



# ACROSS THE FENCE

**March 5, 2023**

Palisades Village has been incorporating more opportunities for dance into our programming. Dance is fun, social, and has health and cognitive benefits at any age. Expressing ourselves through movement is innate and started before we even learned to speak. We hope to offer more classes and are supporting the Palisades Hub to get a Friday night all-ages dance party going.

In performance, dance can tell a story. Neighbor, volunteer, and choreographer, Dana Tai Soon Burgess uses dance to paint portraits and tell stories. We were thrilled to have him join us to talk about his memoir, *Chino and the Dance of the Butterfly*. To hear him talk about social issues in a dialogue with Kelly Moss Southall (president of DTSBDC board of directors and former dancer) and then see these ideas taken further by the dancers from his company was so stimulating. We will try to post upcoming opportunities to see the entire company in our community events.

Monday, March 6	Tuesday, March 7	Wednesday, March 8	Thursday, March 9	Friday, March 10	Saturday, March 11
<p>12:15 p.m. <a href="#">Pickleball</a></p> <p>1 p.m. <a href="#">Book Club</a></p> <p>3:30 p.m. <a href="#">William Yates Fitness</a></p>	<p>9:30 a.m. <a href="#">Planner Group</a></p> <p>3 p.m. <a href="#">Yoga</a></p>	<p>8:30 a.m. <a href="#">Walking Club</a></p> <p>10:00 a.m. <a href="#">Eye to Eye Group</a></p>			<p>9:30 a.m. <a href="#">Mindful Knitting</a></p>

## ***This Week:***



**Wednesday, March 8, 10 a.m. - 11 a.m. (in person)**

### **Eye to Eye - Low Vision Support Group**

Palisades Village is forming a local group for those with low-vision and their partners and caregivers. You will have the opportunity to talk to others; share common concerns, frustrations, and stories; and find solutions to

your vision-related challenges. We would like to meet in-person but have the ability to include people via Zoom. The group will be facilitated by Barbara Scott, LCSW. Register [here](#).

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## ***Coming Up:***



**Tuesday, March 14, 1 p.m. - 2:30 p.m. (in person)**  
**Pi(e) Day**

Members -- sign up for our annual tradition and reserve your slice of pie. Peggy Banks, our master pie maker has not released the choices yet, but we know they will be delicious. We will have slices of pie available to pick up

at the Hub (5200 Cathedral Ave, NW) or full members can request delivery. Let us know in the comments which you would prefer. Register [here](#).

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**Thursday, March 16, 5 p.m. on Zoom**  
**Meet Ambassador Roya Rahmani**

Please join us to hear about Ambassador Rahmani's experience as the Afghan ambassador to the US. She is a former Afghan diplomat with nearly two decades of experience working with governments, NGOs, and multilateral institutions. Ambassador Rahmani was the first woman to serve as Afghanistan's ambassador to the United States of America 2018-2021 and Indonesia 2016-2018, and as a non-resident

ambassador to several other countries. She was the first accredited Afghan ambassador to the Association of South East Asian Nations (ASEAN), and the first Director General for Regional Cooperation at the Ministry of Foreign Affairs of Afghanistan. Prior to her career in foreign service, she worked with the non-profit sector in various countries.

Register [here](#)

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**Friday, March 24, 2 p.m. - 4 p.m. (in person)**  
**Tech Clinic - *Members only***

Struggling with something on your smartphone, tablet or laptop? Bring it in and let our volunteer help you one on one. Questions have ranged from "how do I turn it on?" to "how do I get the photos from my phone?" and beyond.

Please email [aourand@palisadesvillage.org](mailto:aourand@palisadesvillage.org) or call the office at **202-244-3310** to let us know that you are coming and arrange the best time. As always, we are happy to provide rides to our full members.

The Palisades Village office is located at 5200 Cathedral Ave. in the Palisades Hub. The entrance is on Hawthorne Place We can buzz you in through the glass doors. Register [here](#).

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**Tuesday, March 28, 12:45 p.m.**  
**Private Tour of the Current Exhibit at the Renwick Gallery (in person)**

Join us for a private tour by Christie Davis of the current exhibit at the gallery. We will meet at the Palisades Hub and carpool or Uber down there in time for a 1:30 p.m. tour. Members (Full & Associate) and volunteers only. Register [here](#).

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**Thursday, March 30, 7 p.m. - 9 p.m.**  
**Ambassador William B.Taylor: The War in Ukraine: How we got here and where it's going - *Members only (in person)***

Please join us for a salon-type evening. Ambassador Taylor will give a 30-minute presentation followed by a Q&A exchange.

Ambassador William B. Taylor is vice president, Europe and Russia at the U.S. Institute of Peace. In 2019, he served as chargé d'affaires at the U.S. embassy in Kyiv and as the U.S.

ambassador to Ukraine from 2006 to 2009. During the Arab Spring, he oversaw U.S. assistance and support to Egypt, Tunisia, Libya and Syria. He served in Jerusalem as the U.S. government's representative to the Mideast Quartet. He served in Kabul in 2002 and in Baghdad in 2004.

In the 1990s, Ambassador Taylor coordinated U.S. assistance to the former Soviet Union and Eastern Europe. He earlier served on the staff of Senator Bill Bradley.

Ambassador Taylor is a graduate of West Point and Harvard's Kennedy School and served as an infantry platoon leader and combat company commander in the U.S. Army in Vietnam and Germany. Space is limited. Register [here](#).

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*Please register for all Palisades Village events that are held in-person or on Zoom. Click on the title in red to be taken to the registration page and get more information. Click on the registration button and provide your information. You will receive an email with your confirmation soon thereafter. For events on Zoom, this will include the link. There is a complete listing of all events for the next two weeks at the end of the newsletter, or you can go to the [website](#). If you have questions or want to register in person, please call the office at **202-244-3310**.*

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***Shout out to Penny Friedman & Carol Weber, Honorable Mention in the Photography Contest***

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DC Health announced that the last day of operations for the COVID Centers will be Friday, March 31. If you aren't up to date with your vaccinations, now is the time to take advantage of the nearest center on Wisconsin Avenue next to the Cheesecake Factory and Maggianos. They will also give you free masks and test kits.

Residents still have convenient options to obtain a COVID-19 vaccine, booster, or test kits, including through:

- Local retailers and pharmacies;
- [covid.gov/tests](https://covid.gov/tests) offers free at-home COVID-19 tests and [testinglocator.cdc.gov](https://testinglocator.cdc.gov) directs people to a local free testing location; and
- [vaccines.gov](https://vaccines.gov) directs people to a local free vaccination site.



Palisades Village has no plans to discontinue our regular vaccination clinics. Stay tuned for upcoming dates.



## Palisades Village member Bill Halal's New Book Shows We Are Now Living "Beyond Knowledge"

Sitting in the gazebo that Bill Halal built in his lovely garden conveys a sense of the calm and optimism that reflects his outlook on life. Bill's most recent book, *Beyond Knowledge*, offers profound insights into the future path of humanity and the force of social evolution that leads him to have faith in the direction of society.

The thesis of Bill's book is that the world is moving beyond the age of knowledge to an age of consciousness, which will transform our lives, our work, social institutions, and the global order. Based on evolutionary evidence, Bill demonstrates that there is a natural trajectory moving towards a more mature civilization, a culmination of the life cycle of evolution. As we pass from the age of knowledge to the age of consciousness, we enter a new frontier where emotions, values, and beliefs dominate. Bill compares this transition to a teenager facing a crisis of maturity, finally yielding to reality and coming to terms with the demands of adulthood. In similar manner, the world is now facing a crisis of global maturity that requires us to become responsible and move towards a more mature civilization.

Bill points out that, despite the wealth of knowledge today, the power of facts is limited and does not encompass "love, wisdom or a guiding vision." The explosion of smartphones, social media, and artificial intelligence has led to a society characterized by "raw emotions, distorted values, and outmoded beliefs." We are now living beyond knowledge in an early stage of consciousness with conflicting values, reluctance to compromise, and a hunger for power that lock political systems in stalemate.

To break from a structure that does not work, a form of global consciousness is emerging to address climate change, gross inequality, resolve conflict, and other threats making up the crisis of global maturity. According to his thesis, our consciousness, or "inner terrain in which we live our lives," is changing with the development of "spiritual technologies" that people use to improve "their awareness, mood, and understanding." He argues that government, business, universities, religion, and other institutions are moving toward a more responsive public consciousness. His recent article in Fortune, for instance, outlines how corporations are moving toward a form of *democratic enterprise* that serves social needs as well as profit.

Based on evidence in the book, Bill projects that there is a roughly 55% probability that a sea change to global consciousness will begin to occur about 2030, give or take five years. Such a result will lead to a mature global order and the beginnings of a unified planet where governments, industry, and institutions will work together to solve the social and environmental ills that plague us. He believes that when the craziness of our time is sorted out, the truth will prevail.

Bill's book is available for purchase on [www.amazon.com](http://www.amazon.com), where it is a best-seller with 5-star ratings. Go to his website at [www.billhalal.com](http://www.billhalal.com) to sign up for his newsletters.

Originally from Lebanon, Bill came to the United States when he was five. He, and his five brothers and sisters, grew up in Cleveland. After graduating from Purdue with a degree in Aerospace Engineering, Bill joined the Air Force and served in France for five years at a base about 50 miles west of Paris. Returning to civilian life, he enrolled at Berkeley, where he obtained an MBA and a Ph.D. in Business and Economics. When Bill was at Berkeley, the computer revolution was just starting, and, fascinated by emerging technologies, he predicted that we were headed for an information age about 2000. It did actually occur in 2000.

Bill's first teaching job was at American University. He then went to George Washington University, where he was on the faculty for 40 years. Bill has published seven books and hundreds of articles, consulted for corporations and governments, and has had numerous speaking engagements. He received the Mitchell Prize in 1977 for his article "Beyond the Profit-Motive," and another paper was recognized as the Outstanding Paper of 2013. Another achievement is the development of a technology forecasting system that forecasts the entire technology revolution.

Bill and his wife Carol Lynn have been married for almost 50 years. They have two adult children, both of whom live in Brooklyn, New York. Their son Jason works for the Sierra Club, and daughter, Aurora, is a music producer. They have lived in their current house on Maud Street for 25 years and had a prior house in Foxhall Village. Carol Lynn, who runs the Palisades Village House Tour, and Bill have been active in Palisades Village for many years.

Let us indeed hope that Bill is correct that society will develop a new mentality that will see us through to better times. We all long for a world where money, power, and self-interest give way to a more unified and collaborative system able to preserve the human race.

-- *Cara Jablon, PV member and volunteer*

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## **EATING DISEASE FIGHTING FOODS IS A WINNER** *by Jean Johnson, Retired Dietician*

Vegetables are loaded with vitamins, minerals, contain fiber, no cholesterol and are low in fat and calories. They are a great source of many nutrients that appear to reduce the risk of chronic diseases such as heart disease, cancer and diabetes. Eat at least 4 servings of vegetables daily.

Eat at least 3 servings of fruits a day. Fruits contain vitamins minerals, antioxidants, and fiber. Except for avocado and coconut, fruits are virtually free of fat. Eating fruits may help lower the risk of cardiovascular disease and cancer.

Eat foods that are high in omega-3 fatty acids. Eating at least 2 servings (about 4 oz. each) a week of omega of fish that are rich in omega-3 fatty acids-such as salmon, trout, herring, and sardines can help reduce the risk of heart disease. Instead of frying bake, or grill fish. Plant sources of omega-3s may not have the same effect. These include canola oil, soybeans (whole and oil), and walnuts (whole and oil).

Eat whole grain foods. These foods may lower your risk of cardiovascular disease, type 2 diabetes and cancer. These foods can include whole grain breads and cereals, brown rice, whole wheat pasta, whole grain cereals, buckwheat, etc.

Source: Mayo Clinic-Head to Toe Health Tips

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## **Covid Corner:**

**Free tests by mail from the government are available again! Click [here](#) to order more or go to <https://www.covid.gov/tests>**

**If you have tests at home with a 2022 expiration date, go to [At-Home OTC COVID-19 Diagnostic Tests | FDA](#) to see if the expiration dates have been extended.**

**If you have Medicare Part B coverage, you can get up to eight Covid tests per month FREE from participating pharmacies. See details [here](#).**

The Palisades Village Board of Directors approved an updated COVID policy at the Annual Meeting on December 1. It can be found [here](#).

Need a booster or vaccination? Head to the [COVID Center](#) for Ward 3 that opened at Chevy Chase Pavilion (5335 Wisconsin Avenue, NW). Individuals have access to vaccinations, boosters, take-home rapid antigen tests, PCR tests, and KN95 masks.

Seniors are invited to the front of the line but there is rarely a line. No need for an appointment. They do not have the high-dose flu shot for seniors.

Can't get out of the house for a vaccination? DC Health will come to you. Call 1-855-363-0333 to request a home visit.

For information on prevention actions and what to do if you are exposed, the [CDC](#) has the latest information.

PCR tests are no longer available at the Palisades Library and Rec Center.

Palisades Village has a supply of rapid antigen tests and N95 masks. Please contact the office if you need one. Maintaining your mental health while you wait for test results is important. Certified clinicians are available 24/7 through the DC Department of Behavioral Health's mental health hotline: 1-888-793-4357.

Members: If you need help getting a vaccination or booster, call the office at 202-244-3310 and we will help you.



**WAVE**  
Washington Area  
Villages Exchange



**The DC Area Villages work closely together to share resources and access to many events.**

For a list of all the events sponsored by Washington Area Villages, please click [here](#). Here are just a few of them. Register by clicking on the link in the title or in the description.

**Northwest Neighbors Village has a robust Virtual Speaker Series!** You will meet some dynamic and interesting individuals. Stay connected and informed. More details [here](#).

**Tuesday, March 7, 7 p.m. - 8 p.m.**

**Economist Donald Kohn, *Hosted by Capitol Hill Village on Zoom***



Dr. Donald Kohn is a 40-year veteran of the Federal Reserve System, serving from 2002 to 2010 on its Board of Governors, first as a member and then as vice chair. He will discuss today's economy, with a talk tentatively titled, "COVID and the Cost of Living: Whodunnit and What's Next?" Register [here](#).

**Wednesday, March 8, 1 p.m.**

**Coping with Uncertainty with Guest Speaker Courtney Posch of Graceful Transitions, *Hosted by Northwest Neighbors Village on Zoom***

Courtney Posch with Graceful Transitions will be the speaker. Graceful Transitions provides a comprehensive array of services to coordinate and oversee every aspect of the downsizing and moving process: Coordinating the sale, donation or disposal of unwanted items; Paper sorting, organizing, and daily money management: Shipping; Setting up temporary storage arrangements: Creation of a floor plan if you move to a new residence such as independent or assisted living; Scheduling and coordination of all tasks involved in a move; Handyman/woman services; Estate Clean-out; They are fully bonded and insured. Register [here](#).

**Sunday, March 12, 3 p.m., Lincoln Theater**

**Join for the Gay Men's Chorus of Washington performance celebrating beloved pop and R&B icon, Whitney Houston!**

**Cleveland Woodley Park Village** has some discounted (\$20) tickets. The special rate tickets are in accessible seats located in the balcony. More details [here](#).

**Mondays and Thursdays, 4 - 5 p.m. on Zoom**

**Capitol Hill Village Chair Yoga** - Fabulous yoga instructor Robin Blum will lead the class in a gentle session of chair yoga. You can register for upcoming classes by going to the Capitol Hill Village [calendar](#) and finding the class you want from there. Once you've registered the first time, you should have the link that will work for all the classes.

## **Around Town Events:**

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more. Create an account and take a look at the "In-Person Events" under "Upcoming Events" or email [community@iona.org](mailto:community@iona.org) or call 202-459-9634. Sign up for the newsletter while you are there!

**Tuesdays, 6 p.m.**

**Technology Tuesday** -- Refresh your skills on a variety of topics with B Milenkovic from the [Labs at MLK library](#). Sign up for the programs and you will receive a Zoom link for each session. Ignore the invite if the topic isn't of interest to you. The March 7th topic is: Intro to Alternatives to Twitter

**Wednesdays, 1:30 p.m.**

**Yoga** -- free yoga classes taught by Beth Lawrence. Mats are not required; all poses will be seated or standing. For more information, please

see <https://www.aroundtowndc.org/event/yoga-with-beth-lawrence-at-the-palisades-neighborhood-library-wednesdays-at-130-pm/2022-07-13/>

**Strength, Balance, and Core in-person class with Emma Swain** -- This class combines dynamic and functional strength and balance exercises using seated and standing exercises. This is offered through **Around Town DC**.

Mondays at IONA, 1:30 pm. - 2:30 p.m. Register [here](#).

Tuesdays at St. Albans, 11 a.m. - noon Register [here](#).

Wednesdays at Palisades Rec Center, 2 p.m. - 3 p.m. Register [here](#).

**Fridays, 11 a.m.**

**Cardio Chair Kickboxing at St. Albans** - Chair Cardio Kickboxing is a low-impact class using music with aerobic exercise moves mixed in with some martial arts moves such as punching and kicking. It is a great exercise for improving endurance, core, and balance.

[See a sample of the class here](#). Read more and [register here](#).

**Fridays, 11 a.m.**

**Tai Chi at Palisades Library** - Palisades Library is delighted to announce that Tai Chi with Jerry Simpson is back in-person. This program is free and is sponsored by Around Town DC and Iona Senior Services. For more information, please see: [Tai Chi with Jerry Simpson at Palisades Library on Fridays at 11 am - Around Town DC](#)

## Sibley Seniors Events:

[Sibley Seniors Association](#) (SSA) offers programs and support groups online.

**Tuesday, March 21, 2:30 p.m. - 3:30 p.m. (on Zoom)**

**Low Vision and the Aging Eye**

One in ten people over age 80 have low vision. Low vision is vision loss that is uncorrectable through traditional eyewear, surgeries, or medications. Whether it be from macular degeneration, glaucoma, or diabetic retinopathy, there are ways to modify everyday tasks to be able to still do the things you want to do. Sean Curry, Program Director of the Prevention of Blindness Society of Metropolitan Washington, will share the resources and services available to people with vision challenges to be able to still do the tasks we like to do. Click [here](#) for more information and registration.

## Community Events:

**Sunday, March 5, noon-5 p.m.**

**Abner Cloud Open House**

The Abner Cloud house will be open to the public on **Sunday, March 5 from noon to 5pm**. Come learn about farm life on the Potomac in the first decade of the District of Columbia. For example, in March, April and May, Abner Cloud hired workers to haul the

seine at his fishing landings during the shad and herring runs. The fish were processed at his fishing houses, and he used the fish to pay bills.

**Sunday, March 12, 4 p.m. - 6 p.m.**

**The Palisades Community Association St. Paddy's Day Street Party sponsored by Rachel Levey, COMPASS; Jennie McDonnell, Long & Foster and Balfour.** This free community event is at the intersection of Ashby St and 47th St., next to W Street Park. Live Irish music, s'mores and popcorn. Drinks and food sold by European Market and Hellbender Brewing Co. Fun for all ages!

**Sunday, March 12, 6 p.m. - 7 p.m.**

**Community Sing at the Palisades Hub**

Join your Palisades neighbors for Palisades Community Sing, a new monthly gathering for adults of all ages and all musical skill levels. We'll be singing familiar songs including American standards, Broadway, pop, and folk. Palisades local Ann Roddy is directing this new venture, joined by two very gifted and experienced piano accompanists, Howard Breitbart and William Yanesh. We'll sing in the sanctuary at Palisades Hub (5200 Cathedral Ave NW) once a month, beginning on **Sunday, March 12 from 5-6 pm.** Participation is free. Startup grant money for this program was provided by the Palisades Community Fund. For more information please contact Ann Roddy ([ann.rodny64@gmail.com](mailto:ann.rodny64@gmail.com)).

**Saturday, March 25, 5 p.m. - 6:30 p.m.**

**National Cherry Blossom Festival Opening Ceremony** - The Festival Committee has given DC Villages 50 free tickets to the annual show on Saturday, March 25 from 5:00 - 6:30 p.m. Please use the link [here](#) to reserve your tickets. When registering, please indicate which DC Village you are affiliated with in parenthesis behind your first name. For example: First Name: Leonard (Waterfront)

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## **Ongoing Events:**

### **Bereavement Support Group**

Widowed Persons Outreach (WPO) offers both a twice-monthly ongoing support group and twice a year, a six-week structured bereavement group for persons who have been widowed for two years or less. Call **202-537-4942** for more information or go to [Calendar | Widowed Persons Outreach \(wpodc.org\)](#)

**Weekly on Wednesdays at 2:30 p.m.**

**Dance for PD** -- Now in person at the Kennedy Center's REACH building. Join local Dance for Parkinson's Disease certified instructor Lucy Bowen McCauley for a free workshop where participants are empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating, and creative. Learn more about the program by [clicking here](#).

**Weekly on Mondays from 2 - 3:15 p.m.**

**Just Us at the National Gallery of Art** -- Provides interactive, discussion-based experiences for people with memory loss and their care partners. For more information

go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To register, please email [access@nga.gov](mailto:access@nga.gov).

### **Bi-Weekly on Fridays, 1 - 2 p.m.**

**The Art of Looking**--By sharing observations, interpretations, questions, and ideas, participants build on their own first impressions and broaden their understanding of a single work of art in each meeting. Each session lasts one hour and is completely interactive. NGA educators will facilitate the conversation to create an environment for shared learning.

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## **COMING UP IN PALISADES VILLAGE**

Listed below are details on upcoming events sponsored by Palisades Village. You can now register by clicking on "More Information" and then "Register." You will be prompted to add your name and email address. Please use the email address that the calendar was sent to; it functions as your user ID. If you need to update your email, just let us know. Or you can register by email at [aourand@palisadesvillage.org](mailto:aourand@palisadesvillage.org) or call the office at **202-244-3310**.

### **ALL OUR EVENTS ON THE VILLAGE WEBSITE**

## **This Week at Palisades Village March 5 — 11, 2023**

### **Pickleball**

Mon 03 / 06 / 2023 at 12:15 PM

Where: Palisades Recreation Center - inside the gym, 5200 Sherier Place, NW, Washington, DC 20016

[More Information](#)

### **Book Club**

Mon 03 / 06 / 2023 at 1:00 PM

[More Information](#)

### **William Yates Fitness**

Mon 03 / 06 / 2023 at 3:30 PM

[More Information](#)

### **Planner Group**

Tue 03 / 07 / 2023 at 9:30 AM

[More Information](#)

### **Yoga**

Tue 03 / 07 / 2023 at 3:00 PM



Where: Palisades Hub, 5200 Cathedral Ave NW, Washington, DC 20016

[More Information](#)

**Walking Club - Georgetown**

Wed 03 / 08 / 2023 at 8:30 AM

Where: 4940 Canal Road, NW, Washington, DC 20007

[More Information](#)

**Eye to Eye Group - In Person**

Wed 03 / 08 / 2023 at 10:00 AM

Where: Palisades HUB - parlor, 5200 Cathedral Ave NW, Washington,

[More Information](#)

**Mindful Knitting**

Sat 03 / 11 / 2023 at 9:30 AM

[More Information](#)

Next Week at Palisades Village  
March 12 — 18, 2023

**William Yates Fitness**

Mon 03 / 13 / 2023 at 3:30 PM

[More Information](#)

**Planner Group**

Tue 03 / 14 / 2023 at 9:30 AM

[More Information](#)

**Pi(e) Day**

Tue 03 / 14 / 2023 at 1:00 PM

Where: Palisades HUB, 5200 Cathedral Ave NW, Washington,

[More Information](#)

**Yoga**

Tue 03 / 14 / 2023 at 3:00 PM

Where: Palisades Hub, 5200 Cathedral Ave NW, Washington, DC 20016

[More Information](#)

**Walking Club - Georgetown**

Wed 03 / 15 / 2023 at 8:30 AM

Where: 4940 Canal Road, NW, Washington, DC 20007

[More Information](#)

**Great Decisions Foreign Policy Discussion Group**

Wed 03 / 15 / 2023 at 2:00 PM

Where: Palisades Hub - Parlor, 5200 Cathedral Ave., NW, WASHINGTON, DC  
20016-0403

[More Information](#)

**Ambassador Roya Rahmani**

Thu 03 / 16 / 2023 at 5:00 PM

[More Information](#)

**Mindful Knitting**

Sat 03 / 18 / 2023 at 9:30 AM

[More Information](#)

[ALL OUR EVENTS ON THE VILLAGE WEBSITE](#)

Thank you!

Palisades Village