



Twin Cities Village Voice

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

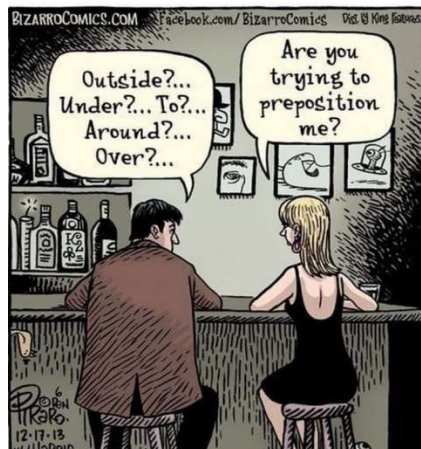
July 2021

Editorial by Sue Sommer

July, the month of independence, so let the fireworks fly...not literally, of course; we'll leave that to the professionals. But it's mid-summer and we celebrated *RID*, Restrictions Independence Day, on June 15 at our first-open-in-16-months Sip 'n Chat happy hour (see evidence below!), and it's onward to the second half of the year.

If you find yourself getting bored, though, now that it's the middle of summer, here's something to keep you occupied. Mark your calendars and indulge in these observances for July:

1st—Joke day



2nd—Made in USA Day

3rd—Eat Beans Day

4th—Independence Day

5th—Graham Cracker Day

6th—Fried Chicken Day

7th—Chocolate Day

8th—Chocolate with Almonds Day (Oh, we're getting specific!)

9th—Sugar Cookie Day

10th—Pina Colada Day (Go easy because there's...tomorrow!)

11th—Mojito Day

12th—Simplicity Day
13th—French Fries Day
14th—Pandemonium Day



15th—I Love Horses Day
16th—Fresh Spinach Day (to mitigate bingeing on 3 through 11)
17th—World Emoji Day
18th—World Listening Day (nice to pause and listen, to hear nature or friends or family)
19th—Daiquiri Day
20th—Moon Day

21st—Junk Food Day
22nd—Summer Leisure Day
23rd—Vanilla Ice Cream Day
24th—Tell an Old Joke Day (Try this one: "Didja hear there was a hold-up in the back yard? Yeah, two clothespins held up a pair of pants!") [*Thanks, Mom*]
25th—Wine and Cheese Day
26th—Bagelfest Day
27th—Scotch Day
28th—Milk Chocolate Day
29th—Lasagna Day
30th—Paperback Book Day
31st—Avocado Day

It would make sense for August 1st to be "Start That Diet Day"—I'll check on it.

July 4 is our big one, of course; it celebrates our independence from British rule, honoring life, liberty, and the pursuit of happiness. Along the way, though, some have forgotten that it's meant to be true for each of us, including the last, the least, and the lost. After what the world has been through this year, in particular, we need to remember that it means freedom for all—without hindrance.

We chose to leave Mother England and her tea, going it alone. Along the way we developed our own style as well, like driving on the "other side" of the road, and creating our own spelling,

removing random *u's* from *favour*, *colour*, *neighbour*. We chose our own words and phrases as well: we live in apartments, not *flats*; we wear sweaters, not *jumpers*; we call them elevators instead of *lifts*; to us it's gas, not *petrol*; our chips come in bags, while theirs are served with fish as French fries—their potato chips are *crisps*. One difference makes a lot of sense, though: we say eggplant, which has nothing to do with eggs; Brits call it the French *aubergine*, which is simply a lovely word.

As for now we are in the nascent phase of water rationing, and even on this topic, words do matter. To assist in this, our newest struggle, I suggest we change the tone of our references: from water rationing to *frugality*; that seems to put us in charge. We are being *Spartan*, which adds a nobility to it all, or *ascetic*, giving us a sort of spiritual vibe; we *conserve* instead of being penurious. Our lawns and hills are brown? No, think *tawney* or *russet* or *soft beige*, or more evocative, *brandy*. We can refer to dying plants as *resting* or *rustic*; let's not say grey water, but call it an *ashen mist*; grass-less lawns are *tidy*, or *scrubbed*; *orderly*, even. The land is *leathery*; *woolly*.

See? Don't you feel better already? Happy July!

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Carla and Charles Stedwell, Corte Madera residents since 2004, both retired advertising gurus! We look forward to meeting you both, perhaps at our next Sip 'n Chat Happy Hour.

Volunteers: Laurie Blass, a former teacher who lives in Corte Madera. Welcome!

Thank you for giving your time and energy to our village. We look forward to seeing you all at an event soon!

LOCAL VILLAGE EVENTS (open to all unless noted)

Please let the office know if you need a ride to any of the events below! info@marinvillages.org or (415) 457-4633.

Food & Drink

Men's Coffee Group

Wednesdays, July 7 & 21, 11:00am

This month, join the group IN PERSON for informal conversations of open topics and no agenda. The venues have not yet been determined, but contact Irv Gubman, irvgubman@gmail.com, to

find out where you'll meet, or for questions or to be added to the mailing list. Men from all local villages are invited to participate.

Sip and Chat—Cocktail Hour

Tuesday, July 20

We gather (yes, now gather...in person!) on the third Tuesday of the month, but here's the thing: if we're at a public place, we need to meet earlier, as we used to do, at 3:30. If the *festa* is at a private site, we can meet later. We will let you know the venue and the time—as well as any possible pandemic news—before July 20 to announce the time and venue. At any rate, save the date!

MARIN VILLAGES EVENTS

Marin Villages' Quality Rummage Sale and Fundraiser

We are planning Marin Villages' first-ever rummage sale. Come and join in the fun!

The sale will be held on September 24th and 25th at the former Max's restaurant adjacent to the Corte Madera Best Western. We are collecting quality donated items from our members and volunteers and friends to make this fundraiser successful!

What we want

We are accepting easily portable items (if you can carry it, we will take it!) and donors will receive a tax-deductible receipt. All items should be in good condition: nothing soiled or broken please.

Women's clothing and shoes	Linens, tablecloths, placemats	Small exercise and sports equipment
Housewares--dishes, small kitchen appliances, utensils, baskets, garden	Small furniture items such as lamps and side tables	Small working electronics such as tablets, I-pads, and e-readers.
Home décor and artwork	Bed and bath items	CDs and DVDs
Jewelry	Children's toys/clothes	Sports memorabilia

We are not accepting the following due to space limitations:

Holiday decorations	Large furniture or appliances	Mismatched glasses, cups, plates
Pianos	Skis, surf boards	Large exercise equipment

Child car seats	Silver plated serving pieces or pewter items	
-----------------	--	--

Representatives from the local villages are collecting donations now! Please begin to look for and set aside gently used, clean and functioning items that you would like to donate to raise funds for Marin Villages and let us know when you can drop them off or we can pick them up.

If you have something to donate or would like to volunteer to help with this event, please contact Marilee Lau (lau.marilee@gmail.com or (415) 706-6331), Twin Cities Village's representative. We would love to have you join us setting up, selling, and cleaning up!

COMMUNITY EVENTS

Almost everything has opened once again, so jump in as fast or slowly as you feel comfortable.

Check out the monthly Marin Villages newsletter, *The Village Square*. You will find suggestions for, at different times, videos, films, books, concerts, events, and activities.

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

TWIN CITIES VILLAGE ANNOUNCEMENTS

July Birthdays

Happy Birthday to all you sparklers, from your Twin Cities friends!

Lee Smith, 7/10/1928

Peggy Byrne, 7/20/1940

Zvi Danenberg, 7/21/1925

Clare Wheeler, 7/25/1925

In-person happy hour!

We met for our first open happy hour in over a year, on the day restrictions were lifted. Watch for July's meeting place and join us.





Party-goers: John Power, Matt Dawe, BJ Slater (esteemed guests from Marin Villages); Steering Committee members Andrea Dyer, Marilee Lau, Sue Sommer, Mary Wood, Marty Schwarz, chair Larry Meredith, liaison Pati Stoliar; volunteers and members Patti and David LeBlanc, Judy Saffran, Zvi Danenberg, Mary Jones, Gisela and Peter Mellini, Inna Mink, Anni Black, Gabe Gesmer, and Alice Joyce.

INVITE TO WRITE



We call it the *Village Voice* because we want to hear yours! July's prompt is to create an acrostic poem, in which the first letter of each line spells out a word. Send to ssommertime@sbcglobal.net.

Acrostic poem sample, by Sue Sommer

Summertime is my beloved season,
Under the crisp, sparkling stars we warm—
Mind you, after the fog
Meanders and ultimately
Evaporates...!
Really, though,
Time seems to ease, recede, as waves
In an ever-lolling sea; yet the short
Months pass all too quickly, and I become anxious, anticipating,
Expecting the dreaded dark of the coming drear.

JUNE'S PARTICIPANT OFFERINGS

A timely and important Nonet poem by Lee Smith

Gun Control

COVID continues to wane, guns gain
Do acceptable answers remain?
Four countries have gun control
U.S. right to bear arms
Control with freedom—
Achievable
Absolute
Ideal
When?

Marty Schwarz revisits the charming and chilly island of Huckleberry, Alaska, where her heart sings with the birds... Have a wonderful stay, Marty. We miss you. Send photos!

In 1984 my husband, Craig, with the aid of family and friends, built a cabin on Huckleberry Island on Lake Aleknagik, AK. It was built to be an annual summer place, with no running water in the cabin during the winter, and an outhouse. But in 2004 Craig decided to spend a winter there, and soon I joined him.

This sojourn gradually became our pattern of life, with our spending most of the year “off the grid.” And why not? The view of Lake Aleknagik from the cabin deck in winter is so majestic that I never tire of it. The picture in summer is of greens and changing blues of the water with the opposite shore seeming so much closer. For me the winter creates the majesty of whites and endless spaces.

However, though Craig spent two entire years up there, I would avoid the freeze-up and break-up periods, when it can often be impossible to leave the island for weeks. My husband died in 2014, but with the draw of this special place, and of our family of friends, I continue to spend time at the lake. I have been fortunate to stay for about a month during three past winters with my son.

The summer visits require travel by boat and the winters require that we snow mobile over the frozen lake. Looking back over the years, this rugged, magical place has allowed me to develop skills I never imagined. The photos by my son, Scott, are of my recent spring visit, and as you read this, I am settling in for this summer’s adventure!



(left) Icicles adorned the cabin until two warm days the end of March and the mounds of snow came crashing off the roof. (right) Snow-Go trip up the lake with Scott and a friend who calls me Oma. I have watched our Alaska families grow over the years and am thankful that Scott is now becoming part of this circle of friends.



(l) A pair of bald eagles we hope will nest again on the island. (r) My view of Lake Aleknagik



(l) A rare visit from a Two-barred Crossbill. They feast upon the cones at the top of our spruce trees. (r) The path carved with a snow shovel though the unusually deep snow to the outhouse.

BITS AND PIECES

Stackable gardens for the "opportunity to save water"

Create your personal drip system by stacking smaller plants in the extra room of other potted plants or trees. Water one and the entire pot benefits. This is along with re-using gray—oops, "ashen misted"—water. A big bowl in your kitchen sink can be used for rinsing dishes, then as force for the garbage disposal or flushing a toilet. None of this is pretty, but we need to be cognizant. Also see if you can put plants below others that rest on tables or shelves so the runoff feeds another little beauty.





So do what you can, and don't forget to amass a cache of "water catchers"—a good repurposing purchase point is Hospice Hodgepodge or Goodwill in San Rafael for pitchers or those stackable mixing bowls with pour spouts and handles. The Dollar Tree has them for, well, a dollar—but I advocate re-using when possible. Select containers with handles, as they're easier to carry.

And here's one more thing, from the *New York Times*

Here to Help

FOUR WAYS TO EASE BACK INTO THE WORLD

After 15 months of persistent fear and loss, some people aren't yet feeling ready to cast off their masks and rejoin society. If you're vaccinated and still feeling nervous, here's how to cope. **CHRISTINA CARON**

Dip your toe into the pool first.

Find ways to phase back into pre-pandemic activities. Try taking a few rides on the subway or consider visiting one vaccinated friend. You can work your way up to events like a wedding.

Train your nervous system like a pet.

Lina Perl, a clinical psychologist in New York City, said these new activities might make you feel a little anxious. But the more you do them, the less power they will have over you. Try to stick it out until the anxiety starts to fade, she said. If the anxiety remains, don't give up right away. Instead, breathe slowly, ground yourself and tell yourself you're safe, she said.

Incorporate movement into your days.

Dr. John Ratey, an associate clinical professor of psychiatry at Harvard Medical School, studies the effects of exercise on



IAN LANGSDON/EPA, VIA SHUTTERSTOCK

the brain. Dr. Ratey said that aerobic exercise like a simple bike ride or brisk walk can help people with chronic anxiety. It can even help those who are nervous about an upcoming test or an important meeting.

Let go of resentment.

As the adage goes, you can't control others, only yourself. Anger and frustration toward those who ignore public health guidelines or behave differently than you do will only raise your stress level.

For more advice about your health, your mind and your family life, visit [nytimes.com/well](https://www.nytimes.com/well).

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.

Marin Villages 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903
(415) 457-4633 www.marinvillages.org