

Special Interest Articles:

- ◆ Two Board Positions Filled
- ◆ Villages Oakland Conference
- ◆ AARP Sponsors Two Village Sessions
- ◆ What's The Village's Role In Health Care?

Village Highlights:

- DCV Holiday Party December 7
- Get Your Calendars Now
- Tracking Volunteer Requests
- You Are the Villages Best Recruiters
- You Can Make A Difference

Monthly Features

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Two Board Positions Filled

Linda Harsh Treasurer



Linda Harsh, the new Village treasurer, had read about the Beacon Hill Village and thought it was a good idea. One day she saw a sign at the front desk of her building announcing a meeting about the Dupont Circle Village. She and another resident, **Martha Sigg**, attended the meeting and both are members now.

However, Linda resisted joining at first. "I don't need any services," she recalled thinking. But she did attend several Live & Learn sessions and a Village holiday mixer at Sumner School. "I felt comfortable with the group of people I met," she says, "and I realized there was a lot more going on than making requests for services."

Now she is a regular on the museum tours and, on the day of the interview, she had just returned from the docent tour of the Gertrude Stein exhibit at the National Portrait Gallery. She recommends it highly.

Lucia Edmonds Secretary



Advancement comes fast in the Village. Last month we noted that **Lucia Edmonds** had joined the Village Board; in this issue, we are pleased to announce that she is now our new secretary. DCV sure doesn't waste time when a competent, skilled, reliable person joins our ranks.

Lucia's professional and educational background will serve the Village well. She earned her BS in Education from the City College of New York (CCNY) and her Masters in Social Work from Columbia University.
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Villagers Gather in Oakland

By Peggy Simpson

Nationally known aging expert **Walter M. Bortz II** told a national Village conference that "most of what we think of as 'aging' isn't. It's disuse." Bortz is 81 and still runs marathons, as does his wife. He said the medics call him as fit as a man of 50.

Bortz was one of many speakers who mocked the stereotype of a rocking chair retirement. He pushes people to push themselves, not necessarily to run marathons, but "to know who you are," and to participate fully in life, no matter what your age.

He keeps fit partly to equip himself to retain choices as he ages. "I don't want to be institutionalized. I want to be independent." He says individuals have substantial control over that. The three reasons why people are institutionalized are immobility, incontinence
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DCV Holiday Party December 7, 2011

Members and volunteers are happily invited to join us at Janet Passonneau's house, 2114 O Street, NW for a potluck holiday party from 6 to 8 pm. If you can't bring a dish—come anyway. RSVP to Iris Molotsky, iris.molotsky@gmail.com or call 202-328-1121. Note your dish and any transportation needs

Harsh, Treasurer

Prior to her retirement Linda worked for the Council on Foreign Affairs, first in New York and then in Washington, when the Council was just beginning to program events here. Linda was excited by the challenge of working in an office that grew from a two-person operation to an organization large enough to move into its own building. Of particular relevance to the Village, her many duties included financial and budgeting responsibilities.

We are fortunate to be able to have Linda put these valuable skills to work on behalf of the Village. Working with **Ann von der Lippe**, Linda is setting up a new system for tracking and analyzing the budget for the upcoming year. "I like setting up new programs" Linda says. "I've been looking for a new challenge." She also is setting up and learning new software as part of the project. All of this and dealing with a new computer as well translates into a lot of work ahead for Linda. She may not be getting a lot of rest since she took over as treasurer, but members of the board are grateful and appreciative of the time and energy she is bringing to her new position.

Edmonds, Treasurer

During her eight years as a psychiatric social worker with the Bureau of Child Guidance, Lucia sought training from and became involved with NTL Institute for the Applied Behavioral Sciences, the originators of organization development, a process which seeks to manage change by involving the people who will be impacted by the change.

As a result of her work in this area, she was asked by the Rouse Company to head the citizen involvement aspects of its effort to renew the city of Hartford, Connecticut. During her work on this project, known as the Hartford Process, she became aware of the importance of public policy for people of modest income. She returned to academe where she earned a Ph.D. in public policy at the Massachusetts Institute of Technology. From there, she came to Washington to work with the Joint Center for Political Studies, as director of training and technical assistance for black officials. This was during the period when black officials were newly entering public office as a direct result of the Voting Rights Act.

After several years working in the political arena, Lucia returned to organizational development and ended her professional career as an adjunct professor teaching team dynamics at American University and as an independent consultant specializing in the areas of team development, large systems change, and managing diversity.

As a board member, she hopes to work with the Village to promote intergenerational

programs and outreach strategies to increase the diversity of Dupont Village. She also is interested in collecting oral histories of our neighborhood. Our area has changed greatly in the past thirty years, Lucia notes, and she fears that the diversity and character of those days will be lost if we don't get the stories now, while there are still a few people to talk to.



Monthly Calendar

Thursday, November 30:

2-4 pm: Sumner School, 17th and M Streets, NW. DCV will be host to a citywide discussion on volunteer supports and the use of "teams." Sponsored by AARP. (*see story page 5*).

Monday, December 5:

3:30-5 pm: Live & Learn Series: "Hospice Care: What You Need to Know About It," with guest speaker Marsha Nelson, vice president of the American Hospice Foundation. Brewmasters Castle (Heurich Mansion), 1307 New Hampshire Avenue, NW. Free to members; \$10 fee for others. Contact Linda Harsh, 202-234-2567 or lindajkh@mac.com for reservations. (*see story page 5*).

Wednesday, December 7:

6-8 pm. Annual Village potluck Holiday Party at the home of Janet Passonneau, 2114 O Street, NW. RSVP to Iris Molotsky: iris.molotsky@gmail.com or 202-328-1121. Please note if you are bringing a dish—not a requirement for attending!

Tuesday, December 13:

2-3 pm: Freer/Sackler Gallery, 1050 Independence Avenue, SW. Docent Tour led by Jane Washburn Robinson of two exhibitions: "Power/Play: China's Empress Dowager" and "Family Matters: Portraits from the Qing Court." RSVP no later than Thursday, December 8 to Judith Neibrief at jneibrief@aol.com and please put IMPERIAL IDENTITY in the subject line.

Tuesday, January 10:

11 am-12:30 pm: Behind the Scenes Tour of the Library of Congress. Villager Suzanne Legault has arranged a special tour for fellow villagers to areas not generally open to the public. RSVP no later than Wednesday, January 4 to Judith Neibrief at jneibrief@aol.com and please put LIBRARY OF CONGRESS in the subject line.

Wednesday, April 10:

6-8 pm: Dinner for prospective members at Carol Galaty's house.

Oakland Conference

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and mental incapacity.

Bortz also called on Village pioneers to use their energy to make a difference. “We have this cosmic opportunity to be ripple-makers,” he said. Villagers are “setting a new bar,” both in terms of earning respect and on exercising “informed responsibility” to remain independent as they age.

The national conference, held in Oakland, California and sponsored by the Village to Village Network, brought new evidence that villages are a different kind of organization from the past half century of top-down social-welfare programs.

of the Beacon Hill Village in Boston.

“Two characteristics are crucial: “One is empowerment. Another is help,” she said. “We are a grass roots membership organization, created by us, for us. It is 100 percent membership driven. We are self-supporting. Our funds come from membership fees, foundations and the general public – those who believe in us. People who believe in villages give to villages.”

In addition to finding community resources to meet needs of members, “we care for the whole person, not just where we live or how we live but

University of California-Berkeley Professor Andrew Scharlach Studies Villages

Scharlach has forged links with Rutgers, Michigan and Pennsylvania university researchers for a 2012 survey to measure the impact of villages. With the Archstone Foundation, he is working with a half dozen California villages to identify key attributes that make villages effective and sustainable. He’s found that villages:

- ** help people meet their needs
- ** build a sense of community through social capital and social connections
- ** create empowerment through involvement in a village and contributions to it
- ** increase an individual’s ability to take care of him- or herself.

“Villages are a total paradigm shift from anything in the past,” said **Susan McWhinney-Morse**, founding president

of the fully-rounded person,” she said. “Social service agencies do one or another but not all of this.”

Now’s the Time to Buy Calendars



President Peggy Simpson (right) selling calendars at the Sunday morning Farmers Market at Dupont Circle

The Village won first prize in a national photo contest sponsored by the Village to Village Network – for the **Sandy and Dave Burns** portrait in our 2012 calendar.

Executive Director **Bernice Hutchinson** and **DCV President Peg Simpson** claimed the prize at the VtVNetwork’s national convention – and sold out of the calendars we’d brought with us.

Changing stereotypes about “old folks” got a lot of attention at the national Village meeting. Former Beacon Hill Village president **Susan McWhinney-Morse** decried the “terrible bias” about ageism. “Nobody wants to be old or be with those who are. We spend billions on not being old. It is up to us to change that image.” We think the DCV calendar does that by featuring “the coolest old people on the planet.” (McWhinney-Morse loved the calendar, by the way.)

We now have more than cleared the \$5,913 cost of producing the calendar and are more than \$450 in the black. We need to sell another 400 calendars to make the profit we made last

year. We can do it!

Calendar stars **Kenlee Ray** and **Sandy Burns** were big hits at the Village booth on Sunday mornings, across from the farmers market. DCV members **Judy duBerrier**, **Wendy Hagen** and **Erik Neumann** helped out. Volunteers **Ingrid Peterson** and **Andres Doernberg** not only helped sell calendars but educated people about what they did, as village volunteers. More than 30 people have signed cards saying they’d like to volunteer. A half dozen people have said they intend to join.

Some villagers take calendars instead of wine as house gifts to parties. Some buy calendars as gifts for neighborhood nonprofits to be used as holiday party door prizes. Others give calendars to friends and relatives. You can buy calendars online (www.dupontcirclevillage.org) or can get them from **Bernice, Peg Simpson or Iris Molotsky**. And if you have a sales strategy you’d like to share, let us know!



From The President

We've got a holiday party coming up! It is Wednesday December 7, from 6–8 pm, at the elegant manse of **Janet Passonneau**. It's potluck and you can tell Iris what you're bringing—but come even if you can't bring a dish.

Bring friends and neighbors who want to know more about us – remember, we grow by word of mouth, not by any magical wave of a wand!

In addition, two other forums are on the books:

** on Wednesday Nov. 30, the Village is sponsoring a Roundtable discussion about new trends in villages, fresh off the Oakland national convention, along with a description of our own “team” approach in handling some needs of members. The story on page 5 has spells out when and where.

** on Monday Dec. 5, we will round out this year's Live & Learn seminars that provide you with news you can use before you actually need to use it. We're looking forward to the learning what hospice care really means, which will be presented by Marsha Nelson, vice president of the American Hospice Care Foundation. We will meet at the spectacular Huerich Mansion, which will be decorated for the holidays. Thanks to **Marilyn Newton** for snaring it for the Village and a special thanks to **Linda Harsh** for obtaining our speaker.

It sounds like we get together a lot. You're right. We do.

That's not by accident. Yes, we like to mix and mingle — and we know 45 or 50 of you will show up for our potluck quarterly dinners, even on short notice, to see old friends and meet new ones.

It's part of the invaluable “social capital” of a village, in fact. Yes, we are an aging-in-place movement and help villagers to stay put in their apartments and houses, to “age in community.”

But we also work to get folks OUT of their homes, to join our regular walks, lunches or dinners, docent tours to museums, Live & Learn seminars, Sunday Soup Salons and quarterly mixers.

A village is a community that enables members to contribute their skills, as well as draw on resources when they need help.

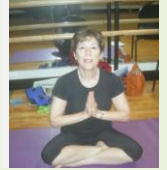
Clinical psychologist **Cynthia Margolies** told the Nov. 20 Sunday Soup Salon that new neuroscience research puts “socialization” right up there with regular exercise as contributing to the health of older people.

Getting people together can be empowering, an antidote to “the old model of helplessness and aloneness,” she said, and researchers are taking a new look at old models of staying healthy. Playing bridge had been seen as a good brain challenge, Margolies said, “but now there is thinking that it's the sociability that does it.”

Yoga Tip Of The Month:

from Judy Silberman, DCV Yoga Master

For the next few months tips we will be focusing on balance. Lower-body exercises to strengthen thighs, knees, and feet will also improve your balance.



Plantar Flexion: Stand straight, holding onto a table or chair for balance. Slowly stand on tip toe, as high as possible. Hold the position for at least one full breath. Slowly lower heels all the way to the floor. Rest, and then repeat a few times. With practice and when confident, try using only one hand, then one fingertip, then no hands, and when you feel really steady, try with your eyes closed. Always remember to keep your knees soft and never locked. Also, try to keep the movements graceful and smooth.

Volunteers Make The Village Work

Volunteers constitute a critical cornerstone of the Village. Our volunteers range in age from 16 to 90. This Thanksgiving we are grateful for our 70 volunteers who give so much to the Village.

DCV's Top Ten Volunteer Requests

During the past twelve months, Dupont Circle Village has logged in more than 400 specific requests for information, services and support. Here is the top ten listing of the things most frequently requested:

1. Consumers Checkbook Information/Support
2. Medical Transportation
3. Telephone Reassurance
4. Organizing Collections
5. Technology
6. Medicare Information
7. Electricians
8. Handyperson
9. Painters
10. Outreach to Members

Got a question? Need a volunteer? Call us, we are ready to meet your request.

**AARP Sponsors Two Village Sessions
Pepco Increase Village Forum**

AARP’s **James McSpadden** joined **Karen R. Sistrunk** and **Herbert H. Jones** of the Office of the People’s Counsel at a November 18 roundtable discussion of Pepco’s proposed rate increase. Pepco is seeking the proposed increase to upgrade their capability to deliver reliable electrical service and to replace existing meters with “smart” meters that will measure consumption by time, thereby offering users the flexibility to use appliances at off-peak hours. However, as the discussion revealed, this will not necessary lead to lower rates if the increase is approved because we will be billed at higher rates for all time periods.

On Wednesday, November 30, the Village will host a citywide Village Forum from 2-4 pm in the Great Hall at the Charles Sumner School, 1201 17th Street, NW (corner of 17th and M Streets).

This forum, also sponsored by AARP, is designed to provide highlights of national trends, key challenges, and opportunities to build livable communities. We will share models of vibrant Villages forming across the nation and showcase an approach that Dupont Circle Village is currently using to assist its most vulnerable member thrive and remain independent.

Who should attend? This event is open and free to the public. We encourage all Washington area Village members, volunteers, administrators and boards as well as Villages in formation in the metro area, the District of Columbia’s Aging Services Network, and provider organizations.



Dr. Cynthia Margolies (left) speaking with Villager Burke Dillon at the November Soup’s On Salon. Margolies, a clinical psychologist who specializes in Post Traumatic Stress Disorder (PTSD), talked about brain scan technology and how it has changed our understanding of how the emotional brain works. The good news is that, contrary to previous thinking, aging brains continue to grow new neurons and synaptic connections in adulthood. A second point welcomed by the group was that socialization and interaction with friends and neighbors is great brain stimulation. So put down the crossword puzzle and come to more Village events — it’s good for your brain health.

**November 30
Village Forum
Guest Speakers**

Candace Baldwin
Village to Village
Network

Virginia Dize
National Association of
Area Agencies on Aging

Bernice Hutchinson
Dupont Circle Village



Roundtable discussion about the proposed Pepco rate increase: from left: Karen R. Sistrunk, Andres Doernberg and James McSpadden

**All Villagers Benefit From
Washington Consumers’
Checkbook**

All Villagers are automatically enrolled as members of the Washington Consumers’ Checkbook, a nonprofit organization that rates companies and stores for best prices and quality. You receive unlimited online access to ratings on auto repair shops, doctors, plumber, veterinarians, banks, dentists, doctors, house cleaning services and much more.

When you join the Village, Checkbook assigns you a unique access code, which we send to you. If you have misplaced your access code, or have not received it, please contact **Bernice Hutchinson** at bernice@dupontcirclevillage. If, after receiving the code, you have problems navigating the website, you can schedule an appointment with Villager **Kirk Perrow**, a devoted user of Consumers’ Checkbook, who will provide an introduction and assistance for first-time users.

Live And Learn Series

Last month's program about Medicare Part D turned out to be enjoyable as well as informative. **Chris**

deYoung, co-director of the Health Insurance Counseling Project at the George Washington University Community Legal Clinics, made three valuable points:

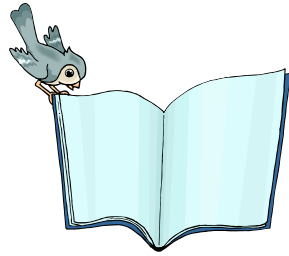
* The open enrollment date for Plan D has changed: it is now November 15 to December 7;

* There has been a change in the "donut hole" and people will have to pay only 50% of the costs of medicine; and
* The DC Medical Savings Program has been expanded.

December 5 Session

Hospice Care: What You Need to Know About It

Does Medicare cover hospice care? You may be surprised to learn that it does – and its coverage for hospice care is much more generous than most of us realize. Nor is hospice care just for people with end-stage cancer; they now constitute only 40% of those receiving care. Most hospice care now is for other life-limiting conditions, including strokes, Alzheimer's, and congestive heart failure. And contrary to what most people think, the majority of hospice care takes place



where the patient lives, whether it is at home, or in a nursing home, not in a dedicated hospice facility. Our speaker on December 5, **Marsha Nelson**, vice president of the American Hospice Foundation, will describe these alternative locations for hospice care, the eligibility requirements, and the occasions for which it is appropriate. Come and learn more about what is available at our Live and Learn seminar on December 5, from 3:30 to 5 pm. We have a special location for this meeting, the Heurich Home Museum at 1307 New Hampshire Avenue, NW, which will be decorated for the holidays. Please inform **Linda Harsh** if you need transportation or an escort to walk with you to the seminar. For reservations, contact Linda, [202-234-2567](tel:202-234-2567), or lindajkh@mac.com. The talk is free for Village members and \$10 for others.

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

So, What Does Our Village Do About Health Care ?

At a recent gathering of prospective Village members, someone asked the question, "So, what does the Village do about health care? How can the Village help me with that?" The dinner guests listened intently as Executive Director **Bernice Hutchinson** began to build a rhetorical pyramid to illustrate the depth and dimension of how our Village tackles the topic of "health care." Here is what she responded.

The Village is a resource for information. Many members often call to discuss their individual questions. This leads to the discussion

of articles, websites, information in the news and more. Rarely will the member leave one of these telephone conversations or face-to-face visits without a resource. And, sometimes, that resource addresses some aspect of health care.

The Village has educational programming. The Live and Learn Lecture Series and Sunday Soup Salon inform about interesting dimensions of our community and important topics, including health, and encourage participants to think proactively about their own circumstances and potential to resolve personal challenges. I am reminded of two members of the Village who attended Live and Learn seminars and, as a result, were able to reach out for other support we offer that had a direct impact on their health and daily life.

The Village offers social and cultural engagement. Regular activities include private, docent-led museum tours, group lunches and dinners at area restaurants, and more. Attend an event and the interaction is lively, engaging, and just plain fun. Studies show that overall physical and mental health improve with social and cultural engagement.

The Village promotes physical fitness. With two walking groups and senior yoga, the Village encourages a focus on strength, balance, brain and heart health, and flexibility.

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DVC Health Care: The Building Blocks

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The Village has a Googlegroup. This open forum for opinions, ideas and recommendations empowers members of the Village to learn from one another. News of favorite medical professionals in the area is often shared along with experiences with home health and medical equipment.



Executive Director Bernice Hutchinson

The Village depends on volunteers. More than 70 volunteers create a supportive network around our members. Requests for support following hospital rehabilitation, transportation to and from medical appointments and small errands can make a difference whether someone is recouping from a major illness or just in need of a helping hand.

The Village has a Health and Wellness Committee. This energetic group is responsible for the buddy caller and hanging out programs and is currently

working on a medical advocacy component.

The Village has connections to health care expertise. Whether it is a need for a home health care or a social work consult, the Village has established partnerships and ties with Live and Learn speakers and companies in the area to eliminate the maze of finding the right resources.

If you look at each one of these as a layer, then you will see that the Village has the potential to have a tremendous impact on health care for an individual. Not everyone needs each of these layers, but it is important to know that the Village has given a lot of thought about what it means to customize support and be ready to address a full range of individual requests, from the broad to the specific.

Facebook Update

- * 112 active monthly visitors
- * 37 fans who “like” the Facebook page
- * great photos of villagers selling calendars

Go to <http://www.facebook.com/DupontCircleVillage> and “like us.”

You Are Our Best Recruiters

What we know about gaining members is that personal contacts make all the difference. Less than a handful of members have joined the Village “cold.” We hear regularly what a hopeful, helpful and otherwise positive

purpose of the dinners is primarily to introduce neighbors to one another and have a convivial time together. Often our guests discover commonalities in what appeared to be total strangers coming together. This now happens so

**Is The Village Serving You Well ?
Tell Us What You Think**

Each year, we conduct an *Each One Reach One* member survey. It consists of three questions:

- ♦ **How well is the Village serving you?**
- ♦ **What could we be doing better?**
- ♦ **Who would you recommend for membership?**

Marilyn Newton, who coordinates the monthly member calls, has asked monthly call captains to solicit responses to the above questions. Many thanks go to the several who have done so. If you have not gotten back to us, please do so by the end of the month. Your suggestions and comments have been invaluable. They have led to changes in activities and services we offer. The collective wisdom of the Village cannot be underestimated. When suggesting members, please give us contact information of some sort. If you’d rather call with your ideas and suggestions, please contact Marilyn Newton at 202-833-1344.

difference the Village has made to individual lives. Please help us spread the word.

Every other month we have a dinner for potential members and volunteers. These are consistently interesting evenings as we invite guests to share how they came to live in the neighborhood. Their stories are always deeply engaging and touching. While we’d like to have all our guests join the Village and/or become volunteers, the

regularly that it’s no longer a surprise but has become an expectation.

Our next dinner will be at **Carol Galaty’s** house on January 11 from 6:30 to 8:30 pm. Thanks to current members we already have a guest list of 25. If you have anyone to recommend for adding to our list, please contact **Abigail Wiebenson** at 202-332-6857 or abigailwiebenson@gmail.com no later than the first week in December. Many thanks!

--Abigail Wiebenson

Dupont Circle Resource Center To Undergo Renovation

At its November meeting, the ANC announced that the Dupont Circle Resource Center at 9 Dupont Circle will undergo badly needed repairs. A new lease between the ANC and the National Park Service (NPS) is expected to be finalized by the end of this year. The Resource Center serves as a substation for NPS Police and the Metropolitan Police Department. It also serves as the mail address for the Village and many other local groups use it, including Historic Dupont Circle Main Streets, DCCA, and Freshfarm Markets.

You Can Make The Difference

One member responded to our year-end contribution letter by getting a matching grant for her \$100 contribution. She was able to convince a foundation where she was a former trustee to make a 5:1 match!

Many of us are current or former employees of companies or organizations that will match gifts to nonprofits. *If you fall into this category — please take advantage of this chance to help us.*

Another member has offered to match a specified amount to contributions made to us for our MetLife \$5,000 matching grant.

Many of you have purchased calendars to give as holiday gifts, which is a valuable way to support the village.

For friends and relatives who have everything, a donation to the village in his/her name might be a good gift idea.

The progress report in the contribution mailing shows just how far we've come — and it's because you believe in the village and have worked hard to make it a meaningful and valuable organization. We recognize and applaud these efforts and, most of all, we treasure the community we have built together.

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202-436-5252

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

Village Cooks Want To Know



Happy Holidays to all. We are suspending “healthy” eating for “fun” cooking until the end of the year. Here are some tasty ideas for dips and appetizers for entertaining submitted by Villagers. Bon appétit.

-- Judy duBerrier

Susan’s “Rajah’s Jewels” Dip

1 medium navel orange, quartered (can substitute marmalade for a sweeter version)
1/2 cup (or more to taste) golden raisins
8 oz. pkg. low-cal cream cheese
1 tsp. curry powder (or more to taste)

Combine all in a processor or blender, mix well. Add orange juice if needed. Serve in a bowl with crackers or French bread.

MJ’s Two-Minute Dip

Spread cream cheese on the bottom of a shallow pie-shaped plate. Cover with crushed pecans. Lightly drizzle honey over all. Serve with rice crackers or bread of choice.

Judy’s Filo Wrapped Asparagus

3 filo sheets, defrosted overnight in refrigerator
12 asparagus spears, trimmed
2 oz. butter, melted (optional: may add minced garlic)
1/2 cup shredded parmesan cheese

Blanch asparagus by boiling for 30 seconds, then quickly drop into ice water until cooled. Remove to paper towels to drain. Work with one filo sheet at a time, cover remaining sheets with a damp tea towel. Lightly paint butter on one sheet of filo with a pastry brush. Place second sheet on top of the first and repeat butter application. After preparing the third sheet, turn all three over and paint the backside. Sprinkle several tbs. parmesan cheese over all, covering thoroughly. Cut the three stacked sheets vertically into three sections. Then cut sections horizontally into four rows of squares. Roll one asparagus spear into one set of squares; let the tip poke out of the top. Repeat with rest of asparagus spears. Place all on an ungreased cookie sheet. Sprinkle with the rest of the parmesan cheese over all. Bake at 425° until crispy and golden, about eight minutes. May be served hot or room temperature.

Next Month: Holiday goodies — I can take one more submission from Villagers. judydubерrier@verizon.net or call: 202-329-9123