




## Across the Fence

### June 20, 2021

Dads are most ordinary men turned by love into heroes, adventurers, storytellers and singer of songs. -- Dan Brown

**Happy Father's Day!**

#### This Week at Palisades Village:

Monday, June 21	Tuesday, June 22	Wednesday, June 23	Thursday, June 24	Friday, June 25	Saturday, June 26
3 p.m. <a href="#">Fitness with William</a>	9:30 a.m. <a href="#">Planner Group</a> 3 p.m. <a href="#">Storytelling</a> 3 p.m. <a href="#">Yoga</a>	11 a.m. Trivia - <a href="#">More Lesser-Known U.S. Tourist Attractions</a>	3 p.m. <a href="#">Yoga</a>	4:30 p.m. Drive-by 100th Birthday Celebration for Ruth Koczela (see below) 	9:30 a.m. <a href="#">Mindful Knitting</a>

#### Special event this week:

**Come join family, friends, and neighbors for a drive-by birthday to celebrate **Ruth's 100th Birthday** on Friday at 4:30 p.m.**

The car line-up should start at the corner of Hawthorne Place and Klinge Street NW, with cars lining up in a downhill direction, down Klinge towards

Hawthorne. Cars can then loop around Hawthorne and exit in either direction on Cathedral Avenue. Since MPD and DCFD are involved, they should lead off the “parade.”

They will set up our tent again, so it can be a “rain or shine” drive-by. Once again, we will ask that participants not stop their car to chat, or park nearby and expect to come over by foot and greet Ruth.

In the meantime, please send cards to Ruth Koczela at 5525 Hawthorne Place, NW, Washington, DC 20016. Note that you are a friend from Palisades Village.

**Next week:**

**Volunteer Happy Hour --** Our volunteers are anxious to see one another and Bob Bourdaud'hui has graciously offered to host a group on his patio. The feature of this gathering is *you*, our wonderful volunteers, but there will be wine and cheese as well. Register [here](#) to join us on **Tuesday, June 29 at 5 p.m.**

**And looking ahead to the Fourth of July --** Do you have a **truck or a car** that we could use to participate in the Palisades Parade? We have traditionally marched and this year we would like to participate safely. We plan to place **Palisades Village banners and/or magnets** and **festive balloons on a vehicle**. We need **a driver and a volunteer** to wave to the crowd.

*Many 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. You will receive an email with your confirmation soon after. 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](#).*

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**A father is neither an anchor to hold us back, nor a sail to take us there,  
but a guiding light whose love shows us the way.**



*Volunteer Nephelie Andonyadis and her father (and member) Avyeris Andonyadis*

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### COVID Corner:

You can find the latest on our Palisades Village policies [here](#).

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### Have you completed your Palisades Village Survey?

Your thoughts and opinions on how your Palisades Village (PV) can best meet your needs are important to us and we hope you will share them with us through this survey. By participating, you will help our Village gain a deeper understanding of your recent experiences with Palisades Village and ways that we can assist you in the future. We hope that each PV member in your household will complete the survey.

**Your survey responses will be confidential.** The survey is being conducted by an external evaluation partner, Sharp Insight, LLC and your data will be protected by their security policies and procedures. To protect your privacy, our Village will receive a summary report of the data, but all individual responses will be reported in aggregate – meaning no single individual will be identified in any reporting.

We hope you will share your honest thoughts and opinions so that we can move forward with the best understanding of member needs possible. You

may complete the survey at this link:

[https://www.surveymonkey.com/r/Palisades\\_2021\\_Villages\\_Survey](https://www.surveymonkey.com/r/Palisades_2021_Villages_Survey)We request that you complete this survey no later than Sunday, July 18, 2021.

If you have any questions, or if you would prefer to respond to these questions through an interview with a volunteer, please contact the office.

Thank you for sharing your thoughts with us.

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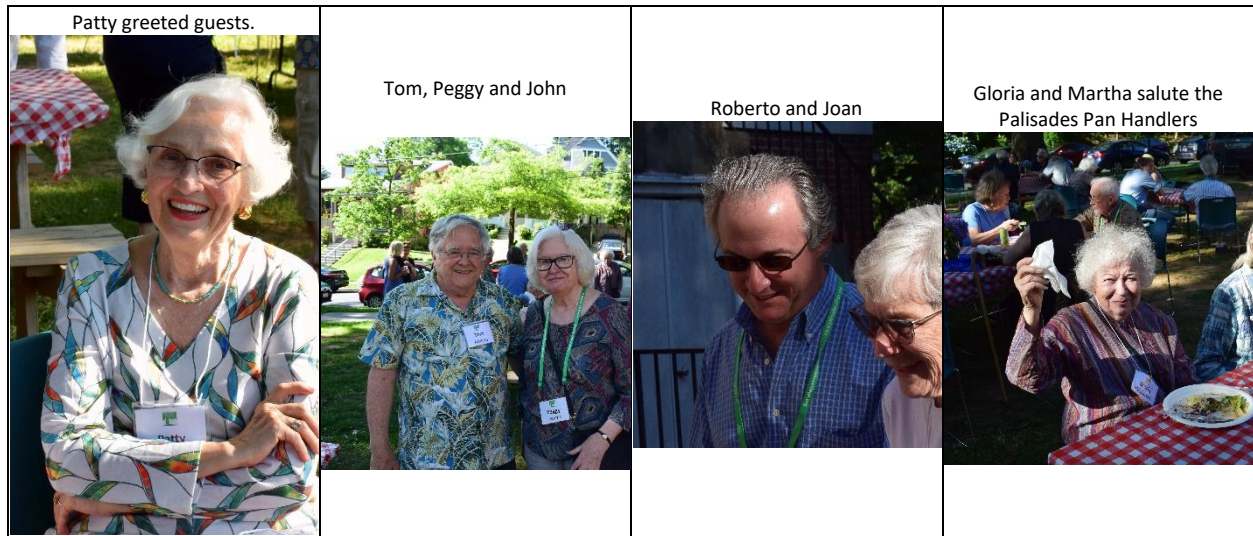
**To the world you are a father, but to your family you are the world!**

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### Scenes from the Summer Picnic: Palisades Village's first in-person event!








You can find more photos at [2021 Summer Picnic | Flickr](#). A recording of the event can be found on our Facebook Page at [Palisades Village DC](#).

*Palisades Village fosters an environment in which all feel safe, valued, and cared for, and are given opportunities to form meaningful connections. We embrace differences in age, race, gender, identity/gender expression, sexual orientation, ethnicity, national origin, religion, ability, financial means, education and political perspective.*

*If you have program ideas that complement the Village's principles and values, please let the Office know.*

Question 1  
This picturesque town named after the first Native American Olympic gold medalist and is said to be the "Switzerland" of which state?



- A. Pennsylvania
- B. West Virginia
- C. Vermont
- D. North Carolina

**Join us at Trivia on Wednesday at 11 a.m. to find out the answer to this and other fun facts about lesser-known U.S. tourist attractions. Register [here](#).**

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## **Budget Oversight Hearing: Committee on Housing & Executive Administration**

The DC Committee on Housing & Executive Administration will hold a Budget Oversight Hearing on Tuesday, June 22nd beginning at 9:30 am

The following agencies will testify:

- Department of Aging and Community Living
- Office of the City Administrator
- Real Property Tax Appeals Commission

This hearing can be viewed live at

<https://www.youtube.com/channel/UCgy5EojaMYGtwicWSfg9NeA>.

To sign up to testify, members of the public should email [housing@dccouncil.us](mailto:housing@dccouncil.us) or call (202) 724-8198 no later than two business days before the hearing.

Written testimony can be via email in the form of a PDF or word document to [housing@dccouncil.us](mailto:housing@dccouncil.us).

Voicemail testimony can be made by calling (202) 350-0894 and leave a 3-minute voicemail.

All testimony received will be made part of the official record.

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**DC Village Collaboration**





**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.**

**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.

**Tuesday, June 22, 3 - 4 p.m.**

**Opportunities and Action Plans for Aging Well in Place** -- Social interaction is believed to boost physical and mental well-being. As we emerge from the pandemic's darkest days, there will be increasing opportunities to connect with people through volunteering, work, travel, and other recreational activities. This discussion will help identify activities that best suit the individual. Kristin Amerling, founder of Blueprints for Aging in Place, helps people age in the homes and communities of their choice. She

will also talk about putting personal affairs in good order so residents can concentrate on enjoying their lives and activities to the fullest.

SPONSOR: North Bethesda Village REGISTRATION: Required, by June 21

**Wednesday, June 23, 2 p.m.**

**THE GREAT DISSENTER: The Story of John Marshall Harlan with Peter S. Canellos** -- With lively prose, in-depth research, and colorful characters, Peter Canellos has written a new and compelling biography of U.S. Supreme Court Justice John Marshall Harlan whose dissenting opinions during the Gilded Age inspired legal revolutions of the New Deal and Civil Rights eras of the 20th century. In post-Civil War Supreme Court decisions, Justice Harlan sought to affirm civil rights and economic freedom as his fellow justices were concluding that segregation was lawful. In Justice Harlan's dissenting opinion in *Plessy v. Ferguson*, he alone wrote that all citizens should have equal access to civil rights, an opinion later used by Thurgood Marshall as his legal roadmap to overturning segregation. [Find more info and register here.](#)

**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](#)**--Welcome to a hybrid world. Even as we begin to get out more, Zoom is here to stay. Some people love it, others find it frustrating to have people so close and yet so far away. Carol Greenwald will discuss why our brains find Zooming more difficult than meeting in person and suggest ways to make the experience better for everyone. She will show us some of the apps you can use for Zoom to make meetings more fun.

**Thursday, June 24, 11 a.m. - 12 noon**

***The Scandalous History of Lafayette Square* with Dr. Cindy Gueli** -- Glover Park Village is so excited to have Dr. Gueli as our guide to some of



Washington's most infamous scandals. We'll turn back the clock to explore notable events that occurred in Lafayette Square, the oldest neighborhood in the nation's capital. You'll meet murderers, spies, adulterers, and First Ladies who will reveal the thrilling and vibrant history behind the headlines that shook DC. To RSVP for this fantastic event, please email us at [events@gloverparkvillage.org](mailto:events@gloverparkvillage.org) to receive the Zoom link.

**Thursday, June 24, 12:30-1:30 p.m.**

**Fire Safety Education** -- A virtual fire safety program led by the DC Fire and EMS Department. This fire safety program for seniors will include topics such as Cooking Safety, Smoking, Electrical, and Heating Hazards, Importance of smoke alarms, Assistance with replacing old smoke alarms, Creating an Escape Plan.

**Friday, June 25, 10 - 11:30 a.m.**

**Downsize or Staysize: Helping you Clear Your Spaces** -- The past year has afforded us extra time to look at all the things we've accumulated through the years. How do we feel about our possessions as we move forward? How can we part with those sentimental collections? Whether we anticipate a future move or simply want our living spaces to work better for us, most of us struggle with the process of "editing" our space. This panel of presenters will help us tackle the tough decisions about which things to keep and which to part with. This informal presentation is a chance for you to ask questions of our panel of experts. Registrants will have a chance to pose questions in advance, and you can bring additional questions to the session. AHA is pleased to team up with our "sister" village Mt Vernon At Home for this event--and we are grateful to work with Steve Gurney of ProAgingSourcebook, who will host this meeting. Panelists: Karen Gardiner, Simplify for Life Peter Crouch, Crouch Realty Group of McEneaney Associates Lori James, Ararity Auctions Maria Spetalnik, Conquer the Clutter **SPONSOR:** AHA and Mount Vernon at Home **REGISTRATION:** Required by June 24

**Friday, June 25, 1-2 p.m.**

**Supreme Court Reporter Richard Wolf** -- Richard Wolf was a reporter and editor in Washington for USA TODAY and Gannett News Service from 1986 to 2021. He has covered all three branches of the federal government, from Congress to the White House and finally to the Supreme Court, where he was based for the past nine years. During that time, the court has issued landmark decisions on same-sex marriage, health care,

voting rights, abortion and other major issues, and it has been transformed from a closely divided court to one dominated by conservative justices. Richard will address the court's personnel, past rulings, current cases and potential future vacancies. Part of Chevy Chase At Home's Guest Speaker Program. Register on [Chevy Chase At Home's website](#).

**Wednesday, June 29, 9:30 a.m.**  
**[Rock Creek Park Walk](#)** -- with CWPV

**Tuesday, June 29, 3 - 4:30 p.m.**  
**[Black Artists from the Early 20th Century to Today: Part 3 of 3](#)** -- The final session in this 3-part series is called "Racism: Three Artists Respond". The works of contemporary artists Kara Walker, Titus Kaphar and Howardina Pindell are explored, with an emphasis on their works that respond to inequality and repression in the art world and more broadly. Presenter: Nancy Hirshbein, Hirshhorn Tour Guide and Dial-a-Docent Founding Member. **SPONSOR:** Collaboration of DC/MD/VA villages

**Tuesday, June 29, 6 - 7 p.m.**  
**CelebSalon with Author, Edward-Isaac Dove** -- Edward-Isaac Dove will speak about how Democrats scrambled to block Donald Trump from a second term, which he describes in his new book, *Battle for the Soul*. For political aficionados -- and that includes many DCV members - you'll get a fly-on-the-wall perspective that goes beyond the major headlines in this heated campaign. There was a huge crop of well-known Democrats but the party was traumatized by Trump's 2016 win and a 2020 victory seemed far from likely. He talks about how they pulled off an upset -- and with Joe Biden the nominee, at that. *The Guardian* called it "essential reading."  
**[Register](#)**

**SUMMER FITNESS CLASSES from Foggy Bottom West End Village**  
Need to start up or reset your fitness routine after Covid? After more than a year of sedentary living, our fitness levels have suffered across the board. You can regain lost fitness ground and SAFELY bring back the bounce in your step with physical therapists. The GWU/PT department has designed 3 special fitness classes just for villagers. Our Powderpuff Gals: Val, Carmen and Madison will conduct the sessions. Step up to health. Your body will love you!  
**Tuesdays at 2:00 via zoom**

- June 29 – [BASIC/GENTLE class](#)
- July 6 – [More intense ADVANCED class](#)
- July 13 – [SPINE and POSTURE HEALTH](#)

No special equipment needed. Just wear your favorite workout gear and have a chair and water nearby. If you have any questions, please contact: [nadiataran@mindspring.com](mailto:nadiataran@mindspring.com). To register click on each date above or contact the FBWE village office.

**New Date: Thursday, July 22, 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.

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### 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 23, 3 p.m.**

**Root to Stalk Cooking with Chef Susan Barocas** -- Potato peels, fennel fonds, broccoli stalks, carrot tops, corn cobs...using all of each vegetable is healthy, economical and helps cut food waste at a time when the USDA estimates that *every day* in the US approximately one pound of food per person is wasted. Join Chef Susan as she shares tips for buying, storing, and using ALL of the produce, from root to stalk. She'll also demo some dishes made with parts of vegetables too often thrown out as waste. [Read more and register here.](#)

**NEW CLASS--Creative Story Circle: Making our Stories Into Art with Nephelie Andonyadis** (*yes, the same one who spoke to PV about Creative Care, and Theatre Design*)

Beginning on **Wednesday, June 23** at 2:00 pm, long-time theater artist, professor of theater arts and student of gerontology, Nephelie Andonyadis, will begin an eight-week session to co-create a shared artistic event to share with our community. These sessions will be on Zoom, with an optional in-person gathering at the end. [Read more and register here.](#)

**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](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, July 23, 4 p.m.**

**ANC 3D Transportation Committee Meeting** -- Neighbors are welcome. Among other things, we will be hearing about DDOT's plans for the support of the electrification of DC's transportation systems (charging stations, etc.) Here's the link: <https://zoom.us/j/94612677519?pwd=WGNNcUdhKzA1Q085bkJPZ0MwQVISQT09>

**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](http://bit.ly/3hqeloJ)

**Friday-Sunday, June 25-27**

**Smithsonian Folklife Festival** -- It returns virtually with "Beyond the Mall: Making Matters." Tune in on Facebook Live as "master artisans, cooks, sculptors, and musicians from as far as Armenia, Fiji, Peru, and Cuba, to right here in Washington, D.C., welcome us into their kitchens and studios to share stories and skills." Learn more and find the schedule [here](#).

**Saturday, July 3, 6-8 p.m.**

**Hoedown on the Green** -- The fantastic hoedown sounds of **Bob Perilla's Big Hillbilly Bluegrass Band**, dancing, ice cream, laughter, pie-eating fun, and the opportunity to safely mingle and socialize with the friends you know and those you have yet to meet. Palisades Park.

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](mailto: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](mailto: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](#).

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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 [ebanton@palisadesvillage.org](mailto:ebanton@palisadesvillage.org) or call the office at **202-244-3310**.

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

This Week at Palisades Village  
June 20 — 26, 2021

**William Yates Fitness on Zoom**

Mon 06 / 21 / 2021 at 3:00 PM

[More Information](#)

**Planner Group**

Tue 06 / 22 / 2021 at 9:30 AM

[More Information](#)

**Virtual Yoga**

Tue 06 / 22 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Storytelling**

Tue 06 / 22 / 2021 at 3:00 PM

[More Information](#)

**Trivia - More Lesser-Known US Tourist Attractions**

Wed 06 / 23 / 2021 at 11:00 AM

[More Information](#)

**Virtual Yoga**

Thu 06 / 24 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Mindful Knitting**

Sat 06 / 26 / 2021 at 9:30 AM

[More Information](#)

Next Week at Palisades Village  
June 27 — July 3, 2021

**William Yates Fitness on Zoom**

Mon 06 / 28 / 2021 at 3:00 PM

[More Information](#)

**Planner Group**

Tue 06 / 29 / 2021 at 9:30 AM

[More Information](#)

**Virtual Yoga**

Tue 06 / 29 / 2021 at 4:00 PM

Where: Via Zoom

[More Information](#)

**Volunteer Happy Hour**

Tue 06 / 29 / 2021 at 5:00 PM

Where: Boudaud'hui Home, 4472 Reservoir Rd., NW, Washington, DC  
20007

[More Information](#)

## **Trivia**

Wed 06 / 30 / 2021 at 11:00 AM

[More Information](#)

## **Mindful Knitting**

Sat 07 / 03 / 2021 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village