



# Twin Cities Village Voice

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

May 2021

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"It's May, it's May, the lusty month of May!" So Guinevere sings in Lerner and Loewe's production of *Camelot*—and the convivial revelry ensues. If you travel by car or train through Europe, particularly in Bavaria, the beginning days of May will show you vestiges of the festive celebration of May Day, often held in town squares. The tall May Pole (usually a felled tree chosen with meticulous care and stripped, cleaned, then raised with great brawn and the aid of much foamy lager and many soft, salted pretzels—or so I'm told) stands holding court, displaying hues and lengths of random ribbon. Garlands, and perhaps flowers, may still adorn the symbol that welcomes spring. Perhaps the moniker of "lusty month" germinated from this: originally May was named for the Greek goddess Maia, who is affiliated with the Roman goddess of fertility. Thus, it is usually young women who don vintage costumes, grasp the free end of a colorful ribbon—the other end of which is attached to the pole, and dance around it in steps that create a woven spiral wrapping of the spire, as shown in this video.

<https://youtu.be/M1nPX5wLmZI> Much music and merrymaking ensue.

May first is also noted as International Workers' Day, or Socialist Labor Day, particularly in Cuba, China, Russia, and North Korea, commemorating the people's revolt against the landowners. In America it came about on May 1, 1886, when 200,000 workers marched in nationwide solidarity for an 8-hour work day. Mayday calls have nothing to do with May 1. They occur in life-threatening situations, most often from a ship or plane. Originated in the 1920s, it was so named in France as a simple, easy-to-understand distress call derived from *m'aider*—"help me" in French. The word is to be said three times, clearly, and immediately gets precedence over all other traffic and situations in the area.

Another spirited event occurs in early May—Cinco de Mayo. No, it isn't Mexico's Independence Day. May 5th originally celebrated Mexico's victory over France in the battle of Puebla, yet it has become a grand excuse for more consumption of suds and salt, as beer and tortilla chips top the food requirements for the day to adulate the culture of Mexico, though margaritas and mole run a close second.

The most honorable day of May occurs on its last Monday each year—Memorial Day, in remembrance of those who have died in military service for the United States. I remember when it was called Decoration Day, and when the name was officially changed in 1954. The holiday was first observed on May 30, 1865 (I do *not* remember that!).

Another May occurrence: this year—and every seventeen years—millions of harmless yet boisterous cicadas will complete a noisy buzz-chirpy appearance, no doubt causing celebration or consternation, making even more folks decide to down some foamy golden ale. Fortunately for us here in Marin, this entomologist's delight will emerge from hibernation in the eastern US and Midwest. The chorus becomes a symphony of boy cicadas calling girls for some fun after all those years underground, and the babies from those eggs will return in 2038.



Some sweet thoughts on another charming, tiny May visitor:

*Little May*, by Michael Tiemann

Little May, an angel with her translucent blue and iridescent copper wings raised to the sky, arose from the water. A nymph no more, she fluttered her gossamer wings, drying them and seeing her own refection as she escaped gravity with pure grace. Thousands rose with her. They mated and flew instinctively in one direction, some to feed birds and some to feed frogs—who sat joyously on their lily pads awaiting the manna from heaven. A feast delivered to all waiting, yet the survivors in the ecstasy of sunrise knew their work had only partly begun, and that sunset would end their brief lives. Their chirping wings took them to lakes and rivers, where they rejoiced in laying fertile eggs, still offering themselves as food. When the sun began to set and their noble purpose done, without having eaten, Little May and the surviving others laid down their lives to rest. A new generation would return next spring to repeat the never-ending Dance of the Mayfly.

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## WELCOME, NEW MEMBERS AND VOLUNTEERS!

**Members:** Joan Wieder, who is, among other attributes, an amazing artist. We look forward to the next Sip and Chat to meet you, Joan.

**Volunteers:** Kiffany Gibbs, and we're told her teen daughter Cora will be assisting; terrific! Sam Kim, a specialist in companionship.

Thank you for giving your time and energy to our village. We are eager to meet you all at an event soon—either the Sip and Chat or a REAL event!

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## LOCAL VILLAGE EVENTS (open to all unless noted)

All the events below are offered on Zoom. If you are not yet comfortable with Zooming, we can provide one-on-one help. Just let the office know you would like a volunteer to work with you. [info@marinvillages.org](mailto:info@marinvillages.org) or (415) 457-4633.

### Food & Drink

#### **Men's Coffee Group**

Wednesdays, May 5 & 19, 11:00am

Join the Men's Group for informal conversations of open topics and no agenda. Men from local villages beyond Twin Cities are invited to participate as well. Watch for the Zoom link and click in. For questions or to be added to the mailing list, please contact Irv Gubman, [irvgubman@gmail.com](mailto:irvgubman@gmail.com).

#### **Sip and Chat—Cocktail Hour**

Tuesday, May 18, 4:30 – 5:30pm

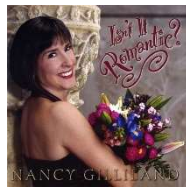
Depending on how things open up in society, this may be one of our last virtual cocktail hours, so don't miss it. (Wait! Didn't I say that last month?) Check emails for the Zoom link.

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## MARIN VILLAGES EVENTS

#### **Marin Villages Donor Recognition Event**

Sunday, June 6, 5:00pm



Join us for a short program and a wonderful performance by Nancy Gilliland, who will entertain with songs from the Great American Songbook. Please RSVP here: <https://bit.ly/MVDonorEvent>  
This will be a really fun event!

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## COMMUNITY EVENTS

Look at the CDC guidelines as of April 25 to learn what's new after you receive your vaccination!  
[https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html#anchor\\_1615143336158](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html#anchor_1615143336158)

**Many interesting events and ideas** appear as part of your Marin Villages weekly update and Things to Do emails. You will find suggestions for films, books, concerts, events, and activities that are available. As events and openings become more plentiful, you will find some new ideas.

**Also, check out other local websites:**

**Library** ([marinlibrary.org](http://marinlibrary.org))

**Buck Center** informational lectures and events ([buckinstitute.org/events](http://buckinstitute.org/events)),

**Age Friendly Corte Madera** ([agefriendlycortemadera.com](http://agefriendlycortemadera.com)), and the

**Parks and Recreation** departments of our sister cities.

There is truly so much available to participate in, and now that you have the time, jump in; virtually, of course!

We'll let you know what's available to members as things change.

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## TWIN CITIES VILLAGE ANNOUNCEMENTS

### May Day Surprise

Remember that little has been certain in the past 13 months? Remember how we've been told to be patient? Remember how things can change on the flipping of a tier? Remember I reported last month that there will be a nifty surprise for members on May 1? Well, there WILL!

Volunteers will deliver a surprise gift to you members, generous courtesy of Sunrise Rotary (okay, it's an emergency radio and a heap of associated accoutrements—didn't want you to buy one between now and then!). You will get a confirming call and information about best-time delivery, so expect that. We want all of our members to feel safe, and we thank the Rotarians for making this happen.

### Meet Your Steering Committee

*Madelon Thomson*

Following my transition from full-time to part-time work in 2017 I began my search for volunteer opportunities in Marin. I have worked with seniors professionally as well as had a wonderful and close relationship with my grandparents, so it was easy to select an opportunity

like Marin Villages. For the past 3 ½ years I have been serving on the Twin Cities Village Steering Committee as the assistant chair of the membership committee. It's really fun and interesting to meet new members, attend activities and be involved in the local community with a great group of people. I continue to work as a clinical social worker two days a week which is satisfying on a personal and professional level. I also volunteer as a CASA for a young boy in foster care.

Following a two-year stay in Hawaii, my family relocated to Corte Madera. It was a small town; I remember the exit off of 101 N was a stop sign. I attended Larkspur-Corte Madera School and then Neil Cummins, and then a two-year stay in Munich, Germany. Returning to CM we moved two more times within Corte Madera and I attended Redwood HS before finishing at San Rafael High following another family move. I remember Zim's hamburgers (and apple pie), Montgomery Wards, Lady Baltimore's Bakery, Woolworths, and Littleman's grocery store as being the important stores in town, as well as the drug store in Old Town with a soda fountain that served lemon and cherry cokes—a pre-teen favorite as we walked home from school.

One summer job I had during college was working the production line on the swing shift at Fairchild Semiconductor in Terra Linda. College was followed by a Master of Social Work degree from the University of Washington. My first professional job was for the County of San Mateo in adoptions. After two years I moved to Washington, DC, where I married a man I had met in Seattle, and we lived in DC for three years while my husband completed his Ph.D. studies. Luckily he found a job in San Francisco and we returned to Corte Madera where we bought the home we still live in.

We have moved out of this home three times (with three children) for my husband's job postings to different scientific laboratories, which included Germany and Japan, as well as Oak Ridge, TN, and we returned in 1996. We have remodeled the home three times and feel like it is a very different home from the one we initially purchased. I started working in San Francisco in 1996 while our youngest child started 9<sup>th</sup> grade at Redwood High. I worked at the Institute on Aging as a supervisor/manager of several programs and then on to the director of care services for the ALS Association Golden West Chapter, which involved lots of statewide travel as well as annual trips to Chicago and Washington, DC. I also enjoyed travel with my husband to his international meetings.

I am thrilled to be a part of Marin Villages/Twin Cities Village. It is a vibrant organization with a mission and purpose that are important and of great value to all of our lives. Experience and statistics tell us that most people want to age in place in their home and be as independent as possible. Twin Cities Village is a valuable partner in that effort.

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## INVITE TO WRITE



We truly enjoyed Lee Smith's loop poem last month; thank you, Lee. Here's another idea. Jump in and try your hand.

Write a 3-6-9 poem on any subject you like. The first line has three words; the second has six words; the final line has nine words. Tepid example below:

*Now it's spring,  
life soon back to normal again.  
I wonder if I'm really ready for the onslaught!*

Send your three-line poems to [ssommertime@sbcglobal.net](mailto:ssommertime@sbcglobal.net) and put Voice Poem in the subject line.

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## BITS AND PIECES

Time to get out the old plastic pitchers to collect excess water in showers, tubs, and sinks. The drought is upon us, and a pitcher of stray water is good for one flush or watering plants, or random rinses of patio or porch. Other tips:

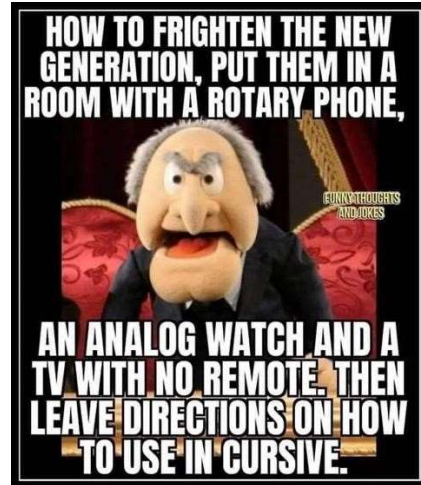
- Use a container to catch the water as it's getting hot
  - Run the garbage disposer while you rinse dishes
  - Try thrift shops and Hospice Hodgepodge to find used pitchers
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## AND MORE

Marin Villages' spring annual fund appeal is underway—a major source of revenue for our organization! Please consider a donation to help us all keep doing the good work. You can donate at [https://marin.helpfulvillage.com/fundraising\\_campaigns/8-annual-fund-spring-2021-campaign](https://marin.helpfulvillage.com/fundraising_campaigns/8-annual-fund-spring-2021-campaign)—and pass it on to your friends!



## HUMOR



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## 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.

We need more caring volunteers to be part of this thriving nationwide movement, a movement that's dedicated to strengthening bonds between generations and building strong, vibrant communities that provide continuity to all ages.

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 is interested in volunteering, could use our services, or would like to donate to 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 and online donations.

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**Marin Villages** 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903  
(415) 457-4633 [www.marinvillages.org](http://www.marinvillages.org)