



# THE VILLAGE SQUARE

*A monthly gathering place for all our news*

## August 2021



It's hard to pin August down. It's still decidedly the middle of summer, and yet fall is starting to peek around the corner. There's still plenty of time for summer fun, but with kids heading back to school at the end of the month, the roads and downtowns start to take on a different rhythm again. Drought might have dimmed the glory of summer gardens this year, but they're still a place to reconnect with nature and the miracle of growth and change, whether we view them from indoors or out. Here's hoping you find a verdant corner to enjoy this month, maybe with a melting ice cream cone or a refreshing iced drink in hand.

### MARIN VILLAGES NEWS

A very happy birthday to our August nonagenarians!



Having an August birthday meant not having to go to school on the big day, the weather was always perfect for ice cream, and your birthday party would never get rained out (at least here in California).

Happy 90<sup>th</sup> to **Doris Kramer** and welcome to the club! **Carol Roecks** is turning 92 this month; **Gloria Kuhnhausen** and **Libby Byers** get extra cheers for turning 98 and 99, respectively. Happiest of birthdays to all of you, and please do have a second slice of cake!

### The Five Ms

Dr. Wynne Canio gave a well-received presentation in June on keeping our brains and ourselves healthy as we age. Whether you heard the presentation or not, you might be interested in the follow-up notes she sent us on The Five Ms for living a longer and higher-quality life. You can find her thoughts at <https://marin.helpfulvillage.com/documents/3671/download>.

### Our schools need crossing guards!

Fresh air, people contact, helping pedestrians stay safe—have you thought about being a crossing guard? School crossing guards help protect the safety of our children as they bike and walk to and from school. The Transportation Authority of Marin is hiring dedicated individuals through its crossing guard management firm, All City Management Services. To find out more or to apply, visit <https://acmssafety.com/careers/?gnk=job&gni=8a78859e7aac706b017abfe711641530&lang=en> (note that this page says they need crossing guards in Belvedere Tiburon, Mill Valley and Corte Madera, but their email to us said they are needed all over Marin—might be worth calling!) or call Regional Manager Alan Stone at (415) 844-0223.

### Marin Symphony is seeking singers for their chorus

The Marin Symphony is restarting its operations and their chorus is in need of voices—men, especially, but women are encouraged to inquire, as well! If you are interested, contact Kevin Fox at [kevinpfox@protonmail.com](mailto:kevinpfox@protonmail.com). To find out more about the chorus, visit <https://marinsymphony.org/who-we-are/marin-symphony-chorus-chamber-chorus/>.

## COVID UPDATE

### Masks are back

Just when we thought it was safe to go in the water... The surge in COVID cases attributed to the Delta variant has driven the seven Bay Area counties to once again require masking in public indoor settings, with limited exceptions. These guidelines apply to both vaccinated and unvaccinated individuals. You can view the press release here: <https://www.marincounty.org/main/county-press-releases/press-releases/2021/hhs-covid-maskrequirement-080221>

In light of these new guidelines, and because many COVID-19 exposures occur in household settings or in nonpublic indoor settings where unvaccinated people are present, for the safety of our members and volunteers, we ask that all members and volunteers wear masks when engaged in Marin Villages activities, even in nonpublic spaces, **unless it is certain that all present are vaccinated and not exposed to the virus**. If you have not yet been vaccinated, we strongly encourage you to make an appointment for a vaccination as soon as possible. Our updated guidelines can be found here: [https://marin.helpfulvillage.com/editable\\_pages/10265-marin-village-covid-response-update](https://marin.helpfulvillage.com/editable_pages/10265-marin-village-covid-response-update)

Also, Dr. Matt Willis gave Marin Villages a presentation explaining where we are in the pandemic right now. If you missed it, you can see the recording here: <https://tinyurl.com/4364nwnw>. Dr. Willis confirmed that Marin County's vaccination rate is a standout statewide and nationally, and the key contributor to a low rate of hospitalizations and fatalities. However, as he indicated, the new variants and breakthrough infections are worrisome and all of us should remain hyper-vigilant in exercising mask-wearing and social distancing when in indoor spaces, especially when unsure about the exposure to the virus through those around you, even the vaccinated.

## MARIN VILLAGES PROGRAMS

### Meet the Team

Monday, August 30, 3:00pm

Here is a chance to get to know the team working away behind the scenes at Marin Villages. Join us to meet John (executive director), BJ (operations manager), Matt (volunteer manager), and Danielle (communications and fundraising). Some of these people you might have met or spoken to, and others might be an intriguing mystery, but all will be brought to light on August 30 on Zoom. Please join us! RSVP at this link: <https://marin.helpfulvillage.com/events/3257-meet-the-marin-villages-team---via-zoom>

### SAVE THE DATE: Dr. Wynn Canio—Should I Have Surgery?

Monday, September 27, 3:00pm

Dr. Canio joins us again to talk about the benefits and risks of surgery for older adults. More details to come, but mark your calendars! To register now, please use this link: <https://marin.helpfulvillage.com/events/3239>

## COMMUNITY PROGRAMS

### Restorative yoga

Mondays, 10:00 – 11:00am

Restorative yoga is described as profoundly relaxing. It soothes the central nervous system, supports digestion, and improves mood and sleep. UCSF is offering this free class online, which you can do in the comfort of your home. See this link for more information. <https://osher.ucsf.edu/public-classes/restorative-yoga>

## CHECK THIS OUT...

Everything about this **Tuba Skinny street performance** is awesome: the music, the dog, the streetsweeper, the couple dancing ALL the way down the street, the guy who can't get off his phone. Definitely a slice of real life, New Orleans style. <https://www.youtube.com/watch?v=ift3BVoxqjo>

**Puttin' on the Ritz**, two ways. Fred Astaire <https://vimeo.com/31922652> and a collaboration among Herb Alpert and numerous wonderful dancers. <https://www.youtube.com/watch?v=rm4DJxrjNqk>

Bringing the basics back to the Olympics, it's **Olive and Mabel**, hungry for medals. <https://www.youtube.com/watch?v=gEw1KUCa7KE>

This **rhino calf playing with its zookeeper** is like a puppy, only bigger, stronger, and maybe a tad less cute? <https://www.youtube.com/watch?v=ZpXab3NrGgU>

Flying is a chore until a flight attendant like this walks you through the **pre-flight safety information**. [https://www.youtube.com/watch?v=1AE\\_hjOLDtU](https://www.youtube.com/watch?v=1AE_hjOLDtU)

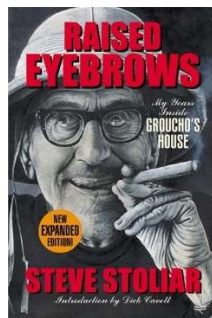
The idea of **pandemic re-entry** keeps being shaken up, but we're out there more and interacting with people in a way we haven't for over a year, and that can still be anxiety-producing. Some tips on taking small steps back to feeling normal outside the house again. <https://www.nextavenue.org/pandemic-reentry-anxiety/>

Ever wondered about the **seven wonders of the ancient world**? A list like this is by nature subjective, but for the curious, here is the one that started it all, written by Philo of Byzantium in 225 B.C. <https://www.history.com/topics/ancient-history/sevens-wonders-of-the-ancient-world>

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

Pandemic or no, it's always fun to discover a recommended new book, TV show, or movie. This section depends on ideas from members and volunteers, so if you have a recommendation that's just itching to be shared, please send it to [communications@marinvillages.org](mailto:communications@marinvillages.org). Include a brief description of the book, show, or movie, why someone else might like it, and your first name and village affiliation.

### Books



#### **Raised Eyebrows**, by Steve Stoliar

Twin Cities Village Chair Larry Meredith recently lent me a book written by Twin Cities Village member Pati Stoliar's brother, Steve Stoliar. It's Steve's personal account as a personal secretary, fan (and I'll say friend) of Groucho Marx in the last years of his life. But it's more than that. It's a reflection on a bygone era of entertainment, the Golden Age of film, and life in Hollywood and beyond. You'll

recognize many/all of the characters, because they are real. Steve writes with great humility and admiration of a ubiquitous talent, and the very human existence we don't always get a glimpse of. For me it was a quick read, because I couldn't put it down, wanting to delve deeper into someone so publicly familiar, yet personally unfamiliar to me. A great summer read, or anytime. Keep the recommendations (and lending) coming! *John, Marin Villages staff*

## TV



### **Ted Lasso**, Apple TV+

Smart, funny, and above all, kind, Ted Lasso (the character and the show) is the perfect person to invite into your living room. A coach of American football who goes to London to coach what the rest of the world calls football (knowing nothing about it, of course), Ted manages to disarm everyone with his honest goodness. A cast of great actors with a hilarious script highlight all the cultural misunderstandings and sports-life lessons you'd expect from a setup like this. Season one is available for binge-watching, while season two is being released excruciatingly one episode a week on Fridays. *Danielle, Marin Villages staff*

## Movies



### **Minari**, available on Amazon

Gentle but powerful, *Minari* shows us an immigrant experience and the universality of what it means to be family. A Korean family settles in the Ozarks and tries to eke a living off the land. Joined eventually by the grandmother (Youn Yuh-Jung won an Oscar for her portrayal), the five of them drift apart and back together as they navigate their way toward belonging. Recommended by all ages in our household! *Danielle, Marin Villages staff*

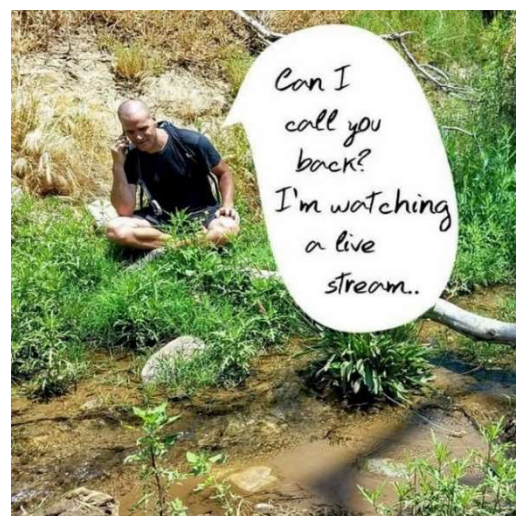


## HUMOR

### Summer activities



When you buy your beach towel from Costco



## BEFORE WE GO

Electric cars are amazing (speaking from new personal experience), but they do require charging. On *Saturday Night Live* recently, Julia Louis Dreyfus introduced the concept of **a car (a Mercedes!) that runs on AA batteries**. You have to see it to (not) believe it. <https://www.nbc.com/saturday-night-live/video/new-mercedes/3021121>

*If you know people 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).*

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