



Twin Cities Village Voice

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

April 2022

EDITORIAL

by Sue Sommer



April seems a time to plan trips or travels.

I don't plan to go far, but in searching for a misplaced recipe, I took a journey through my personal cookbook. I say personal because it's not the luxuriously bound tome by a famous chef, curated color photos designed with exquisite plates and minimalist appointments, freshly chopped herbs, antique table cloth.

No, this book is red plastic—a large, used, three-ring binder with dividers denoting specific sections of recipes collected over the decades from *Vogue*, *Gourmet*, newspapers, Martha Stewart, and friends and family. The somewhat irrational divisions and their examples include:

Main Dishes ("Killer" meat loaf, Grandma's sauerbraten, Bill's macaroni '97)

Poultry/Fish (about 34 turkey leftover ideas)

Eggs/Brunches (Mom's deviled eggs, a 1981 Super Bowl brunch menu, "Poach-Perfect Rules")

Fruits/Vegetables ("Eggplant a la Lucille," Guadalajara, 1972; sweet potatoes with brown sugar and butter)

Sauces/Soups (Hillcrest Cafe's Santa Fe Corn Chowder, homemade mayo)

Salads/Dressings (Patty's Broccoli Salad Supreme from 1988; Grandma's German potato salad; Nan's summer salad, 2014; Steinbeck House herb dressing)

Misc/Popovers, Bread, Pancakes, etc. (Bullock's Tea Room popovers; La Playa scones; Soupy's bread pudding, Vaalpark, South Africa, 1971)

Sweets (former mother-in-law's Toll House cookies—"Double the amount of chocolate chips it calls for!"; my Girl Scout leader's date cake from 1964; See's secret fudge recipe; Key Lime pie

recipe on a Florida postcard; pralines, New Orleans; bake-overnight meringues from Chris this January)

Grog /Hors d'Oeuvres Rob's Theta Chi amazing egg nog; incredible Newport Beach dip, 1975; caviar mousse; beer-rolled cheese ball)

These all appear in the binder, and hundreds more, along with my scribbled notes: *Not fab and too much work; Use large pasta pot; Add extra Parmesan; Delicious! Make a day ahead; Use zucchini instead for the color.*

The recipes tell the stages of my life—some from foreign countries I'd just visited; Weight Watcher substitute tricks, cooking for one. Then, newer recipes using tofu. Later, seaweed and kombucha.

It's a study of the past. One taco salad recipe calls for (isn't that interesting phrasing?) a 15-cent bag of Fritos. Another for oleo. The food-stained pages are the most often used. Names of the cook who donated them appear on the recipe—some have passed on; some still are friends; some, sadly, I no longer have contact with. Several recipes are in my beloved mother's handwriting, with little asides: "Heinz vinegar is stronger so dilute." Some I've tossed out—would I really stand thirty minutes to stir risotto again? Or prepare those sweet potatoes with all that sugar and butter? Happily, there are no recipes for fruited or cottage-cheesed Jell-O. Those got dumped decades ago!



I never found the recipe I was searching for, but I was treated to a deep and meaningful voyage through my past aboard a magical, red plastic "raft"!

April dates

2 Ramadan – the 9th month of the Muslim year, during which strict fasting is observed from sunrise to sunset

10 Palm Sunday – the day Jesus triumphantly entered Jerusalem, the first day of Holy Week

15 Good Friday – the Friday before Easter, on which Jesus' crucifixion is commemorated

17 Easter – this day marks the resurrection, and the end of Lent

22 Earth Day – time set aside to honor Mother Earth

29 Arbor Day – the day dedicated to planting a tree

WELCOME, NEW MEMBERS!

Virginia Dunn is a re-member (we could never forget you, Virginia!) Welcome back.

TWIN CITIES VILLAGE EVENTS

If you need a ride to any of the events below, please call the office. (415) 457-4633

Food & Drink

Men's Coffee at the Sweetwater

Wednesdays, April 6 & 20, 11:30am



This is a gathering of gentlemen who meet with others to discuss life and enjoy coffee at the same time! Men from all local villages are invited to participate. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman (irvgubman@gmail.com) or (415) 250-6155). The group meets the first and third Wednesdays of the month.

Sip 'n' Chat—Cocktail Hour

Tuesday, April 19, 3:30pm

Boca

It's fun to sit outside and enjoy a beverage and talk with friends old and new. Join us on the third Tuesday of each month.

Fun & Games

Bocce Ball

Friday, April 22, 1:15 – 3:00pm

Marin Bocce Federation, 550 B Street, San Rafael



Put on your soft-soled shoes and head over to Albert Park for some light exercise and a few laughs.

OTHER MARIN VILLAGES EVENTS

Not Home Alone Early Easter Dinner

Sunday, April 17, 2:00 – 4:00pm

Pacific Catch, Corte Madera Town Center



All members and volunteers are welcome! Wear your favorite Easter bonnet or bunny ears and hop on over to join Not Home Alone hostess Donnalee Wells and other Marin Villagers for an early Easter dinner at our new favorite venue with an outside covered and heated patio. First come, first served, and space is limited to 20 guests. Please **bring cash** for your meal. All attendees must be COVID vaccinated, and masks are required. RSVP ASAP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244. Please call the Marin Villages office ASAP if you need a ride. (415) 457-4633

Last year's bazaar/boutique/rummage sale/marketplace was so successful that Marin Villages will repeat the event this fall, so if you are clearing out garage, closet, drawer, or bin, please set aside any usable items or clothing. More detail about what will be accepted, dates, and times will be forthcoming.

The mask mandate has lifted in most venues, but it is up to you in many indoor areas—at least things are open and available. Check the Marin Villages' *Village Square* or local news for updates. Also check the *Village Square* for suggestions of films, books, events, and activities.

COMMUNITY EVENTS

Discover events and activities on 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

April birthdays

Laurel Feigenbaum – April 3

Marie Liss – April 26

Happiest of birthdays to you both!

A reminder

We all know how supportive, satisfying and helpful Marin Villages is for its members, but in case you have forgotten about, or are unaware of some of the extensive benefits that are available, here's a partial list:

Benefits of Membership

There are great benefits to being a Marin Villages' member. During COVID-19, some of the events or services below might not be possible or might be offered in a modified way to meet mandated requirements.

Concierge Service

One-stop call for general assistance or questions

Central number and email for service requests

Friendly, familiar, knowledgeable staff to answer your calls

Confidential interactions

All volunteers go through a background check and sign a confidentiality agreement to help protect the privacy of Marin Villages members. Drivers will also have a DMV check and provide proof of insurance.

Social and Educational Events

Monthly coffees, luncheons, and potlucks

Happy hour gatherings

Book clubs, hiking groups, and games

Seminars and presentations on topics of interest to members
Trips to museums, shows, or movies
Invitations to events at other local villages
Individual Zoom training for online programs and gatherings

Transportation

(Member is driven to the destination by the volunteer)
Medical and medically-related appointments
Grocery shopping
Marin Villages and local village social events and programs
Hairdresser or barber
Visits with friends and family
Bank
Other transportation as needed and available

Have some time to volunteer for our village, or know someone who does?

The Marin Villages office is doing a heroic job of matching increasing member requests to volunteers skills and availability, but could use more volunteers! If you are already a volunteer, BJ, Matt and Karin would be delighted to help match you up with the right assignments. If you or a friend are not yet a volunteer, but have a few hours a month, they would love to hear from you. They have many types of assignments, from friendly phone calls to dog walks and more. We hope you will give them a call at (415) 457-4633. Thank you!

INVITE TO WRITE

Report from the Tundra

by the intrepid Marty Schwarz

Hello all,

We've had the spectrum of winter/spring weather since our arrival. Scott, my son, took five days to get a flight that completed the flight from Anchorage to Dillingham. The warmish weather created low ceilings so the plane would make a couple of attempts to land and then return to Anchorage. Fortunately, he spent the days with close friends. I arrived on the first attempt on 2/25 to rain and wind. We've had heavy snow one day followed by big winds, a crystal-clear day or two and now colder temperatures. It was around 18 degrees last night and still low 20s. The cold is a blessing when wanting travel across the lake ice and take trips out and about. After the heavy snow fall earlier, the rain created overflow on the lake ice, which is around four feet thick, so it is safe, but the overflow makes riding the snow machines through it like riding in a slushy. Now with the wind and freezing temperature much of the surface of the

lake is bare ice that adds another dimension. I've seen more variety of conditions in the past couple of weeks than I remember when living here most of the winter.

It is a gift to have so much quality time with my son. Feeling blessed. The first photo is a view up the lake and the other is of the cabin.

Warmest regards, Marty



BITS AND PIECES

If you're alone and you begin choking, here's what to do:

Call 911 immediately, if possible.

Do Abdominal Thrusts, aka Heimlich maneuver, to treat upper airway obstruction by foreign objects:

- ~ Remain calm, try to breathe through your nose and lift your chin, pointing it up
- ~ Place a fist directly above your navel, wrap the other hand around it and push against the pit of your stomach; this puts pressure on the bottom of your diaphragm, compressing your lungs

to force the remaining air through your trachea. Push as hard as you can in quick motions straight into your abdomen to dislodge the object

~ You can also bend over the back of a chair to do the same thing

~ Cough hard; don't drink water

Prevention Reminders—eat slowly and chew thoroughly (don't be in a hurry), and don't grab a handful of anything that needs chewing (nuts, trail mix, Cheerios) and pop it into your mouth.

AND MORE...

Photos from last month's Sip 'n' Chat

Note that "treasurer" has been added to John's job description!



Enjoy these interesting old photos

16. Rail commuters in California wearing face masks and displaying a "wear a mask or go to jail" sign during the 1918 Spanish influenza pandemic.



15. Behind the scenes of an episode of *The French Chef* with Julia Child (1963)



1. Traffic enforcer stops cars in New York so a cat carrying a kitten can pass (1925)



14. Sun shining down at passers-by at the Grand Central in New York City (1929) by Louis Faurer. Today, surrounding buildings block the sun, so this view is no longer possible to capture.



11. Women walking down a street in Kabul, Afghanistan (1972)



12. Man searching for books at the Public library of Cincinnati (the building was sadly demolished in 1955)



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 could use our services or is interested in volunteering with 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. We always welcome donations to support our work! Please visit <https://marin.helpfulvillage.com/pages/10049-marin-villages---donate> to contribute.

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