

Nature's euphony

Water trickling over stones

Lucid hues beam spring

---Laura McKenzie

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New Members

*DCV warmly welcomes
its newest members:*

Leslie Carothers

Audrey and Sheldon Katz

Ted Knutson

Helen Mudrick

Kathy Price

**DUPONT
CIRCLE
VILLAGE**

The 2017 Gala – Far Out Indeed!!

---Lois Berlin, 2017 Gala Chair



The 2017 Gala was certainly a night to remember as we celebrated Peace, Love and Party. More than 140 attendees turned out in their bell bottoms, tie dye fabrics, favorite classic band t-shirts, go go boots and much more. Whether in costume or cocktail attire, all who attended have reported that they experienced a wonderful evening. One dear friend emailed me that it was the best gala ever!

We started the evening with beverages and hors d'oeuvres in the garden of All Souls Unitarian Church. The weather was perfect and it was difficult to pull people away from conversation and cocktails in the garden. Once we moved our festive crowd into All Souls' Pierce Hall where dinner was served, our attendees were wowed by the decorations that **Carol Galaty** and her committee of many used to transform a large room into an intimate 60's club! Posters adorned the walls; doves, hearts, lanterns and peace signs hung overhead and a large, inflated **LOVE** graced the stage. Our tables were covered with cool fabrics, beads and various remnants of the 60's. Our dinner, provided by Catering

by LT (Lebanese Taverna) was delicious and the service was impeccable.

There are not enough words of gratitude to thank the many donors and contributors who helped to make our 2017 Gala a success. While the numbers aren't all in as of this writing, we are pretty sure that the Gala garnered a remarkable and record breaking \$30,000+ to support the many DCV events and services we strive to provide to our members. We can attribute this great outcome to the donors listed in this newsletter as well as the auction destinations contributed by local businesses and DCV members.

Many thanks to the 2017 Gala Committee members for their time, effort and hard work: **Sarah Burger, Carol Galaty, Linda Harsh, Mimi Higgins, Heather Kaye, Steve Kittrell, Eva Lucero, Mary McIntosh, Iris Molotsky (co-chair), Peg Simpson, and Abigail Wiebenson.** This group and their partners/spouses/friends all contributed great effort and time to make it all happen. As they say, it takes a Village!! ■



MONTHLY Calendar

Tech Tuesday

Tuesday, May 16

11:00 a.m.

La Tomate Caffe, Connecticut and R Bring your questions and your latest discoveries of good software and hardware to share, especially if you have a new device that needs some tweaking. Have your questions answered and issues hopefully resolved. You can even enjoy a bit of breakfast or your morning wake-up coffee or tea. The company is great, too!

RSVP to Lucy:

lucy1030@starpower.net

Theatre Night - Arena Stage

Wednesday, May 17

7:30 p.m.

Arena Stage presents "Smart People" by Lydia R. Diamond and has offered Villagers a discounted rate of \$47.25. Four intellectuals – a doctor, an actress, a psychologist and a neurobiologist – search for love, acceptance and identity in a complex world where political correctness comes face to face with cold, hard data. Mature themes. WGBH says, "Very, very funny and thought provoking." Two and a half hours including intermission. Make your check payable to Kathy Cardille and mail to Lucy Cooney, 1601 - 18th Street, NW, #904, Washington, DC 20009

RSVP to Lucy:

lucy1030@starpower.net

Soup Salon

Sunday, May 21

6:00-8:00 p.m.

Watch for location information in upcoming Friday e-blasts. Matt Lawlor will discuss the organization he created and heads, CECA Foundation. CECA provides monetary recognition of outstanding health care workers, those who do

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President's Notes

---Steve Kittrell

The topic of the month is, of course, our incredibly successful 2017 Gala. More than 150 Villagers and friends of DCV who attended can testify that the Gala lived up to the theme of "Peace, Love and Party".

Credit for the Gala goes to many Villagers who participated in the planning and execution. Top billing goes to **Lois Berlin, Iris Molotsky** and **Eva Lucero** for the concept and leading the Gala Committee's work, including the groovy decorations from the committee led by **Carol Galaty**.

In addition to the many volunteers who helped with the Gala, I also want to note the importance of those who sponsored the Gala and, particularly, those who bought tickets to the Gala and the Celeb Salons.

Many of you know that the Gala and Celeb Salons are the only major fund raisers conducted by DCV during the year. Unlike some organizations, you will not hear from DCV about donations again until our year-end appeal.

The success of these two events is critical to the financial well-being of DCV. In large part it allows us to conduct our other programming without any payment to

DCV by members. We work hard to be good stewards of your dues and to stay within our financial resources but we could not do it without the money raised by the Gala and Celeb Salons.

There is another big group of contributors I would like to acknowledge. As with the Gala and Celeb Salons, DCV could not provide the Live and Learn sessions, TED talks, Sunday Soup Salons, Health and Wellness events, and other programs without the unpaid efforts of our many volunteers. The volunteer efforts of our Membership, Volunteer, Activities, Finance, and Public Relations Committees keep the Village functioning.

So, thanks to those who bought tickets to the Gala and have or will buy tickets to the Celeb Salons. But also, thanks to the many other Villagers whose continuing efforts allow DCV to be an organization that so many want to join and enjoy. ■



Many Villagers took advantage of the tech talents of some George Washington University students as they showed the Villagers how to digitize photos, that can be organized and digitally shared.

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the hands-on care at nursing homes, hospitals and other facilities in DC. The unsung heroes of today's world!! RSVP to Linda Harsh: lindajkh@mac.com or 202-234-2567. Let Linda know if you can bring soup to share.

Live & Learn

**Monday, May 22
3:30-5:00 p.m.**

Hamilton House lower level
Common Room
1255 New Hampshire Avenue, N.W.
Do you want to make sure you can control your own health care decisions? Are you aware of the full range of end-of-life choices? Mark Damm, Federal Affairs Director for Compassion and Choices, will cover the District's recently-passed Death With Dignity law. His discussion will include improving hospice, palliative care and ending unwanted medical treatments.
RSVP to Linda Harsh:
lindajkh@mac.com or at
202-234-2567

**Part V -Planning For Successful
Aging And Retirement
Wednesday, May 24
5:15-7:00 p.m.**

Foundry United Methodist Church,
16th and P Streets
Co-sponsored by Iona Senior
Services and Foundry United
Methodist Church this final session
will cover financial planning, and will
be led by Rick Gow, CSA, of Lara,
May & Associates.
\$15.00 for this session
Online registration at
foundryumc.org/calendar ■

Moving Meditation

---Eva M. Lucero, Executive Director

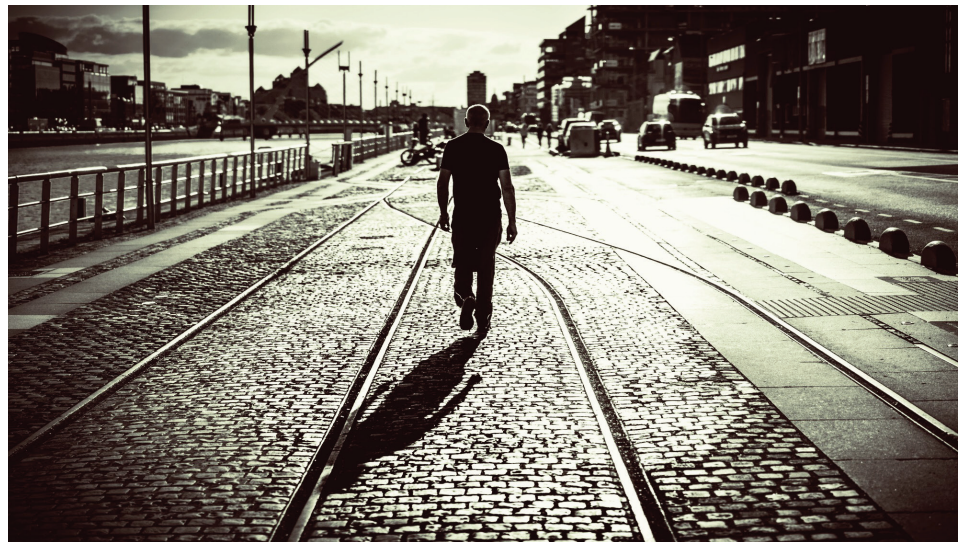
Many of us do not own cars or if we do, we use them sparingly. That's the norm of living in a metropolitan area like DC where navigating the city by foot is a healthy benefit of city living. The Age-Friendly DC initiative supports this walking-oriented lifestyle with plans, funds and fast-tracked projects to make walking and bicycling safer and more convenient as a travel option. People who walk daily are shown to have lower rates of heart disease, diabetes and other conditions that can complicate or shorten lives. Additionally, the benefits of walking on our mental health has been written about over centuries.

In 1861, Thoreau wrote in his essay "Walking", "I think that I cannot preserve my health and spirits unless I spend four hours a day at least — and it is commonly more than that — sauntering through the woods and over hills and fields, absolutely free from all worldly engagements." In the spirit of Thoreau, DC's large urban park, Rock Creek, is a sprawling green space where you can escape the hustle and bustle of the city and experience all the joys of nature with a saunter through its many trails.

The contemporary writer, Rebecca Solnit, writes beautifully about walking, its cultural history, and spiritual rewards. Her ruminations create a fascinating portrait of the range of possibilities presented by walking, mainly through urban areas. A few memorable quotes from her book, Wanderlust: A History of Walking, include:

"The city is a language, a repository of possibilities, and walking is the act of speaking that language;" "the magic of the street is the mingling of the errand and the epiphany;" "the act of walking is how the body measures itself against the Earth;" and "I suspect that the mind, like the feet, works at about three miles an hour. If this is so, then modern life is moving faster than the speed of thought, or thoughtfulness."

It's always a good time to go for a walk in a city that has so many gifts to offer: varied neighborhoods with celebrated diversity, hidden gems, a respite in nature, and more. It's springtime, go for a walk and feel the rhythm of time and place. Let your imagination roam. Feel the abundance and pleasure that comes from a simple stroll. ■



Leadership Shifts on Two Key DCV Committees

--Peg Simpson

Leadership changes for two monthly programs that have been key DCV institutions almost since the Village's founding. **Nancy Hartsock** started the Live & Learn (L&L) seminars in 2010, and headed its planning committee until 2016, when she handed over the reins to **Beth Merricks**. **Peg Simpson** started the Sunday Soup Salon two years later with a first riveting session on the Arab Spring then unfolding, with the speaker being the late Carol Lancaster of Georgetown University. Simpson passed on the leadership of the Soup Salons this spring to **Caroline Mindel** and Lynn Lewis.

The planners of L&L seminars have a goal of giving villagers "all the news they need to know before they need to use it." That covered a lot of territory, from nutrition to exercise to end-of-life health and legal documents. A speaker normally talks 15 to 20 minutes and then takes questions. These seminars are held the fourth Monday of the month, from 3:30-5. They are open not just to Villagers but to the public and an average of 15 to 25 people attend.

Sunday Soup Salons, a perk strictly for members are held in the home of a Villager. The host is assured that other members bring the soup! According to the size of the house or apartment, and the draw of the speaker, between 12 and 25 villagers can attend.

The Soup Salons are far more informal than L&L seminars. Speakers provide more of a conversation than a speech, with the bulk of the two hours spent in Q&A with villagers. We've had all sorts of interesting people, including our own Village members. **Susan Meehan** and **Kay Eccles** talked about how they helped block freeways from coming through Dupont Circle

many decades ago. The late Norman Brown talked about being a young physicist at Los Alamos working on the Manhattan Project. Suede Kelly recently talked about fracking and energy policies as a former federal regulator on those issues. Seminars have been excellent vehicles for connecting the Village with influential people in the larger community.



The L&L speakers range from doctors and lawyers to financial gurus. They include leading health professionals to psychiatrists and nutritionists to folks specializing in downsizing.

Marilyn Newton has been the point person for finding space for L&L seminars and has a highly guarded list of dozens of businesses, nonprofits and churches that provide free venues to the DCV. **Linda Harsh** holds a key role in both L&L and SSS seminars. She keeps the records, including program suggestions from villagers. She takes the RSVPs for both seminars and prints up nametags. For Soup Salons, Linda keeps a list of hosting volunteers and who will bring just the right amount of soup.

These new chairs relish your suggestions as well as your attendance at the seminars!

It's been my pleasure to start and steer the Soup Salons for so many years. ■

Reunited After 40 Years!

--- Jane Pierson



I can't believe that it has been 40+ years, but new DCV member **Margot Polivy** and I haven't seen each other since the early days of the women's movement. Margot was on the staff of Congresswoman Bella Abzug (D-NY). I was Executive Director of the National Women's Political Caucus. We were all working to pass legislation and insure that political and economic access for women and men was equal. The liaison, administrative assistant, keeper of

secrets, and all around facilitator of Bella's life, Margot was the person to call when we needed something.

After leaving Bella's office, Margot went back to her legal practice located in a beautiful townhouse on 16th Street. It became a gathering point for feminists and women political activists. Margot was one of a small group of women (both Republicans and Democrats) who launched the Women's Education Fund raising money to recruit and educate women running for political office. Given today's polarization, it's hard to believe that both Republicans and Democrats could sit down and work collaboratively, but we did.

Since those days both Margot and I have gone on to other work. For me, I went back to work as a management consultant, and Margot refocused on her practice in communications law. And now we're both Villagers -- I guess we have come full circle. ■

Leon Wieseltier - An Intellectual's Intellectual

--- *Bella Rosenberg*

"He's renowned as an intellectual's intellectual – and has the hair to prove it," read the Celeb Salon poster for Leon Wieseltier. And from the first sighting of his Einsteinian white hair to the last erudite phrase he uttered on May 3rd, Wieseltier demonstrated the aptness of those words.

Wieseltier came to prominence as the literary editor of *The New Republic* and is now the Isaiah Berlin Senior Fellow at the Brookings Institution, where he holds an unusual appointment in both the Governance and Foreign Policy programs. He is also a contributing editor at *The Atlantic* and writes for a wide variety of other publications on subjects ranging from Trump to technology, the Middle East to music, and prayer to politics. And he's starting a new magazine.

Trump and politics were Wieseltier's main subjects at the Salon, which was co-hosted by **Iris** and **Irv Molotsky** and **Bella Rosenberg**. He situated Trump in the tradition of Latin American and European strongmen like Peron and Mussolini, "buffoons, all of them," and said that the right-wing correctly understood that Trump's absence of ideology ("ideology requires thought") made him a perfect empty vessel for them (and now, the corporate capitalists) to fill. Although Wieseltier felt reasonably confident that our democracy would survive because of our vibrant civic culture and resurgent press, he also gave chapter and verse about the danger this administration poses to our nation, and the world.

The Democratic party came in for plenty of criticism, as well. Wieseltier talked about the costs of its drift from

a more universal liberalism to identity-group progressivism and worried that this "rudderless party with no attractive, viable candidates" would repeat the mistakes of the McGovern candidacy, "which left the Democrats in the wilderness for 20 years." Although he has always opposed the idea of a third party, Wieseltier said he's open to it now.

Much to the delight of the guests, after a fulsome talk, Wieseltier took questions and engaged in discussion until there were no questions left. The last question, about his translations of Yehuda Amichai's Hebrew poems into English, was a welcome relief from the grim world of politics, and his touching response made for a lovely and uplifting end to an extraordinary presentation. ■

What Famous People Don't Tell Us

--- *Joan Ludlow*

At the April Soup Salon, a delicious light dinner of soup/bread/dessert and, for the first time, wine, we were privileged to meet Claudia Kalb, journalist and author of the recently published book, and New York Times bestseller, [Andy Warhol was a Hoarder: Inside the Minds of History's Great Personalities](#). Kalb first spoke about her seventeen years at *Newsweek*, where she was a senior writer specializing in science and medicine. She left the magazine in 2011 to freelance and described how the idea for and development of her book came about. Especially interested in mental health, she decided to look at the evolution of psychology and brain science through the prism of the lives of historic figures.

Ultimately, after substantial research and reporting, she narrowed her choice to twelve famous people, representing twelve different mental health conditions. In each case, the individual had gone public with his or her struggle, or a mental health expert had proposed a possible diagnosis based on the person's symptoms and behaviors. Kalb briefly reviewed the criteria she used to choose the people. Her goal was to

include a diverse array of occupations and lives that spanned over two hundred years of history. Each of these individuals struggled at times, but were sufficiently resilient to succeed in their various professions.

From Charles Darwin, Fyodor Dostoevsky, and Abraham Lincoln through to famous 20th century personalities, including George Gershwin, Marilyn Monroe, and Albert Einstein, she found that each of these celebrated public figures persevered and exhibited extraordinary determination.

As she writes in her book, Kalb's hope is "that telling these stories will highlight the psychological challenges we all face—no matter how big or small—and maybe even eradicate some of the cultural stigma that can go along with them." Her ultimate goal is that readers gain "a greater appreciation for the depths of human experience and behavior – and gain a greater understanding of themselves."

Kalb's latest work is her cover story, "What is Genius?" featured in the May issue of *National Geographic* magazine. She is currently researching and reporting her next book as she continues discussing [Andy Warhol Was a Hoarder](#) on radio and TV and tours the country to talk about bringing mental illness out in the open, through the very readable and fascinating stories of famous people. ■

Good Dental Hygiene Could Save Both Your Teeth And Your Life

---Joan Triechel

Even if you don't have President Barack Obama's glorious teeth, you'd still like to keep whatever you've got, right? That is a realistic goal, Gary Kaihara, D.D.S., a general dentist practicing in the Dupont Circle neighborhood, told some 15 of us Villagers at a Live and Learn Seminar on April 24. The subject of the seminar was "Aging and Dental Care."

One reason it's feasible is because of the impressive advances that have been made in dental science and technology, Kaihara said. Another reason is the array of dental products now available to the public. But if we seniors really want to keep our teeth, then it is up to us to do the heavy lifting: "Brushing and flossing."

Here is the brushing and flossing three-step regimen that Kaihara's dental hygienist Jennifer Giannini, who was also present suggested. First brush, then floss, and finally use mouthwash. Oh yes, she added: Be sure to scrape your tongue with your toothbrush to remove any bacteria on it. The tongue scraping can be done either at the start or end of the regimen.

Each brushing, Giannini continued, should last at least two minutes and include a cleansing of not just all upper and lower teeth, but both fronts and backs. The toothbrush should be held at a 45 degree angle to the gum line. Any bacteria present on either tooth or gum will hopefully be reached and ousted.

But, you may ask, what if you miss a few bacteria. What's the big deal? A small pocket of bacteria lodged between tooth and gum could spread and eventually erode the bone anchoring your teeth, Kaihara explained. The ultimate result could be tooth loss. Gum disease can be "insidious," Giannini warned. Only in its very late stages does it cause any pain.

Moreover, the dangers of gum disease aren't confined to the mouth, Kaihara stressed. If gum disease bacteria get into the bloodstream, they can cause or contribute to illnesses in the body, an increasing body of scientific evidence suggests. Indeed, gum disease has been linked with a plethora of diseases – Alzheimer's disease, blood cancers, chronic lower respiratory infection, diabetes, heart disease, pancreatic cancer, prostate cancer, and stroke.

Regarding not just gum disease, but also tooth decay and bad breath, there is another risk factor that we seniors should consider, Kaihara noted. It is a condition called dry mouth and is due to too little saliva being produced. Saliva is crucial for washing bacteria off teeth and gums. Dry mouth may be caused by – for example, alcoholic drinks, antidepressants, antihistamines, bronchodilators, diabetes, high blood pressure drugs, and pain medications. There are some ways to combat dry mouth, Kaihara and Giannini pointed out: Use an alcohol-free mouthwash; use products that stimulate saliva production, drink a lot of water, and turn on a humidifier while sleeping.

Finally, we seniors should keep in mind that our teeth can be imperiled by abrasion and erosion, Kaihara said. The abrasion and erosion can come from chewing throughout the years; tooth grinding and clenching while asleep; acid reflux; and "unfortunately some fun things" --caffeinated beverages and red wine. So, what to do about these potential "pothole" creators? A night guard can prevent the grinding and clenching, and anti-acid medications can counter acid reflex, Kaihara pointed out. But, alas, he gave us no tips on how to avoid wear and tear due to chewing or what to do about the "fun things!"

If any Villagers would like to make an appointment with Dr. Kaihara for a dental evaluation, they would be welcome. His office is located at 2440 M Street, N.W., Suite 610, Washington, D.C. 20037. His phone number is (202) 466-3333. And his e-mail address is gary.kaihara@smilesinternational.com. ■



Volunteer Opportunities Abound for Worldly Villagers through Travelers Aid Positions at Reagan Washington National Airport

--- Pender M. McCarter

There are more than (2,200) Travelers Aid volunteers in 44 locations including airports in the United States, Canada and Australia. As noted in a recent article on the organization in Conde Nast Traveler: "These may be the only people at the airport who are going out of their way to help you — just look for the blue vests." Travelers Aid members annually assist some eight-million travelers at airports, bus and train stations nationwide.

Mary Doyle and I are two Village volunteers who also spend time with Travelers Aid at National Airport. In addition, Village Member **Helene Scher** has served as a volunteer at Dulles following her career in the airline industry.

Mary and I manage requests involving airport directions, tourist information, local transportation options, even airport job vacancies. We assist overburdened airline personnel as well as passengers. Our volunteer status gives us access to secure areas and detailed flight information. We also help spot inefficiencies for airport management. Mary and I are newer volunteers; many are our age or older; some have been part of Travelers Aid for more than 30 years. Our youngest volunteer is a high school senior who blogs about the airline industry [<http://airlinegeeks.com/about-us/>].

Media have covered extensively the poor treatment of the passenger dragged off his flight to accommodate the airline. My experience has been different as a volunteer collaborating with National Airport personnel. We feel warmly welcomed and appreciated in our assignments in all areas of operation — from the manager of National in the executive suite, to taxi dispatchers in the arrivals area.

In my short five-year volunteer time with Travelers Aid, I've participated in a realistic mock air-port accident scenario [<http://www.washingtonpost.com/blogs/dr-gridlock/wp/2013/09/21/fake-eyeballs-burns-at-dca-staged-emergency/>]; received guidance from airport security on procedures to deal with an active shooter; participated in an event that introduced mentally challenged youths to flying; and made the airport-wide announcement on the arrival of World War II veterans, with the Honor Flight greeted by a water-canon salute and passengers cheering in Terminals A, B and C.

Travelers Aid airport staff prepare a monthly list of customer assists, volunteer hours, and assistance stories that provide an



overview of our mostly four-hour weekly shifts. Here is one story from 2017:

In February 2017, our volunteer was approached by a passenger at Info C for help retrieving his wallet from an American Airlines flight. The passenger had left his wallet in the seat back pocket on his flight that had just arrived. The volunteer took the man's boarding pass and immediately ran to the Center Pier checkpoint and to Gate 25.

When he arrived at the gate, AA #576 to Dallas-Ft Worth was pushing back. An American Airlines supervisor spoke to the pilot onboard the flight, via a walkie-talkie, and asked the attendants to check seat 32F.

They quickly located the wallet and passed it to the airline pilot. The pilot opened his side cockpit window and tossed the wallet down to AA grounds crew. The grounds crew person took the wallet to the supervisor who handed it to our volunteer! The passenger was ecstatic.

Pretty exciting stuff, wouldn't you say? Mary and I would be glad to discuss our experiences with you, and extend a welcome hand to join us at the airport. More information is available on-line at www.travelersaid.org/reagan. You can also reach Leanne Smith Omland, Program Manager of Travelers Aid at National, telephone (703) 417-3975; and email Leanne.Omland@mwaa.com. ■

2017 Silent Auction Destinations a Success!

-- Iris Molotsky

"I see a trip in your future," she said, peering into a crystal ball. She must have been predicting the future for the 25 Villagers with winning bids at the 2017 Gala.

In coming months Villagers will be departing for Paris, Chincoteague Island, Cape Cod, the Shenandoah Mountains and the Rappahannock Valley. Others will head to the water -- to cruise up the Potomac, sit on the historic Potomac Boat Club veranda or take a tow rope barge to a picnic lunch on Sycamore Island.

Foodies will dine out or learn to how to cook Indian or Chinese food, while others exercise their appetites at Spa Logic or Flywheel Spinning. Culture mavens bid on theatre offerings from Arena Stage, Keegan Theatre, the Folger Theatre and the Shakespeare Theatre at Landsburgh, while others will watch the Nats perform on their green stage. A different cultural experience awaits the winner who won the tour of Congressional Cemetery.

These are just of few highlights from this year's auction, which had a sweeping range of offers that included gift certificates from Betsy Fisher, Glen's Market, a weekend at the Washington Hilton, a case of red wine, a night at the Swann Inn, and True Value Hardware on 17th.

Each year we think we will never be able to top the previous year's offerings, but each year generous businesses, organizations and individual Villagers step up and provide the most desirable and unique opportunities. We want to thank all of our generous donors who made this year's auction possible -- and all our generous bidders who made this year's auction a success. ■



---Lindsey Holaday

DCV's 5th annual Celeb Salons have begun, those intimate dinners in Villagers' homes with that notable figure you've always wanted to meet. This year's stellar line-up includes 15 celebs from the worlds of the arts, media, medicine, science and international intrigue.

Never tire of political talk? Then luminaries from AEI, the Brookings Institution and PFLAG will give you a range of opinions and plenty to think about. Arts lovers can eat with the directors of Washington Performing Arts or the Signature Theatre.

Or maybe you are a history buff, a spy junkie or want to learn from leaders in medicine and science? There's a celeb for every enthusiasm.

The salons are open to everyone, so bring your friends and family. You'll have lots to talk about when you share this delightful experience. Salons are held in May, June and September and they sell out fast.

Order your tickets today. Most salons host 15-20 people, so if you are eager to see someone, seize the moment. Tickets are \$75 each, \$50 of it tax deductible. For the full listing and to purchase tickets www.dupontcirclevillage.net/celebsalons. For the full listing and to purchase tickets www.dupontcirclevillage.net/celebsalons.



---Judy Silberman,
Yoga Master



Using a tennis ball, tap, roll, and massage the shoulders and arms, which feels good, while mildly exercising the muscles. By placing the ball between your upper back and a chair back, right side and then left side, you could give yourself a nice backrub, while reducing the stress those muscles often carry. Always be careful to not put the ball on your spine and neck. You could also use the ball to massage your armpits, stimulating the lymph nodes there, which may cause your sinuses to open up more as you inhale through your nose. Getting more oxygen into the body is always beneficial. ■

Out & About



DCVillagers **Eileen** and **Michael Tanner** were featured in the latest AARP publication as part of a story on the Encore Chorale groups in Washington. They belong to the Capital Encore Chorale (pictured).



April Birthday Tea Celebrants! **Ted Bracken**, **Dean Pugh**, **Bob Meehan**, **Faith Williams**, **Jane Pierson** and **Margot Polivy**



Masters **Howard Davis** and **Steve Kittrell** with 1st and 2nd grade students after a taekwondo promotional exam at Capital City Charter School

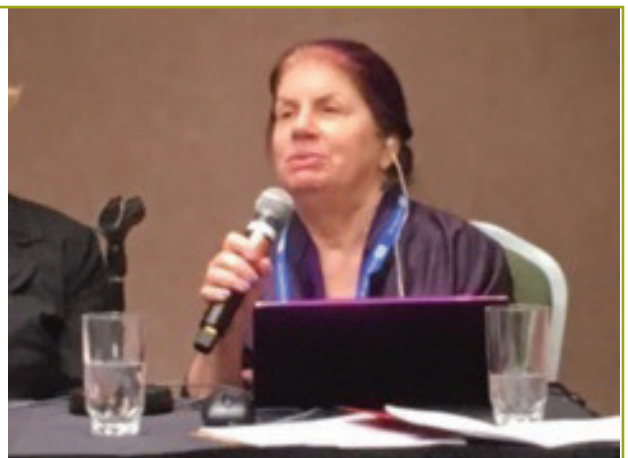


Many Villagers took part in the recent marches down by the Mall in April. **Kenlee Ray** marched among scientists at the Science March and **Frank Della Penna** is seen at the Climate March.

Where Are They?



Stephanie Ortolova Speaking in Montreal, Canada



Thank You!

The 2017 Gala is a collection of wonderful memories now but it remains in our thoughts because it is yet another example of why the Village is successful - it's the visible expression of the many members, supporters and volunteers who give their precious time and energy. We would like to recognize the many donors and sponsors who made this year's Gala a special occasion and especially our major donors **Mike and Marlana Kain, Steven Kittrell and Susan Hattan, Chris and Tricia Hoban, Joe and Lynn Horning and Marjorie Dick Stuart**, all of whom contributed very generously. We also want to thank Dupont Circle neighbors **Greg Nelson and José Cunningham**, who generously loaned us many of the Gala's decorations, including the inflatable **LOVE** sign on the stage.

Far Out

Chris and Trish Hoban
Joe and Lynn Horning
Marjorie Dick Stuart

Peace

Anonymous
Lois Berlin and Larry Stuebing
Dan and Nancy Gamber
Sheila Lopez
Holly Van Fleet
Coldwell Banker Residential Brokerage
(Marin Hagen and Sylvia Bergstrom)

Eldercare (Debra Levy)
Georgetown Homecare
Orthopaedic Medicine and Surgery
(Marc Danzinger)
PNC Bank
(Sonia McCormick)
(Kathy Braun)
United Bank
(Ousman Saiine)
Councilmember
Jack Evans
Sports Therapy and Rehabilitation

Dove

Robert Hardgrove
Beth Merricks

Janis and Andrew Oehmann
Kenlee Ray
Lauriol Plaza
Comfort One Shoes

Groovy

Kathleen Beckman
Richard Busch
Susan Doolittle
Steven Goldman
Judi Lambart
Helene Scher
Carmela Vetri
Victor Wexler
Sandra Yarrington

Additionally, it goes without saying that **Carol Galaty's** vision, energy and organizational skills ably led her large Decorating Committee whose efforts turned a church auditorium into an enchanting colorful, candlelit ballroom. Huge kudos and thanks to **Ken Shuck, Mimi (Maria) Higgins, Frances Oakley, Steve Kittrell, Susan Hattan, Marilyn Newton, Marcy Logan, Beth Merricks, Annie Groer, Heather Kaye, Gretchen Ellsworth, Bob Hirsch, Ginny Mondale, Judy Neibrief, Carmela Vetri, Deborah Mendelson, Joan Ludlow, Joan Von Drehe, Andres Doernberg, Lucia Edmonds, Sheila Lopez, Lois Berlin, Lindsay Holaday, Sarah Burger, Ed Burger, Ann von der Lippe, Abigail Wiebenson, Trish Hoban, Chris Hoban, Sandra Yarrington, Nancy LaVerda, Larry Steuben, Lex Rieffel, Kathy Kiely, Bené Durant, Pender McCarter, Marie Marcoux, Linda Rosch** and a few other Villagers and even some non-VillaGalagers who spontaneously jumped to help clean up!





This recipe has lots of moving parts, but it is so worth it once it's done. Larry and I call it Asian comfort food and it's one of our favorite dishes. You can use any combination of vegetables you want - in fact, you can make it a total vegetarian dish by leaving out the shrimp and chicken, or a vegan dish by leaving out the egg. Leftovers are yummy, too!! You do need a large wok since there is lots of stirring and tossing to do once you get all the parts together - or you can use smaller quantities!! Whatever you do, enjoy!! ---*Lois Berlin*

Singapore Noodles

1 lb thin rice noodles, soaked in hot water for two hours and drained	2 TBSPs thin soy sauce	1/2 lb bean sprout, picked over
1 lb small shrimp without shells, deveined, rinsed and drained	1 TBSP cornstarch	1 red bell pepper, julienned
1 skinless chicken breast cut into 1/4 inch strips	1/2 tsp ground white pepper	1 onion, julienned
1/4 cup white wine	Canola oil to cook	2 eggs, slightly scrambled
	1 TBSP minced ginger	2 TBSP madras curry powder
	1/2 cup scallions batons, 1 inch lengths	Salt and white pepper to taste
	1 TBSP minced garlic	Cilantro for garnish

Marinate shrimp and sliced chicken together in soy sauce, wine and cornstarch and white pepper for 20 minutes.

In a hot wok coated well with oil, stir fry ginger, scallions and garlic. Add marinated shrimp and chicken to oil and stir fry quickly for 30 seconds to one minute. Remove shrimp and chicken and set aside.

Use the same oil to stir fry bean sprouts, peppers and onions (and any other veggies you may use like broccoli or sugar snap peas). Season and cook for 1 minute and set aside.

Wipe out the wok and coat well with oil. When oil is smoking hot, add 2 beaten eggs and rotate the wok so as to quickly spread the eggs into a pancake shape. While the egg is still partially fluid, add rice noodles to the wok. Stir and fold noodles - the eggs should be broken up into small pieces and dispersed uniformly. Continue to stir to avoid the noodles from sticking to the pan. Add curry powder and check for seasoning.

When noodles are steaming hot, add back shrimp, chicken and vegetables to the noodles and continue to mix and stir until everything is steaming hot. Serve with cilantro garnish. ■

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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