



Twin Cities Village Voice

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

July 2022

EDITORIAL

By Sue Sommer

Well, July marks the halfway point of the year, with many celebrations and festivities. There is, of course, the big one—the Fourth. On July 4, 1776, the thirteen American colonies joined forces to declare their independence from the British dictatorial monarchy. The Fourth of July, formally known as Independence Day, has been a federal holiday since 1870 in the United States of America—a day to fly the flag proudly and resolve that this day will not be usurped by factions currently working to overturn the independence we've fought for.

July 1 is Canada Day, a Canadian federal holiday that celebrates the creation of the dominion of our northern neighbors in 1867.

Through July 4—Marin County Fair!

July 3 brings the start of the hot and sultry Dog Days of Summer! (Ends August 11). It's from the ancient Greek belief that the brightest star, Sirius/Canis Major shines brightest during this time—and not about eating myriad hot dogs.

July 4 festivity: Locally, we will celebrate with the annual Corte Madera-Larkspur July 4 Parade and Festival, Monday, July 4, with a theme of, "We're Back"!

- Start time: 10:30am, but street closure is at 10:00 am. It begins at Redwood High School and ends at Corte Madera Town Center. The parade will feature many incredible bands, including Town Band, McIntosh Pipe Band, and the Freedom Band.
- Festivities will abound, 9:00am – 5:00pm in the Corte Madera Town Park, featuring arts & crafts, entertainment, children's activities, great food choices, and more.
- Start your day with a pancake breakfast from 8:00 – 11:00 at the American Legion, 500 Magnolia in Larkspur—pancakes, bacon, and, oh, those gin fizzes!

On **July 5, 1946**, the world's first bikini was unveiled in Paris. (I don't know why this fascinates me, but it does). Just in time for the heat of summer, the bikini was modeled by showgirl Micheline Bernardini. While two-piece forms of swimwear previously existed, none used as little fabric as the bikini.

July 13—The biggest full moon of the year, the Buck Moon, occurs in the northern hemisphere. It looks like antlers are embedded in the face of the moon, but it is also when male deer start to grow new antlers, and by the time of the full moon, they are in complete development. It also acts as a warning that the summer will soon be over as it marks the point of the first full moon that we see in July.

July 14 is Bastille Day, which commemorates the storming of the Bastille prison and the start of the French Revolution. Grab a flute of champagne and celebrate our French friends' freedom from tyranny.

July was an important time for the space race of the '60s. The first crewed foray to the moon, the Apollo 11 Mission, launched on **July 16, 1969**. Four days later, on **July 20, 1969**, Neil Armstrong made history by taking the first step on the moon while declaring, "That's one small step for man, one giant leap for mankind!".

July 16, 1945, was another big day for the world and a step down a very dark period of history. It was on this day in Alamogordo, New Mexico, that the first atomic bomb was detonated. The bomb was called "Fat Boy," and at its explosion, the mushroom cloud was 41,000 feet (12.5 kilometers) high.

July 29 marks Islamic New Year, which begins with the first sighting of the Crescent Moon after the New Moon in the month of Muharram. This event signals the start of the Islamic lunar calendar year.

So, whether you commemorate Dog Days, or the Buck Moon, or the first bikini, keep in mind that our freedom and our right to fair and free elections, and equality for all—independence—are the most important reasons for celebrating this month.

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, July 6 & 20, 11:30am



Join this ongoing group to discuss world events, 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 Happy Hour

Tuesday, July 12, 3:30 – 5:00pm

BOCA restaurant patio, The Village



Bring a friend and join us to sip something fun and catch up with friends. Perhaps a game will appear, too...we never know!

Fun & Games

Bocce Ball

Friday, July 22, 1:15 – 3:00pm

Marin Bocce Federation, 550 B Street, San Rafael



Put on cool clothes, your soft-soled shoes, bring a hat, and head over to Albert Park and join other bocce-ballers.

OTHER MARIN VILLAGES EVENTS

Not Home Alone 4th of July—FULL!

Pacific Catch, Corte Madera, 2:00pm



Donnalee Wells hosts this popular event on holidays. Reservations for Independence Day are full, but stay tuned for our upcoming Labor Day Not Home Alone!

The **Pop-Up Bazaar** is shaping up nicely, so continue to save items to donate. First donations may be made this month for the October extravaganza. More information to follow.

The mask mandate is still up to you in many indoor areas because of the Omicron variant spike (and who knows what else?), but at least things are open and available. Check the Marin Villages' *Village Square* or local news for updates, as well as 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

July birthdays



Happy birthday to our July celebrants!

Lee Smith, July 10

Peggy Byrne, July 20

Vernette Jones, July 20

Zvi Danenberg, July 21

INVITE TO WRITE



Taking a writing break, but watch for a report from Marty Schwarz from her current Alaska odyssey.

BITS AND PIECES

Confession: while we think of the bang of fireworks on the Fourth, for me it marks the half-way point of healing from my own Big Bang. I'm confessing this because I'm always telling you to

- Slow down
- Hold on to the handrail
- Don't wear rubber flip-flops
- Do one thing at a time

I didn't do that.

Getting ready to go out, I picked up a shirt to hang up on the way to brush my teeth, caught my foot on the corner of the bedspread, and flew into the wall, making the perfect face-plant! I was okay—nothing broken or bleeding—but, you know those cute pictures of raccoons? Take one of those and transpose another one sideways over it, paint much of it dark purple, and you have an idea of what I looked like. Of course, it would help if I'd pick up my feet, too. I'm doing fine now—if not embarrassed and disappointed in myself—but I share this as another reminder: "Let's be careful out there!"

Random thoughts about growing older...

First ~ Eventually you will reach a point when you stop lying about your age and start bragging about it.

Second ~ The older we get, the fewer things seem worth waiting in line for.

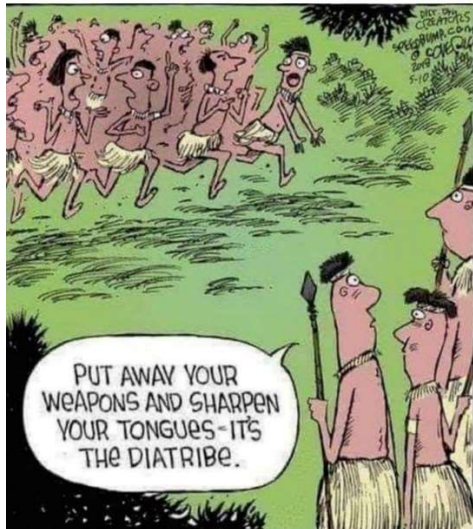
Third ~ Some people try to turn back their odometers. Not me; I want people to know 'why' I look this way. I've traveled a long way, and some of the roads weren't paved.



"Our scientists may have discovered that we once had extra body parts."



AND MORE...



Sometimes, I shock myself with the smart stuff I say and do. Other times, I try to get out of the car with my seat belt on.



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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