



Twin Cities Village Voice

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

June 2022

EDITORIAL

by Sue Sommer

June pops with possibility, bursts with buoyancy, and simply busts out all over! School's out, flowers sprout, and it's the month with the year's longest daylight hours in our hemisphere. Music swirls through the landscape, making the days even merrier—June is used a lot in music and poetry because so much rhymes with it—spoon, honeymoon, loon, swoon, tune, all ushering in summer. Remember "The Summer of '42," "The Things we Did Last Summer"; "Hot Time in the Summertime," from Sly and the Family Stone? The cheerful "A Summer Song," by Chad and Jeremy; Jerry Keller's, "Here Comes Summer"; "Summer in the City," by Lovin' Spoonful; Eddie Cochran's rockin' "Summertime Blues" and voluptuous "Summertime"—who could portend the sorrow of Porgy and Bess?

It was the time of drive-in movies and beach parties and grunion runs; of cruising through the drive-through—Bob's Big Boy in my 'hood, or A&W root beer floats; of family camping trips and that big highway of freedom spreading before us for the next three months. Of course, many of us were privileged—not rich, but comfortable—and safe. Not quite true these days, so there are ways to help. The entire month has been dubbed *Make a Change Month*—giving us the opportunity to support Juneteenth, LGBTQ rights, even pollinators for our tiny friends, and PTSD awareness. Here are more:

3 – Bicycle Day

5 – World Environment Day, designated by the UN General Assembly in 1972

6 – D-Day, the beginning of the end of WWII; if only we could celebrate a current war's ending on this June 6.

9 – Strawberry Rhubarb Pie Day—now we're talking!

14 – Flag Day; time to celebrate Old Glory

19 – Fathers' Day, honoring all the father figures in our lives; also Juneteenth; freedom finally came in 1865 in Galveston, when the army announced that 250,000 in Texas were free from slavery; and lastly, Pride Day: after all, love is love

21 – Summer Solstice

Nowadays the livin' ain't so easy; things are a little skewed, with rampant guns and a war, yet we take that long summer highway day by day because we have faith that things will work out.

There are a lot of positive commemorations in the dates above, but, boy, do we still have a lot of work to do. And do it we will—though it may likely take until "June in January."

WELCOME, NEW MEMBERS!

Members: Peggy Burnett of Corte Madera has rejoined the Villages; Murray Klein of Greenbrae—looks like a new bocce ball player! Vernette Jones of Corte Madera; and Pauline France of Larkspur

Volunteers: Lisa Vogel of Corte Madera

Thank you! We look forward to meeting you all soon!

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, June 1 & 15, 11:30am



Join this ongoing group to meet with others for discussion, and to 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, June 14, 3:30 – 5:00pm

BOCA restaurant, The Village



Join us for fun and perhaps some games!

Fun & Games

Bocce Ball

Friday, June 24, 1:15 – 3:00pm

Marin Bocce Federation, 550 B Street, San Rafael



Put on your soft-soled shoes and head over to Albert Park.

OTHER MARIN VILLAGES EVENTS

Estate Planning and Planned Giving

Thursday, June 2, 10:00 – 11:00am

Zoom



Hear tips on estate planning and planned giving from an expert. Many of you have done estate planning but may be interested in knowing whether and/or what to update; others may want to learn how to get started. But it's something we keep putting off! Ashley Garvey advises clients in the areas of tax and estate planning, probate, and trusts. She'll address frequently asked questions and touch on advance directives, powers of attorney and more, time permitting. **This is a great place to start or update your planning!** To register and receive the Zoom link, please use this link: <https://marin.helpfulvillage.com/events/4354-estate-planning-and-planned-giving-with-attorney-ashley-garvey>

Fathers And Others Day Not Home Alone

Sunday, June 19, 2:00pm

Pacific Catch, 133 Corte Madera Town Center



Let's celebrate the "Pop stars" in our lives! Fathers, uncles, grandfathers and others. All members and volunteers are welcome! Join Not Home Alone hostess Donnalee Wells and other Marin Villagers for an early Fathers and Others Day dinner. 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

The Pop-up Thrift Boutique is coming this fall

Mark your calendars for the second Pop-Up bazaar in early October, at the same site as last year's successful event. Go through your closets now, and begin to collect women's, men's and kid's clothing (but not men's suits and nothing above an extra-large), jewelry, art, games, sports equipment, kitchenware, home decor, collectibles, holiday fare, and more. We will begin collecting in mid-July. Plan to volunteer for the event.

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

Vision Impaired of Marin Zoom Support Group

Wednesday, June 1, 11:00am – 1:00pm

Zoom

This is a peer support group offering a wealth of experience and knowledge on living with vision impairment. It is a place where participants can bring questions, share challenges or success, and feel heard and understood. This month Vision Impaired of Marin Support Group will have Dr. August Colenbrander for Q&A. He is a retired low vision specialist and ophthalmologist. To participate, contact them at (415) 459-5066 or info@bvim.org.

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
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TWIN CITIES VILLAGE ANNOUNCEMENTS

June birthdays



Happy birthday to our multifaceted, playful, curious, social butterfly Geminis!

Nora Martinis, June 10

Henry Black, June 14

Marty Schwarz, June 21

Sue Rochester, June 28

INVITE TO WRITE



Confetti Compote—a blank verse poem (ten syllables per line)
by Sue Sommer



Sweet confetti-colored semi-circles,
half smashed, nestle together, their frozen
shoulders touching, on a puzzling platter,
each vying for visual versions of
a rainbow. Pistachio nudges pale
purple berry, honey-hued butterscotch
abuts tangy tangerine; peppermint
chips poke their way from striped petticoat pink
mini-mounds. Chocolate—deepest bitter to
nutty sweet, intermesh with opposing
vanilla, while two strays of deep turquoise
lovely in hue, but not for gelato,
taunt with the mystery of what flavor
they could possibly be. And near the
middle, one mound steals the show, with a crown
of deepest chocolate syrup, topped by a
tiara of whipped cream, adorned by the
ruby red of a cherry, the only
globe to be adorned so—the queen of cream!

Hurry to pose they must, though, for their
glory will not last; within an hour the
once-ambrosial goodness will be a
saccharine stream of warming, melted mush!

BITS AND PIECES

Some points to ponder

I read where 4,153,237 people were married last year. Not to cause trouble, but shouldn't that be an even number?

Isn't it ironic that the colors red, white, and blue signify freedom until they are flashing behind you?

When wearing a bikini, women expose 90% of their bodies, and men are so polite that they only look at the covered parts.

America is a country of citizens who will cross the ocean to fight, but won't cross the street to vote.

You know that tingly feeling you get when you're falling in love with someone? That's your common sense leaving your body.

Reminder

With the heat of the season and the danger of fires, this would be a good time to be sure your red emergency radio is charged and ready to use. Also, check and refresh the contents of your "go bag"—and don't forget your pets!

IN EMERGENCY, GRAB SAFE, IF POSSIBLE, SUITCASE WITH MEDS

Emergency Kit

- Food, water, and clothes — Pack a 2-to-3-day supply of clean clothes, water (about 1 gallon per person per day), and nonperishable food that's easy to prepare. Don't forget a can opener if your canned goods don't have pull tabs.
- Battery-powered flashlight and radio — Always include extra batteries, and consider a portable cell phone charger too.
- First aid kit — You can buy a pre-made first aid kit or [build your own](#). If necessary, add hygiene items like face masks, toilet paper, and pads or tampons.
- Medications — Always fill prescriptions on time and keep extra on hand. Your survival kit should have a week's supply of medication. EYE DROPS, NEOSPORIN
- Personal documents — Make copies of any deeds, passports, birth certificates, or other legal documents. (Originals should stay somewhere more secure, like a fireproof safe or safety deposit box.) Include up-to-date emergency contacts and maps for your area.
- Extra cash — ATMs and credit cards may not work during a disaster, so pack plenty of small bills in case you need to purchase more supplies.
- Thermometer? Bacterial wipes, sanitizer, masks
- Power bars

For more emergency kit recommendations, check the [American Red Cross](#) or [Centers for Disease Control and Prevention](#).

Where should you keep an emergency kit?

An emergency kit should always be somewhere that's quick and easy to find in your home. If you drive often, keep an extra kit in your car. Just be sure to check them every 6 months and restock as needed.

AND MORE...

Things may not be as they seem

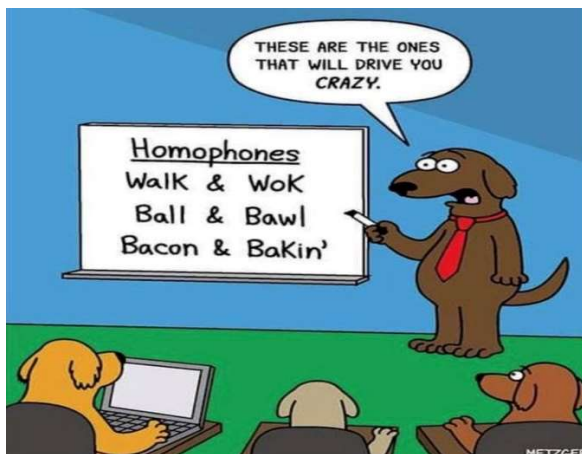
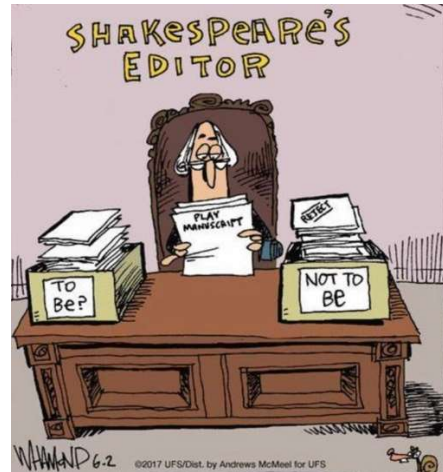
Old couple or Spanish singers?



Two heads or unusual wing formation?



Sprites, or hollyhocks?



Grilled Chicken

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. 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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(415) 457-4633 www.marinvillages.org

National Organization: <https://www.vtvnetwork.org/>