



Across the Fence

June 6, 2021

This Week at Palisades Village:

Monday, June 7	Tuesday, June 8	Wednesday, June 9	Thursday, June 10	Friday, June 11	Saturday, June 12
1 p.m. Book Club 3 p.m. Fitness with William	9:30 a.m. Planner Group 3 p.m. Storytelling	8:30 a.m. Walk with Wally to Georgetown 2 p.m. Washington Canoe Club with Chris Brown			9:30 a.m. Mindful Knitting

Special event this week:

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.

And Coming In-Person Next Week for Our Members:

Thursday, June 17, 5 p.m. -- [Summer Picnic & Live Music](#)

Are you ready to see your Palisades Village friends and neighbors? We are! Please join us at the Palisades Hub (Palisades Community Church) for a summer picnic. This picnic will feature Lee Wilson's famous kielbasa and the Palisades Pan Handlers are back in action with accompanying dishes.

To celebrate this long-awaited event, we are thrilled to have Big Hillbilly Bluegrass perform. Big Hillbilly Bluegrass has been entertaining music fans for more than 16 years on four continents. The ensemble boasts more than 150 years of combined musical experience. An exciting blend of bluegrass along with country, folk, and original material will please even the most discriminating listeners and make easy converts of those unfamiliar with bluegrass music, one of America's unique art forms.

This event is only open to those who have been fully vaccinated for COVID-19. We are limiting the number of people who can attend



and will follow the latest District and Palisades Village (see below) guidelines.

Most 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:

Palisades Village Reopening Statement -- updated as of June 3, 2021

Palisades Village's main priority is the health and safety of our staff, members, volunteers, and visitors. Last month, the CDC and DC Mayor Bowser lifted many of the mask and gathering restrictions. Palisades Village adjusted its policies accordingly.

Palisades Village's Policy Updates

Palisades Village requires that all participants attending in-person events be **fully vaccinated** (*which means two doses of either the Moderna or Pfizer vaccine or one dose of the Johnson and Johnson vaccine and a period of at least two weeks has passed since the final shot*). The Village will no longer require fully vaccinated participants to wear masks or social distance at outdoor meetings and gatherings. Palisades Village encourages partially or non-vaccinated people to seek vaccination opportunities at any of the District's [walk-up sites](#), **area hospitals or vaccination providers.**

Palisades Village is limiting its events to outdoor venues. All clubs and groups are encouraged to meet outdoors or continue meeting virtually. **If you must go indoors, please wear a mask correctly (i.e., covering both mouth and nose) for the protection of others. We will continue to offer virtual programs and be cautious and careful throughout the summer months.** In the Fall, depending on the guidance of the CDC and the DC Department of Health, indoor Village meetings and gatherings may take place. This policy will be updated accordingly at that time.

Volunteer Services:

If you need a ride or help at home (gardening, technical support, small home repairs, errands, etc.), we will continue to offer these services to the extent that volunteers and members receiving the services are fully vaccinated. Please remember that the Palisades Village Office asks for 3 business days- notice to accommodate your requests.

Contactless services will still be available to all members, regardless of their vaccination status.

Office Reopening:

Palisades Village will continue to carefully monitor the progress being made in our area to combat the virus. We are taking a cautious approach to re-opening the Office to staff, volunteers and visitors. Beginning June 14, the Office will be staffed (by staff and volunteers) Monday to Thursday from 10 a.m. to 2 p.m. and open to fully vaccinated and masked members and visitors by appointment. The Palisades Hub, formerly the Palisades Community Church, where the Palisades Village Office is located, is the home of the Palisades Community Preschool and several other organizations. We want to protect all who visit the Palisades Hub.

Additional information:

For now, all in-person activities will only be open to fully vaccinated Palisades Village members, volunteers, and caregivers. These standards are subject to change at any time, based on guidance from the CDC, the DC Department of Health, and/or the experience of Palisades Village. We will keep you updated. As always, your safety is of utmost importance to us, and Palisades Village welcomes your input and feedback.

Ticket Amnesty Program:

DC announces “Amnesty Program for drivers with outstanding tickets” from 6/1/21 to 9/30/21. Eligible drivers (with outstanding tickets for minor traffic violations) “are still obligated to pay the original ticket amount; however, any penalties will be waived” (<https://tinyurl.com/2dzmxm7b>).

Prevent Falls - Balance:

The weather is perfect for walking with a buddy. It can be addictive. Tip: carry a cellphone, stay hydrated, and protect your eyes with sunglasses or a hat. Test your balance:

1. Begin with placing one foot in front of the other. Hold for 15 seconds. Change feet.

Too easy? Increase the time to 30 seconds, then 45 seconds, etc. Want a challenge? Try doing it while moving your head slowly from side to side.

2. Heel raises: slowly raise your heels, count to 2 at the top, and lower with control.

Tip: picture a string at the top of your head pulling you up. Or picture your body as blocks in line—knees under hips, hips under shoulders, shoulders below ears. Do these 2-3X per week or even better, daily. [Catch Dr. Janson's full falls prevention class emphasizing core strength, balance and flexibility here.](#)

If you see any of these stroke warning signs, call 911:



Time is critical. The faster stroke is treated, the more likely the patient is to recover fully.

Volunteers:

As things open up, we are getting more **requests** from our members, especially for rides. You can log in and see open requests [here](#). You can even volunteer for a request right then. If you need training, a refresher in

our online system or to update your status, please contact Erica at eblanton@palisadesvillage.org.

Do you have any experience with **Facebook Live**? We would like to broadcast upcoming events so that everyone can join us. Let Erica know at eblanton@palisadesvillage.org.

Creative Corner:



"A Portrait of Earl Warren" As resident choreographer for the National Portrait Gallery, PV volunteer Dana Tai Soon Burgess has been working on a short video series honoring Social Justice Leaders. [Here is the fourth video from Dana Tai Soon Burgess Dance Company's Social Justice Leaders series](#)

DTSBDC's Social Justice Leaders video series was featured in the Washington Post article entitled "[This D.C.-based choreographer creates dances about trailblazers, hoping you'll embrace their ideals](#)"

Milestones:

We are toasting Gloria Kreisman on her 90th birthday this week! Happy Birthday Gloria!



Taken at our last summer picnic.



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.

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

Tuesday, June 15, 1 - 2 p.m.

[The Polka Dot and Mirrored World of Yayoi Kusama](#) -- Did you miss seeing the sold-out exhibit "Yayoi Kusama: Infinity Mirrors" when it was at the Hirshhorn in 2017? Or would you like to revisit it? This Dial-a-Docent presentation will present many of the works from that exhibition giving you space and time to examine and discuss her work without the pressure of crowds. The conversation will span more than 60 years and include painting, sculpture, performance (happenings), fashion and the realization of her utopian vision in the Infinity Rooms. SPONSOR: Chevy Chase At Home

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.

Thursday, June 17, 2 p.m.

How the New Deal Remade Washington DC -- "The Living New Deal" documents the vast number of New Deal public works projects constructed around the country in the 1930s, and includes a map and guide to the amazing wealth of New Deal public works and artworks in DC. The New Deal effectively transformed the city, though few remember that nearly a century later. What was achieved then provides a model and inspiration for what could be accomplished today with sufficient funding, civic spirit, and popular mobilization. Join Richard Walker as he takes us on a virtual tour of some of DC's best New Deal art, architecture, and parks.

Thursday, June 17, 3 p.m.

French Conversation Group-- with Cleveland and Woodley Park Village (CWPV).

Sunday, June 20, 3-4 p.m.

The Amazing Vision of DC's 11th Street Bridge Park -- The 11th Street Bridge Park, a project of Ward 8-based nonprofit Building Bridges Across the River, will be Washington, D.C.'s first elevated public park. Located on the piers of the old 11th Street Bridge spanning the Anacostia River, the Bridge Park will be a new venue for healthy recreation, environmental education and the arts. Pre-construction began in 2016 and the Park is expected to open by 2024. Beyond supporting the community's physical and environmental health, the Bridge Park also seeks to become an anchor for equitable and inclusive development in our nation's capital. The speaker is Scott Kratz, project director, who for the last nine years, has been

working with Building Bridges Across the River and District agencies to transform an old freeway bridge into a park above the Anacostia River. Learn about this exciting project, and the literal and figurative connections it will make between DC and the Anacostia communities. See:

<https://bbardc.org/project/11th-street-bridge-park> SPONSOR: Mount Vernon at Home REGISTRATION: Not Required ACCESS: Join Zoom Meeting <https://us02web.zoom.us/j/87654758753> Dial-in: 301 715 8592 Meeting ID: 876 5475 8753.

Wednesday, June 23, 2-3 p.m.

King Richard -- Nixon and Watergate: An American Tragedy. NYT bestselling author, presidential historian, and former Washington Post reporter, Michael Dobbs, tells the story of how Nixon made himself and then destroyed himself; Shakespearean in its drama and intensity.

SPONSOR: Bethesda Metro Area Village REGISTRATION: Not required ACCESS: Zoom

login: <https://zoom.us/j/99956311299?pwd=RzJQLzMrSDdtZG8rKzl2VIJJWmUrUT09> Or Dial In: 301-715-8592; Meeting ID: 999 5631 1299

Thursday, June 24, 11 a.m.

[Zooming Is Here to Stay So Let's Master It](#) --With networking, marketing, and management strategist Carol Schiro Greenwald

Wednesday, June 29, 9:30 a.m.

[Rock Creek Park Walk](#) -- with CWPV

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.):

Wednesday, June 9, 3-4 p.m.

[Filmfest DC: A Conversation with Tony Gittens- 2021](#) - Find out the highlights of this year's Filmfest DC from Tony Gittens.

Thursday, June 10, 2-3 p.m.

[Master Medicare with Margo: a guide through the Medicare Maze](#) --

Learn about the nuts and bolts of Medicare and how to coordinate your retirement.

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:

Sunday, June 6, 12 noon - 1 p.m.

[Live@theHub](#) Jazz Concert -- This event will not only be great fun, but also support local musicians like [LaFayette Gilchrist](#) who were particularly hard hit by the pandemic. 5200 Cathedral Ave., NW

Wednesday, June 16, 6 p.m.

“Advancing LGBTQ+ Civil Rights: Celebrating Achievements and Looking Forward to What Comes Next” -- A roundtable discussion with Congresswoman Norton and LGBTQ+ activists to discuss LGBTQ+ civil rights gains in the past ten years, and what’s next for the movement. Please email NortonEvents@mail.house.gov to RSVP for the event and receive the Zoom link.

Thursday, June 24, 4-5:30 p.m.

Flood and Water Damage Forum -- Join the Department of Insurance, Securities and Banking for a virtual forum. Learn how to protect your property from water damage due to flooding. Also, learn about resources and complaint processes available if damage occurs. JOIN BY PHONE 1-650-479-3208 Access Code: 172-179-7613 JOIN BY COMPUTER/ONLINE bit.ly/3hqeloJ

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
June 6 — 12, 2021

Book Club

Mon 06 / 07 / 2021 at 1:00 PM

[More Information](#)

William Yates Fitness on Zoom

Mon 06 / 07 / 2021 at 3:00 PM

[More Information](#)

Planner Group

Tue 06 / 08 / 2021 at 9:30 AM

[More Information](#)

Storytelling

Tue 06 / 08 / 2021 at 3:00 PM

[More Information](#)

Canceled: Virtual Yoga

Tue 06 / 08 / 2021 at 4:00 PM

Where: Via Zoom

[More Information](#)

Walking Club - Georgetown

Wed 06 / 09 / 2021 at 8:30 AM

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

[More Information](#)

Washington Canoe Club with Author Chris Brown

Wed 06 / 09 / 2021 at 2:00 PM

[More Information](#)

Canceled: Virtual Yoga

Thu 06 / 10 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Canceled: Thursday Trivia

Thu 06 / 10 / 2021 at 4:30 PM

[More Information](#)

Mindful Knitting

Sat 06 / 12 / 2021 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
June 13 — 19, 2021

William Yates Fitness on Zoom

Mon 06 / 14 / 2021 at 3:00 PM

[More Information](#)

Planner Group

Tue 06 / 15 / 2021 at 9:30 AM

[More Information](#)

Virtual Yoga

Tue 06 / 15 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Walking Club - Georgetown

Wed 06 / 16 / 2021 at 8:30 AM

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

[More Information](#)

Trivia - More Lesser-Known US Tourist Attractions

Wed 06 / 16 / 2021 at 11:00 AM

[More Information](#)

Virtual Yoga

Thu 06 / 17 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Summer Picnic

Thu 06 / 17 / 2021 at 5:00 PM

Where: Palisades Hub, 5200 Cathedral Ave NW, Washington, DC
200016

[More Information](#)

Mindful Knitting

Sat 06 / 19 / 2021 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village