



Across the Fence ***Special Edition*** **May 17, 2020**

It's been nearly ten weeks since our lives have drastically changed and with the recent announcement that Mayor Bowser has extended the District's public health emergency and stay-at-home order through Monday, June 8, it is a bit discouraging. However, the good news is that the Ward 3 number of Covid-19 cases is low and that's encouraging. With the nicer weather, it's been a challenge sometimes to stay at home. I'm so grateful to our neighborhood team captains, soup makers and volunteers that check-in, shop, and help our members stay at home and be safe. Thanks to a Covid-19 related grant from The Washington Home, Palisades Village has purchased cotton masks with a removable filter. Once the filter is frayed, you can replace it with paper coffee filters. Please let us know if you need a mask.

Speaking of staying at home, today marks my wedding anniversary. We had hoped to be celebrating our 34th wedding anniversary in Sicily. What a wonderful adventure these years have been. Our wedding picture shows a happy couple (they look so young! What were they thinking with those hairstyles?) in love and ready to begin their married life together. I was welcomed into Ken's big Italian family with seven siblings, the kindest mother-in-law, and a traditional rough around the edges father-in-law. Ken inherited three more sisters! Over the years, we have been blessed with so many gifts. We've weathered many storms, relished in the joy of being together, and raised two remarkable children. This week, memories on Facebook popped up with their college graduations. Wow! How time flies. Ken still continues to amaze me. He challenges me, makes me laugh, tolerates my crazy ideas and my need to be outdoors and most of all loves me and loves to cook! Although this anniversary will be observed at home, I can't think of a better way to spend the day than with my best friend. And

hopefully next year, we'll be exploring Sicily on our 35th anniversary with a glass of wine in hand. Salute'!

Armchair travel:

Italy is such a beautiful country that we're going to explore another region in our armchair travel. This week we feature Milan and Lago Como. Did you see Andrea Bocelli's Easter performance from Milan's Cathedral (<https://www.youtube.com/watch?v=huTUOek4LgU>)?

Then we travel to Lake Como where you'll ferry to explore several villages full of gorgeous gardens. Savor the charming towns lakeside with a cappuccino.

<https://www.youtube.com/watch?v=xgFInCmXrPw>

Upcoming Events:

Our talks with local authors continue online on **Tuesday**, May 19 at 7 p.m. Abigail Marsh will discuss [the Altruistic Brain](#). She has spent over a decade conducting research on this topic, which she describes in her award-winning book *The Fear Factor*, and in her [TED talk](#), which has over 2 million views. Abigail Marsh is a Professor of Psychology, Neuroscience, and Cognitive Science at Georgetown University. She received her Ph.D. from Harvard University and conducted post-doctoral research at the National Institute of Mental Health.

Georgetown Village is delighted to announce that former Secretary of State and New York Times bestselling author **Madeleine Albright** has agreed to a Zoom meeting with Villagers throughout the DC, Maryland and Virginia metropolitan area. She will talk on Thursday, May 28 at 5:30 p.m. about her latest book *Hell and Other Destinations*. **Georgetown Village is graciously donating \$25 to our Village for those that register and identify that are affiliated with Palisades Village.**

In her inspiring memoir, Madeleine Albright reflects on the final stages of her career with candor and wit. When leaving office as America's first female secretary of state in 2001, she was asked how she wished to be remembered. "I don't want to be remembered," she answered. "I am still here and have much more I intend to do." As a neighbor and supporter of the Village movement, she understands and will speak to our important

mission--neighbors helping neighbors stay engaged and thrive as we grow older. Bill Plante, renowned former CBS news correspondent, and Georgetown Village board member, will moderate the conversation and you will have an opportunity to ask your question using the Zoom chat function. A contribution of \$100.00 will include participation in the program and a copy of *Hell and Other Destinations* with an autographed bookplate **and \$25 of your fee will go to our Village!**

[Click here to register.](#) Once you have registered and made your donation, you will be sent information on how to join the conversation on Zoom. If you have questions, please contact the GV office at 202-999-8988 or e-mail Lynn Golub-Rofrano at lynn@georgetown-village.org.

See our [events calendar](#) below to register for Palisades Village's [Meditation](#), [Yoga](#), [Fitness](#), [Chat with Barbara](#), [Happy Hour](#), or [Mindful Knitting](#).

Some of the new additions to our [PV Connect and Learn](#) page:

JxJ Film Club Movie of the Week

KOSHER BEACH - Available now - Thursday, May 21

The beautiful coastline of Tel Aviv draws beachgoers eager to find peace and relaxation in the Mediterranean. Among these are residents of Bnei Brak, a closed Orthodox suburb, who frequent a gender-segregated stretch of seaside, closed off to the neighboring gay beaches with a modesty fence. Kainer's insightful film explores the importance of this kosher beach, defying the wishes of rabbis fearful of the beach's "immorality." **Watch the film [HERE](#) RSVP for the discussion at 7:00 PM on Wednesday, May 20 [HERE](#)** Here's how it works:

- Click the link below to buy your ticket and watch the film
- Once you've watched, RSVP for the discussion using [this form](#) by **Wednesday, May 20 at 6:00 PM**
- An hour before the discussion, anyone who has RSVPed will receive a link to access the video discussion using Zoom (you must create a free account in advance of the session)
- **On Wednesday, May 20 at 7:00 PM**, the virtual group discussion will be live, led by our Artistic and Managing Director, Ilya Tovbis

Creative Corner:

Under Nikita's careful supervision, Palisades Village members learned how to make delicious one-pot salmon and orzo dish in under an hour. It's quick and easy to prepare. In case you missed Nikita's Fabulous Cooking Class, we've shared the recipe with you.

One-Pot Salmon and Creamy Orzo

Special Equipment:

Approx 12 inch Oven Proof Skillet with lid or foil
Oven

Ingredients:

4 Skinless Boneless Salmon Fillets (4 ounce each)
2 tsps Oil
½ tsp Coriander Powder
¼ tsp Kosher Salt
¼ tsp Black Pepper
½ tsp Paprika Powder
(¼ tsp Red Chili Powder - optional)
1 tsp Lemon Zest
2 Tbl Butter or Oil
1 Fennel Bulb, chopped, plus fronds, chopped
1 Leek – white and pale green parts only – chopped
OR
1 Medium Onion – chopped
8 oz Orzo Pasta
(½ Cup Dry White Wine -optional)
2 ½ -3 Cup Fish Stock or Chicken Stock
(3 Tbl Heavy Cream – optional)
1 Tbl Lemon Juice
¼ Cup Parsley - chopped
Salt and Pepper

Method:

- Preheat oven to 450 F

- In a bowl mix oil, coriander powder, salt, pepper, paprika, red chili powder, and lemon zest to make marinade
- Spread marinade all over the four fillets of salmon and set aside.
- Heat a 12 inch 'oven proof' skillet on the stove on medium heat.
- Add butter or oil and the fennel and leek or onion, sprinkle in some salt and pepper – cook and stir for 5-7 mins on medium heat until softened and slightly browned around edges.
- Add orzo pasta and stir fry for about 3 mins until the orzo emits a nutty fragrance and is a light brown in color.
- Add ½ cup of the wine, if using or add ½ cup of the stock and heavy cream if using and continue stirring until the liquid is absorbed, about 1 min. Add additional salt and pepper to taste.
- Now continue adding the stock ½ cup at a time, stirring constantly, letting the stock absorb before adding more, until the orzo is tender and stock is mostly absorbed, but the pan should not be dry, about 8 mins.
- Now nestle the four pieces of salmon into the bed of orzo in the skillet, cover with lid or foil and bake in the oven for about 6-8 mins until fish is tender and cooked through.
- Remove skillet from oven, squeeze lemon juice over the whole dish and garnish with fresh parsley!!



Neighborhood Survey:

The Palisades Community Church is currently seeking neighborhood input as they seek to have greater impact within the Palisades community. While the church is planning to maintain its religious programming and worship, it is also considering ways to better utilize its resources and space for more secular, community-oriented programming and activities that serve the needs and interests of the community. The Palisades Village office is in the Palisades Community Church as well as the Jung Society of Washington and the Community Preschool of the Palisades.

We would greatly appreciate your participation in this survey before May 22, 2020. Your voice will help guide the next steps in a process that we hope will result in adding even more meaningful connection and vitality to our community! If you provide your email address in the survey, we will keep you informed as we move forward. You can access the survey here: thriveimpact.org/palisades

DC Village Collaboration



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

Monday, May 18, 4-5 p.m.

LGBTQ Social Hour -- Join Capitol Hill Village for an hour of inter-generational socializing, resource sharing, meeting new people, and discussing what virtual programs you would like to see. Register [here](#).

Tuesday, May 19, 2:30-3:30 p.m.

Northwest Neighbors Village (NNV) Virtual Speaker Series: Election 2020: What a Difference a Few Weeks Make -- Speaker: Eleanor Clift, columnist (the Daily Beast), television pundit, and author, will discuss how the current pandemic is affecting the 2020 election. A link to join this online session will be emailed to registrants a day before the event. [Register here](#).

For more information about the **NNV Virtual Speaker Series**, click [here](#).

Wednesday, May 20, 4-5 p.m.

Wings Over Washington: Six Steps to get Started as an Urban Birder -

- Washington is an urban paradise for birds, and there's no better time to tune in! The spring migration is underway, and there is a lot to see – whether from your balcony, the sidewalk, the riverfront, the Mall, or a nearby park. Bird watching is a great counterbalance to living in the city, and it's a wonderful way to tune into nature from our downtown setting. The one-hour session will share ideas for getting started, the few things you might need, where to go and what you're likely to find along the way.

Our hosts, Beverly and Anders Gyllenhaal, our familiar Village members now living in Raleigh, NC, spent the last eight years learning to bird in Washington. They co-author the Flying Lessons website and are columnists for the journal of the American Bird Conservancy. Anders writes about birds for The Washington Post and other newspapers.

This video gathering will feature lots of photos and will include plenty of time for questions. Online via Zoom. (Peter Sacco of Foggy Bottom-West End Village will send instructions to people who sign up for this event)

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.):

Wednesday, May 20, 3-4 p.m.

Healing Harmonies: Make your own playlist -- Kathleen McGuinness, Director of Community Relations of [Smithlife Homecare](#) will teach us how to make our own playlists using our iPhones, tablets, or iPads. This will be a Zoom workshop. Register [here](#).

Wednesday, May 27, 11 a.m. - 12 p.m.

[Understanding and Responding to Dementia-Related Behavior](#) -

- Learn how to understand and respond to dementia-related Behavior. Register [here](#).

Sibley Seniors Association:

Monday, May 18, 3 p.m.

South Georgia Island and Antarctica: A Photo Journey -- Missed Marti Bailey's presentation to PV? Catch her to view photographs and be regaled with stories from her once-in-a-lifetime adventure to Antarctica.

Penguin and seal photographs abound (including some downy penguin chicks). Marti has traveled to Antarctica with the following ports of call:

Buenos Aires, Argentina; Punta del Este, Uruguay; South Georgia Island; Antarctica; Ushuaia (Tierra del Fuego), Argentina; Beagle Canal (Passage), Chile; Punta Arenas, Chile; Magellan Strait, Chile; Canal Sarmiento, Chile; Chilean Fjords, Chile; Castro (Chiloé Island), Chile; Puerto Montt, Chile and San Antonio, Chile. Zoom

link:<https://jhjhm.zoom.us/j/98139403268?pwd=amZ3SnlBYzdpNUVxNkNKcHVDWWdwQT09> Meeting ID: 981 3940 3268 Password: 623823 or join by telephone by dialing: 301-715-8592.

Other community events:

Tuesday, May 19, 1 p.m.

[Heart A Flutter](#) -- Atrial fibrillation is an irregular heartbeat or arrhythmia that can lead to blood clots, stroke, or heart failure. Dr. Erich Wedam, director of electrophysiology at Suburban Hospital, will review the signs and symptoms of atrial fibrillation as well as non-surgical and surgical treatment options. Suburban Free Webinar Series. Registration is required at events.suburbanhospital.org

COMING UP IN PALISADES VILLAGE

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

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

This Week at Palisades Village May 17 — 23, 2020

Functional Fitness

Mon 05 / 18 / 2020 at 10:30 AM

Where: No address or address is not accurate

[More Information](#)

Full Body Strength Conditioning and Interval Class

Mon 05 / 18 / 2020 at 12:00 PM

Where: No address or address is not accurate

[More Information](#)

Meditation with Roseanna

Tue 05 / 19 / 2020 at 10:00 AM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 05 / 19 / 2020 at 4:00 PM

Where: Via Zoom

[More Information](#)

Talk with Abigail Marsh on The Altruistic Brain

Tue 05 / 19 / 2020 at 7:00 PM

Where: Via Zoom

[More Information](#)

Functional Fitness

Wed 05 / 20 / 2020 at 10:30 AM

Where: No address or address is not accurate

[More Information](#)

Full Body Strength Conditioning and Interval Class

Wed 05 / 20 / 2020 at 12:00 PM

Where: No address or address is not accurate

[More Information](#)

Chat with Barbara

Wed 05 / 20 / 2020 at 3:00 PM

Where: Via Phone

[More Information](#)

Virtual Yoga

Thu 05 / 21 / 2020 at 4:30 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 05 / 22 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 05 / 23 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village

May 24 — 30, 2020

Virtual Yoga

Tue 05 / 26 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 05 / 26 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 05 / 28 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Hon. Madeline Albright DC Village Fundraiser

Thu 05 / 28 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 05 / 29 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 05 / 30 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village