwood, a fabulous Art Deco duplex two blocks from where she'd grown up. Inspired by preservationist pals in Miami Beach, she co-founded the still-thriving Art Deco Society of Washington.

In 1995, she jumped to the *Washington Post* to co-author the dishy "Reliable Source" gossip column, later shifting to architecture, design, collecting and real-estate porn for the "Home" section. She cheerfully took a buyout to become an indie writer. Her work has appeared in the *LA Times*, *New York Times*, and *Town & Country* and *More* magazines.

She twice represented the capital city in the National Chicken Cooking Contest, and once danced across the Kennedy Center stage with Liberace. In her 20s, she spent more than a year hitchhiking around Europe, and later took a nine-month Latin American ramble. She is now plotting an extended swing through Australia, Indonesia and Southeast Asia.

She lives in Georgetown and is (still) working on an alleged memoir.

Susan Hattan

Susan has lived in the Dupont Circle area since moving from Kansas following her graduation from college. Interest in public policy drew her to the city, and she was fortunate to find employment with Senator Bob Dole shortly after her arrival (and doubly fortunate to have met her future husband Steve Kittrell there).



That was the start of a long career in the Senate, most of which was spent on the personal and committee staff of Senator Nancy Landon Kassebaum Baker during her three terms in office. Susan continued working on the Senate Health, Education, Labor and Pensions Committee following Kassebaum Baker's retirement before taking her own "first retirement" in 2001. She returned to full-time work with the National Association of Independent Colleges and Universities (NAICU), a group that represents private, non-profit colleges on public policy issues.

Now embarking on her "second retirement," Susan is able to spend more time on longstanding interests that include travel, quilting, reading and "playing tourist" in DC. She hopes to get back to working on stained glass—a pursuit

she abandoned in recent years. And, of course, there's baseball (Go Nats!). Susan is also a volunteer teacher and board member at the Washington English Center. WEC offers English as a Second Language and related services to approximately 800 students each term. Susan has a BA in political science from Washburn University and an MA in American Politics from American University.

Steve Kittrell

Steve has lived in the Dupont Circle area since graduating from law school at George Washington University. Until his retirement in 2016, he spent most of his legal career working in the DC office of an international law firm, specializing in employee benefits and executive compensation. For more than 15 years, he managed the DC office and held other management positions in the firm.



Steve is married to Susan Hattan. They enjoy traveling and look forward to more of it. Susan and Steve also share a passion for the Nationals and have had season tickets since the team arrived in DC.

To stay fit, Steve has studied *taekwondo* (a Korean martial art) for 35 years and currently teaches classes four days a week. He finds teaching grade schoolers at an area charter school to be particularly rewarding (and sometimes trying).

Steve is the newly appointed head of the Village's Handyman Committee. He got his DIY training from his father and several carpentry jobs growing up in Kansas. He has kept up his skills on projects at their century-old townhouse on T Street.

Steve has a BA in political science from Baylor University and a Masters in Tax from Georgetown. ■

Creating Internet Account Passwords

---Ken Shuck

In my 30+ years of experience analyzing the security of government and company large-scale computer systems and networks, one constant part of every analysis was password security. The following is based on my personal thoughts on password security as I presented them at the February 16th DCV Tech Tuesday.

These days, many (if not most) of us rely on the Internet to fulfill many of our everyday needs, such as banking, shopping, news and communicating. Doing this over the Internet most often requires you to establish an account that needs a user identification (userid) and password. When you have over 50+ Internet accounts, as I have, how do you create secure passwords that you can remember?

Well, the simple answer is that you can't remember really secure passwords, unless you have a photographic memory or very few accounts. My solution was to prioritize my accounts based on what impact it would have if some bad person accessed that account. Could I lose money, leak sensitive personal information, or was it an account that had no real significant effect if misused other than being a personal nuisance?

So, I decided to group my accounts into these categories: *most sensitive* (e.g., banking, financial, medical); *moderately sensitive* (e.g., shopping where I provide credit card information); *non-sensitive* (e.g., newspapers, movies, social media); and *no-choice accounts* because they give specific instructions for creating your password, which you must obey.

There are some general principles that should always be used to create passwords, such as: (1) use no fewer than eight characters; (2) for the most sensitive (and possibly moderately sensitive) account passwords, use a combination of upper- and lower-case letters, numbers and special characters (e.g., #, @, &); and (3) make the password something you can remember (if possible).

For my most sensitive account passwords, I like to use "password phrases." To create this type of password, first select a phrase/sentence that you can easily remember that contains all the components that I just mentioned. Then select the first letter/number/character of each "word." For example: *My house is at # 2784 Upper Street* would

be the sentence used to create the password *Mhia#2US*. This way you don't have to remember a complicated password, but just a simple sentence to create a strong password.



For moderately sensitive account passwords, I like to use a mixture of words, numbers and characters that are "readable" but easy for me to remember, such as: **1962-Evans, Evans@1962** or **19Evans62** (based on my high-school graduation year). For non-sensitive accounts, I generally use a simple combination of words and numbers that are easy to remember, such as: **Evans1962**. However, never use your name or names that someone can easily find out.

Also, with the exception of the most sensitive accounts, I will sometimes use the same password on multiple accounts to make it easier for me to remember. That's because, if someone illegally accesses my moderately sensitive (i.e., shopping) or non-sensitive accounts, which have no financial impact, I know that I am protected by the law that says I can't be charged for fraudulent purchases made with my credit card.

If you practice good security -- use strong passwords, only deal online with known reputable companies, do not open email attachments from unfamiliar addresses, etc. -- your chances of being targeted by hackers are actually much lower than those of major companies or government agencies, such as Staples, Home Depot or the U.S. Office of Personnel Management, which have servers containing millions of passwords and sensitive data. That said, it is still important to make security a high priority when doing anything on the Internet, especially on passwords for high impact accounts. ■

Include:

- More Characters**
- More Numbers/Symbols**
- Memorable Combinations**
- Uppercase & Lowercase**

Do Not Include:

- Dictionary Words**
- Repeated Words**
- Personal Information**
- The Word "Password"**

Adapting to Disability, continued from page 6

The GDF met Gillian at the airport in New York and drove her to Smithtown to meet Stella. Clients' transportation and accommodations are funded by private donations. A local Lions Club, whose national organization is a major funder of guide dog training facilities and other services for the blind, raised \$6,000 to defray some of Stella's training costs.

Gillian and Stella were settled into a private room together. Eight people and their dogs were in residence for the two-week training session, with a trainer for every two clients/dogs. As client and dog "learn" one another better, including mastering voice and hand commands, the training becomes increasingly demanding, including trips to crowded streets, malls, escalators, public transportation, shops and other places clients are likely to go to in their regular life.

Gillian recalls the training regimen as follows:

- 6:00 am: Wake up; feed, walk and toilet dog by 6:45 am.
- 7:30 am: Breakfast for clients.
- 8:00 am: Meet up with trainer and train outdoors, eventually going to crowded areas.
- 12:00 pm: Lunch for clients.
- 1:00 pm: Training outdoors resumes.
- 4:30 pm: Return to GDF to feed, walk and toilet dog.
- 5:30 pm: Dinner for clients.
- 6:30 pm: Lecture on caring for the dog and related issues.
- 8:30 pm: Relax!

Yes, Gillian and Stella "graduated" and are now happily at home. But the learning process continues for both of them. Stella is still a young dog and must learn not to be overly sociable with people or excited by other dogs or animals while in harness. She'll also have to learn French, as Bridgette did. Gillian is adapting to life with a new dog who does not understand French – yet.

"It's fair to say," Gillian reflected, "that in the short run, you wonder if getting a guide dog is worth it because the process is challenging and demanding. But in the end, you not only have a guide, you have a constant companion, and that's worth a lot." ■ BR & SL

Out & About with DCV

Power and Pathos. David Gariff, senior lecturer at the National Gallery, led us on a tour of the Hellenistic World, where the art and culture of Greece spread through the lands conquered by Alexander the Great. The exhibit of about 50 bronzes dating from the fourth century BC to the first century AD brings together works from archeological museums in Austria, France, Georgia, Great Britain, Greece, Italy, Spain, Tunisia, the United States and the Vatican. Mr. Gariff's insights into the history and cultural life of the period brought new vitality to these ancient works of art.



Belmont House. Villagers live in close proximity to this Dupont Circle archeological gem, but many have not had an opportunity to tour the mansion until March 3. The Beaux-Arts residence of Perry Belmont, who was a U.S. Congressman from New York, was built between 1906 and 1909 and bought by the International Headquarters of the Order of the Eastern Star (Women's Chapter of the Masons) in 1935. The house remains a private residence for the Right Worthy Grand Secretary and contains Louis XIV and XV furniture, gold gilt chandeliers, Tiffany vases, china, oriental rugs and oil paintings that were included in the 1935 purchase for \$100,000. A second tour will be conducted on March 29. ■ SL





Where Are They Now?

Gretchen Ellsworth and Bob Hirsch

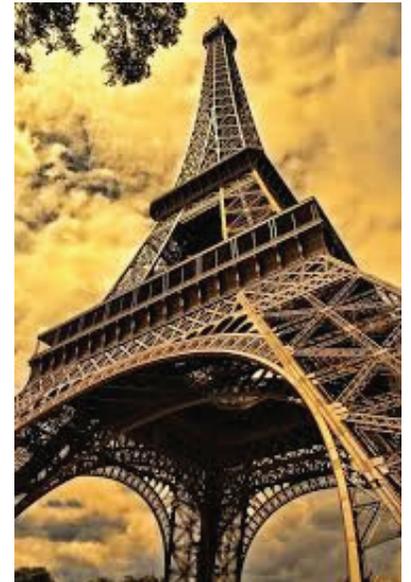
went to Caracas, Venezuela, recently to visit Gretchen's son Brian and wife Isabel. "Thanks to them," Gretchen writes, "I have a foster grandson, Jesus!" When Jesus isn't being adored by his family – in this photo, dad Brian and *abuelita* Gretchen – he can look out his window at the famous El Avila mountain, which is frequently on fire.



Davye and Mike Gould were recently in Rome. We assume it was for more relaxing purposes than coordinating a volunteer program.



After stopping in Paris, **Jane Pierson and John VerSteeg** headed to Nice for an art tour with the English cultural travel company, Martin Randall. "We'll be all over the Côte d'Azur, going from galleries to museums to studios of the south."



Although **Bella Rosenberg's** trip to Sarasota, FL, to visit a friend was quite brief, she managed to take in the glorious orchid show at the Marie Selby Botanical Gardens, as well as the impressive Dali Museum in St. Petersburg, which greatly improved her view of the artist's work. ■ BR with thanks to the travelers





---Gretchen Ellsworth

An easy and pleasing salad that's good for potlucks and that everyone likes – even children.

Napa Cabbage Salad

- 1 head Napa cabbage
 - 1/3 cup sesame seeds
 - 1 bunch green onions (minced)
 - 1/4 cup cider, rice or wine vinegar
 - 1/4 cup butter
 - 1/2 cup vegetable oil
 - 1 cup slivered or chopped almonds
 - 1/4 cup white sugar
 - 1/2 cup sunflower seeds
 - 2 TB soy sauce or to taste
1. Shred cabbage finely. Do not chop.
 2. Combine cabbage and green onions; refrigerate until ready to serve.

3. Melt butter in a skillet, add the seeds and almonds, and brown at moderate heat, taking care not to scorch or burn them.

4. For the dressing, heat vinegar, oil, sugar and soy sauce; bring to a boil; boil for one minute; remove from heat and let cool.

5. Combine cabbage, seed/almond mixture and dressing right before serving so that crunchy ingredients do not get soggy. ■



---Judy Silberman,
Yoga Master

Practice maintaining your best posture in seated mountain pose. Sit on a straight-backed chair; placing your feet firmly on the floor parallel to each other, abs drawn in gently, shoulders rolled back and down, head back so that your chin is over your sternum and parallel to the floor, and your ears are over your shoulders.

Push feet slightly forward, so you can see your toes beyond your knees, which puts less stress on the knees. Hands are gently on the thighs, with elbows relaxed. When possible, observe yourself in profile, and make corrections to be as straight and tall as you can be that day. Notice how well you look and feel. ■

Did you buy your Gala tickets yet? Support your Village.

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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