

President's Letter

---Steve Kittrell

As Fall starts in Washington, the activities of DCV are ramping up from the summer. As you look at your holiday season and the upcoming new year, I hope that DCV can be part of your plans.

Holiday Activities

The DCV holiday party will be held on December 12. It should be a fun event. For our newer members, this is a great time to meet many people in an informal setting.

For Thanksgiving, we plan to provide meals to some of our members who are home-bound or will be alone on the holiday. If you are interested in helping in this effort or if you would like to receive a Thanksgiving meal, please contact Eva Lucero at execdir@dupontcirclevillage.net or call the DCV office at 202.436.5252.

This year, DCV will be sponsoring holiday gifts for a local family in need. Our members will have the chance to purchase gifts for both the family and its individual members. The program is organized by St. Matthew's Cathedral, which identifies the families and coordinates delivery. More information will be coming on this activity, which is being coordinated by Susan Hattan.

Getting Active in DCV

With 2016 only a few weeks away, you may be thinking about your plans for the New Year. One option is to get more involved with DCV. In fact, there are opportunities available at any time of the year. As a regular item in my monthly letter, I will be highlighting some of the opportunities that are available.

One great way to get involved is to become a member of one of our committees. The complete list of DCV Committees is on our website. This month, I want to highlight one of our most important committees, which is one that you can get involved in at any time.

The Membership Committee focuses on both recruiting and retaining members. The great thing about helping with this Committee is that you can set your own level of involvement. The Committee has both ongoing administrative tasks and responsibility for several special events for prospective and new members. The administrative tasks include helping with new member enrollment and maintaining contact with members. Alternatively, a committee member might help with planning and executing an event, like a prospective member mixer.



If you are interested in joining or learning more about the Membership Committee, you can contact its chair, Abigail Wiebenson, at abigailwiebenson@gmail.com or the DCV office.

Simplify Your Life: Set Up Automatic Payment of DCV Dues

Looking for one small way to simplify your life? If so, think about setting up automatic payment of your DCV dues. The DCV online system sends two auto email renewal reminders. When you click the link in the email, you go to your unique renewal page. On that page, you can arrange for automatic payment. To do that, you can choose any of the auto payment categories, such as "Auto annual payment - credit card." Once you do this, you will receive a notice of your renewal each year, but you will not have to take any action to continue being a DCV member. Of course, you can also cancel the auto payment at any time.

Thanks for being a DCV member, and please let me know if there is any way that we can improve your DCV experience. ■

"Think what a better world it would be if we all...had cookies and milk...every afternoon and then lay down...for a nap."

---Barbara Jordan

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New Members

DCV warmly welcomes its newest member:

Ray Aguirre



MONTHLY Calendar

Knitting and Stitching Group

**Monday, November 14,
4:00-5:30 pm**

2510 Virginia Ave., NW, Apt. 602N
(Watergate North, home of
Claire Wagner)

You need not be an expert to join
this convivial group. Work on your
own project or on our latest one:
making baby caps and blankets for
infants in pediatric hospital wards. If
you don't know how, we'll teach you.
RSVP to Claire at
clairierre@verizon.net.

Soup Salon

**Sunday, November 20,
6:00-8:00 pm**

1760 Swann Street (home of
Caroline Mindel)

Filmmaker and anti-poverty activist
Hawah Kasat will talk about his work
with inner-city teens. As co-founder/
executive director of the nonprofit
One Common Unity, Kasat has
dedicated his life to teaching about
solutions to violence and ways to
peace. RSVP to Linda Harsh at
lindajkh@mac.com, and let her know
if you can bring soup, bread or
dessert.

Tech Tuesday

**Tuesday, November 22, 11:00
am**

La Tomate Caffe, 1701 Connecticut
Ave., NW

Get help with your technology
concerns, including computers, phones,
cable, WiFi and TV. Place your order
for food or coffee, and join the group
upstairs. Limit of 12 because of small
space. RSVP to Lucy Cooney at
lucy1030@starpower.net.

"Adulting" 101 – How to Be a Grown Up

--Eva M. Lucero, Executive Director

English speakers love to turn nouns into verbs. For example, there was Google before googling, friend before friend-ing, blog before blogging, trend before trending. This process, referred to as being *verbed* or, for the true grammarian, *denominalisation*, is much more visible today because changes in our language are accelerated through the Internet.

The latest denominalisation that has exploded onto the Internet and in common usage is *adulting*. In fact, the American Dialect Society, the organization that invented "word of the year," nominated the "verb" *adult* as last year's most creative construction. They defined it as: to behave in an adult manner; engage in activities associated with adulthood. That life transition and definition seems obvious to most of us, so why is *adulting* trending?

It may be alarming for many to know that a significant number of young adults leaving the nest and going out into the world lack some of the most basic life skills because they've always relied on their parents to take care of things. Some examples: 30 percent of college students cannot boil an egg; 52 percent cannot change a tire; 70 percent cannot sew on a button; and 57 percent are financially illiterate, lacking an understanding of basic concepts such as balancing a checkbook, credit, interest, financial planning and loans.

Many articles and commentary point to the same solution to address this problem: schools should bring back home economics (home-ec) and shop as part of the school curriculum. Today, there

are 38 percent fewer of these classes than 10 years ago.

While many advocate home ec and shop as solutions, there are also naysayers who contend that teaching high-schoolers cooking, budgeting, minor home repair and basic life skills is a "regressive" idea that doesn't have a place in a modern curriculum. These gender-based choices (home ec for girls and shop for boys) were in keeping with the "natural order of things," as the times dictated, and students were placed in these respective classes to prepare them for their lives as adults.

Fast forward to the present day. We are now realizing that perhaps these classes served an important role. The ability to master household tasks, whether they include cooking and cleaning or building and repairing, would make a huge difference in so many lives. Not only do they encourage independence and self sufficiency, they also help people save time and money.

Because these classes are generally not an option, *adulting* has spawned a cottage industry of blogs, videos, TV shows and best-selling books. Some popular and funny reads are *Adulting: How to Become a Grown-up in 468 Easy(ish) Steps*; *Don't Worry, It Gets Worse: One Twenty-something's (Mostly Failed) Attempts at Adulthood* and *Why Didn't They Teach Me This in School?* Check out the books for yourself or for a loved one, and make sure you have all the skills to be a grown up! ■



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Live and Learn: A New Look at the Winter Holidays

**Monday, December 5,
3:30-5:00 pm**

United Auto Workers Office
Conference Room
1757 N Street, NW (wheelchair accessible)

Dr. John C. Parkhurst, founder of Parkhurst Associates Mental Health Services, will explore ways to brighten the holidays with fresh beginnings and optimism. Free for Village members, \$10 for others. RSVP to Linda Harsh at 202/234-2567 or lindajkh@mac.com.

Libations/Light Fare/Lowdown Reception

**Tuesday, December 6,
5:30-7:30 pm**

1916 S Street, NW (home of Abigail Wiebenson)

This is a reception for neighbors interested in knowing more about the Village. Suggestions for invitees are encouraged; contact abigailwiebenson@gmail.com.

DCV Holiday Party

**Monday, December 12,
6:30-8:30 pm**

The Chastleton (16th and R Streets, NW)

Details to follow. ■

Helpful Busy-ness

---Mike Gould, Volunteers Chair and Coordinator

What have our volunteers been up to in October?

Medical Visits: Volunteers have on a dozen occasions transported members to and from doctors' appointments, sometimes taking notes to record the specifics of doctors' recommendations. A group of volunteers organized transport to and from training sessions at Iona House for one of our members with Parkinson's disease.

Medical Advice: One of our volunteers is advising a member who has lost her source of oxygen supply on how to get Medicaid to continue her service. Another group of volunteers is working with a hospital to help manage the transition of one of our members back to her home.

Errands: On half a dozen occasions at least, volunteers have accompanied members to the grocery store or picked up prescriptions for the home bound.

Friendly Visits: Volunteers have made innumerable visits to members to help prevent their feeling isolated. One of our care groups has a regular, almost daily schedule of visits with a member that features intellectual discussion of news articles and books!

IT: Our volunteers have advised a member on how to fix her TV and another on how to equip her computer to serve the visually impaired. Another volunteer bought a "disposal I-Phone" for a member in the hospital who was unable to communicate because her mobile phone had crashed.

Handyman Services: DCV's president undertook the carpentry necessary to raise the bed of one of our members so she could more comfortably be served by home health aides.

Wine Tasting: For a diversion, four of our volunteers helped manage the logistics of greeting and logging in of guests at our very successful Slovenian Wine Tasting event that kicked off Friends of Dupont Circle Village.

On that note, let's raise our glasses in warm support of the fabulous work of DCV volunteers! ■



Kudos to Gail Snider

When Gail Snider, a member of the planning committee for the 2016 Convention of the National Federation of the Blind in the District of Columbia, was asked to participate in a discussion of who to nominate to receive the organization's award for Passion, Advocacy, Community Service and Excellence (PACE), she was happy to join in. Just imagine her surprise when she herself was later presented with the award!

It turns out that her participation in the nomination process was but a ruse to ensure that she would be surprised at the presentation. And indeed she was! Congratulations, Gail. SL



Kudos

In with the In Series' Carla Hübner

Soup Salon, October 9

When Carla Hübner, Artistic Director and Founder of the In Series, was asked what the "In" stood for, she merrily replied, "innovative, intriguing, interesting – and inexpensive." Apart from the latter, you could say the same things about her:

First trained as a concert pianist in her native Chile, Hübner made her way to Columbia University to study musicology. Claudio Arrau was one of her teachers, and she marks this period as her real discovery of opera.

Hübner became both an academic and performing artist, giving acclaimed piano recitals all over Europe, Latin and South America and the US and making recordings, as well. A powerhouse, with exacting standards yet artistic openness, her repertoire includes the classics and the moderns.

While teaching at Mt. Vernon College, Hübner started a concert series. "The students were indifferent," she recalled, "but the community came, and the leadership of the college saw merit in it." And thus, the In Series was born, with the mission now of creating innovative theatrical programming around a classical music core of opera, cabaret and song.

After leaving the College, the In Series became a resident company of the Source Theater at 14th and T St. and now has additional venues. Indeed, Hübner was part of the effort to rescue Source, formerly a car dealership, first from demolition and then from an effort to turn it into a billiards parlor. If you include the College years, the In Series is entering its 35th season, all under the indomitable and imaginative leadership of Hübner.

In Series works with relatively few resources in relatively small spaces. But over the years, its group of supporters has grown in number and commitment. "It was piano-only accompaniment in the beginning," said Hübner, "but now we can better afford more musicians and other artists. And we work exclusively with and for artists in the DC area," she proudly added. "There's a thriving community of young people here looking for meaningful things to do."

Over the years, In Series has focused more on opera – that is, "pocket opera because there's never more than 250 seats. It's complicated and expensive to do. Many small opera companies have disappeared. But opera is such an inclusive project, involving music, theater, dance, etc., that I do it," Hübner explained.

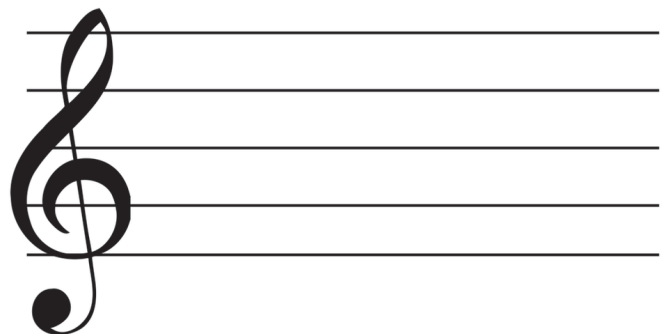
In Series mostly commissions adaptations of operas from local experts. "We make a real effort to make language and the behavior of characters something we can connect to today. This sounds transgressive, but it's not. Composers like Mozart were very

theatrical." Next up in opera: Enrique Granados' *Goyescas*, which was inspired by Goya paintings and was the first piece the NY Metropolitan Opera did in Spanish (1916).

In keeping with its longstanding commitment to the Latino community, In Series does one big Latino program every year. Next up: *Passion and Struggle*, a café-teatro. There's also a big Great American Songbook show every year; this year's featuring Irving Berlin. But these are just the "big" ones; In Series presents much more, as you'll see at www.inseries.org.

Thanks to Hübner's generosity, Villagers may receive a 10 percent discount for subscriptions by calling Luz Helena Segura at 202-204-7764. Or go to <http://www.instantseats.com/index.cfm?fuseaction=home.venue&VenueID=30> (discount code: **Village**). Subscriptions work by shows or number of tickets per show.

Like its guest, this well-attended Soup Salon glittered. Thanks to hostess **Sheila Lopez** for accommodating everyone so elegantly and comfortably and providing wine, too; to **Gretchen Ellsworth**, **Ginny Mondale** and yours truly for the soups; **Joan Ludlow** and **Andrés Doernberg** for the breads; and **Olga Hudacek**, **Andrés** and **Sheila** for desserts. ■ BR



Current Medicare Issues

Live and Learn, October 24

Health insurance is complicated. If anyone makes it clear, it's Alexis Cole, Staff Attorney at the Health Insurance Counseling Project (HICP), who once again ably headlined the Live and Learn on Medicare.

Here is a distillation of the presentation's major points and of the common themes across participants' many individual concerns:

Medicare 101

- Medicare consists of Part A (hospital insurance, typically with no premium); Part B (medical insurance, with a premium that varies by income), which typically pays 80 percent of covered costs for doctors, clinical lab services, medical equipment/supplies, etc.; and Part D, prescription drug insurance that you get from a private provider.
- Part C: Medicare Advantage (Optional). This is a private HMO/PPO type of alternative to original Medicare and combines Parts A, B and D. Its Open Enrollment period is from 10/15-12/7.
- Most people buy Medigap (supplemental insurance) policies to cover the difference between their costs and Part B reimbursement. With Medicare Advantage, you can't get Medigap.

Be Aware: Medicare in General

- If you don't sign up for Medicare during the three months before, after and including your birth month (a seven-month window), you'll pay an additional premium in perpetuity.
- If you or your spouse is still working, you can wait on Part B. Check out your employer's plan, Section 8, on coordination with Medicare.
- A doctor who takes Medicare assignment accepts the Medicare rate and doesn't charge you more. One who doesn't take assignment will charge you the difference between Medicare reimbursement and his or her fee. Relatively few doctors opt out of Medicare altogether. Doing so requires them to file a form with the government and have you sign a form indicating you understand that you are responsible for the entire bill from this doctor. Remember, Medigap only supplements Medicare, so expect no help there.

Be Aware: Medigap (Supplemental Insurance)

- There are currently 10 Medigap providers in DC. There are a variety of Medigap plans, identified by letter (e.g., A, B, C, with F being the most popular), but their respective coverage is identical across providers. However, what different companies charge for the same plan differs. Shop around!
- Medigap premiums increase yearly, but different companies do it in different ways. Community rated means everyone is raised the same amount. Attained age rated (the worst method) means premiums are tied to your age each year.



Issue age rated means premiums are tied to the age you were when you first got the plan.

- Due to an act of Congress, Medigap plans C and F will cease in 2020. If you have C or F now, you can keep it. However, after 2020, premiums for F may go up at a higher rate because younger people won't be entering the pool.
- Choose carefully! Medigap doesn't have an open enrollment period, which means that once you choose your provider, changing to a new one will be hard, likely to cost you more and subject you to underwriting around pre-existing conditions, etc., which don't come into play when you first enroll.

Be Aware: Part D (prescription coverage)

- Carefully compare providers and their options. There are changes every year, and you can make changes every year. Pay close attention to a provider's formularies to see if/how they cover the medications you take.

Be Aware: Medicare Advantage (private alternative to Medicare)

- There are few Medicare Advantage plans in DC, and the plans are not great, though many people like managed-care-type plans. Remember that these are regional plans; you'd get little more than emergency-care reimbursement if you had a medical problem outside of DC. Also, be aware that the "extra coverage," like dental, offered by these plans is very limited.
- You can switch out of Medicare Advantage each year, but it would be difficult to get into Medigap after more than a year, and you'll face insurer's underwriting.
- Don't use a Medicare Advantage broker if you can help it. They get a cut. If you can't help it, don't use one who is affiliated with a provider.

Be Aware: Qualified Medicare Beneficiary Program (QMB)

- This relatively unknown DC program can save you lots of money. It provides secondary insurance coverage to Medicare beneficiaries who live in DC with income below \$2,990/month (single) or \$4,025/month (couple). It could cover all your Medicare cost-sharing charges, including premiums, deductibles and coinsurance.

Need help? Contact the very helpful HICP, which is supported by federal and local tax dollars, at 202-994-6272 or dchicp@gmail.com. ■ BR

Villages Ride to the Barnes

---Carol Galaty

Eleven Dupont Circle Villagers went on an all-day excursion with members from five different local Villages to see the Barnes Collection in its new home in Philadelphia.

Established in 1922, the Barnes Foundation is a unique institution dedicated to "the advancement of education and the appreciation of the fine arts and horticulture." Personally selected and methodically displayed by a single wealthy man, Albert Barnes, between around 1908 to 1951, the pieces at the Barnes represent one of the finest private collections of impressionist, post-impressionist and early-modern paintings.

There are more than 3,000 masterpieces, including 181 Renoirs, 69 Cézannes, 59 Matisse, 46 Picassos, 16 Modiglianis, and 7 Van Goghs, interwoven with paintings by numerous great American and Old European Masters, as well as textiles, metalwork, decorative objects, African sculpture, Native American ceramics and jewelry and Pennsylvania German furniture.

After a successful legal battle to break Albert Barnes' will, which stipulated that the collection could never be moved from its original building in Merion, PA, the art works are now in a specially and beautifully designed new museum in Philadelphia. But to honor Barnes' other wishes, the paintings, tapestries and artifacts were rehung in the 23 rooms of the new museum in exactly the same arrangements that he had used in the original building on walls that are also exactly the same size and color as in the original.

Although his collection included a great variety of artists and themes, Barnes painstakingly arranged paintings, metal work and artifacts on each wall to relate to each other and the viewer in deeply thought-out ways. For instance, on one wall the common thread may be curvaceous figures with curvaceous metal work, while on another it may be a color each piece shares or portraits painted in various centuries.



The trip itself was excellently organized by the Northwest Neighbors Village with the assistance of Transeair Travel LLC. The 37 Villagers were treated to a large, comfortable bus with a toilet, box lunches from Panera and, on the return trip, sandwiches, fruit and cookies and rest stops. Best of all, however, was the film on the bus and the lecture that was arranged for us. Both gave great insight into the history and purpose of the Barnes, as well

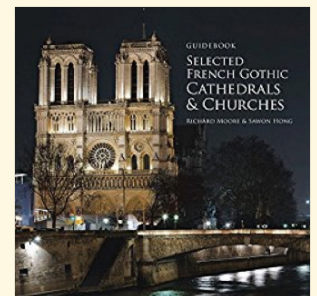
as advice on viewing and understanding its displays. I had been there before, but these features made a world of difference in understanding its history, the fine points of what we were seeing and a key to puzzling out what Barnes was trying to tell us on each wall. I hope that the Washington Area Village Exchange will sponsor more such adventures in the future. ■

Experience French Splendors, at Home or Abroad

Richard Moore and **Sawong Hong** have just published *Selected French Gothic Cathedrals and Churches*, an easy-to-use guide that is the product of years of effort and many happy travels in France. The book profiles 14 important religious buildings located in different parts of France, ranging from the tiny church of Saint Maclou in Rouen to the world's most visited Gothic cathedral, Notre Dame in Paris.

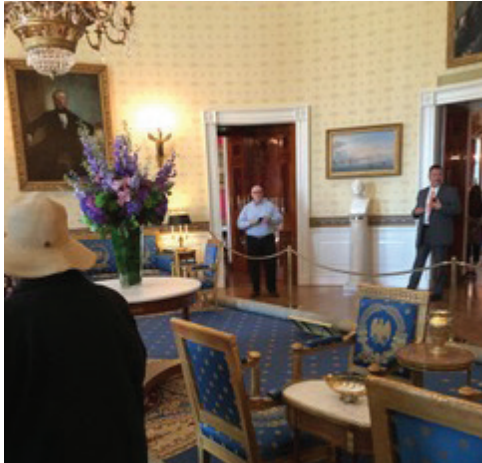
The guide is lavishly illustrated with photos and images to help the reader derive the maximum benefit and pleasure from their Gothic church and cathedral visits. If you have already visited, this might tell you more about what you saw. And if you can't, this book is the next best thing. It is available from Amazon in paperback and E-book formats, and from Barnes and Noble in paperback only.

Congratulations, Richard and Sawong!



Out & About

White House (10/26). Villagers enjoyed a wonderful tour of the State Rooms at the White House. Despite security procedures



that have been considerably tightened since earlier days that many remembered, the tour was interesting, well-organized and leisurely.

Dining in Dupont (10/26). The White House Tour was followed by a convivial lunch at nearby Old Ebbitt Grill.



DCV Dance Series (10/28). Abigail Wiebenson writes that, "Fourteen Villagers were treated to a memorable 'dance story' as DCV's dance program was kicked off by the critically acclaimed



Terra Firma Dance Theater. Stuart Lounghway, dancer, choreographer and artistic director, held the audience spellbound with his anecdote-laced condensed history and physiology of classical and modern dance. Many thanks to **Iris Molotsky, Meera Wolfe** and Stephen Clapp, Director of Dance Metro DC, for organizing this event."

Knitting and Stitching Group. The knitters are working away at baby caps and blankets that will be donated to Children's Hospital.



Happy Hour with DCV (11/9). Malbec Restaurant was the setting for happy hour with wine, beer, sangria and an array of Argentine specialties, including croquettes, empanadas, Spanish omelets and calamari. The hour(s) was happy indeed!



TED Time (11/10). Hosted by **Lucia Edmonds**, the evening featured a powerful TED talk by lawyer and activist Bryan Stevenson, who discussed his work to end the practice of locking up kids in adult prisons and, more broadly, to end inequities in the U.S. criminal justice system. ■ SL





Where Are They Now?

Shown here (left to right) are **Peg Simpson, Kathy Cardille, Mary McIntosh** and **Eva Lucero**, who were among the Villagers who attended the 2016 Village to Village national gathering in October in Columbus, OH. Kathy, Mary and Eva made a presentation on Village Sustainability.



No moss growing under their feet! Only recently back from Australia, **Chris** and **Tricia Hoban** write that, "We are heading to London for much of November to look after our beautiful granddaughter Caroline, who is almost 18 months old."



No moss on **Kenlee Ray**, either. Not long after returning from France, she went to Ann Arbor for the University of Michigan's Homecoming. "On Oct 23," she reports, "I walked in the 5K for Victors race. Here I am with my childhood friend Sue Quackenbush, who won first place for women graduating from 1960 to 1969." ■ BR



Friends of DCV's Festive Debut

Na zdravie! That's "cheers" in Slovenian. And there was plenty of cheer on the night of October 25th, when the Slovenian Embassy and its Culture, Public Diplomacy, Education and Press officer, Nuska Zakrajsek, graciously and stylishly hosted the first gathering of Friends of Dupont Circle Village.



The more than 70 people who attended the gathering exemplified the vision for Friends: bringing together people of all ages from our community, as well as local businesses and other organizations, in support of our Village. The Slovenian Embassy, which is in the DCV neighborhood, opened its doors to us. Local organizations and businesses, such as Main Streets, Spa Logic, Cheeky Puppy and Tranquil Space, embraced the Friends initiative. And friends and neighbors of all ages bought the event tickets, whose proceeds go entirely to our Village.

Sipping fine wine, munching tasty food and meeting new people were the running themes of the night, but guests also got a delightful education about Slovenia. A video and presentation about this beautiful and modern country probably changed a lot of travel plans. A talk about Slovenian wine – widely celebrated but relatively unknown in the US – sent the already well-fortified guests back to the wine table in a more knowledgeable way. An extra delight was that the wines were served by the two young female wine-makers from Slovenia who produced them.



Given its successful kick-off, Friends' co-chairs **Mary McIntosh** and **Heather Kaye** are even more eager for us to get out the word about Friends to neighbors who may not be ready to join DCV but who believe in our mission and have a sense of community. The same goes for local merchants we patronize. Send suggestions, with contact information, to mary.mcintosh@psra.com.

Na zdravie to Friends of DCV and to Mary and Heather for their many contributions! ■ BR

www.friendsofdupontcirclevillage.org



---Sheila Lopez

Shrimp and Grits (serves 6)

When you tire of Thanksgiving leftovers, try this tasty New Orleans dish. I learned it from Chef T, an African American chef at a long-gone restaurant on U Street. When I asked for the recipe, he said that he did not have one but that I was welcome to his kitchen to watch him cook it. I did just that, and here it is.

1 bunch scallions (sliced in half-inch pieces)
4-5 Andouille sausages (sliced and sautéed)
2 large tomatoes (diced with seeds and skins removed)
1 ½ lbs medium shrimp (shelled and deveined)

2-3 Tbs butter
½ cup chopped parsley
2 shallots (chopped)
5-6 cloves of garlic (minced)
3 bottles clam juice
½ cup chopped basil
½ cup dry sherry
1 cup white grits

Cook the grits according to directions on the box and set aside.

Saute shallots and garlic in a little, very hot olive oil. Brown the shrimp quickly on both sides. Add the sherry, and boil down slightly for a minute or so. Add tomatoes, cooked sausage, basil, parsley, butter, scallions and clam juice. Swirl everything around for about 2 minutes on high heat. Salt and pepper to taste. Serve immediately in bowls over a scoop of grits. ■



---Judy Silberman,
Yoga Master



Ten yogic breaths can calm anxiety, lower blood pressure, increase clarity of thought and improve your mood.

Practice yogic breathing in sitting, lying or standing postures, using your nostrils, with lips gently closed. Remember to inhale deeply into your belly. Feel your belly, rib cage, sternum and shoulders fill up with oxygen. Then, slowly exhale in the same direction. Think of your belly as a balloon: it fills from the bottom to the top and empties from the bottom to the top.

Use your abs, coming into full pelvic tilt right before you need the next inhale. Put your hands on your ribs to feel your body opening for fresh air and then closing to expel stale air, like an accordion. ■

Have a happy and meaningful Thanksgiving!



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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