

Special Interest Articles:

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- ◆ Village Forum at Summer School
- ◆ eBay Sellers Can Help Village
- ◆ Calendar Sales

Monthly Columns:
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Yoga Tip
Live & Learn Series



Happy Holidays



DCV Newsletter Starts Another Chapter In January As New Editors Take Over

Elizabeth Kaney, Art Director



By Iris Molotsky

Creative, lively, multi-talented and generous with her time. The Village couldn't ask for anything more –and we don't need to because **Elizabeth Kaney**, the person who fits this description, has agreed to take over the graphic design portion of our newsletter beginning January 2012.

Elizabeth, who grew up in a suburb of Chicago, moved to Washington in 2003. She actually was heading to New York, but stopped on her way in Washington and loved it so much she never left. She's become a dedicated East Coast person.

Elizabeth is an art director which, as she applies it in advertising, marketing and press relations, is the management of the artistic and design elements that make up visual communications pieces. "The emphasis in my career has been corporate identities and building brands, particularly in retail," she says. "I bring design, color, typography, illustration and photography
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Joan Ludlow, Editor

After interviewing villagers for the newsletter for the past three years, I know that we have some of the most traveled, widely read and venturesome members. But after speaking with **Joan Ludlow**, our new newsletter editor, she definitely wins the "most intrepid villager" title. What other member can say that she met her husband in Katmandu? Or, as a recent college graduate, boarded a freighter in San Francisco to cross the



Joan and Nick at this year's holiday party

Pacific to ultimately land in Perth, Australia, where she spent the next year?

Joan is a born and bred New Yorker who is most comfortable in an urban environment. She says she is most happy "walking through cities of the world exploring, discovering and enjoying the rhythm and culture that is to be found in each one." She thinks that

"walking through a city can be as exciting as walking through the woods; you find historical sites, buildings from different architectural eras sitting next to one another and a cornucopia of shops, restaurant, storefronts that introduce another world, esthetically as well as factually."

After earning a B.A. from Antioch College in 1966, Joan was faced with student loan debts. She decided to work a year, doubling her monthly payments, so that by the end of the twelve months she was able to travel and, as she puts it, "see the world I had studied through books." She decided to head for Australia as an immigrant, because she could then work after landing.

So that's why she embarked on her fifty-day freighter trip, which as she explains, involved stopping at various ports, depending on the cargo drop-offs and pick-ups. After various stops in the Far East, she landed in Perth for six months, after which she spent a month hitchhiking in the outback to ultimately arrive in Sydney, where she spent an additional six months. She supported herself through a variety of jobs: teaching swimming to children, delivering bread door to door,
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Kaney

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together to create a consistent look and feel to a brand whether it is a seasonal campaign or a large corporation that will (hopefully, she adds) stand the test of time.” She is a graduate of the University of Illinois at Chicago where she earned a B.A. in visual communications.

In Minnesota, Elizabeth worked as a graphic designer for Target Corporation, then owner of Marshall Field, where she designed catalogues and in-store displays. “I flew to New York frequently for fashion photo shoots,” she said, “and I loved it.” She started her free-lance career at boutique design agencies and larger press relations firms in Chicago and then moved to Minneapolis where she focused on retail communications. She proudly reports that 18 of the 22 years she has been in the field have been as a free-lancer.

At Marshall Field she was the person who designed the store’s seasonal displays, even down to designing the shopping bags. She strived for “the total look.” “Although seasonal displays need to appear fresh and different,” she says, “you are always working to create a unified image.”

Elizabeth also communicates in a different medium. She is a skilled jewelry designer and has her own studio.

She likes to work with gold and silver, and frequently uses gem stones and pearls in her work. She describes herself as a “fabricator,” meaning she starts with sheets of metal and wire, which she then forms into shapes using a hammer and forge. “I like the feeling of moving metal and being able to use natural materials,” she says. “I believe in making pieces that tell a story or signify an event,” she adds. She studied and honed her skills at the Revere Academy of Jewelry Arts in San Francisco. You can find out more about her work and get a pdf catalogue by sending her an email at ek@ekaney.com.

She derives inspiration everywhere, she says, and recalls being transfixed by iron railings in Paris. She also remembers taking walks with her father when she was a child and how he taught her to look at and appreciate the beauty in everyday items like acorns or chestnuts or rocks. She began collecting these objects—her “library of moments” she calls them—and one of her earliest attempts at making jewelry was a necklace that included mementoes from walks with her father.

Elizabeth traces her artistic ability to her father who became a sculptor after he retired from a business career in Houston, Texas. He studied sculpture for several years at the Glassell School, which is associated with the Museum of Fine Arts in Houston. In 2010 he attended the Florence Academy of Art in Italy. He now is working on a commission from a Houston church to make four larger

than life-size statues, Elizabeth reports proudly. “The statue of Lazarus is seven and one-half feet tall,” she says.

We are so appreciative that Elizabeth has agreed to work on the newsletter and are looking forward eagerly to the new look she will bring to the Village’s monthly publication.

Letter From the Editor

Working on the newsletter for the past three years has been a labor of love for me. Interviewing members and volunteers for newsletter features has led to new friends and a greater understanding of the diversity and achievements of our members. I appreciate and thank all the many people who have encouraged and helped me.

Iris

Monthly Calendar

Tuesday, January 10:

11 am-12:30pm. Behind The Scenes At The Library of Congress, followed by an optional lunch and an art and architecture tour. A special tour arranged by DCV villager and Library docent, Suzanne Legault. The tour will include the 1507 Waldseemüller map of the world, which was the topic of a recent Sunday Soup Salon. RSVP no later than January 4 to Judith Neibrief at jneibrief@aol.com and please put Library of Congress in the subject line.

Wednesday, January 11:

6:30-8:30 pm. Prospective member dinner at Carol Galaty’s house.

Monday, January 23:

3:30-5 pm. Live & Learn Series: “Consumer Empowerment: Cutting Costs and Getting Deals.” Speaker and site TBA. Free to members; \$10 fee for others.

Tuesday, January 24:

10:30-11:45 am; lunch—noon to 2 pm. Washington Hilton Hotel Double Header: Go behind the scenes and experience life at the hotel and stay for lunch at the District Line Restaurant. The Washington Hilton is at 1919 Connecticut Avenue, NW. RSVP no later than January 20 to Judith Neibrief at jneibrief@aol.com and please put Hilton Tour (no lunch), Hilton Lunch (no tour) or Hilton Both in the subject line.

Monday, March 28:

10:30-11:30 am. Something of Splendor: Decorative Arts from the White House. See an exhibition of 95 objects (furniture, ceramics, metals, glass and textiles) from the White House’s permanent collection. Renwick Gallery, 1661 Pennsylvania Avenue, NW. RSVP no later than February 2 to Judith Neibrief at jneibrief@aol.com and please put White House in the subject line.



From The President

We've had a strong year in 2011. We won a \$5,000 matching grant from the MetLife foundation to look at "sustainability" issues. We won a national photo contest for one of our calendar photos. And the Dupont Circle Citizens Association gave us \$500 toward our upcoming anti-falling programs.

We greatly benefitted from our collaboration with the virtual marketing firm NOMAD, which helped us update our visual and written images. This expanded our media recognition with stories in the Dupont Current and on WAMU and inauguration of a Village Facebook page.

We're getting rave reviews for our year-end report, which we mailed to everyone 45 and older in our eight census tracts -- we hope that translates into donations!

We've broadened our partnerships with major forces in the community, including the DC chapter of the AARP and the National Association of Area Agencies on Aging and we helped found a citywide Anti-Falling Coalition.

We continue to have robust parties such as the wonderful holiday mixer Dec. 7 at Janet Passonneau's elegant

townhouse. More than 40 people braved near-freezing rain and wind to bring their pot luck offerings and to catch up with each other.

In addition to many activities, our Live & Learn seminars attract dozens of people and the new members-only Sunday Soup Salon also pulls in several dozen people. Our Health&Wellness Committee has inaugurated a number of outreach programs.

We have defied the odds and continued to grow despite the wretched economy. A year ago, we had 98 members; today we have 119. The calendar is proving to be a good recruitment tool.

It's clear we need to institutionalize regular fundraising events, including persuading restaurants to dedicate a percentage of their profits on a given day to the Village, as well as nailing down similar "earmarked" fundraising days at places such as Cosi, Whole Foods, and other national chains.

We have invested in new financial software and will be able to produce reports and data with greater precision.

I think we've had a terrific year. We may be moving more slowly than we'd like but with your help we can step up our game and move smartly ahead in 2012.

Peggy Simpson

Ludlow

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managing a candy kiosk in a movie house and—the universal fallback—working as a waitress.

Joan took another six months traveling overland before returning home to further loan payments. She started in Singapore, then on to India, Nepal, Pakistan, Afghanistan, through Iran, with a side trip to Saudi Arabia to visit a college roommate, and a stop in Turkey. She then polished off this challenging, extraordinary trip in Paris.

It was during this trip, when she was in Katmandu, that Joan met her husband, **Nick Ludlow**. Nick also was on a great trip, which he financed by writing an article on the Flat Earth Society for Playboy magazine. They spent two weeks in Nepal before he went on to Australia and she to England and then home. They later married and ended up in New York City's Greenwich Village, where they lived for six years before moving to Washington.

After her traveling years, Joan returned to school and earned a M.A. and EdD. from Columbia University Teachers College. Her career was spent in adult higher education, encouraging adults to earn their college degrees, no matter what their age. Much of her time was spent at the American Council on Education (ACE), the umbrella group for all of higher education.

She was responsible for the development, management and marketing for a variety of programs serving the adult learner. She promoted adult learning programs in higher education and helped to create opportunities for higher education to link with business, industry and the military through many presentations and written articles during her tenure at ACE.

Joan is eager to start work on the newsletter. She said, "I'm pleased to follow in Iris' footsteps and build on a very impressive monthly publication that is well designed and written, with a great amount of helpful information presented in a well-written, efficient manner. Nick, who has transitioned from an international business writer, editor and consultant to a writer of fiction, has offered to support and help her in the editing of the newsletter."

by Iris Molotsky

Dupont Circle Village Is
Pleased To Welcome Two
New Members:

**Sharon Webster
Gabriella Zaboli**

AARP Sponsors Second Seminar With The Village as Host

The Summer School was the setting for the second seminar the Village presented with AARP. Panelists **Candace Baldwin**, senior policy advisor, Village-to-Village network, **Virginia Dize**, program manager/assistant director, National Association of Area Agencies on Aging, and **Bernice Hutchinson**, executive director of the Dupont Circle Village outlined trends, challenges and opportunities villages face as we strive to create responsive communities for our growing older population.

Dize touched on several national issues that impact directly on villages: the effect that funding cutbacks are having on the ability to deliver services to the aging at a time with this age group is increasing in size; the minimum role that private sector plays in serving the aging population and the expanding role that nonprofits and religious communities play in meeting these needs.

Describing the role of villages on a state and local level, Baldwin explained the village-to-village network and how it links villages by encouraging communication and providing accessible models to advance Village goals.



Marilyn Lutter (left) and Abigail Wiebenson were two of the participants discussing the "DCV team approach" at the Village forum on November 30.

The village model is about choices and offering an array of services. Villages provide for basic needs, encourage community involvement and promote health and well-being. Villages also look for ways to deliver new services.

Bernice Hutchinson addressed the uniqueness of each village, reminding us that members determine programs and goals. Moving from the national and local aspects, she looked at the individual and, particularly, the team approach that DCV has developed in responding to members' needs. She stressed how important it is to recognize the dynamics of need and to understand the links to providing critical support and services.

These links include shared vision, specific expertise, commitment, passion, drive, energy and dedication. The bottom line, as Bernice summed it up, begins with a sense of

connectedness. **Abigail Wiebenson** and **Kirk Perrow**, who have participated in teams, and **Marilyn Lutter**, who is a recipient of a team effort, described their experiences working with teams.

eBay Sellers Can Help Themselves And The Village

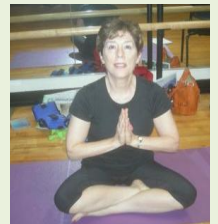
Are you one of the many people who sell products on eBay? If so, you can help the village by donating a percentage of your profits at the time of the sale.

Dupont Circle Village now has been certified as a nonprofit by MissionFish for the eBay Giving Works program. The seller lists an item on eBay and chooses the percentage to donate. After the transaction is completed and the item shipped, MissionFish collects the donation from the seller, provides a tax receipt and donates the funds to the Village. To learn more about the program visit www.missionfish.org.

Yoga Tip Of The Month:

from Judy Silberman, DCV Yoga Master

As you do these balance exercises, be ever mindful of where your body is and how it is moving. Try to keep your eyes focused on the floor approximately 4 feet in front of you.



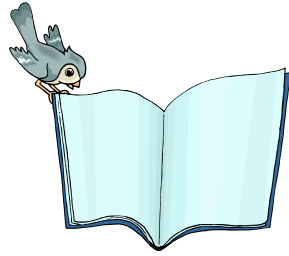
Knee Flexion: Stand straight, behind a table or chair, holding with both hands. Slowly bend one knee as far as possible, so foot lifts up behind you. Hold for at least one full breath. Slowly lower foot back to floor. Repeat with other leg. Modify to holding chair with one hand (opposite to the leg you are working), then a finger-tip, no hands, and then with eyes closed as you progress and feel more confident.

Hip Flexion: Stand straight near table or chair. Slowly bend one knee toward chest, without bending waist or hips. Hold for one full breath. Slowly lower leg to floor. Repeat with other leg. Add modifications when you are able.

December's Live and Learn session on Hospice Care: What You Need to Know About It turned out to be one of our most informative and lively sessions of the year.

Presenter **Marsha H. Nelson**, vice president of the American Hospice Foundation, combined an encyclopedic knowledge of the subject with a personal touch, frequently using her experience with her mother as a means of illustrating a point.

Her first talking point emphasized the fact that Medicare covers hospice care. She then described the mission of hospice, which is to provide palliative care, which is treating the symptoms, not the disease. She also mentioned that hospice care, frequently connected in our minds with cancer care, actually treats more other life-limiting types of conditions. Indeed, these cases constitute the majority of their clients.



Live & Learn Series Calendar

The last Monday of the month from 3:30-5 pm.

2012

January 23: Consumer Empowerment: Cutting Costs and Getting Deals

February 27: Adapting Your Home for Safety

March 26: Nutrition for Seniors

April 23: Memory/Brain Health/Alzheimer's

May 28: Securing Your Home: Alarms and Locks

June 25: Hospice Services: In Home or In Facility

July 23: End of Life Choices

August 27: Estate Planning

October 22: Medicare Open Season

Despite a torrential rainfall, more than 40 villagers gathered at **Janet Passonneau's** house to celebrate and enjoy the amazing array of food and very tempting desserts. Thanks to Janet and the team that made the evening very special.

Thanks also to **Irv Molotsky** for the photographs.



Abigail Wiebenson and Matthew Evans



From left: Stefanie Ortoleva, Frank Della Pena, Lucia Edmonds and Ingrid Peterson



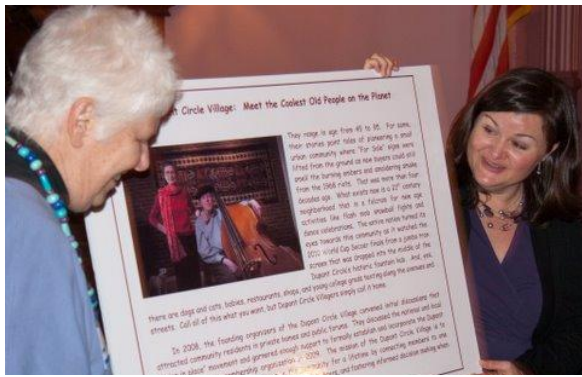
Larry Steubing and Kenlee Ray



Villagers listened to the December Live and Learn session amid festive holiday decorations. From left: Abigail Wiebenson, Dan Gamber, Nancy Gamber, Marilyn Newton, Kirk Perrow



From left: Mary Haber, Christian Bielski, Lucia Edmonds, Laurie Coburn



Peg Simpson, left, and Candace Baldwin display the poster presented to the Village at the October Oakland, California Conference. The Village was awarded first prize in the Village-to-Village photo contest for the picture of Dave and Sandy Burns in our 2012 calendar.

Calendar Sales Update

The 2012 calendar is proving to be a magnet for potential new members and for potential volunteers.

The calendar-sales table across from the Dupont Circle farmers market gets dozens of people stopping by to look at the calendar but, perhaps just as important, to learn about the Village and what it does.

At least a half dozen people say they'd like to join. Another two dozen or more say they'd be interested in volunteering. We know that doesn't automatically translate into new members or volunteers. But we're expanding our "reach" in the neighborhood with our calendar-sales booth and that's all to the good.

We have about 300 more to sell. Four village members are calling people who might not have had the chance to buy one yet – **Alan Lopez, Laurie Coburn, Bettina Del Sesto and Susan Meehan.** As of

Monday, we'd made about \$3,000 in profits on calendar sales. About \$800 worth of calendars are out to villagers on consignment.

Calendars are available from: **Lucia Edmonds, Susan and Bob Meehan, Laurie Coburn, Alan Lopez and Brad Edwards, Edith Grossman, Lois Berlin, Abigail Wiebenson and Marilyn Newton and Executive Director Bernice Hutchinson.**

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Executive Board

- Peg Simpson, president
- Nancy Hartsock, vice president
- Lucia Edmonds, secretary
- Linda Harsh, treasurer
- Brad Edwards
- Curtis Farrar
- Iris Molotsky
- Judith Neibrief

Executive Director
Bernice Hutchinson

New Monthly Feature

Village Cooks Want To Know



Happy Holidays. We have suspended all notions of calorie counting and Villagers have submitted their favorite recipes for Christmas and Chanukah.

-- Judy du Berrier

Iris' (World Famous) Rosemary Shortbread

- 2 cups all-purpose flour
- 2/3 cup granulated sugar
- 1 tbsp. finely chopped fresh rosemary (or add whole leaves in food processor with flour)
- 1 tsp. plus a pinch kosher or large grain salt
- 1 cup (2 sticks) unsalted cold butter, cut into 1/2 chunks.
- 1 or 2 tsp. rosemary, chestnut or dark full-flavored honey

- 1 Heat oven to 325°. In food processor, pulse together flour, sugar, rosemary and salt. Add butter and honey, and pulse to fine crumbs. Pulse a few more times until some crumbs start to come together, but don't over process. Dough should not be smooth.
2. Press dough into an ungreased 8- or 9-inch baking pan. Prick dough all over with a fork. Bake until golden brown, 35-40 minutes for 9-inch pan, 45-50 for 8-inch pan. Transfer to a wire rack to cool. Cut into squares while still warm.

Carol's Addictive Latkas (Potato Pancakes)

- 4 large potatoes
- 1 yellow onion
- 1 egg, beaten
- 1 tsp. each salt and pepper, or to taste
- 2-4 tbsp. flour
- 2 cups vegetable oil

Grate potatoes and onions together in a large bowl. Drain excess liquid. Mix egg, salt and pepper and enough flour to make mixture thick. Heat 1/4" oil in a large heavy skillet on medium-high. Drop 1/4 cup mounds of the mixture into hot oil and flatten to make 1/2" pancakes. Fry, turning once, until golden brown. Drain on paper towels and keep warm in 200° oven. Continue frying, adding oil as needed. Serve with applesauce or sour cream.

Send questions or comments to:
judydubierrier@verizon.net
202-328-9123



Correction: In last month's recipe Susan's Rajah's Jewel Dip, the main ingredient should be goat cheese, not cream cheese.