



Twin Cities Village Voice

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

March 2021

MARCH ON

By Sue Sommer, editor

When I was a little girl, I believed this month was named March because we were marching out of winter and into the welcoming arms of spring. I still think it's a nice vision; good things happen in March. Daylight savings time begins March 14, affording us an extra hour of whatever we do in the afternoon. It's Women in History Month; the 17th is St Patrick's Day; March 20 brings the Vernal Equinox and the first day of spring to the Northern Hemisphere (and the first day of autumn to the Southern Hemisphere); the 27-28th are Passover and Palm Sunday. So there's a lot to look forward to this month.

Yet March extends to other connotations. It describes a certain way to move, as in armies or music bands. We march for freedom and for equality, or to protest or protect. Spun off from the newsreel *The March of Time*, comedian Edie Cantor suggested "The March of Dimes" to save lives from polio—do you remember sending dimes to the White House? I do.

One gets marching orders, which may or may not be a good thing. Basketball brings us March Madness, and Alice dealt with the March Hare. Camp hiking songs include *Marching to Pretoria*. Two years ago, I had knee surgery on March 4, and I always remembered the day as one after which I'd "march forth" with no pain (creaking joint noise, yes; pain, no).

In days of Euro-yore the word *march* signified borders or boundaries, buffers between lands. Those taking command of the new territory therein becoming a Marquis or a Marquesa, or a Margrave in Germany. This all makes sense, after all, because the Roman Mars was the god of war and agriculture, so we recognize that combination as groups acquire new lands.

These days, March—and its designated flower, the daffodil—is the meteorological beginning of spring, with optimistic and ambitious Aries rams (1st-20th), followed by the motivated, pessimistic, and compassionate Pisces fish filling out the month. "In like a ram; out like a lamb" might be more apt.

So, you see, it's not so different from what I thought as a child. Hold on as we March forward into new freedoms, new experiences, new lightness and new light.

Start the month with a little puppy-kitty love



HAPPY BIRTHDAY!

March 11 Carol Lodewyks
March 16 Ruthe Hirsch

Many happy returns to both of you!

LOCAL VILLAGE EVENTS (open to all unless noted)

Participate by Zoom in any of the activities in this newsletter. Watch for the "invitation" online and click on the link, then hit "allow." If you need assistance, please contact the office.
info@marinvillages.org or (415) 457-4633.

Food & Drink

Men's Coffee Group

Wednesdays, March 3 & 17, 11:00am

How about a place to meet with others to discuss topics of interest and enjoy coffee at the same time? Join the Men's Group for informal conversations of open topics and no agenda. Men from local villages beyond Twin Cities are invited to participate as well. Watch for the Zoom link and click in. There is a new contact: Irv Gubman, irvgubman@gmail.com

Sip 'n' Chat—Cozy Cocktail Hour

Tuesday, March 16, 4:30 – 5:30pm

The date has been moved to a week later because the Steering Committee always meets the day before, so to spread our gathering time out a bit (no, there is no truth to the rumor that we

get tired of seeing each other so often!), the Sip 'n' Chat is now the third Tuesday of the month, still at cocktail hour. Maybe this month we'll be able to Zoom from our patios and decks! Grab a glass of your fave and be prepared for more games and trivia.

MARIN VILLAGES EVENTS

As of this printing, the COVID tier has changed to red, meaning more businesses are opening and others offer a higher percentage of participation. Check the Marin Villages newsletter or local news for updates.

Check out "Things to Do," emailed out each Monday morning. You will find suggestions for available films, books, concerts, events, and activities.

Also, check out other local websites:

Library (marinlibrary.org)

Buck Center informational lectures and events (buckinstitute.org/events)

Age Friendly Corte Madera (agefriendlycortemadera.com)

Parks and recreation departments of our sister cities

COMMUNITY EVENTS

Board and Commission Opportunities, Corte Madera

The annual recruitment period for all the Town's boards, commissions, and committees will open on March 1, 2021. Please contact Rebecca Vaughn, town clerk/asst. town manager, at (415) 927-5085 or rvaughn@tcmmail.org if you are interested in learning more about any of the Town's boards, commissions, or committees.

TWIN CITIES VILLAGE ANNOUNCEMENTS

Valentine Surprises





The Twin Cities Village heart squad worked diligently to make individual valentines for members. The children and teens glued, pasted, cut, then signed their happy creations. Thank you to the artists (named below) and the adults who assisted. The project was coordinated by Mary Wood, who also mailed the heart-felt greetings, assisted by Andrea Dyer, Lisa, and Marty Schwartz.

Valentine artists

Ella-16, Julia-8, Eloise- 9, Catalina-12, Lyla-11, DJ-5, Alex-12, Ramon-11, Gabe-10, Quin-15, Aiden-11, Milla-7

Meet Your Steering Committee

Marilee Lau

My husband Chuck and I originally were coming to Marin to be able to play tennis and enjoy the sunshine. San Francisco can be very damp and not much fun for tennis, so we joined the newly built Mt. Tam Racquet club in 1974—a club I still belong to today. Then in 1976 we decided to move to Greenbrae to a newly constructed condo on South Eliseo with our two cats.

Chuck and I worked in San Francisco at that time, so Greenbrae was an easy commute by bus, ferry, or even by car. In 1981 we decided to buy a house in the Greenbrae hills which is I where I have lived for almost 40 years. I love my beautiful view of Mt. Tam from almost every window and the easy walk down to the creek to enjoy the wildlife. We didn't have any children of our own, but my husband "adopted" a young boy from Guatemala who was living in the Canal area and was doing some handyman work around our house. Thanks to my husband, he and his wife are now US citizens and we helped put their two daughters through college. The girls call me Grandma.

I began my career in San Francisco as an entry-level accountant after graduation from Santa Clara University in 1969. I was on the audit staff of Main Lafrentz & Co which later merged with Peat Marwick to become KPMG LLC. I was promoted to audit partner in 1978 and retired in 2010 as the national partner in charge of the employee benefit plan division. Since then, I have been providing consulting services to smaller CPA firms across the country, presenting training programs at various state societies of CPAs and the AICPA.

Most of my volunteer opportunities were centered in San Francisco while I was working. It wasn't until I had retired and my husband had passed away that I wanted to get involved in my community. I joined the Larkspur Walkers, which was a great way to meet people (until COVID temporarily shut us down) and I got involved in the Neighbor Response Group for Central Marin. One day late in 2016 there was a meeting at the police station to learn about Marin Villages and the Twin Cities Village, so I attended. The next thing I knew I was a full-fledged volunteer for the Twin Cities Village and was asked to be on the steering committee. I am currently on the Local Council which includes members from each of our Villages. I have met many wonderful members and volunteers from all the villages and especially Twin Cities. The social events that we had brought us all together, but until COVID allows we will have to be content with Zoom.

I grew up in Los Alamos, New Mexico (more about that at another time), but giving back to your community and helping others was instilled in me and my brothers at an early age. There is nothing more rewarding than helping others that have a need. The need of our members is to help keep them in their homes and functioning on their own for as long as they can by providing rides, shopping, companionship, and other services.

Survey incoming...

Members have received, or soon will receive, a "minimalist" survey to assist us in learning how to help in case of natural events or social disruptions. Please complete the form and return it to Marin Villages as the instructions indicate.

MARIN VILLAGES ANNOUNCEMENTS



A warm welcome to **Marco Maina**, new executive director of Marin Villages. Marco has 30 years of international experience in Brazil, Canada, and the USA. He has served distinguished

nonprofit organizations such as the YMCA and Habitat for Humanity, most recently as the executive director of the Sequoia YMCA, a branch of the YMCA of Silicon Valley.

Building on the strengths of multigenerational and diverse teams, Marco has been serving senior citizens in their pursuit of happiness and quality of life, successfully creating new programming concepts leveraged on community partnerships, and raising funds for the cause. Some of Marco's most remarkable accomplishments include the creation and quarterbacking of large special events, integration between Spanish and English-speaking seniors, balancing budgets, and overseeing the building of 62 units of affordable housing.

Marco received a fellowship award from the Rhode Island Foundation. He earned a master's degree in Leadership and Organizational Management from Springfield College of Boston, Massachusetts, and a Graduate Certificate in Sports Management from Concordia University of Montreal, Quebec, Canada. Some of his pastimes include biking, swimming, gardening, and travelling. Marco is fluent in Spanish and Portuguese, and has a working knowledge of French. Marco lives with his wife and daughter in San Mateo.

Also, we are happy to announce that Marin Villages has a new volunteer coordinator, **Matt Dawe**. Matt has experience in fundraising and event coordinating, with teaching and overseeing media campaigns, and more, which we will learn about in next month's Voice.

To all volunteers: thank you for giving your time and energy to our village!

INVITE TO WRITE

Loop Poem

The last word of a line—or a form of it—is used to begin the second line, and the last word of the poem is the same as the first word. (This was a fun exercise; try it and send your work to ssommertime@sbcglobal.net)

[Note: Contents herein are of the author, not necessarily of Marin Villages]

LOOP POEM

Sue Sommer, 1/26/21

Today I had trouble with this prompt;
promptly I let loose of it.
It seemed to need something clever—
clever, I have not been lately.
Lately things are better in many ways,
ways we've been praying for
for four years. And yet,

yet there's still anxiety brewing,
brewing like hops and herbs in beer fermenting.
Fermenting or fomenting: the virus, the impeachment of Trump
trumping still the top news stories, with his heinous presidency past,
past crimes finally being judged by Congress and the world.
World War III on the horizon? The nations out of sync,
sinking into the hell of white supremacy and hate;
hate to admit it, but that's where I am, today.

BITS AND PIECES

Here's a suggestion: when you walk in the dark, even a few steps (we all do this; we know we're not supposed to, but it happens), don't pick up your feet—drag/shuffle them gently along the floor. If the cat is in your way, or the towel you dropped or something you forgot to pick up is there, you'll nudge it before you trip over it.

You can also just hit the button on your iPhone if you're carrying it; it'll light for a few seconds. Or use its flashlight.

AND MORE...

These just made me laugh—and that's a good thing, no?



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. 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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