



Twin Cities Village Voice

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

August 2021

EDITORIAL

By Sue Sommer

Apparently, we're in the dog days of summer. I had to Google why that moniker sticks; aren't dogs considered to be loyal companions, and fun, and, well, cute? Those are not negative qualities, yet "dog days" signifies that the bloom is off the summer; it's hot and boring, and fall is looking pretty good by now.

But it's actually not all about dogs going mad at this time, or weather so sultry it's not fit even for dogs. It has to do with the heavens. It occurs when the sun occupies the same region of sky as Sirius, the brightest star visible from any part of Earth, and part of the constellation Canis Major, or Big Dog. Ergo, the term came to mean the twenty days before and the twenty days after the alignment of Sirius with the sun at its warmest—July 3 to August 11.

Of course, none of this is germane to us in the Twin Cities. We don't feel that oppressive heat. Summer has not yet arrived for us, so sweatshirts are *de rigueur*, and with all the enticing activities available, we have no excuse to be bored.

And what about the rest of the month? August was named in honor of the first Roman emperor and grand-nephew of Julius Caesar. Its Zodiac signs are Leo, July 23 – August 22, and Virgo, August 23 – September 22. Its designated flower is poppy or gladiolus, and its gemstone is peridot or sardonyx. August's full moon, the Sturgeon Moon, will glow on August 3 (didn't we just have one?), and even better, the Perseid Meteor shower will whisk around the 11th through the 13th, said to be brighter than usual this year.

Other than fun days such as Clown Week (1 – 7), S'mores Day (10), Left-handers Day (13), and Kiss-and-Make-Up Day (25), important dates this month are VJ Day, August 14, and Women's Equality Day on August 26, celebrating the ratification of the Nineteenth Amendment and, thus, women's right to vote (I'm withholding feminist comments here...). And, of course, the Olympics continue, though with less dazzle than usual, but with no less wonder at the staggering performances and feats of the athletes. As a side bar, who knew the furry, hardworking goat would strike gold, too, with its name now the acronym elevated to "Greatest of All Time"?

We can celebrate any of these, yet let's consider stepping back a bit in time to donning a mask from our collection for inside activities. It may be easy-breezy summer, but with the Delta variant strutting around, it's best to be cautious. Check your mask stash: maybe you have a themed one of clowns, kisses, S'mores...or dogs!



WELCOME, NEW MEMBERS!

Members: Twin namesakes this month! Carolyn Burkey and Carolyn Farren, welcome. We look forward to seeing you at an event soon!

LOCAL VILLAGE EVENTS (open to all unless noted)

Please let the office know if you need a ride to any of the events below! info@marinvillages.org or (415) 457-4633.

Food & Drink

Men's Coffee Group

Wednesdays, August 4 & 18, 11:30am (**new time**)



This month, join the group IN PERSON at the Sweetwater in Mill Valley on August 4, for informal conversations on open topics and no agenda. Contact Irv Gubman, irvgubman@gmail.com, to find out the location for the August 18 meet-up, for other questions, or to be added to the mailing list. Men from all local villages are invited to participate. (Mug photo from Cornerstone in Sonoma)

Sip and Chat—Cocktail Hour

Tuesday, August 17, 3:30 – 5:00pm

Join us as we gather on the third Tuesday of the month for Happy Hour. In July we celebrated outdoor freedom at Perry's, and what a stellar afternoon we chose! I think the photos tell the story; we had a lot of fun. Watch your email for details on the August venue.





Bocce ball...is back! Watch for an announcement about dates and times.

MARIN VILLAGES EVENTS

Marin Villages' quality rummage sale and fundraiser

Marin Villages' first-ever rummage sale will be held on September 24 and 25 at the former Max's restaurant adjacent to the Corte Madera Best Western. We are collecting quality donated items from our members and volunteers and friends to make this fundraiser successful!

What we want

We are accepting easily portable items ((if you can carry it, we will take it, unless it's an item in the second table below!) and donors will receive a tax-deductible receipt. All items should be in good condition; nothing soiled or broken please.

Women's clothing and shoes	Linens, tablecloths, placemats	Small exercise and sports equipment, golf clubs
Housewares--dishes, small kitchen appliances, utensils, baskets, garden	Small furniture items such as lamps and side tables	Small working electronics such as tablets, I-pads, and e-readers.
Home décor and artwork	Bed and bath items	CDs and DVDs
Jewelry	Children's toys/clothes	Sports memorabilia

We are not accepting the following due to space limitations:

Holiday decorations	Large furniture or appliances	Mismatched glasses, cups, plates
Pianos	Skis, surf boards	Large exercise equipment
Child car seats	Silver plated serving pieces or pewter items	Books

If you have something to donate or would like to volunteer to help with this event, please contact Marilee Lau (lau.marilee@gmail.com) or (415) 706-6331, Twin Cities Village's representative. We would love to have you join us setting up, selling, and cleaning up!

COMMUNITY EVENTS

Check out the monthly Marin Villages newsletter, *The Village Square*. You will find suggestions for, at different times, videos, films, books, events, and activities.

Check out 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

Remember that masks are again recommended indoors due to the easy transmissibility of the Delta variant, even to vaccinated individuals.

TWIN CITIES VILLAGE ANNOUNCEMENTS

August birthdays



Charles Stedwell, August 1

Pati Stolier, August 6

Peter Mellini, August 16

Carla Stedwell, August 21

Happy Birthday to each of you—health and happiness!

INVITE TO WRITE



July's addition came from Lee Smith, who was inspired on America's birthday by the uplifting celebrations that spread across the country. Lee captured the feeling of the holiday with beautiful imagery and passion.

*America stood tall looking over an abyss on a
Summer of despair, with
Ultimate answers giving
Meaning to faith and challenge, and
Making sacrifice and success the greatest
Elation
Radiating through the heavens with a
Tone of love and calm.
In a world of such dismay, America is a
Marvel of hope, and
Excludes the darkness with the golden light of joy.*

Thank you, Lee. You have spoken for many of us.

August's poem to try is the 3-6-9 poem. It contains three stanzas, each with three lines: the first of three syllables, the second of six syllables, and the last of nine syllables. The stanzas should connect with each other in one way or another—story or sentiment or "flavor." Here's an example:

Of a Certain Age, by Chris Lawrence

Surrounded
By old things, I prefer
The worn and used; they comfort me.

As antiques,
My stuff and I now match.
We are built from stories, but who cares

To listen?
The young are too hurried,
The old ones have heard them all before.

Let's hear from some others out there so Lee has some scribing company.

BITS AND PIECES

Reminders that it's important to proofread and edit...



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) for application forms and online donations.

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