

A Lifestyle Secret - *Ikigai*

---Eva M. Lucero, Executive Director

*In three words I can sum up everything
I've learned about life:
It goes on.*

---Robert Frost

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New Members

*DCV warmly welcomes its
newest members:*

Cathy Gladstone
Fred Gladstone
Thomas McKnight
Julie Notto
Susan Reamer
Marian Sabety



If you follow recent trends on social media you may have noticed that Scandinavia has been dominating the market of exporting lifestyle philosophies that promote happier, fulfilling lives. There's *hygge* from Denmark (touting coziness) and *friluftsliv* from Norway (endorsing the outdoors) and *lagom* from Sweden (encouraging not too little, not too much). Each philosophy has its quirks (wearing neutral colors, wool socks, cooking with dill) but they all promise to deliver unparalleled happiness. Even New York weighed in on the new life style philosophy trend, it's called "Scuseme!: The New York Art of Living Your Stressed Life." This rather obnoxious but entertaining philosophy deserves its own article.

If these lifestyle concepts, that have all been co-opted by the publishing industry as well, are not what you're looking for, you can always rely on the simpler Japanese philosophy of *ikigai*. The Japanese word *ikigai* roughly translates to *a reason for being*, encompassing joy, a sense of purpose and meaning and a feeling of well-being. The word derives from *iki*, life and *kai*, the realization of hopes and expectations. According to the Japanese, everyone has an *ikigai*, essentially a reason to get up every morning.

To find this reason or purpose, its recommended that you start with four questions:

- What do you love?
- What are you good at?
- What does the world need from you?
- What can you get paid for?

Your *ikigai* lies at the center of those interconnecting circles. If you are lacking in one area, you are missing out on your life's potential. Not only that, but you are missing out on your chance to live a long and happy life.

The concept of *ikigai* was popularized by Dan Buettner, a National Geographic Fellow and a *New York Times* best selling author. He's also the founder of the Blue Zones, five places in the world where people live the longest and are the healthiest. Okinawa, a remote island to the southwest of Japan is a Blue Zone and has an unusually large population of centenarians, and the concept of *ikigai* pervades their lives. Combined with a particular diet and support network of friends or "moai", *ikigai* is helping people live longer on Okinawa as it gives them purpose. Elderly Okinawans are respected and kept as an integral aspect of their overall communities. They feel valued as individuals even as their age progresses and this can only benefit their mental and physiological health. If you're interested in learning more of the *ikigai* concept and the Blue Zones, I highly recommend Buettner's TEDTalk, [How to be 100+](#), it's a start in putting your life's purpose into action. ■



MONTHLY Calendar

HIGHLIGHTS PLUS TOUR OF NATIONAL PORTRAIT GALLERY

**Tuesday, October 17,
1:00-2:00 p.m.**

National Portrait Gallery
DCV member and docent Sheila Lopez will lead a tour that will dispel your "old white men" image of the National Portrait Gallery. And included will be a glamorous glimpse of the life and times of Marlene Dietrich, immigrant and patriot, who worked tirelessly during World War II on behalf of her adopted country. If you like, join some of us for coffee or a light lunch in the Kogod Atrium at 11:30 a.m. Otherwise, plan to meet Sheila near the information desk in the G Street lobby shortly before 1:00 p.m. RSVP to Lucy Cooney: lucy1030@starpower.net

TECH TUESDAY

**Tuesday, October 17,
11:00 a.m.-12:30 p.m.**

La Tomate Caffe, corner of Connecticut and R
Bring your questions and your latest tech purchases/discoveries to share. Ken Shuck and other tech-smart Villagers will be there to help, should you need it. Come for breakfast or coffee and good company. RSVP to Lucy Cooney: lucy1030@starpower.net

SENIOR MATINEE AT THE AVALON

**Thursday, October 19,
10:30 a.m.**

\$5.00 gives you an opportunity to enjoy a first-run film at Washington's only non-profit movie palace – Avalon I on the Big Screen. This happens on the third Thursday of every month, so think about making this a regular habit. Popcorn for breakfast (costs extra) – what could be better!

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President's Notes

What Is The Next New Village Activity? You Tell Me!

---Steve Kittrell

As Fall starts in Washington, many of us are back from summer vacations and family visits and looking for new things to do. As you know, there are many Village activities every month. Just look at the calendar in this newsletter and the Friday E-Blast each week for choices.

What about the next new activity? At the Fall Meeting, a new Member asked me if there was a book club in DCV. While I had to say no, the question made me think. How does DCV start up a new activity? There is a very simple answer to that question.

YOU DO IT.

If a Member wants a new activity like a book club, DCV can help the Member make it happen. All it takes is one interested person to lead the effort or just have the idea.

Let's say you want to start a book club. You simply contact the Activities Committee chair, Kathy Cardille, or our Executive Director, Eva Lucero (or me). DCV will help you find out which other Villagers are interested in joining a book club and work out the logistics.

What if you want to join a book club but don't want to lead it? Just contact Kathy, Eva or me. We will try to find others who want to participate and someone who wants to lead the group at the start. Our experience is that most of these groups become self-sustaining fairly quickly if there are enough Villagers who want to be involved.

If you want to know how this works with an activity, ask someone in the Knitting Group. Each month, one of the knitters volunteers to host the group.

It is very informal (I understand that there was more swimming than knitting at a meeting over the summer). The Members decide what the group does. For example, last year the group knitted hats for premature babies as a short-term project. Other times, it is just a gathering of Members with the same hobby.



So, let us know if you have an idea for a new DCV group. It does not need to be a hobby. A group might form over a shared life experience or interest. Here are a few examples of groups formed by other villages in DC: book club, men's book club, storytelling group, singing group, meditation group, games and puzzles group, monthly men's lunch, and bridge group.

Whatever it is that interests you, there is a good chance that other Members are interested in the same thing. So, let us know what new activity you would like to do. We will try our best to make it happen. ■

Congratulations!

Steve Williams's book, "The Reformer: How One Liberal Fought to Preempt the Russian Revolution," will be out November 7. It's on Amazon, but at the moment it sells for a lower price at www.encounterbooks.com.

Steve and his wife Faith have been DCV members since 2011

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Listing in the Washington Post or on line at the Avalon website, www.theavalon.org will tell you what's playing. If you don't want to drive, the L2 bus stops half a block away and several restaurants in the neighborhood offer an opportunity for "What did you think of the movie?" discussion.

DCV DANCE PROGRAM - DANCE METRO DC

**Friday, October 20,
2:00 to 4:00 p.m.**

Church of the Holy City, 1611 16th St NW, 2nd Floor

Features Katie Sopoci Drake, a Washington DC-based professional dance, choreographer, and teacher.

Bio on <http://katiesopocidrake.weebly.com/> Cost: \$10

LIVE & LEARN – SUBJECT: MEDICARE

**Monday, October 23,
3:30 to 5:00 p.m.**

Human Rights Campaign, 1640 Rhode Island Avenue, NW (corner of 17th) – wheelchair accessible

What is covered by Medicare? What changes can be made during the Open Enrollment period? What are Medigap choices? These questions and others will be addressed by Chris DeYoung, Co-Director of the Health Insurance Counseling Project at George Washington University Law School community legal clinics. He is currently actively engaged in improving access to affordable health care services for people with Medicare in the District of Columbia.

RSVP to Linda Harsh
(202) 234-2567 or
lindajkh@mac.com

LUNCH AND LECTURE AT WNDC Tuesday, October 24, 12:15 to 2:00 p.m.

Woman's National Democratic Club,
1526 New Hampshire Ave NW
US Role in a Changing World Series:

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Monticello-Home of Thomas Jefferson

---Sheila Lopez



What was Thomas Jefferson's relationship to God? At a very lively and enlightening Celeb Salon on September 11, Leslie Bowman, President of the Thomas Jefferson Foundation, gave us her insights into the third President's spirituality as well as his passion for religious freedom, his dedication to democratic principles, his ambiguous views on the institution of slavery, and his appreciation for good food and wine.

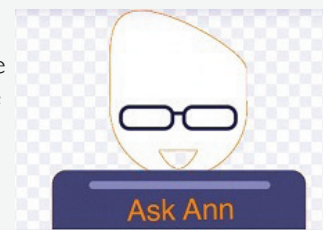
She also discussed the Foundation's national and international historic and cultural programs, and reminded us of the three things Jefferson wanted to be remembered for: the Declaration of Independence, the Statute of Virginia for Religious Freedom, and the founding of the University of Virginia. At the conclusion, several Villagers noted that they were inspired and now "can't wait to make their next visit to Monticello." ■



DCV Website Proficiency and Safety

---Ann Talty

Educating yourself: Thanks to all who took advantage of the Ask Ann Corner at the Fall Meeting. We are thinking of having a monthly session at the office so you can learn to log in, register for events, and more. Let me know if you are interested, and we can start scheduling.



Be brave: If you want to start or review logging in, read previous Ask Ann columns in previous newsletters – go to the website www.dupontcirclevillage.net and click on "Library" to access them. How and why to log in (July), and a scavenger hunt (September).

Register for Ann's Fake Event: If you log in, click on "What's Happening" and then on "Calendar." On the same line as the month name, go to the right and click on the name of next month. Keep going until you see December's listings. On December 1, you will see the fake event. Click on "Register Now" and follow the instruction.

DCV website safety: If you log in, you will be taken immediately to the secure site – you will see a little padlock and the site name will start with <https://dcv.clubexpress.com>. Remember, the "https" means it's a secure site. If you don't log in, it doesn't go to the secure part unless you register for an event or make a payment. So in general, it's safer to be logged in for your whole session.

Recommendations: If you have questions about our website, contact me. You are probably not the only one with that question, so help others!

Contact me: Ann Talty, admin@dupontcirclevillage.net or (202) 436-5252. ■

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US-Iran Relations in the Trump Era - with Dr. Suzanne Maloney. Discount to \$25 for DCV members.

Register at <http://democraticwoman.org/events/events-upcoming/>

**LUNCH AND LECTURE AT WNDC
Tuesday, October 31,
12:15 to 2:00 pm**

Woman's National Democratic Club, 1526 New Hampshire Ave NW
How and Why Did Trump Win Rural Voters - Joe Belden. Discounted to \$25 for DCV.

Register at: <http://democraticwoman.org/events/events-upcoming/>

**9TH ANNUAL NATIONAL VILLAGE
GATHERING**

November 6-8 in Baltimore

The theme this year is "Enhancing the Power of Aging." The keynoters are Rona Kramer, Maryland Secretary of Aging; and Dr. Peter Rabins, Richmond Family Professor of Alzheimer's and related diseases at Johns Hopkins University, Author of The 36 Hour Day. Several Board members will be attending, along with our Executive Director.

FALLS PREVENTION CLASS

8-meeting series – free - DCV members only

**October 10 – December 5,
10:00 a.m.-noon**

Meetings held at DCV office, 2121 Decatur Place

Classes will be led by a certified falls prevention instructor from George Washington University, Helaine Roisman, LGSW. DCV graduates of this program give it high marks for the help and confidence they have derived from attending.

Enrollment is currently fully subscribed, but contact Ann Talty: admin@dupontcirclevillage.org or (202) 436-5252 to be put on the wait list.

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Social Isolation and Loneliness, Characteristics of Being Human

---Abigail Wiebenson

I once said to my son Sam, then about 30, who was isolating himself, "There's a difference between being alone and loneliness; I am worried that you are crossing the line." Therein ensued a conversation and a transformation; he recognized the difference, how it was impacting his life and how he could address that "line" without compromising his introverted personality.

This year, Foggy Bottom/West End Village embarked on a study about this "line". With the help of the DC Office on Aging and Iona, they created a questionnaire to explore how Villagers were managing social isolation and loneliness. While these topics are the reality of being human, as we get older and our working lives come to an end and our circle of contemporaries wanes due to death and moving, these realities can loom larger.

Over the past several months, 55 Villagers from 8 Washington Villages responded to the questionnaire. **Carol Galaty** and I, conducted interviews with 10 DC Villagers. At the end of September, I attended a Town Hall style meeting that discussed the results and ideas for going forward.

Here's what we learned:

- Social Isolation and Loneliness are different. The former is the absence of relationships; the latter is a person's emotional response to isolation.
- Overall, persistent loneliness in the US for those over 65 is 17%. For us in DCV, that would be, potentially, 25 members.
- The "trigger factors" for social isolation and loneliness are these: living alone, the demands of becoming a caregiver, living on a low or decreased income, depression, low self-esteem, never married, being widowed/divorced/separated, major transitions, especially moving from a familiar, established location, being LGBTQ seniors, lacking fluency in English, cognitive vulnerabilities, poor or declining health.
- The ways to manage social isolation and loneliness fall into three categories: Instrumental support: home health care visits, rides to the doctor, running errands, Care Groups, etc.; Information support like our Google group provides, as do our Live and Learn seminars; Emotional support: companionship of some sort from informal hanging out to more formal visiting, phone calls and regular email contact, dinners and museums tours, our newsletter and Friday e-blasts, etc.

I came away very grateful for the accomplishments and awareness as our Village has grown to 250 members over a decade. While we can always improve in our responsiveness, overall we are paying attention to the right things. Absolutely we depend on you, our constituency, to speak up for yourself and for one another. This is not about weakness; rather, it's about the strength and confidence about knowing when we're fine in our fierce independence and when we can use a helping hand. We are, collectively – including the leadership of the Board, our talented staff of **Eva Lucero, Ann Talty** and **Barbara Scott** and the Committees that make up our organization -- a strong, optimistic, practical and enthusiastic support group for one another. Onward! ■

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LGBTQ DOCUMENTARY FILM, “GEN SILENT”

**Monday, November 13,
1:30-4:00 p.m.**

Building A, Medical Office Building, Conference Room 1, Sibley Memorial Hospital, 5255 Loughboro Road, NW
This film follows elder members of the LGBTQ community, who share their concerns as they age. While growing older presents challenges for us all, this group often faces tougher obstacles and prejudices than most. “Gen Silent” shines a light on both the good and not-so-good people involved in the care of LGBTQ elders; many are trying to change aging for the better.

To register: <https://tinyurl.com/GenSilent-Sibley>

AARP SAFE DRIVER TRAINING

Tuesday, November 14, 9:15 a.m. to 3:00 p.m.

Forest Hills of DC assembly room, 4901 Connecticut Ave NW.
Lunch will be provided, and off-street parking is available. Free
Several Villages are hosting the training to update participants' knowledge of traffic hazards, driving practices that reduce crash risks and how aging affects our driving experience. The District mandates a car insurance discount for those who complete this training, with the amount up to each insurance company.

To register: email info@capitolhillvillage.org and write “AARP 11/14 Training” in the subject line. For more information, contact Heather Foote, Transportation Outreach Manager, Capitol Hill Village at (202) 543-1778, ext. 109.

**ARENA STAGE: THE PAJAMA GAME
Wednesday, November 15, at
7:30 p.m.**

Look for more information in the weekly e-blast. ■

The Talk By Atul Gawande Left A Lot To The Imagination

---Joan Treichel

Last February, Atul Gawande, MD, author of the acclaimed book *Being Mortal*, was scheduled to give a talk in Boston to commemorate the 15th anniversary of the founding of the national Village movement. The event was also supposed to be broadcast to Villages around the United States, including ours. Alas, a snowstorm hit Boston, and the event was postponed.

On September 25, the event and simultaneous broadcasting of it finally took place. Some 25 of us Dupont Circle Villagers trooped over in the stifling heat to the Friends Meeting House in Kalorama to enjoy it. Alas, we were once again foiled. The audio aspect of the broadcast was so dismal that it was more like watching a silent film than a video!

Nonetheless, a few things Gawande said were audible and worth passing on.... When the first Village – the Beacon Hill Village in Boston – was founded 15 years ago, the founders had no role model to follow other than the belief that neighbors would help neighbors if some structure were in place to make it happen.

After they came up with such a structure, they prepared a handbook so that other communities could set up a Village similar to their own. As the Village concept grew in popularity, the Village-to-Village Network was established; it was a clearinghouse for establishing more Villages. Although each Village is unique, this network has proven invaluable, Gawande attested. Today, some 350 Villages are up and running or in the process of being built, he reported. The value of Villages, Gawande continued, is that they allow people to stay in their own homes as they age. When you are in your own home, instead of a nursing home or an assisted-living facility, you have privacy and can make your own choices, and you'll be less prone to depression and more likely to feel happy and fulfilled as a result. “Life should

be worth living to the end,” Gawande stressed, and the Villages make it possible to do so.

Regarding the question of whether Villages should accept money from Medicare and Medicaid, Gawande said that he didn't find it a good idea – “I think it could change everything.” But one way to raise money and still maintain autonomy, he suggested, is to convince local government officials that your Village is worthy of grants for various projects.

After the Gawande talk was switched off, **Iris Molotsky**, one of the founders of our Dupont Circle Village in 2008, asked the rest of us present why we had joined the Village. **Lucia Edmonds** said that she liked the idea of reciprocity – that you help others, but that you also get help if you need it. Somebody else voiced a similar sentiment: “I joined because the Village is a safety net.” Added **Abigail Wiebenson**, another founder of our Village: “There is strength in numbers. That is why our listserv is so fantastic.”

How could our Village be improved? Molotsky asked. Should we offer more physical services, more social activities, more cultural or learning opportunities – or is the balance now just right? Those present – of course, only a handful of the 250 members in our Village – indicated that they were content with the current balance.

But how about emotional support? Molotsky persisted. Are we doing well in that regard? Ninety-two-year-old **Gini Mondale** testified that we are. When she broke her wrist recently, she said, “So many Villagers spoiled me. I loved it!” “Yet does that mean that you have to break a bone to get the attention you crave?” somebody drily asked. And as Wiebenson noted, there is no doubt that some Villagers feel lonely and left out of the decision-making process. In this regard, the Village could probably improve, she indicated. ■

Transforming a Dream into Reality: *The Legacy Heritage Fund*

---Iris Molotsky

At DCV's Fall meeting on September 27, we took a big step toward advancing our goal of ensuring the future of the Village. The LEGACY HERITAGE FUND, whose purpose is to guarantee lasting support for our Village, was officially launched. Together we are building DCV and now we have the opportunity to ensure its future. Almost all of us have benefited and enriched by the Village, either by receiving and/or providing services. A bequest in your trust or will permits you to continue your support beyond your lifetime. We are a dynamic, evolving organization and, with your help, we can sustain our vision into the future.

It was a great honor and pleasure to recognize 10 members and present them with a lapel pin signifying them a charter participant in the Legacy Heritage Fund:

- Ted Bracken
- Lucia Edmonds
- Linda Harsh
- Susan Hattan and Steve Kittrell
- Iris and Irv Molotsky
- Kenlee Ray
- Peggy Simpson
- Abigail Wiebenson



Including a bequest in your will or trust can be easy. The Village can provide sample bequest language that provides the Village will receive a specified dollar amount or a percentage of a residuary estate. We are planning a seminar this fall for Villagers featuring estate attorneys and bequest/trust experts. We also have prepared brochures describing and providing additional information about the Heritage Legacy Fund which are available from the DCV office (and on our website.) For more information, please contact Iris Molotsky at iris.molotsky@gmail.com. I look forward to many more lapel pin presentations as the Fund continues to grow. Our goal for the coming year is a roomful of Villagers proudly wearing Heritage Legacy Fund lapel pins at Village events ■

Please Participate in This Month's DCV Member Poll

---Pender McCarter

In a 2013 survey of Village members, part of an age-friendly merchants project launched by President Emerita **Iris Molotsky**, many Villagers indicated that they preferred alternate sources of transportation to their cars. Like thousands of millennials who have flocked to DC and who live in the Dupont area, Villagers like to walk — to complete errands, to go to restaurants, to shop, to attend social and cultural events. Indeed, part of the pleasure we have as Villagers in our small, compact community is literally running in to each other as we go about our daily lives.

As a 70-something Villager, I've been challenged by a younger community activist and friend-of-the-Village to consider adventurous, even quirky alternatives to driving. To launch this occasional newsletter poll feature, the editors are asking Village members:

Besides your feet, what other forms of transportation would you consider using to go about your daily lives:

- | | |
|--------------------------------------|--------------------------------|
| (1) Short-term bike rentals (yes/no) | (2) an electric board (yes/no) |
| (3) a Segway (yes/no) | (4) other (to be specified) |

Please send your responses to me by 31 October at pmmccarter@verizon.net. I'll provide the numerical breakdown (no names -- not to worry) in a future column with another Village newsletter member poll. Go safely!

Member Profile: Bella Rosenberg



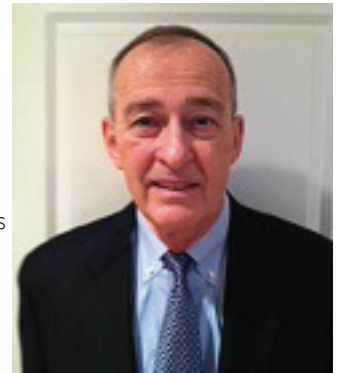
Bella Rosenberg moved to DC from Cambridge, MA, in 1979 for a one-year fellowship working in the research/policy-analysis arm of the U.S. Department of Education. After three more years there, she received a job offer from Albert Shanker, the legendary president of the American Federation of Teachers, and commenced an extraordinarily fulfilling and intense career that she continues to be thankful for to this day. Along the

way, this die-hard New Yorker stopped hating DC and now says you couldn't shake her loose from here.

Retired twice now, Bella is thrilled to have more time for friends, volunteer work, travel, and other fun. Her ongoing volunteer work for DCV included two years as co-editor of the Newsletter; she's hooked on teaching English at Washington English Center, and is involved in a project for the U.S. Holocaust Memorial Museum. She loves virtually all performing and fine arts, including crafts and design, and is frequently at museums, the theater, opera, dance, etc. She is also taking classes again, including attending Georgetown University Mini Medical School, so she can finally practice medicine with a "license"! A gym rat who's still waiting to love exercise, she also enjoys cooking for anyone but herself. ■

New Member Profile: Meet Mike Higgins!

Mike Higgins was born and raised in New Jersey. He served for 20 years in the Air Force as a career personnel officer retiring as a Lieutenant Colonel in May 1990. He continued his focus on military personnel and family issues serving as a member of the professional staff of the Committee on Armed Services in the House of Representatives for 23 years. Following his Congressional staff service, he served as a commissioner on the Military Compensation and Retirement Modernization Commission from May 2014 to December 2015. He currently serves on the Board of Governors of the National Military Family Association.



Mike has lived in the Dupont Circle area since 1991. In addition to improving the lives of military families, Mike enjoys museums, woodworking, and jogging. Mike is married to DCV member **Judith Kirvan**. ■

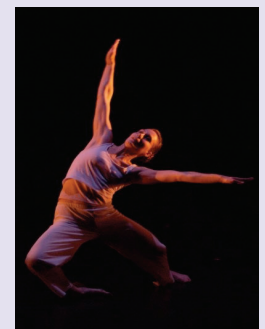


DCV Dance Program Returns

Katie C. Sopoci Drake
October 20, 2017 at 2:00 PM
Church of the Holy City
1611 16th Street, NW, 2nd Floor
Washington, DC
\$10



Katie Sopoci Drake is a Washington DC-based professional dancer, choreographer and teacher who has headed the Mountain Empire Performance Collective since 2013. Drake was described as a "sinuous, animal presence of great power; watching her dance is a visceral experience." (Third Coast Digest, 6/12). Her choreography is based on her embrace of Laban Movement Analysis – a method for describing, visualizing, interpreting and documenting human movement. Her dances reflect her fascination with the idiosyncrasies of daily life and the flights of fancy that arise from ordinary experiences.



Out & About

Villagers attended the **Ai Weiwei: Trace** exhibit at the Hirshhorn which featured the East Coast debut of the monumental installation *Trace*, which portrays individuals from around the world whom the artist and various human rights groups consider to be activists, prisoners of conscience, and advocates of free speech. Each of these 176 portraits comprises thousands of plastic LEGO® bricks, assembled by hand and laid out on the floor. Organized by **Kathy Cardille**, some of the Villager comments included, "fascinating," "lots to think about," and "inspired and inspiring."



Left to right: (L-R) Lynn Lewis, Judy Krueger, Sarah Burger, Pender McCarter, Dorothy Marschak and Nancy LaVerda

A lively discussion was launched at the **September Birthday Tea** when asked to talk about a memorable birthday. One remembers looking out at the Gold Gate Bridge being built, another grew up on a farm with lots of animals but none that had to be milked. Another talked about her 16th birthday year and visiting a range of relatives who lived in contrasting places in the country and Canada where visits varied from a home with a barn that accommodated 27 horses to a trailer park community, riding between each across the country on a motorcycle propelled by an older cousin. Another had her 43rd birthday on 9/11 and could hear the plane roaring to the Pentagon, she almost had to stay overnight in Alexandria and only got home by a co-worker who had a car; (DC metro was not running) they had to go via Key Bridge and show proof that they were DC residents; all others were turned away. Good tales!



Villagers listening to Peggy Parsons, curator and founder of the National Gallery of Art film program at the September Soup Salon hosted by **Ed** and **Sarah Burger**. ■



More Out & About

We Didn't Need Occult Powers to Enjoy Our "Third Eye" Adventure!

—Joan Treichel

There were about 25 of us Villagers — individuals with impressive portfolios and interesting adventures to relate. For instance, mathematician **Joe Auslander**, lawyer **Judith Neibrief**, teacher **Kathy Cardille**, and economist **Olga Hudecek**.

We met for some fun, on October 3rd, in a new tavern with tasty Nepalese-Tibetan treats at 1723 Connecticut Avenue. It is called The Third Eye. According to ancient Hindu belief, the "third eye" is the locus of occult powers and wisdom in the forehead of a deity.



The Third Eye staff was friendly and attentive to our libation and culinary needs; the prices were modest; and the food, on the whole, quite delicious. For instance, some of us ordered momo, a type of Nepalese-Tibetan dumpling that can be filled with chicken, beef, pork, or vegetables. Olga, who has visited both Nepal and Tibet, found them "quite nice", saying they are spiced with turmeric, black pepper, and ginger.

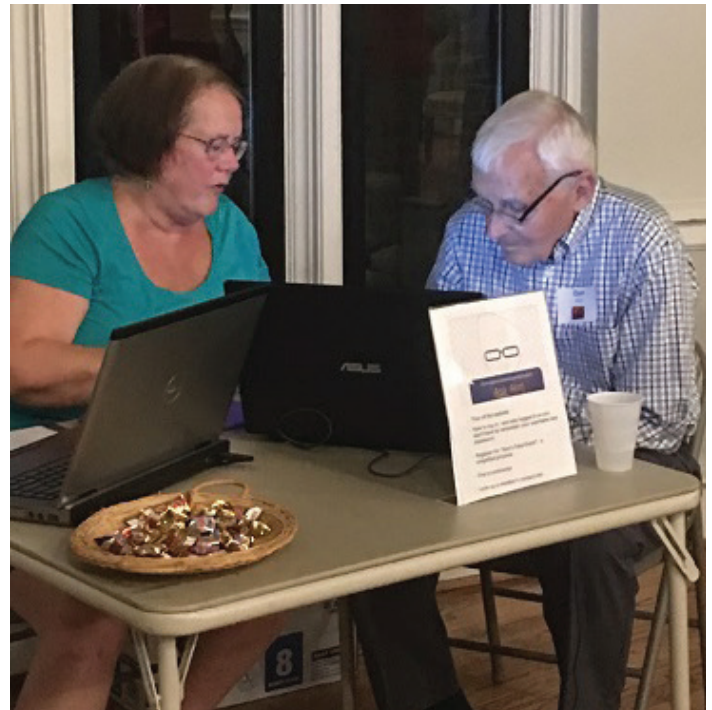
Still another lovely aspect of the evening was the noise level. We could actually talk with one another—a feat that is hard to achieve in most American bars and restaurants these days! For instance, Pender told us a bit about his Elder Hostel trip to Spain this summer. Kathy proudly showed us a photo of one of her students who is now performing in New York City on Broadway. Olga filled us in on her "other life" — she spends six months in Brazil and six months in Washington, DC. Indefatigable Judith —gee, I wish I had some of her energy! -- is about to embark on another trip-- to South America this time. And I'm sure that other interesting conversations were taking place as well.

A number of us also stayed on to listen to live music performed by a lawyer-musician named Dave Massey.

So, thank you Kathy, for organizing this outing for us.

A Fun Fall Meeting!

Over 75 Villagers gathered in the Chastleton Ballroom on September 27th to reconnect with other members, eat, drink and to learn about some new DCV initiatives. **Ann Talty**, DCV's office manager set up an Ask Ann table to address member technology questions. **Iris Molotsky** and **Ted Bracken** rolled out the new Legacy Heritage Fund initiative and recognized the 10 charter contributors. Overall, it was nice to see everyone and learn how they spent their summer.



Ann Talty, DCV Office Manager, answers questions about the DCV website from **Don Jones**. ■



Where Are They Now?



The Angelique

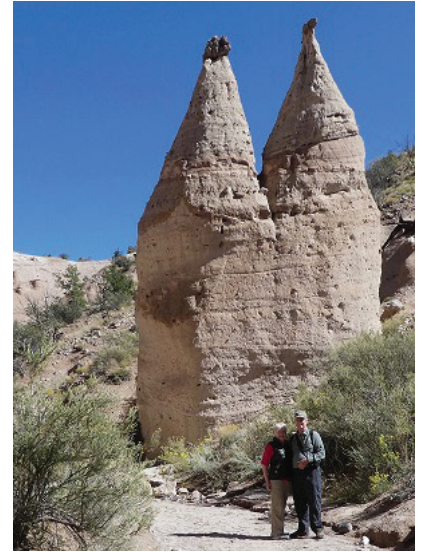
A Milestone Birthday at Sea

---Bill Roberts

Ann* enjoys sailing, and for a long time, has wanted to go on a windjammer type cruise. So I arranged to take her on one for her 80th birthday. We went with a couple who had cruised the Danube with us a couple of years back. The ship, Angelique, took about 30 passengers and a crew of eight. The passengers can participate with rigging and steering, if they want to. Interestingly, except for the captain and cook, the talented crew was all young females. Watching them scurry up 100 foot masts to rig topsails and haul in heavy mainsails was very impressive. We sailed from Camden, Maine to wherever the wind took us. We got into some heavy seas a couple of times which was a lot of fun (and part of the idea of the cruise). We got off the ship in a couple of obscure coastal villages, a remote state park, and a wooden boat building school in the middle of nowhere. The cabins were severely cramped, the food was excellent (including a giant lobster feast on some remote beach where the crew cooked so many lobsters that everyone had two, or three if they wanted, and several lobsters left over, with melted butter - along with corn on the cob, salad, lots of junk food and dip and wine for all. Despite it being September in the North Atlantic, some folks swam, and some paddle boarded. One woman paddle boarded every day. There were no wimps on board, with a few running around in t-shirts and barefoot, while some were dressed to go skiing - most were somewhere in between. Most of the crew wore short sleeve shirts and shorts. I mostly wore a light jacket. We had some lazy windless times and some heavy seas time - an appropriate mix. We were on the water for a week. Ann loved it.

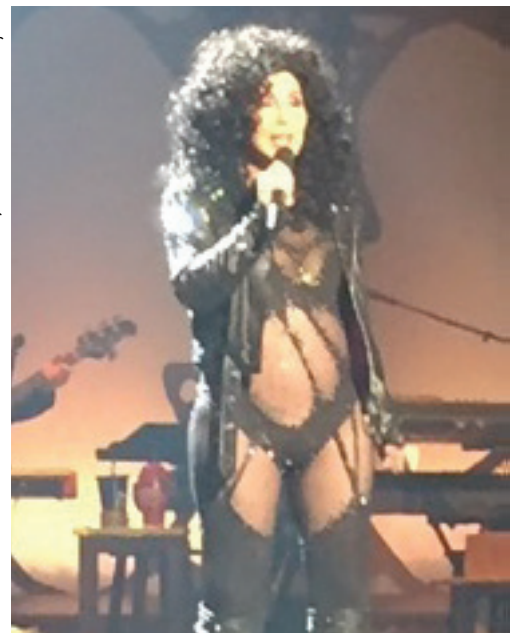
*Ann McFarren

Carol Galaty and Ken Shuck weren't in Turkey or Jordan, but it sure felt like it! Who needs to leave the USA? Following recommendations from Judith Neibrief, Ken and Carol found themselves in Tent Rocks National Monument, New Mexico, experiencing amazingly eerie rock formations just like those in Cappadocia, Turkey. Squeezing their way through Slot Canyon which was a narrow replica of their walk through the long entrance canyon in Petra, Jordan.



Elaine Reuben on cruise/tour of the Canadian Maritime Provinces in late September.

Karen St. John enjoyed the Cher concert at MGM National Harbor. Cher turned 71 years old this year (we believe this is Cher photographed by Karen). ■





---Lois Berlin

had not taught us) and asked us to share the recipe. One of my favorite all time recipes came from that experience and I am now sharing it with you with my modifications.

- 1 lb buckwheat noodles
- 2 sweet peppers - combination of green, red or any of your choice
- 1 bunch spring onions - sliced diagonally - green and white parts
- 3 chicken breasts - roasted or poached and shredded
- Sauce
 - 1/4 cup tahini
 - 1/4 cup peanut butter
 - 1/8 cup Tamari
 - 1 clove minced garlic
 - 1/8 cup rice wine vinegar
 - 1 Tbsp sesame oil
- Garnish
 - Chopped roasted peanuts
 - Minced cilantro to taste

Cook buckwheat pasta in boiling water until al dente. Drain and cool the pasta. Mix all sauce ingredients in a food processor or blender. Cook the chicken and shred or chop it and slice peppers (julienne or whatever shape you prefer). Mix all ingredients together and garnish with chopped peanuts and cilantro.

Options - You can make this a vegetarian dish by eliminating the chicken. It's a great side dish for fish or it can be a main vegetarian dish. You can also add hot peppers to spice it up if you like heat. ■

Buckwheat Noodle Salad

Years ago I took cooking classes with a member of Les Dames Descoffier when I was a teacher in Alexandria. At the end of a semester of classes, our teacher would invite us to a culminating event where we would bring our favorite recipe dish (that she



---Judy Silberman,
Yoga Master



No matter your politics, Hillary Clinton has made alternate nostril breathing newsworthy. She has called this ancient, yogic, calming exercise something that helped her recover from her devastating loss in November. In the Washington Post's Health section on Tuesday, September 26, there was a short article about this. So, here is a simple version for you to try at home: Bring the index and third fingers of your right hand down to the palm. With your right thumb, gently close off your right nostril and inhale through the left. Swivel your hand, so the ring finger will now close off the left nostril, and exhale and then inhale through the right. Swivel to again close off the right, and exhale and then inhale through the left. To end one full cycle, close off the left to exhale through the right. Go very slowly, and you may feel a lovely rush of air through your sinuses. As in all our paired body parts, you have a dominant nostril. By doing this kind of breathing, you are evening the work your nostrils do. The non-dominant side will allow in more than the usual amount of air. You may choose to do more cycles, as you glean the benefits. It is very peaceful before going to sleep. ■

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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