



Across the Fence *Special Edition* August 16, 2020

Upcoming Events:

Please register for each event each week that you plan on attending so that we will know who to communicate with any last-minute changes and you will have the right Zoom link for that week. Zoom links may differ from week to week.

Move with Mr. William Yates on Mondays at 3 p.m.-- We are continuing our **Strength and Resistance 4 Seniors** fitness workouts virtually via Zoom. Please [register](#) for each class on our website to get the details for Zoom and stay informed of any changes.

Our next conversation on **Race and Racism** will meet on Wednesday, August 19 at 3:30 p.m. to discuss a recent video of a book talk with Chris Myers Asch, co-Author of *Chocolate City: A History of Race and Democracy in the Nation's Capital*. He traces DC's massive transformations -- from a sparsely inhabited plantation society into a diverse metropolis, from a center of the slave trade to the nation's first black-majority city, from "Chocolate City" to "Latte City". For more information, a link to the video and to register, please click [here](#).

New and Longtime Volunteers - Volunteer Training continues on [Thursday, August 20 at 10 a.m.](#) Volunteers only need to attend one session. If you are volunteering to help out in the office, do a special project, or work with our members, we ask that you sign up for this short training program (generally lasts about ½ hour to 45 minutes). We will talk briefly about volunteer services during this pandemic and then train new and longtime volunteers in our new software system that helps match volunteers with members. This training program will help improve our

services and ultimately help us report on vital Village data that helps secure funding opportunities. Volunteers will need a login password to access volunteer opportunities on the website. Please contact Erica at ebanton@palisadesvillage.org to get yours and sign up for the training by clicking on your preferred date above.

Mark your calendars for Friday, August 28 at 3 p.m. for the next in our **Armchair Traveler** series. Marti Bailey will share photos and stories of her trip from Athens to Dubai and the rest of their Eastbound circumnavigation.

COVID Corner:

Jude Michaels, Palisades Village member and volunteer, had this amusing little [video](#) to share.

Palisades Village is here for our members. Based on the availability of volunteers, we have been providing these services:

- Walk or home visit outdoors
- Help in the garden
- Simple home repairs, such as changing a lightbulb, replacing a screen
- Technical support for your computer, phone, or tablet so you can stay in touch and join our virtual classes and events
- Shopping/Errands to grocery stores and pharmacies
- Phone Buddies to check in and chat
- An occasional bowl of soup or meal delivered to your home

Creative Corner:

In our storytelling group last week, Hasan Dossal shared his experience making his aunt's special recipe for Shrimp Masala.



Take 1/2 kg of cleaned prawns, try to get raw frozen ones as they taste better rather than the pre-cooked ones, they taste more like rubber and are more chewy (you can get raw frozen ones from an Indian shop). To the prawns -- remove the head and shell and clean in a lot of running water. Marinate with 1 tsp of ginger paste and 1 tsp of garlic paste and leave for 1 hour.

Heat 3 tbs oil, add 1/2 tsp whole zeera (cumin), and 1/2 tsp of whole mustard seeds (if you do not have it only put zeera). Add 2 large chopped tomatoes or 1 small can of chopped tomatoes. Cover and let cook till tomatoes are completely cooked and appear mushy, then add 1/2 tsp chili powder, 1/4 tsp turmeric, 1 tsp coriander powder, 1/2 tsp of cumin powder and fry well. Add a sprinkling of water so as not to burn the masala.

When masala is cooked well (approx. 10 minutes), add the prawns, 1 tsp of tomato purée, a pinch or up to 1/2 tsp of salt to your liking, and 1/8 cup of water. Cover and cook for 7-10 minutes only. Don't cook any longer as the prawns tend to get hard. They should be soft and juicy. Remove cover and stir fry for a minute or so to get the gravy consistency. Add cut fresh coriander (cilantro) leaves.

We Need Your Help!: Want to make soup or meals for our members?

We are looking for volunteers to make and deliver soup for some of our members. If you are interested, contact Erica at eblanton@palisadesvillage.org.

Election Update:

You do not need to request an absentee ballot. A ballot will be sent to all active voters and they can send it in or take it to the polls or designated drop-off location. For more information and to check your registration address, contact the [DC Board of Elections](#).

Who Do You Call?

City-Wide Call Center: To request free bulk trash pickups, report dumping, rat problems, and a host of other issues, call 311 or go online at 311.dc.gov. Illegally Parked Cars Report cars obstructing sidewalks or displaying suspicious guest parking permits by calling 311.

DC Animal Shelter: 576-6664

Police and Fire Departments: Call 911 for both emergency and non-emergency Police matters, including noise after 10 PM.

PEPCO Power Outages: 877-737-2662

Street Lights Out: 269-0855

Ward 3 City Council Member Mary Cheh: mcheh@dccouncil.us

Ward 3 Mayor's Liaison, Jessica Wertheim: Jessica.Wertheim@dc.gov

ANC Commissioners: anc3d.org.

Going out of town? Email Officer McElwee to check on your home periodically, Anthony.mcelwee@dc.gov

Have you filled out your census form yet? It is not too late to be counted.

August is Black Business Month:

The coronavirus pandemic has hit Black communities and businesses especially hard, with an estimated [41% drop in Black-owned businesses](#) in operation between February and April of this year alone. Black Business Month is a great way to support our community and increase the visibility of Black-owned businesses in the DMV. To help you find and support Black-owned businesses in the area, I've included some resources below:

- [WUSA9: Black Owned Businesses in the DMV](#) (includes a handy map)
- [DC Black: Directory of Black-owned businesses](#)
- [Feed the Malik: Black Owned Restaurants and Food Businesses in the DC Area](#)
- [DCist: How 6 Black Owned Businesses are Weathering the Covid-19 Pandemic](#)

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!

[U.S. Civil Rights Movement Sites and the World Heritage List - Webinar](#) - July 30, 2020 -- The inaugural US/ICOMOS Webinar featured current efforts to preserve, restore, and interpret African American heritage sites associated with the Modern Civil Rights Movement of the 1950s and 1960s and the effort to develop a potential serial nomination of U.S. Civil Rights Movement Sites for possible inscription on the World Heritage List. This online seminar featured Brent Leggs, the executive director of the National Trust for Historic Preservation's African American Cultural Heritage Action Fund, and Denise Gilmore, formerly with the Trust and now the Acting Executive Director of the Birmingham Civil Rights Institute, and former Director Robert Stanton, the first African American to head the National Park Service.

Are you ready to **get away** for a day or two? We have started a list of nearby places to escape and welcome your suggestions. Check out our Learn and Connect page. Please email eblanton@palisadesvillage.org with your favorite places.



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

Tuesday, August 18, 2-3 p.m.

[Bring the Wild Beauty In! How I Came to Photograph Birds from North America to Australia](#)-- Speaker - David Cohen, is a writer and photographer whose work has appeared in books, magazines, newspapers, and online, from The Washington Post to Harvard Magazine to foresthillsconnection.com. Look for his wildlife photos at <https://www.instagram.com/davidcohenphotodc/>. Part of Northwest Neighbors Virtual Speaker Series.

Wednesday, August 19, 5:30 p.m.

"Fake News and Real Journalism: Why It's So Complicated" with Bill Plante, former CBS New Journalist and Georgetown Village Board Member -- Bill Plante, former CBS News journalist and correspondent is known for many aspects of his career, most especially his coverage of the civil rights

efforts of the 1960s and several tours on the Vietnam War. Bill was asked to provide his thoughts on how journalism is in the process of changing in America and also the crisis situations in which America and journalism find ourselves. This will be a session not to be missed, with a long-time expert on and participant in American life and journalism. To sign up please contact the GV Office at 202-999-8988 or Email: lynn@georgetown-village.org

Thursday, August 20, 1 p.m.

FBWE Art Thursday with Dr. Lynn Cates -- This event will feature a photographic presentation by Dr. Lynn Cates. Her photos are inspired by shinrin-yoku, the Japanese art of forest bathing. It is based on the premise that being immersed in the atmosphere of the forest improves well-being. More information on that event and how to register can be found [here](#). The full description is below. The event is open to any villager and is free, but will be held over zoom so registration is required.

"Dr. Lynn Cates' photographic presentation is inspired by shinrin-yoku, the Japanese art of forest bathing. It is based on the premise that being immersed in the atmosphere of the forest improves well-being. Forests instill a sense of peace, calm, joy, and wonder. These images were selected because they distill the chaos of the forest down to its essence. These are the kinds of scenes that evoke the feelings you can experience when you take the time to be still and quiet and welcome all that surrounds you in the forest. Dr. Cates will take you through redwood forests in northern California, along DC's Capital Crescent Trail, and will end with a collage of forest scenes from across America."

Thursday, August 20, 1-2 p.m.

[The Supreme Court: The Stakes Couldn't be Higher this Election Year](#)

-- Speaker - Nan Aron, founder of Alliance for Justice. Nan Aron is the founder and president of Alliance for Justice (AFJ), the leading progressive advocacy organization on justice issues since its inception in 1979. Under Nan's leadership, AFJ has grown to become a national association of more than 130 groups representing a variety of progressive constituencies. At present, AFJ comprises two main programs, the Justice Program and the Bolder Advocacy initiative. Nan's guidance of AFJ has spanned administrations and Congresses led by both parties. Two of AFJ's earliest, high-profile engagements in Supreme Court nominations came with the successful defeat of Robert Bork in 1987, and the contentious battle over

Clarence Thomas's nomination in 1991. Nan was instrumental in bringing Anita Hill's reports of sexual harassment by Thomas to the attention of the Senate Judiciary Committee, which subsequently called Hill to testify. [Click here for the Zoom registration link](#) for this session. You will be asked to include your name, email address, and confirm you are not a robot. Once complete, Zoom will immediately email you a link to the program. Part of NNV Virtual Speaker Series.

Tuesday, August 25, 2:30 p.m.

Words Matter for Elders -- Presented by Marti Bailey, the director of the Sibley Senior Association (SSA) and Community Health at Sibley Hospital. Her talk focuses on the possibility of cultural change and how the words we use have a powerful influence on our behavior and how we feel. Learn to avoid deadly words that deflate and divide. More information on that event and how to register can be [found here](#). The event is open to any villager and is free, but will be held over zoom so registration is required. NOTE: The Zoom meeting will be available starting at 2:15. Ms. Bailey wants everyone participating to be present for the beginning section so no one will be admitted to the meeting after 2:35.

Friday-Saturday, September 25-26

First LGBTQ Inter-Generational Symposium -- Join Capitol Hill Village (CHV) for a two-day virtual symposium September 25-26 centering on the experiences and voices of LGBTQ community members across ages and experiences. Topics to be explored include intersectionality, aging in community, creating and sustaining generational wealth, grief, relationships, and more. This two-day symposium will cultivate dialogue and solutions, ensuring space for joy and movement. [REGISTER HERE](#)

Community Events:

Go to [Around Town DC](#) to find classes in Zoom, art, dance, advance planning, fitness, improv, and much more. Here are two examples (register by clicking on the links.):

Monday, August 17, 12-1 p.m.

[Let's Make it Meatless! with Darlyn Szczepaniak](#) -- Learn from Darlyn Szczepaniak who will host a Zoom cooking class called "Let's Make it Meatless!" The interactive session features a hearty vegetarian meal made

cool and refreshing for hot summer evenings. You are invited to join Darlyn as she prepares a fresh and flavorful Thai-inspired menu from her home. Recipes and nutrition information will be provided. Questions encouraged.

Thursday, August 27, 2-3 p.m.

“All Stirred Up” with Laura Kumin -- Join author, teacher, and cooking coach Laura Kumin as she talks about her new book "All Stirred Up", which tells the story of the forgotten suffragists through cookbooks and food.

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

<https://www.hopkinsmedicine.org/sibley-memorial-hospital/documents/community-health/sibley-senior-association-q3-newsletter.pdf>.

Tuesday, August 18, 2-3 p.m.

Speak So Others Will Listen -- When you speak, do others listen? If not, why not? Are people talking over you? Do you barely get a word in? Feel like you're in a constant struggle to make yourself heard or claim your turn? Want to change that? Join national speaker and author, Susan I. Wranik, M.S., M.A., CCCSLP, as she examines the many aspects that contribute to communication - the exchange of information, including speech, body language, and gesture. Learn techniques to strengthen your delivery, make your point, and help others remember what you say. Every move you make says something about who you are and what you feel. Do your actions support what you say - or do they contradict you? Learn how to strengthen your delivery so when you speak, others listen. Susan, a Milwaukee native, is a national speaker, author, linguist, and medical professional passionate about communication, quality of life, and giving voice to other people's voices. Susan began her career as a translator/interpreter for the Italian Ministry of Defense and later moved to clinical work as a speech-language pathologist. All SSA members will receive the Zoom links via email in an SSA update.

Other Community Events:

Thursday, August 20, 1-2:15 p.m.

The Golden Age of Television -- This OLLI presentation by Brian Rose will look at the forces that made the “golden age” of American TV such an intriguing chapter in TV history and why it was so short-lived. Brian Rose is

a Professor in the Department of Communication at Fordham University, where he has taught since 1982. Click here to register.
<http://email.em2.rg-mail.com/c/eJwVjs1uhDAQg5-G3lJyB5kccmDV0heoeq0mk4GNFBYEaJ-qWRZnw-WfTKVo_Dr7kvuhkc3fERnYUxjsAmTDzSkpCghW3auctG5OgXXIBFiUYZpUA7bbXSQWo5fM5KzZNzHsCPfu6c4s3lc-03LFXSvolnxABjcC4jDJw8jovRkA16BE3eBRA1Pu_7uDo7dWZu2mstfSa5n2tL_G5_rwZfe838mlb-hFnxAuJdqKCbfTAWi7MfL1Lrbjyf1XcEX-DD6GB0cYHBX_ci0wx> Registration deadline is Thursday, August 20 at 8 a.m.

Thursday, August 20, 6-7 p.m.

WABA Vision Zero Webinar on the Vision Zero Omnibus Bill and the future of Vision Zero in DC -- This upcoming Fall legislative session the D.C. Council will hold a final vote on the Vision Zero Omnibus Act of 2019. The bill includes numerous policy measures to make it safer for youth to walk to school, for seniors who travel on foot and to create a multi-modal transportation city. Join our panel and webinar for a discussion on the omnibus bill and upcoming vote. Panelists: Christy Kwan--D.C. Families for Safe Streets, Mysiki Valentine--Fair Budget Coalition, Najeema Washington--Black Women Bike D.C., Laretta Williams--Black Women Bike D.C. RSVP: Join our webinar discussion (https://zoom.us/webinar/register/WN_OPsj5VCnQya6PtneWIE00Q?org=1836&lvl=100&ite=1200&lea=2074704&ctr=0&par=1&trk=a105x00000713dLAAQ)

Thursday, August 27, 11 a.m. - 12 noon

Elder Insurance Forum -- Learn about consumer services, Medicare, legal resources, property and rental insurance through speakers from DC Department of Insurance, Securities and Banking, AARP Legal Counsel for the Elderly, GW Law School, and the Department of Aging and Community Living. Join by computer or phone at 650-479-3208 (Access code 850 861 211).

Monday, August 31, 3 p.m.

Author talk with Loretta Ann Woodward Veney, *Being My Mom's Mom* -- *Being My Mom's Mom* invites readers on her personal journey before and after the onset of her Mom's dementia. Personal vignettes highlight the heartache and humor in this life-changing disease. The author offers strategies from real experience for building the best care team for loved

ones, increasing one's capacity for patience, and making the most of every day. She confirms the difficulty of acknowledging when it's time to become the "parent of a parent". And she also offers hope that loving relationships with dementia sufferers can continue, even in the realization that the past is forgotten, and the future is the present. [REGISTER HERE](#)

Sunday, September 13, 2 p.m.

Cochlear Implants: Becoming a Cyborg -- Michael Chorost became a cyborg on October 1, 2001, the day his new cochlear implant was booted up. Born hard of hearing in 1964, he went completely deaf in his thirties. Rather than live in silence, he chose to have a computer surgically embedded in his skull to artificially restore his hearing. In a witty, poignant and illuminating memoir, his book *Rebuilt: How Becoming Part Computer Made Me More Human* tells the story of how he went from deafness to hearing, from human to cyborg, and how it transformed him and actually enhanced his creative potential as a human being. Please RSVP to this Zoom event to hladcchapter@gmail.com by September 8.

Ongoing Events:

July 20-August 20, 9 a.m.-6 p.m.

Artomatic -- Unjuried arts festival "by artists, for everyone," is migrating to the web for a digital 20th-anniversary celebration. Get to know established, up-an-coming, and amateur artists alike through online "mini-galleries," connect with them virtually, and support them if you can.

<https://www.artomatic.org/>

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.

Tuesdays, 2:30-4 p.m. and Fridays, 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 [Click here](#).

COMING UP IN PALISADES VILLAGE

The following 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 eblanton@palisadesvillage.org or call the office at **202-244-3310**.

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

This Week at Palisades Village
August 16 — 22, 2020

Functional Fitness

Mon 08 / 17 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

William Yates Fitness on Zoom

Mon 08 / 17 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 08 / 18 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Functional Fitness

Wed 08 / 19 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Events Committee

Wed 08 / 19 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Conversation on Race and Racism

Wed 08 / 19 / 2020 at 3:30 PM

Where: Via Zoom

[More Information](#)

Volunteer Training

Thu 08 / 20 / 2020 at 10:00 AM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 08 / 20 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 08 / 21 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 08 / 22 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village
August 23 — 29, 2020

Functional Fitness

Mon 08 / 24 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

William Yates Fitness on Zoom

Mon 08 / 24 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 08 / 25 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 08 / 25 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Functional Fitness

Wed 08 / 26 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 08 / 27 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Athens to Dubai Travelogue

Fri 08 / 28 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 08 / 28 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 08 / 29 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village