



# Tiburon Peninsula Village

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

## July 2023 Newsletter

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Cherie Sorokin, editor



Can it be true we are about to be halfway through 2023? How time flies, especially now that we can be out and about again! Wish summer had arrived, though. But maybe by July 4<sup>th</sup>!

### Keep your mask handy and get boosted again!

Marin's high level of vaccinations has helped residents here avoid infections and also helped reduce the severity of illness in those who do get infected. Because immunity from infection does wear off, do keep in mind that Marin's Public Health officials strongly encourage everyone over 65 to get another bivalent booster. These boosters are widely available in Marin so please do consider making an appointment for one for yourself, and the sooner the better! And, keep a supply of masks handy. Although almost no one seems to be wearing them anymore, you may find yourself in a situation where you wish you had one—for example, if sitting next to someone in a crowded non-well-ventilated room, or next to someone who is coughing or sneezing. Wearing masks in grocery stores or other indoor spaces with lots of people when you just can't be "socially distant" from folks can also help protect you not only from COVID, but from pesky summer colds.

## Who was Yankee Doodle Dandy?



But, seriously, can you hum the Yankee Doodle song?

Yankee Doodle went to town,  
a-riding on a pony,  
stuck a feather in his cap,  
and called it macaroni!

Yankee Doodle keep it up,  
Yankee Doodle Dandy,  
mind the music and the step  
and with the girls be handy.

...and on and on for at least 120 verses and multiple versions that adapt the words to suit the situation. It's one of the most played tunes around the 4<sup>th</sup> of July, often played by Fife and Drum bands as they march in parades.

The actual origins of this song aren't entirely clear, but by the time of the French and Indian War and the later American Revolution, it seems to have been used by the British as a way to make fun of the ragtag American colonists they were fighting with or against, depending on the war. But those same colonists appropriated it and turned it on its head, so to speak, making it an expression of colonial pride and patriotism as they defeated the British in the American Revolution. Here's the scoop, according to the Cliff Notes online notes about this song, which seem to generally agree with other accounts:

"In 1750s England, **Yankee** was a general term of contempt. **Doodle** refers to a lowly provincial person, while a **Dandy** is a meticulously well-dressed man. In the 1700s, **macaroni**\* was an English dandy who affected foreign fashions and mannerisms.

"So, roughly translated, the song says, 'This country bumpkin came along on a pony — not a horse! — and thought that merely sticking a feather in his hat would turn him into a suave sophisticate like a European. What a rube!'

“Despite the mocking tone, New England colonists turned the song into their rallying theme song during the Revolutionary War. They sang it proudly in the battles against the British...and with extra exuberance when Lord Cornwallis surrendered to George Washington at Yorktown in 1781.”

<https://www.cliffsnotes.com/cliffsnotes/subjects/history/what-is-the-song-yankee-doodle-dandy-really-about>

\*Macaroni according to some refers to a particularly fancy wig that people excessively concerned with appearance wore, so the put-down is someone thinking putting a feather in his cap would equate to wearing a macaroni. (<https://americansongwriter.com/meaning-of-yankee-doodle-song-lyrics/>) Some others say it refers to a hat worn by Oliver Cromwell decorated with a single feather fastened by an elaborate knot—an Italian decoration called a "macaroni." Different tales abound, often told with absolute certainty, but with little proof.

More about the origins of Yankee Doodle? Check out this link to an article on the Kennedy Center website: <https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/music/story-behind-the-song/the-story-behind-the-song/yankee-doodle/>

### Songs for the 4<sup>th</sup>

So many songs come to mind when thinking about the 4<sup>th</sup> of July, and, of course, almost all of them designed to stir patriotism and pride in America. We are perhaps a bit more leery of our own patriotic mythology these days, but the songs are still great. Check these out!

Here's the famous variation of Yankee Doodle Dandy by James Cagney from the film about George M. Cohen. <https://www.youtube.com/watch?v=N8wxb-wwQnA>

Here's a more traditional version of Yankee Doodle—whoever posted this version had a slightly different explanation of the term “macaroni”—using it to refer to Oliver Cromwell riding horseback into Oxford in 1653 wearing the hat described above.

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

Here's another song appropriated from the British who know the tune as “God Save the King.” <https://www.youtube.com/watch?v=VKj7FLg3WVA>

How about this one from Kate Smith? <https://www.youtube.com/watch?v=HwPkHbmSoJQ>

And finally, no compilation of 4<sup>th</sup> of July songs would be complete without this march from John Phillips Souza. “The Stars and Stripes Forever” is our national march!

<https://www.youtube.com/watch?v=QAnky-QJwII>

Want more? Google YouTube and patriotic songs for the 4<sup>th</sup> of July. Compilations abound! Here's a nice one. <https://www.youtube.com/watch?v=wjliBfuMs6A>

## Thank you!

Many thanks to all who contributed to our spring fundraising campaign. We are so grateful for all the donations we receive from our members and volunteers and donors. These donations make it possible for us to continue growing and to expand our services and gatherings which contribute so meaningfully to our lives.

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## TIBURON PENINSULA VILLAGE EVENTS

All Tiburon Peninsula Village events are open to both members and volunteers from all villages, but if you are a member and need a ride to any of the events below, please call the office. (415) 457-4633 Make sure to do so early enough to allow time for our volunteers to respond to your request!

### Food & Drink

#### **Morning Stroll Followed by Coffee (unless it's raining!)**

Each Tuesday in July (July 4, 11, 18, 25)

Along the Tiburon Waterfront

10:30 to noon or so—please try to arrive no later than 10:30 so we don't leave without you



- **Every Tuesday 10:30 to 11:30 or noon**
- Meet at the fountain at the corner of Tiburon Blvd. and Main St.
- Easy stroll from the fountain to Caprice Restaurant and back, with breaks to rest if needed along the way
- Followed by Dutch-treat coffee or tea at Caffè Acri
- Please RSVP so we know whether or not to expect you to join us!
- If you need a ride to and from our starting location, please let the office know
- YES, we are walking the morning of July 4
- Cherie will be out of town on July 11, but the walk will go on without her!

#### **TPV Morning Coffee and Chat**

Thursday, July 20, 10:30 – 11:30am (Note change to the THIRD THURSDAY THIS MONTH)

Rustic Bakery, Tiburon



- Join us on the boardwalk at the tables in back outside
- We do still recommend masks when you go indoors to order coffee or if we have to be indoors because of the weather
- If you need a ride, please call the office! Otherwise, no RSVP needed.
- If you don't see Cherie, look for a happy group of TPV members sitting together outside!

### **TPV Happy Hour**

Tuesday, July 25, 4:30pm

On the deck at Sam's



- TPV will buy one drink per person plus appetizers for the group
- Watch the weather and dress accordingly!
- Masks not required if you are fully vaccinated and we're outside
- Yes, please RSVP to the office so we know to expect you!
- Do let the office know if you need a ride

### **Afternoon Tea at Caffe Acri**

Wednesday, July 31, 3:00pm

Caffe Acri at the Corner of Main St. and Tiburon Blvd.



- Dutch treat
- TPV will buy assorted yummy cookies for the group

- Watch the weather and dress accordingly!
- No need to RSVP
- Let the office know if you need a ride

## Outings

### **Smart Train to Santa Rosa**

Friday, July 28, see schedule below

From Larkspur station (across the street from the Ferry Terminal)



- Arrive at Larkspur station +/- 10:30 am, depending on the train schedule at the end of July
- 1½-hour ride up to Santa Rosa
- Another 1½-hour trip back to Larkspur at +/- 3:30, again depending on train schedule
- Lunch at Grossmans in Santa Rosa—about ½ block from the station
- You must have a Clipper Card to pay for the train trip or arrange with Cherie to buy one for you
- RSVP required by July 24. Specifics on timing will be provided once you RSVP.
- Please let the office know if you need a ride to and from the station at Larkspur Landing

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## OTHER MARIN VILLAGES EVENTS

### **Men's Coffee**

Wednesdays, July 5 & 19, 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 restaurants and coffee shops around Mill Valley the first and third Wednesdays of the month.

To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman ([irvgubman@gmail.com](mailto:irvgubman@gmail.com) or (415) 250-6155).

### **Not Home Alone—4th of July early dinner**

Tuesday, July 4, 2:00pm

McInnis Club Restaurant, 350 Smith Ranch Road, San Rafael 



Come one, come all, in your red, white, and blue attire and celebrate the 4th of July with other Villagers! All members and volunteers are welcome! Join Not Home Alone hostess Donnalee Wells and other Villagers for a 4th of July early dinner in the private dining room at The Club Restaurant at McInnis Park Golf Center. First come, first served, and space is limited to 30 guests. **RSVP is required.** Please bring cash for your no host meal, and all attendees must be COVID vaccinated. RSVP ASAP to Donnalee at [donnaleewells@comcast.net](mailto:donnaleewells@comcast.net) or text or call (415) 302-9244. Rides are limited due to the holiday. Please make arrangements for your own transportation. You will be able to choose one of the following entrees (second price includes tax and tip):

Bay Shrimp Louie	\$20 / \$26
Linguine with Salmon	\$23 / \$30
Chicken & Prawns Piccata	\$25 / \$33
Rustic Pot Roast	\$26 / \$34
Pasta Puttanesca	\$22 / \$29

Drinks can be purchased at the bar.

### **Technology/Computer Help Office Hours**

Wednesday, July 19, 4:00 – 5:30pm

Zoom



Did you know we have a tech help group on Zoom monthly where you can "drop in," ask questions, and receive personalized, individually focused, expert tech advice from some of our

wonderful Marin Villages tech volunteers. Even if you'd just like to sit in to learn a little more about technology, you are welcome to participate! Bring your questions about your computers, tablets, phones, etc., and our dedicated tech volunteers will do the rest. Here is the Zoom link, but also watch for announcements in the Village Square email in case there is a change in date or time. Please join us at this link: <https://us02web.zoom.us/j/89289995207>!

### **And more!**

Check out the Marin Villages calendar on our website ([www.marinvillages.org](http://www.marinvillages.org)) and watch for more announcements of programs in the monthly *Village Square*, which is emailed on the second Tuesday of the month. There's lots to do and practically a group for everything! You just need to look. Have an idea for something that interests you, but we don't yet have a group for? Call Cherie to suggest it! (415) 730-0204

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## **COMMUNITY EVENTS**

### **The Marin County Fair!**

June 30 to July 4, 11:00am – 11:00pm  
Marin County Fairgrounds



- Tickets are \$25 if purchased on or after June 30, available online or at the Fair
- Fireworks in the evening—which are likely more visible than the SF and Sausalito fireworks which are frequently obscured by fog!

### **Corte Madera-Larkspur Fourth of July Parade and Festival**

Tuesday, July 4, 10:30am – 4:00pm

- Parade starts at 10:30, but there's lots of additional fun planned for the whole day
- The parade route is from Redwood High School through downtown Larkspur and into Corte Madera by way of Tamalpais Drive to the Corte Madera Town Center
- By the way, our own Uncle Cookie will be serving Mimosas at the American Legion/VFW Post in Larkspur as part of Larkspur/Corte Madera 4<sup>th</sup> of July activities



## **Sausalito Fourth of July Parade**

Tuesday, July 4, 10:00am

- Parade starts on the corner of Second and Main and moves along Bridgeway to Caledonia Street, ending at Dunphy Park. Town picnic and entertainment follows.

## **There's Always Something Going on at the Tiburon Library**

### **Understanding Depression and Dementia**

Wednesday, July 12, 11:00am – 12:00pm

Learn the difference! Register in advance.

<https://beltib.libnet.info/event/8627339?registration=true>

### **Five Essential Skills for iPhones**

Tuesday, July 25, 11:00am – 12:00pm

Register on the library website: <https://www.beltiblibrary.org/event?id=8756099>

### **Art Workshop: Painting Animals**

Friday, July 28, 10:30am – 12:00pm

Register on the library website: <https://www.beltiblibrary.org/event?id=8681738>

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## **AND MORE...**

### **Two more photos from Australia!**

Kangaroos on the golf course—look for the joey in his mama's pouch—and a camouflaged koala having lunch before napping again!



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## REMEMBER TO LAUGH A LITTLE

How about some 4<sup>th</sup> of July jokes to share with your grandkids?

**How come there aren't any knock-knock jokes about America?**

Because freedom rings!

**What kind of tea did the American colonists want?**

Liber-tea

**What's the difference between a duck and George Washington?**

One has a bill on his face and the other has his face on a bill!

And maybe one for us to remember:

**How is a healthy person like the United States?**

They both have good constitutions!





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## HELP US HELP OTHERS

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](http://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](http://www.marinvillages.org)