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VILLAGES**

Our Paths - Our Choices

Empowering older adults to be active,
connected and independent in the place they
call home



TWIN CITIES VILLAGE NEWSLETTER

JUNE 2020

WELCOME TO JUNE!

I wouldn't exactly say that we're "bustin' out all over," but we are starting to move around outside a little more. We are still advised, of course, to stay safe, wash hands, distance (which is now a verb), and wear masks. And speaking of masks, here's this month's editorial.

MASK-ARRAYED

It seems that masks will be part of our lives for months or years to come. We are getting used to them, and, indeed, some people are finding hidden benefits to wearing them, especially those with airborne allergies on these pollen-punctuated days. So what will face coverings of the future look like? Here are some thoughts.

The concept of hiding one's face is not new. The first mask is said to have appeared some 7,000 years ago. Many cultures employ facial disguises in rituals and as religious symbols. There is a fun side to them as well; masked balls were high-fashion statements in centuries past (think Venice). They were also the subject of balls—with elaborate costumes to match—and the inspiration for Verdi's luscious opera, *Un Ballo in Maschera*. In our lifetime, they have been important

components of Halloween and during Mardi Gras festivals. Today we use them for protection, but without question, they will evolve.



Already, designer Tiziana Scaramuzzo has introduced the Trikini—a bikini bathing suit with a matching mask—and can a men's version be far behind? Leave it to the creative Italians!

Other predictions abound, one of which also has already emerged; it involves adding a small slit in the mask for a drinking straw or cigarette to fit through. My take was a tiny zipper so you could close the hole—after all, it's supposed to protect. And one of the NASCAR drivers sported a mask of...his face. Send in your photo, and the mask maker, or as I dub them, "masketeer," will print the bottom half onto the fabric with a perfect image. And ensembles: matching hat, mask, gloves and scarf—designs for both summer and winter. Or, with our lengthening hair, a headband, turban, or headscarf to match the mask. Our Speaker of the House is already matching her scarf-masks to her outfits: fashion in the Halls!



Athletic team themes will be high on the list, maybe with matching ball caps; college and university stores will proudly carry their own designs in school colors. Wineries and pub breweries will sell masks with their logos embedded, and animal lovers will enjoy wearing their pets on their faces, either in designs or personal photos of Fido and Muffy.

City-pride coverings will become popular, featuring landmarks and sights from around the world—the Golden Gate Bridge, the Empire State

building, a photo mask fundraiser for Notre Dame cathedral. Flags may be a theme as well, either of state or country, and camo covers.

There will be holiday-themed masks—Valentines, St. Paddy's, Easter, Mothers' Day, Fathers' Day, Fourth of July, Thanksgiving, Christmas. And, of course, Halloween. We'll see fancified face coverings for the arts season and formal events—filmy veils, taffetas, lace, bejeweled, and with accessories to match; perhaps simple fabrics with elaborate binding in silk or silver and gold thread that ties. There'll be joe-casual styles, too, or t-shirt material with canvas ties.

New concepts will emerge. Masks or their matching gloves or scarves will become useful, with small pockets of some sort to hold a credit card and phone, maybe a key, alleviating the need for a purse. They may come in three distinct horizontal folds, the bottom raised for eating, the top down to blow your nose. And the M-95, unusable for the public because it lets breath escape through the vent, could be covered with a Walmart red nose, benefiting the Children's Fund—safety combined with good will.

More designs and uses will emerge, and that might prove a good thing; after all, wearing masks could end up being a hidden health and fashion benefit that we'll come to embrace as Asian and Italian cultures did centuries ago.

NOTE: If you have comments, forward them to ssommertime@sbcglobal.net, and write "Editorial Comment" in the subject line.

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Volunteers: Mary Jones

We look forward to meeting you at a virtual festivity soon. Thank you for giving your time and energy to our village.

And felicitations and birthday greetings to the June 90s and 100s!

Glorraine Obertello, June 9

Malcolm O'Neill, June 26

LOCAL VILLAGE EVENTS (open to all, unless noted)

S.I.P. and Sip – virtual cocktail party

Tuesday, June 9, 3:30 – 5:00pm

Grab a glass of your favorite beverage, get comfortable, and zoom in! It will be fun to meet virtually to see village friends again and see what has been keeping us sane and occupied these past Groundhog Day weeks. Watch for the email with the link to Zoom, then click on the link.

Chat and Check-In

Tuesday, June 16, 3:30 – 5:00pm

How're you doing? Since we are a village, here's a chance to virtually meet and share feelings about this very different reality we are immersed in. What are you happy about? What's troubling you? And let's share ideas about coping. We know we're not alone now, and this gathering can confirm that. If you like, bring your favorite snack "to share" (I've discovered Popcorners—addictive!) and be ready to discuss what keeps you busy. New hobby? Old passion you've taken up again? Books you've read? Classes you've taken? Or what you binge watch? What you have spent the most money on since quarantine started?

MARIN VILLAGES EVENTS

Be sure to read the Marin Villages weekly mailing, chock full of information and ideas for keeping busy and healthy during these curious times. Also, check out the library websites (www.marinlibrary.org) and the Buck Center, for informational lectures and events (www.buckinstitute.org/events); Age Friendly Corte Madera (www.agefriendlycortemadera.com); and the Parks and Recreation departments of our sister cities. There is truly so much available out there, and now that you have the time, jump in! Virtually, of course.

INVITE TO WRITE

This publication is your medium, just for the members of Corte Madera and Larkspur, so we'd like to hear from you. Let us know some of what you've done in your life—not necessarily your professional accomplishments, but something that few others have seen or done. Or that we would not guess about you (one friend in my church group was once a Playboy Bunny; who knew?). Or create a short story, a paragraph,

a poem, a memory, an editorial—but please no political topics (haven't we already had enough of those?). Make it no more than about 500 words. This month's offerings are from Marty Schwarz and Lauren Feigenbaum. Enjoy!

AN EXTENDED STAY

My name is Marty Schwarz. I became involved with Marin Villages when Twin Cities Village was being formed. After my husband passed away, I was looking for volunteer opportunities. By chance, a good friend asked me to attend a meeting and make some calls to other members affected by the change. I am now on the TCV Steering Committee and a co-chair serving our membership. This is the story of why I missed the last Steering Committee meeting!

My son and I had planned a month-long vacation in our off-the-grid cabin in the Bristol Bay area of Alaska. The cabin is on an island in Lake Aleknagik, north of the city of Dillingham, population 2,500. Built in the summers of 1984 and 1985, the 900-square-foot cabin was to be our summer place for fishing and boating.

When my husband turned sixty-five and retired, he decided he would like to try a winter there. We shared nine memorable years living this rugged adventure. Life in the summer there depends upon boating to the village, but life in the winter depends upon snow mobiles traveling over the ice. In the summer we have running water, but in the winter, we pump water into five-gallon containers for our needs. Our power is supplied by a generator and battery system, and heat comes from wood and oil stoves. There is a marked contrast of power needs summer to winter. Fuel is available in the village of Aleknagik in the summer, but in the winter, the gas and propane must be purchased in Dillingham via snow mobile and sled between island and village, and then a twenty-five-mile drive to town.

Over the years summering and wintering at the lake, I have been fortunate to form deep bonds with two couples about the ages of my children. They have provided the support and compatibility needed for my continued visits. This nurturing time with my son staying with me has given him the opportunity to complete a circle of friendship with them. They are my extended family, village, and community.

Our sojourn had been wonderful; however, there was a sudden, slight change: We were to be back to our lives in the lower forty-eight at the

end of March, but COVID-19 changed our plans. Due to the bankruptcy of the only airline serving our area, we were not able to return until the end of April.

There were anxious times wondering how we would get back, but there were wonders as well. The surroundings of our little home are breathtaking and changed daily as spring slowly gained some Alaska-style ground. When I arrived on March 5th it was 18 degrees below zero, and two months later it was as low as 20 degrees at night and warmed up to the higher 40s during the day. At the end of April, the sun set around 10:30pm with beautiful colors. We had a cute red fox visit regularly and chickadees pecking at the feeder. There were moose, bald eagles, magpies, ravens, and some ducks in the open water where Lake Aleknagik drains into the Wood River. A rare treat was the sighting of a river otter coming out of a hole in the ice near the shore.

It was, indeed, an extended stay, but it proved to be worth it because the escapade bonded me with my son as we shared the joys of our little haven, and also cemented his friendship with these two wonderful couples.



CORONAVIRUS KINDNESS

by Laurel Feigenbaum

A friend brings rolls of toilet paper, a bottle of Purell.
Calls out as she leaves, *Gold Baby!* No hugs or kisses,
only gestures that mimic *thanks, love, appreciation.*

I'm buried in boxes of paper products--
Kleenex, paper towels, napkins, wipes.
Drowning in cases of water, Lysol, alcohol.

A friend or neighbor knocks on the door
or calls, *Do you need anything?*

I'm going to the store. Doing errands.

Six-feet-apart visits from a grandson or daughter
bearing gifts. A handmade plaid mask, books,
banana bread, ice cream, chicken soup, leftovers--

Along with admonitions of do's and don'ts.
Isolate, stay home, disinfect. My grandson says,
I'll bring whatever you need ASAP!

No risk-taking, I want my children to know you.
His tender caring warms me
as I think but don't say, *You'd better hurry.*

BITS AND PIECES

We're starting a section called Bits and Pieces—hints, advice and ideas that might interest you. If you have others to add—not too complicated and for the general audience—email ssommertime@sbcglobal.net with the heading “Bits and Pieces” in the subject line.

~ To make it easier to find the end of a roll of tape, tuck a plastic bag gripper from a food bag under the cut end of the tape; next time you need it, the tape won't be stuck to the roll.



~ While washing our hands for 20 seconds is necessary, don't forget we're in a drought, so turn off the water between the soap bubbles.

~ Wet eyes, no glasses, and a sometimes-darkened environment: have you ever been in the shower or tub (especially when relaxing with candles in muted light) and grabbed the conditioner when you wanted the shampoo? Alleviate this with a permanent marker; draw a large, bold “C” on one and “S” on the other, and do it on both sides of the bottle.



HELP US HELP OTHERS

For more than two decades the belief that it takes a village to raise a child has become embedded in our culture. Not as embedded but equally important is the village it takes to provide a comfortable, nurturing, and safe environment for people as they age. You can help.

We need more caring volunteers to be part of this thriving nationwide movement, a movement that's dedicated to strengthening bonds between generations and building strong, vibrant communities that provide continuity to all ages.

Marin Villages is looking for volunteers to provide a variety of support to older adults—recreational and socialization (walking groups, bocce ball), help with dog walking, medical (driving to appointments), practical matters (repairing printers, changing light bulbs & fire alarm batteries, for example) and, if the chemistry is there, developing friendships right in their own neighborhood. Our goal is to match skills from volunteers with the needs of members. Volunteers sign up for visits that fit their life and lifestyle, but we ask for a commitment of two assignments a month.

If you know someone who is interested in volunteering, could use our services, or would like to donate to an organization serving older adults in Marin, please have them call the office at (415) 457-4633, or visit our website (www.marinvillages.org) for application forms and online donations.

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