

MARIN
VILLAGES



Our Paths - Our Choices

THE VILLAGE SQUARE

A monthly gathering place for all our news

August 2022



How is it that August simultaneously feels like mid-summer and late-summer? There's still plenty of time to vacation, or to take a day trip to the beach or spend a day in the city, and the weather is definitely hot. And yet, school starts at the end of the month—altering traffic patterns around 8:00am and 3:00pm—fall sales are starting, and talk of cooler fall weather seems to pop up in various things I read. I'm sticking with summer as long as I can, no matter what the retailers tell me. I hope you are, too, and are getting out to enjoy the weather and the lower risk of getting COVID when you are outdoors. See below for some outdoor Marin Villages events, and join us for some summer fun!

Danielle, Marin Villages staff

MARIN VILLAGES NEWS

A very happy birthday to our August nonagenarians

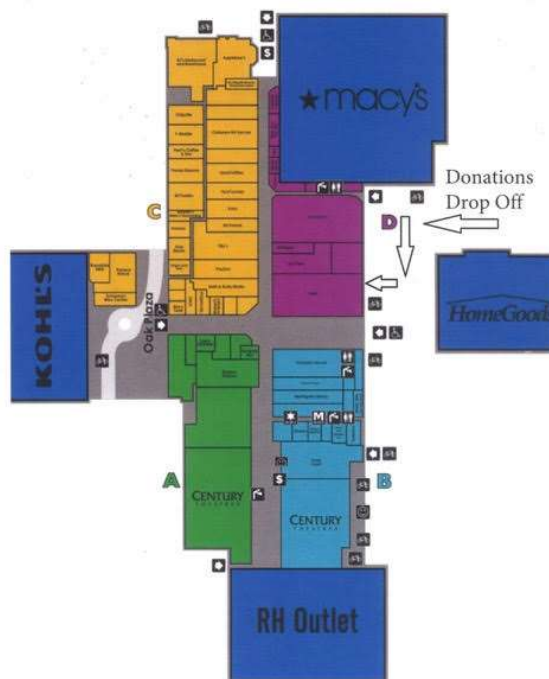


Summer birthdays mean endless possibilities for celebrating outdoors, especially now with COVID! Our 90+ celebrants this month include **Yvonne Brown** and **Richard & Grace Ades**, who are joining our nonagenarians this month—congratulations! **Doris Kramer** turns 91; **Carol Roecks** is 93; **Ralph DeRango** turns 96; **Gloria Kuhnhausen** is hitting 99; and **Libby Byers** turns 100! Time for a centenarian club, perhaps?! Enjoy a sunny birthday, all!

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. You can drop off your gently used goods either **Wednesdays, noon – 4:00pm**, 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.



For questions regarding donations, contact Annemarie Clark (amco0616@gmail.com or (415) 519-8331) or Sue Steele (xerty.10@gmail.com or (415) 388-7832). If you'd like to volunteer for intake and sorting, please use this link. <https://signup.com/go/eqnUKfZ> Volunteers are required to wear masks and asked to please come 15 minutes before your shift starts.

New Mental Health Crisis dialing code

988 is the new universal three-digit dialing code for suicide prevention and mental health crises. SAMHSA (the Substance Abuse and Mental Health Services Administration of the U.S. Department of Health and Human Services) will administer the new 988 Suicide and Crisis Lifeline, replacing the current toll-free National Suicide Prevention Lifeline's 1-800-273-TALK (1-800-273-8255). Calling 988 will direct the caller to representatives specifically trained in the management of suicide risk and other mental health crises.

Marin County Fire Chiefs launch new website

The Marin County Fire Chiefs are pleased to announce the launch of the new website, www.readymarin.org. At the start of another fire season, the site offers a clear and easy approach for anyone in the community to learn more about disaster preparedness. The site focuses on planning and preparation for the many threats Marin County faces everyday including wildfire, earthquakes and flooding. With easy and clear navigation, the site contains vital information for residents of all ages on how they can prepare their family and home as well as building community resilience. The new site enhances and simplifies the user experience, enabling the public to easily access documents and information.

ESCOM

Emeritus Students College of Marin (ESCOM) is a pioneer provider of lifelong learning in Marin County and beyond. ESCOM provides a rich variety of interactive clubs, interesting talks and social/cultural events for their members. As an organization of the College of Marin, ESCOM has programs both online and in-person, and free to all members. To learn more and to join ESCOM, please visit <http://escom.marin.edu>.

COVID UPDATE

As if COVID news weren't sometimes concerning enough, now you are probably hearing conflicting reports about Monkeypox, some of which might sound quite alarming. Yes, Monkeypox is out there and spreading, but there are reasons we can feel reassured about its danger versus COVID's. Dr. Matt Willis lays out a clear and level-headed explanation of Monkeypox, what it is and is not, and how the County is dealing with it, in this video. <https://www.youtube.com/watch?v=GJ4itaBvoko>

Also, even though we might be sick of masks, they are still one of our best defenses against COVID when we are out and about. And there is a **new consideration** as we approach fire season: high-quality

masks (N95, KF94 and KN95) can help protect your lungs if you must go out when there is smoke in the air. Cloth or surgical masks simply won't provide the same protection. So store those good masks to have them ready for any occasion! Remember that we have KN95 masks available in the office. Please give us a call if you need one. (415) 457-4633

MARIN VILLAGES PROGRAMS

Men's Coffee at the Sweetwater

Wednesdays, August 3 & 17, 11:30am

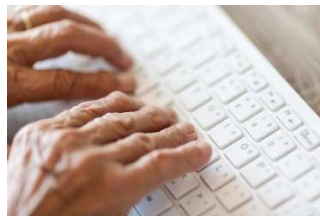


This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, whether a volunteer or member, to come join us. The group meets at the Sweetwater Music Hall's "Rock & Rye" restaurant twice a month. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman (irvgubman@gmail.com or (415) 250-6155).

Technology/Computer Help Office Hours

Wednesday, August 17, 4:00 – 5:30pm

Zoom



Issues with your printer? iPhone not syncing properly? If so, join our newly formed volunteer tech support group for the answers to these and all of your other burning technology questions! This is a space where you can "drop in," ask questions, and receive expert tech advice from some of our wonderful tech volunteers. So bring your questions about your computers, tablets, phones, etc., and our dedicated tech volunteers will do the rest. This opportunity is available to all Marin Villages members and volunteers. Please join us! <https://us02web.zoom.us/j/86999211715>

Summer Sangria Supper

Wednesday, August 17, 5:00pm

Whipper Snapper Restaurant, 1613 4th Street, between F & G, San Rafael

Hosted by San Rafael Village



All Marin Villages members and volunteers are welcome! Please join your hostess, Valerie Stilson, as we celebrate with other Villagers on the private and charming Whipper Snapper outdoor patio. While this is a no-host meal, a complimentary glass of sangria will be provided. First come, first served, and space is limited to 20 guests. All attendees must be vaccinated and boosted. Please bring cash for your meal. RSVP is required to Valerie Stilson at valerie.stilson@sbcglobal.net. If you need a ride, please call the Marin Villages office (415) 457-4633.

What is Home Match, and could it work for me?

Wednesday, August 24, 11:00am

Zoom



Luke Barnesmoore, program director for Home Match Marin, will do a presentation on Home Match's shared housing program in Marin. Home Match is a free, nonprofit home-sharing program that connects home providers (homeowners and master tenants) looking to rent a room in their home or apartment/ADU on their property with home seekers looking for affordable housing options. Home Match is a high-touch service that vets and gets to know both program participants and facilitates matches based on shared lifestyle preferences and communication styles. To register for this event, go to <https://marin.helpfulvillage.com/events/4602-zoom-event-with-home-match-marin's-shared-housing-program-director---luke-barnesmoore>. For more information on Home Match services please visit their website. <https://covia.org/programs/home-match/>

Bocce Ball

Friday, August 26, 1:15 – 3:00pm

Marin Bocce Federation, 550 B Street, San Rafael



Put on your soft-soled shoes and join other Marin Villagers at Albert Park for some light exercise and a few laughs. Look for the happiest group on the courts. That will be the Marin Villages bocce lovers! No experience necessary.

COMMUNITY PROGRAMS

All Things Apple

Tuesdays throughout August, 2:00 – 3:30pm

Zoom

Join Beryn Hammil on Zoom and learn how to get the most out of your Apple devices. Pre-registration is required for each class. Invitations to register will be emailed each Thursday for the following Tuesday class. Each topic is relevant for the Apple iPhone, iPad, and Mac computer. **New students**, please email Shereen at: sash@marincounty.org to get started. For each week's content and descriptions, please use this link:

<https://marinlibrary.bibliocommons.com/events/62dc4794c8824838f7745906>

Avoid Scams, Fraud and Identity Theft: An Online Presentation for Older Adults

Wednesday Aug 17, 1:00 – 2:00pm

Zoom

This online presentation is sponsored by the Marin Library. Members of Marin County's Financial Abuse Specialist Team (FAST) will provide information for older adults on how to avoid financial abuse and protect themselves against common financial scams. To register for this event, use the following link. After registering, you will receive a confirmation email containing information about joining the meeting. <https://us06web.zoom.us/meeting/register/tZwvdu-hqT0qGtJ2pN0UkjSF6WCaYus2grs>

CHECK THIS OUT...

This feels like one of those secrets that makes life more interesting in some crazy way. Did you know that airline crews have **hidden areas on the aircraft** where they can go to get some sleep during flights? For obvious reasons, they are not easily seen by the public, but they're there, and range from the basic to the almost luxe. <https://www.cnn.com/travel/article/airplane-crew-sleeping-quarters-cmd/index.html>

I remember in Bali's rice paddies seeing **ducks used for insect control and fertilizer** in one feathery, busy bundle, but it turns out they are doing a great job protecting vineyards in South Africa, too!

<https://www.cnn.com/travel/article/duck-vineyard-pest-control-vergenoegd-low-south-africa-spc-intl/index.html>

I don't have much time for TV, but when I do, **food shows** are one of the genres that take me to a happy place. This article talks about some of the shows—from *Julia Child* to *The Great American Recipe*—that PBS continues to air (and see review of *The Great American Recipe* below).

<https://www.nextavenue.org/the-staying-power-of-pbs-food-shows/>

Watching these **baby sloths** at a sloth sanctuary eat lunch makes me want to drop everything and go take care of rescue sloths. <https://www.youtube.com/watch?v=gdOmjfmN2NA>

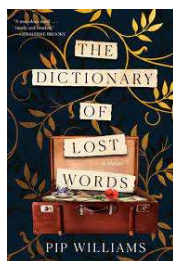
The Sound of Music was one of the best-loved movies of the 20th century, and on the occasion of the 50th anniversary of its release, part of the cast joined in the celebrations in Salzburg.

<https://www.youtube.com/watch?v=n7hA7YzOHDU>

In sixth grade our school did a show of dance through the decades, and my class did the **Jitterbug**. But not anything like this! https://www.youtube.com/watch?v=JNyTu1_YrU

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

Books



The Dictionary of Lost Words, Pip Williams

Young Esme spends her days in the Scriptorium—the room where the Oxford English Dictionary is being created—with her father, one of the lexicographers collecting and sorting the words to be included. As she grows and takes on responsibilities with the dictionary, she begins to notice that the words being chosen reflect the world as seen by men. She starts writing down words she hears in the market, in the kitchen, and in other places where women do much of the work, exposing her to a whole new vocabulary that has never been recorded. The story weaves fictional Esme and her father into the real story of the OED's creation, as well as providing a window onto life in Oxford in the late 1800s and early 1900s. If you love words, how they are used, and where they come from, you will get lost in this story and the world it inhabits. I didn't want it to end. *Danielle, Marin Villages staff*

Movies



Emma, Amazon Prime

A classic Jane Austen romantic comedy, with a stellar cast and some wicked humor. Emma styles herself a matchmaker, though not interested in romance for herself (we all know how that works out in Jane Austen stories). Early in the movie things seem to be going swimmingly, until they are not. Emma has to swallow her pride and try to undo the damage she's wrought. While many of us have seen different versions of this tale, this 2020 version feels fresh and definitely worth seeing for the acting and humor. *Danielle, Marin Villages staff*

TV



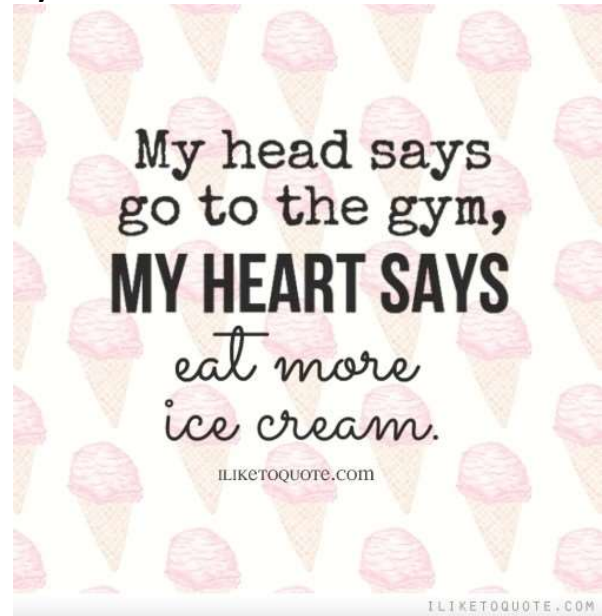
The Great American Recipe, PBS

[From PBS] "The Great American Recipe is a new eight-part uplifting cooking competition that celebrates the multiculturalism that makes American food unique and iconic. Hosted by Alejandra Ramos, the series gives talented home cooks from different regions of the country the opportunity to showcase their beloved signature dishes and compete to win the national search for 'The Great American Recipe.'"

I started watching this show recently, and loved it in the way I loved *The Great British Baking Show*—contestants are unpretentious, kind people cooking the food they grew up with, always inspired by their heritage, which in this case covers the globe. I'm learning about regional American cuisine, cuisine from countries from which I've never tried to cook, and also the art of riffing on a traditional recipe. I can watch this show completely full and still get hungry. *Danielle, Marin Villages staff*

HUMOR

With this summer heat, a certain dessert has been on my mind...

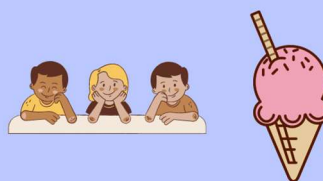




I followed my heart
and it led me to ice
cream.

- Anonymous

 Turtlequote.com



Just taught my kids about
taxes by eating 38% of their ice
cream.

- Conan O'brien

 Turtlequote.com

BEFORE WE GO

This young dancer seems talented beyond her years. Grace, control, emotion, flexibility—it's no wonder she won this competition. <https://www.youtube.com/watch?v=xjiZs2EZAXI>

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.

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