



## THE VILLAGE SQUARE

*A monthly gathering place for all our news*

July 2022



July always feels like pure summer in our household—no school throughout the entire month, and the hot days settle in, leaving us scrambling for any cool air we can coax into our upstairs during the morning and evening hours. Some of you are traveling this summer, others staying home and enjoying the eternal-vacation feeling that Marin County can bring, with the coast, the mountain, hiking, lakes, the bay, and San Francisco just over the hills. Whether your July lake is abroad (like this photo from Montenegro) or local, hope you are finding time to enjoy the relaxing pace of summer. *Danielle, Marin Villages staff*

### MARIN VILLAGES NEWS

#### A very happy birthday to our July nonagenarians

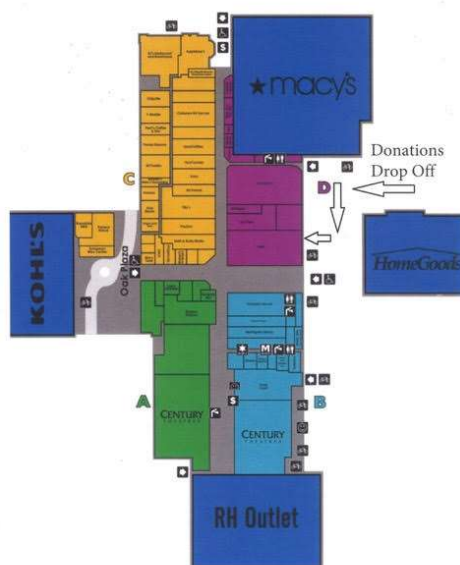


After only one nonagenarian birthday in June, July is bursting with members enjoying their tenth decade. **Lois Cannady** and **Marge Jackson** join the 90+ club this year. **Eldon Beck** and **Gillian Wirganowicz** turn 91; **Marcella Murray**, **Mary Stiehm**, and **Betty Williams** hit 92; **Elaine Couch** and

**Lynne Nebenzahl**, 93; **Lee Smith** is celebrating 94 with his family, we hear; **Zvi Danenberg** and **Peter Davis** are celebrating 97; and **James Shaw** turns 98 this month. Happy, happy birthdays to you all, and have as much cake as you want!

### The Pop-Up Thrift Boutique is taking donations!

The time you've been waiting and holding your treasures for has arrived! We are taking donations for the Pop-Up Thrift Boutique at the Northgate Mall. **Starting July 13**, you can drop off your gently used goods either **Wednesdays, noon – 5:00pm**, or **Saturdays, 10:00am – 4:00pm**. The dropoff location is indicated in the image below. It is the back entrance to what used to be H&M, behind Macy's, across the parking lot from Home Goods, and just to the left of Bank of Marin—between the door to Bank of Marin and the entrance to the mall on that side. The door will be open and there will be a sign outside letting you know you're in the right place!



We will gladly take women's, men's, and kids clothing & shoes; jewelry; artwork; kitchenware; home décor; linens; and more. Please note we are NOT accepting books, CDs, skis, women's or men's suits, large furniture, or computers and monitors.

Please contact Annemarie Clark ([amco0616@gmail.com](mailto:amco0616@gmail.com) or (415) 519-8331) or Sue Steele ([xerty.10@gmail.com](mailto:xerty.10@gmail.com) or (415) 966-6614) with questions.

### Thank you!

A very special thank you to everyone who donated to our recent spring appeal, and to everyone who donates throughout the year. With your support we were able to exceed our annual fund targets! We were also pleased in June to be able to gather in appreciation of our major donors.



## COVID UPDATE

We've all heard the term Long COVID, but what does it mean and who gets it and why? These are questions that are still being answered by doctors and scientists and public health officials, but Dr. Matt Willis, Marin County's public health officer, offers some new evidence from England that helps us understand a bit more about who appears to be more at risk for Long COVID. The good news: vaccination and milder cases (not requiring hospitalization) are two of the likely forces for avoiding Long COVID. This speaks well to our experience in Marin County, where vaccination rates have kept hospitalization rates low. Hear Dr. Willis' explanations (and call for help with surveys here in Marin about Long COVID experiences) here: <https://www.youtube.com/watch?v=ci4bGtxve-s>

The current COVID variants making the rounds are highly contagious and both infection rates and hospitalization rates across the Bay Area are going up again. Even if you are vaxed and boosted, please keep masking up, especially indoors, and if possible, keep your group events outdoors while we have this amazing weather to enjoy!



## MARIN VILLAGES PROGRAMS

### Bocce Ball

Friday, July 22, 1:15 – 3:00pm

Marin Bocce Federation, 550 B Street, San Rafael



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

### What really matters at the end of life?

Novato Village is developing a symposium featuring B. J. Miller, MD, a hospice and palliative medicine physician, sometime in the late autumn of 2022 and possibly the early months of 2023. He has written this book: *A Beginner's Guide to the End: Practical Advice for Living Life and Facing Death*. Stay tuned for details on this symposium, and in the meantime, see his important TED Talk on what really matters at the end of life here: [https://www.ted.com/talks/bj\\_miller\\_what\\_really\\_matters\\_at\\_the\\_end\\_of\\_life](https://www.ted.com/talks/bj_miller_what_really_matters_at_the_end_of_life)

### Not Home Alone hits it out of the park again!

The July 4th edition of Not Home Alone featured 21 members and volunteers enjoying a lovely meal on the patio at Pacific Catch in Corte Madera. **Donnalee Wells** has been bringing people together for these fun events almost every month, and this month **Valerie Stilson** brought the festive red, white, and blue lei party favors. Thank you both! Look for the next NHA on Labor Day, September 5.



### Estate Planning and Planned Giving presentation materials

The recent presentation by Ashley Garvey, an associate attorney with Perkins Coie, helped simplify what is a sometimes complicated and usually daunting task—deciding what happens to your estate before and after you are no longer here or able to make important decisions. It's well worth an hour of

your time to watch Ashley's presentation at your convenience. Even if you already have a will or trust, it's important to keep it current, and there are great tips here. To view the presentation, click [here](#). For the PowerPoint slides, use [this link](#).

## COMMUNITY PROGRAMS

### **San Rafael Rail Depots & The Northwest Pacific Railroad in Color**

Thursday, July 21, 7:30 – 9:30pm

San Rafael Community Center, 618 B Street, San Rafael

This program of the Northwestern Pacific Railroad Historical Society will feature two fascinating presentations by former Northwestern Pacific employee and railroad historian Fred Codoni. The first is a complete history of the railroad depots in the San Rafael area, including downtown San Rafael, B Street, West End, Highland Avenue and California Park. The second is “NWP in Color,” a look at the Northwestern Pacific Railroad through decades of rare color photos and slides. Both of these presentations promise to deliver a unique and informative look at our local railroad history, by one of the Society’s most popular speakers. For additional information, contact Joe Osborn at [jhko@aol.com](mailto:jhko@aol.com).

### **Oakmont Classic Car Show**

Saturday, July 23, 11:00am – 2:00pm

Oakmont of Novato’s annual car extravaganza is coming soon, with signature cocktails, delicious BBQ, live music, and of course, classic cars! To attend, please RSVP to (628) 215-1200 by July 21.

## CHECK THIS OUT...

**Paul McCartney** turned 80 last month and his life is a sort of master class in hope and resilience.

<https://www.nextavenue.org/paul-mccartney-shows-us-how-to-age-gracefully/>

Many of us grew up repairing things instead of replacing them. Here is a lovely article on **mending** and an exhibit in London showing how mending is progressing to a creative art beyond just patching holes.

<https://www.theguardian.com/fashion/2022/jun/19/mending-much-more-than-making-do-london-exhibition>

I sure wish I knew what they are saying because there is no doubt these **two parrots are having a real conversation**. <https://www.youtube.com/watch?v=dIu504XrYA>

The neighbors that complained about noise when this dog was playing the piano clearly do not appreciate **a good, soulful tune**. The nanny cam caught it all.

<https://www.youtube.com/watch?v=6HgZ8aH9zJQ>

And speaking of smart dogs, this video of a **dog using human language** through buttons is fascinating.

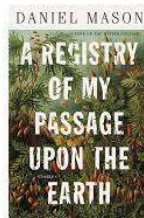
<https://www.youtube.com/watch?v=8m-xupLJc4M>

I can't imagine crossing the Pacific Ocean in any craft, but **alone and at 83**? No way. Kenichi Horie shows us all how it's done. <https://www.cnn.com/travel/article/kenichi-horie-solo-pacific-sail-intl-hnk/index.html>

Volkswagen has a pretty fun history of combining Star Wars and its cars in commercials. Here is one from 2012, featuring **an adorable little Darth Vader**, <https://www.youtube.com/watch?v=2zwMWLE9fBU>, and another one from this year showing the **new electric VW bus (called Buzz)** coming soon! <https://www.youtube.com/watch?v=Xrxrygxn2cl>

## BOOKS, MOVIES, OR TV WE CAN'T STOP THINKING ABOUT

### Books



#### **A Registry of My Passage upon the Earth, Daniel Mason**

I'm usually not drawn to short stories, but two of Daniel Mason's three novels have remained favorites for many years, so I gave this book a try. And I'm so glad I did! Mason's writing is lyrical and thoroughly draws you into the time periods and settings (all the stories are historical, some based on real people). He experiments with different writing styles to suit each story, and with one exception, it works seamlessly. Mason is a psychiatrist at Stanford, so is able to convincingly describe characters' inner worlds and motivations. *The Guardian* describes it thus: "The grand pleasures of fiction are all here: rich, cushioning detail; vivid characters delivering decisive action; and a sense of escape into a larger world." And please do read two other novels by him: *The Piano Tuner* and *The Winter Soldier*. Three books in the space of one review! *Danielle, Marin Villages staff*

### Movies



## Operation Mincemeat, Netflix

*Operation Mincemeat* was a successful British deception operation of the Second World War to disguise the 1943 Allied invasion of Sicily. This 2021 British film, now showing on Netflix, deftly delves into the details of bringing the plan to fruition (it involved using a decoy corpse and false documents) while never bogging down. At a time without the modern technology and communications methods we are so used to, a group planning in Britain manages to plant a corpse in Spain whose information makes it to the top of the German hierarchy. But will the Nazis believe what the papers say? Colin Firth and Matthew Macfadyen (two former Mr. Darcys from *Pride & Prejudice*) have a terrific chemistry that draws you into the tension and intelligence and chance behind this now-legendary operation.

*Danielle, Marin Villages staff*

## HUMOR

### Happy July!







## BEFORE WE GO

This man was driving down the road and saw a kitten come out of the bushes, so stopped to help. What came afterwards was **totally unexpected and unbearably cute**. (He found homes for all the siblings.) <https://www.instagram.com/p/CehVuU7DAem/>

*If you know someone who might be interested in Marin Villages or this newsletter, please forward it on to them. Word of mouth is one of our biggest sources of new members and volunteers! And, as always, if you have ideas for the newsletter, please send them to [communications@marinvillages.org](mailto:communications@marinvillages.org).*