



Across the Fence

May 23, 2021

For the latest information on COVID, please see below or go to our [website](#).

This Week at Palisades Village:

Monday, May 24	Tuesday, May 25	Wednesday, May 26	Thursday, May 27	Friday, May 28	Saturday, May 29
3 p.m. Fitness Class with William Yates (YMCA)	9:30 a.m. Planner Group 11 a.m. Life Stories 1:30 p.m. Events Committee 3 p.m. Storytelling 4 p.m. Yoga	8:30 a.m. Walk with Wally to Georgetown	3:30 Yoga		9:30 a.m. Mindful Knitting

Please note: The office will be closed on Monday, May 31 in observance of Memorial Day. Please submit any requests in advance.

We have some special events coming up:

Thursday, June 3, 5 p.m.-- Palisades Village [Board Meeting](#)

Wednesday, June 9, 2 p.m. -- [Washington Canoe Club with Chris Brown](#)

We welcome neighbor and author Chris Brown to talk about his book *The Washington Canoe Club*. The Washington Canoe Club has been a landmark on the Georgetown waterfront for over a century. Its iconic Victorian boathouse, now listed in the National Register of Historic Places, has survived floods and fires as well as changing land uses along the Potomac shoreline. The Canoe Club is best known for its prowess and as a pioneer in national and international paddling competition, from introducing canoeing as an Olympic sport in 1924 to bringing women fully into competitive paddling. But the story is also one of the coming of age of outdoor recreation and social clubs in America's cities, where, post-Civil War, people came to enjoy new leisure time and "physical culture" in a wide variety of outdoor activities.

Author Christopher N. Brown fell in love with canoeing 50 years ago while teaching school in Chicago. Since then, on vacations and through jobs in river conservation with American Rivers, the National Park Service, and the US Forest Service, he has paddled in all 50 states. Its unique history and riverfront location drew him to the Washington Canoe Club in 1990. He is an honorary life member of the club, whose collections and family albums largely provided the assemblage of images in this book.

All events are being held on Zoom. You must register to get the link for each event. Click on the title in red to be taken to the registration page and get more information. 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](#).

COVID Corner:

Everyone over 12 can now get a vaccine! DC has transitioned to all high-capacity, walk-up, no appointment needed vaccination sites. (Walk-up sites are for first doses. When you receive your first dose, you still need to make an appointment to get your second dose.) [Click here to see today's schedule.](#)

The walk-up sites will be in addition to the pharmacies, clinics, and health-care providers that are also administering the vaccines citywide. These sites will operate their own scheduling systems.

Can't leave your home? Call DC Health at **1-855-363-0333** for an appointment and they will come to you!

Need an N95 mask? We have some in the office. Please contact us at **202-244-3310** or ebanton@palisadesvillage.org.

Milestones:

Saul Shampain turns 100 this week on May 25th!

Saul is a very popular member among our volunteers and fellow members. A volunteer described him as "humble, appreciative, talented" with "the mind of a 21-year old." If you haven't had the pleasure of his company, his son Robert shared a bio that he had put together when Saul was honored at the World War II Memorial.

Saul Shampain was born on May 25th, 1921 in Brooklyn, New York, where some of his best early memories are of his father taking him to the Brooklyn Museum, a bright spot throughout the hard times of The Depression, and one of the places that ignited his lifelong passion for the visual arts — painting especially. The prospect of a poor kid from Coney Island becoming an artist was not at all certain at the time, however, and it took World War II and its aftermath to really afford him the training that he always wanted.

He attended Brooklyn College before enlisting in the Army after Pearl Harbor and doing his basic training in Mississippi and Louisiana. He became a Corporal (technical) with the 84th US Army Camouflage Engineer Battalion in North Africa, Corsica, France, and Germany, where he was in the liberating forces of Dachau Concentration Camp on April 29, 1945. During the course of the war, he achieved 4 battle stars and the Mediterranean Ribbon.

In 1946 he was married, and was able, with the support of the GI Bill, to move to Paris and study at the École des Beaux-Arts. There, he teamed up with seven other US GI's who were also studying art and formed "Gallerie Huit", where they exhibited together. He was also featured in the second-annual prestigious "Young Painters Exhibition" in Paris in 1952. During that time, his wife Judith began work at the US embassy in Paris, and they wound up moving for another 7 years to her two US Foreign Service postings in Rome and Rio, where their children were born, and where Saul continued to paint and draw.

After returning to the US in 1960, the family made their home in Washington, DC, where Mrs. Shampain continued her career at the State Department, and Saul taught at Georgetown University and headed the art department at a public school in Montgomery County, MD. His artworks have been featured in a number of exhibitions in the DC area, and he has never stopped drawing and painting. He is also an ardent classical music lover and studied piano for decades.

And he loves to play chess and is always looking for a partner. Let us know if you are up for a game.

Please send a birthday card to Saul at 4200 Cathedral Avenue, NW #206, Washington, DC 20016.



DC Strong:

Palisades Village participated with all of the other DC Villages in an inspiring celebration last Thursday, May 20. The Village movement is DC Strong. The theme was **"Recognizing Our Community's Collective Response to Helping Older Adults Thrive."** It was inspiring to hear from representatives from the DC government and DC Council, community partners, and the villages.

Recordings of the event can be found at:

- Opening Video Presentation - <https://youtu.be/akkpg9xkQbQ>
- Recording of the Full Event
- <https://www.youtube.com/watch?v=TxfsZvJSXxU>
- Closing Celebration of our Eldest Village Members -
<https://youtu.be/AwF0GhfbNRQ>

In preparation, we put together two videos, one of the members, and one of the volunteers from Villages across DC, sharing their heartfelt sentiments about being a part of their village. You can see members, Jim Goodby and Gloria Kreisman and volunteers Darrell Fearn and Jennifer Howell representing Palisades Village.

Here are the links to the videos:

- Members: <https://youtu.be/5SYE3LpmwdA>
- Volunteers: https://youtu.be/lv4g_p4R18s

You can also view recordings of some of our earlier presentations on our [Palisades Village DC YouTube channel](#).

Neighbor to Neighbors with Andrea Mitchell:

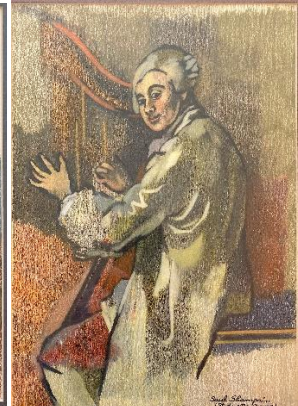
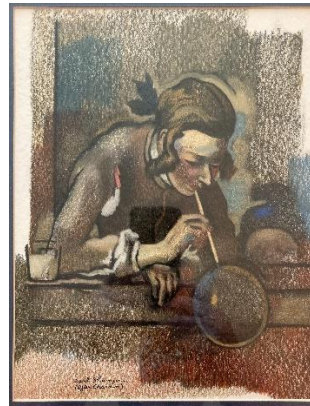


Last week Andrea Mitchell joined the Palisades Village community to share her experiences with changes in journalism, particularly in these times of COVID. Given her professional demands and the urgency of current events, we were honored that she could join us and talk candidly about them. She also talked about her love of this neighborhood and the rich history. Her warmth carried the evening through the many questions. Thank you Andrea!

Palisades Village 2020 Annual Report:

Our 2020 Annual Report is hot off the presses! If you have not received yours, you can click [here](#) to see a copy.

Creative Corner - Works by Saul Shampain



Palisades Village Connect and Learn: On the [Connect and Learn](#) page on our website, we have everything from neighborhood walks to virtual outings and fitness classes. Check it out!



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

For a list of all the events sponsored by Washington Area Villages, please click [here](#). Here are just a few of them (and a couple that are not included). Register by clicking on the link in the title or in the description.

Monday, May 24, 3:30 - 5 p.m.

Live & Learn: *How to Plan for a Funeral and Burial* -- Grieving for the loss of a loved one can be overwhelming, yet survivors need to make important and potentially expensive decisions in the midst of their grief. One of the most thoughtful and comforting gifts you can give them is

to let them know your preferences ahead of time. [Register Online Here](#) or contact the DCV Office at admin@dupontcirclevillage.net NOTE: New registrations will not be accepted the day of the event.

Tuesday, May 25, 11 a.m. - 12 p.m.

U.S. - German Relations Under Angela Merkel and Joe Biden --After arriving in the U.S. as Washington Bureau Chief for Der Spiegel, René Pfister covered American politics and the 2020 election. Having covered Angela Merkel for 10 years while in Berlin, he now is focusing on U.S. German relations under the Merkel and Biden Administrations, with Merkel at the end of her Administration and Biden at the beginning of his. René will share what it is like to be a foreign correspondent in Washington during these unsettling political times. SPONSOR: Northwest Neighbors Village

Wednesday, May 26, 1 p.m.

Nutrition as We Age - Free Lecture and Cooking Demonstration -- In this demonstration class, Nutrition Educator / Home Chef Imke will talk about simple and quick side salads featuring leafy greens and other colorful vegetables that add a healthy touch to every meal. We will prepare a shaved fennel salad with a juicy orange dressing; talk about variations and make several kinds of dressings from scratch! RSVP: To events@gloverparkvillage.org or call 202-436-5545 by Monday, May 24, 2021 to receive the recipe and Zoom invitation link.

Thursday, May 27, 3 - 4:30 p.m.

Black Artists from the Early 20th Century to Today: Part 2 of 3 -- This session focuses on the "Long Sixties: Washington Paintings in the Watkins and Corcoran Legacy Collections (1957-1982)." Despite the supposedly raised consciousness of the 1960s, the work of Black artists was not often collected or even now represented in museum collections. One reason is Washington's determined avoidance of controversy and the corporate preference for "safe" art produced by the Washington Color School. We will discuss the art of Jeff Donaldson, Sam Gilliam, Frank Anthony Smith, Carroll Sockwell, Alma Thomas, Franklin White, and Kenneth Victor Young. Presenter: Jack Rasmussen, Director and Curator of the American University Museum at the Katzen Arts Center. SPONSOR: Collaboration of DC/MD/VA Villages

Thursday, June 3, 1 - 2 p.m.

Burma's Path to Genocide: New Exhibition at the U.S. Holocaust Memorial Museum--

The United States Holocaust Memorial Museum's latest exhibition, Burma's Path to Genocide, explores how the Rohingya went from citizens to outsiders and became targets of a sustained campaign of genocide. Museum experts will share an overview of the Museum's mission and work, and take us on a virtual tour of the new exhibition. While the Museum will be reopening on May 17, we are pleased to bring this experience to you - and you will be among the first to see it. SPONSOR: Northwest Neighbors Village

Tuesday, June 8, 11 a.m. - 12 p.m.

A Fire in the Wilderness: The First Battle Between Ulysses S. Grant and Robert E. Lee--

John Reeves' book, A Fire in the Wilderness: The First Battle Between Ulysses S. Grant and Robert E. Lee, depicts the initial bloody showdown between the two most celebrated military leaders of the Civil War. If Grant's spring campaign had ended in failure, it's extremely likely that President Lincoln wouldn't have been reelected. Lincoln believed his successor would have sought peace immediately, which would have meant an end to the Union. Reeves will discuss the performance of the two generals and why this battle marked the beginning of the end for the Confederate States and changed the course of American history. SPONSOR: Northwest Neighbors Village

Thursday, June 17, 2 p.m.

Foggy Bottom West End Village Presents Two Star Chefs Who Are Making a Difference

-- Jose Andres and Ris Lacoste are making an impact on communities locally and globally. They are contributing their time, expertise, and passions to bring hope and well-being to those in need, providing meals and education, and are always ready to roll up their sleeves and get to work to make life better. Join us on Zoom to listen in on a conversation between Jose Andres and Ris Lacoste as they discuss what generosity of spirit means to them. Learn how they each attacked the challenge of the pandemic with their culinary expertise to provide support to the residents of Washington, D.C. They'll discuss the future of restaurants as the pandemic winds down, their own culinary experience, and a look at D.C. as a foodie city. There will also be time for Q&A from the audience.

Community Events:

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more. They have a new registration process so you will need to make sure your account is current. Here are some examples (register by clicking on the links.):

Monday, May 24, 12 - 1 p.m.

[Conversations with the Department of Aging and Community Living \(DACL\) --](#) Learn about the services the DC Department of Aging and Community Living has to offer you in a series of seminars featuring different aspects of their programs.

Thursday, May 27, 1 - 2:15 p.m.

[Are you Ready to Imagine the Post Pandemic World? -](#) Explore what the pandemic revealed about our societies and what the post-pandemic world might look like.

Thursday, May 27, 3 - 4 p.m.

[Legal and Financial Planning...for Alzheimer's disease with Sheila Griffith-](#) Join Sheila Griffith to learn more about legal and financial planning for people with Alzheimer's Disease.

Sibley Seniors Association (SSA) offers programs and support groups online. Their latest newsletter and calendar are available at

https://www.hopkinsmedicine.org/about/community_health/sibley-memorial-hospital/senior-wellness/docs/sibley-senior-2021-quarter2-newsletter.pdf

[DPR](#) -- DC residents can sign up for physically distant, in-person programming at various DPR locations (including yoga and pickleball at Palisades) or virtual programs hosted by DPR instructors online. DPR opened a select number of fitness centers and indoor pools for reservation-only workouts and lap swimming. Centers will operate at limited capacity with new health and safety protocols in place, such as face mask requirements, enhanced daily cleaning. To create an account for you or your family, visit the [main registration portal](#).

Other Community Events:

Wednesday, May 26, 1 p.m.

Assistive Technology Webinar: From Low-Tech to High-Tech-- Hosted by the Loudoun County Area Agency on Aging. Please join us as Debbie

Jones of the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC.org) discusses and demonstrates assistive technology devices. To register for this free webinar, please send an email to: aaasupport@loudoun.gov

Thursday, May 27, 6 p.m

Widowed Persons Outreach (WPO) Social Hour with Daniel Bailey --

Daniel S. Bailey, composer, musician, and film scorer, will entertain us. A retired Army Lieutenant Colonel, Dan also works as a contractor. For years he has composed and played music and will delight you with some of his “on the fly” music as well as some of his compositions. Dan will also answer your questions about film scoring. Please join us for this wonderful virtual performance by registering with Ken Gordon at kengordon@alum.mit.edu to receive the Zoom details.

Thursday, May 27, 8 - 9:30 p.m.

[American Whiskey & Japanese Cherry Blossoms](#) -- Explore the life of Professor Jokichi Takamine and his connection to whiskey and DC's cherry blossoms. Join the Japan Information and Culture Center and Stephen Lyman to learn about Professor Jokichi Takamine, arguably the most successful Japanese businessman in America in the 19th century. He not only developed medical adrenaline and donated the cherry blossom trees to Washington, DC, but in a lesser-known experiment, he was making whiskey in Illinois a full 25 years before Masataka Taketsuru ever went to Scotland to learn how to make whisky.

Tuesday, June 1, 6:30 p.m.

American University Community Town Hall -- Join President Sylvia M. Burwell for the Community Liaison Committee (CLC) Community Town Hall. This event will be virtual and you must register at the following link www.american.edu/communityrelations/townhall.

Check out [American University's Newsletter](#) and [Live & Learn Bethesda's Class Catalog](#) for some interesting spring events!

Ongoing Events:

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. Gallery educators will facilitate the conversation to create an environment for shared learning. These conversations will encourage you to engage deeply with art, with others, and with the world around you as you hone skills in visual literacy and perspective-taking.

This program is free and open to the public and is designed for everyone interested in talking about art. No art or art history background is required. Ages 18 and over. Due to the interactive nature of this program, sessions are not recorded. Live captions (CART) are available in some breakout rooms for this program. Please contact looking@nga.gov to request access or for more information.

Mondays, Wednesdays, and Fridays at 12 p.m.

[Smithsonian National Museum of Asian Art's free 30-minute online meditations](#)-- Led by DC-based meditation teachers, these free sessions are appropriate for all levels of practitioners and include a variety of mindfulness practices. Sessions on Fridays include inspiration from art in the museum collection.

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. Participants explore two works of art during virtual sessions on Zoom. Now that we're not constrained by physical proximity or travel to the Gallery, we can welcome pretty much anyone who might like to join us for a conversation about works of art using Zoom. For more information go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To register, please email access@nga.gov.

Tuesday, Thursday, and Friday from 2:30 - 4 p.m.

Dance for PD -- Bowen McCauley Dance Company provides those with Parkinson's disease and their care partners the opportunity to join us each Tuesday and Friday during the Pandemic. Classes are taught utilizing a chair (seated instruction only). Learn more about the program by [clicking here](#).

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 ebanton@palisadesvillage.org or call the office at **202-244-3310**.

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

This Week at Palisades Village May 23 — 29, 2021

William Yates Fitness on Zoom

Mon 05 / 24 / 2021 at 3:00 PM

[More Information](#)

Planner Group

Tue 05 / 25 / 2021 at 9:30 AM

[More Information](#)

Life Stories

Tue 05 / 25 / 2021 at 11:00 AM

[More Information](#)

Storytelling

Tue 05 / 25 / 2021 at 3:00 PM

[More Information](#)

Virtual Yoga

Tue 05 / 25 / 2021 at 4:00 PM

Where: Via Zoom

[More Information](#)

Walking Club - Georgetown

Wed 05 / 26 / 2021 at 8:30 AM

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

[More Information](#)

Virtual Yoga

Thu 05 / 27 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Canceled: Thursday Trivia

Thu 05 / 27 / 2021 at 4:30 PM

[More Information](#)

Mindful Knitting

Sat 05 / 29 / 2021 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
May 30 — June 5, 2021

Office Closed - Memorial Day

Mon 05 / 31 / 2021 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Virtual Yoga

Tue 06 / 01 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Walking Club - Georgetown

Wed 06 / 02 / 2021 at 8:30 AM

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

[More Information](#)

Virtual Yoga

Thu 06 / 03 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Thursday Trivia - Lesser-Known US Tourist Attractions

Thu 06 / 03 / 2021 at 4:30 PM

[More Information](#)

Board Meeting

Thu 06 / 03 / 2021 at 5:00 PM

[More Information](#)

Mindful Knitting

Sat 06 / 05 / 2021 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village