



Twin Cities Village Voice

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

November 2021

EDITORIAL

by Sue Sommer



First come the decorations of gory goblins and wily witches, with even scarier months'-old candy as giveaways. Afterward, we'll be letting go the frightful designs in exchange for acorns and cinnamon, for bronzed leaves and hazel branches and the crisp wheat colors of Thanksgiving, visions of oven bakes, and leaves to rake, of tablecloths and candles in raw sienna, sorrel, and topaz tones.

With this issue we turn to the penultimate month of the Gregorian calendar, when we pay special attention to our gratitude for the bounty we have—and we do have it. After the stuffing (and here I'm not talking about just the turkey!), perhaps this year we'll be watching football with a cornucopia of family members and close friends, something we couldn't do last Thanksgiving.

A little breather for the weekend, then we will tuck those treasures away in the big box marked *Fall* and find the four cartons that say *Ornaments* or *Lights* or *Angel topper*—then the busyness of planning for the spectacle that is the holidays, and the end of this very...shall we say, interesting, year. But that's a topic for the next Village Voice.

Happy Thanksgiving to each of you. Gratitude reigns; after all, what else is there?

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Marilee Lau and Alice Joyce—who are already valuable members of the Steering Committee—have now joined as members! Welcome!

Volunteers: Elizabeth Abrams—Elizabeth lives in Larkspur, works in corporate retail, and owns Over the Moon, a wonderful ice cream store in San Francisco. Welcome, Elizabeth!

LOCAL VILLAGE EVENTS (open to all unless noted)

If you need a ride to an event below, please contact the office. info@marinvillages.org or (415) 457-4633.

Food & Drink

Men's Coffee Group

Wednesdays, November 3 & 17, 11:30am
Sweetwater, Mill Valley



Gentlemen, meet with others to discuss life and enjoy coffee at the same time! Join the Men's Group on the first and third Wednesday of each month for discussion of various topics. Men from all local villages are invited to participate. Contact Irv Gubman (irvgubman@gmail.com) with questions.

Sip 'n' Chat—Cocktail Hour

Tuesday, November 16, 3:30 – 5:00pm

We will NOT be returning to unfriendly Il Fornaio. Instead, we will meet at Boca in the Village. Mark your calendar.

Fun & Games

Bocce Ball

Friday, November 5, 1:15 – 3:00pm
Marin Bocce Federation, 550 B Street, San Rafael



Because of the Big Bargain Sale, we moved October's bocce ball to Nov. 5, and due to Thanksgiving, we've cancelled the regular one later in the month. Put on your soft-soled shoes and head over to Albert Park.

MARIN VILLAGES EVENTS

Not Home Alone – Thanksgiving

Thursday, November 25, 2:00pm

Donnalee Wells is inviting you to join her and other Villagers for Thanksgiving dinner at The Club at McInnis Park! Always a fun time and opportunity to share the holiday with old and new friends. RSVP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244.

The mask mandate is up to you in many indoor areas because of the Delta variant spike, but at least things are open and available. Check the Marin Villages' *Village Square* or local news for updates. This sign doesn't help!



Also check the *Village Square* for suggestions of films, books, events, and activities.

COMMUNITY EVENTS

Healthy eating for YOU

Tuesday, November 9, 3:00 – 4:00pm

This online presentation sponsored by Village Movement of California will define what eating healthy really means as an individual. We will discuss obstacles to eating a healthier diet and include options, tools and resources to promote healthy eating habits. RSVP at this link:

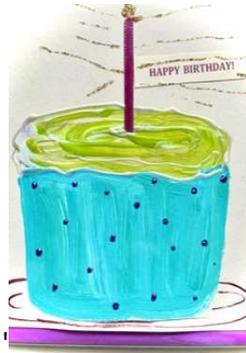
<https://villagemovementcalifornia.org/events/?eid=13704>

Discover events and activities on 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

TWIN CITIES VILLAGE ANNOUNCEMENTS

Birthdays: November Thanksgiving babies!



Anni Black, Nov. 27

Joan Wieder, Nov. 28

Happiest of birthdays to you both!

Photos from last month's Sip 'n' Chat





INVITE TO WRITE



This month's story is the continuing adventure of Marty Schwarz at her Alaskan paradise—complete with stunning photos taken by her son, Scott. Enjoy the pristine wonder.

Blessed Alaska Retreat, by Marty Schwarz
Huckleberry Island, Aleknagik, Alaska

Sharing about my summer in Alaska reminds me of the first day of school assignment to capture the elusive “My Summer.” I am grateful and blessed to have been able to return to this off-the-grid spot for a time every summer since the cabin was built in 1984.



The yellow push pin marks my location on this ninety-five-acre island in a lake that is approximately twenty miles long, dotted with smaller islands and wonderful bays and streams.

There are occasional visitors to the other cabins on the island arriving via float planes or private boats. That yellow push pin and photo are the result of bureaucracy reaching my retreat. One rainy morning the state park ranger brought a visitor to inspect my dock. I am not in the state park, but was informed I needed to apply for a dock permit. The young man found my dock to meet all the requirements, but I still needed to apply for a permit to build a dock. Paperwork submitted, I now have a permit to build a dock that was already built. The frosting to the process is the above photo of the island.



This summer brought weeks of rain and wind with occasional breaks in the weather and cherished beauty days. The sunsets lure me to stay up till midnight to witness the possible beauty of water, clouds, and mountains meeting.

Each summer I take photos of the birds, mammals, flowers, and scenery with only a few of quality to share, but this year my son was able to capture two of my favorites: bald eagles and our frequent visitor, an ermine in summer coat. What a wonderful life!



BITS AND PIECES

Great truths that little children have learned

- 1) No matter how hard you try, you can't baptize cats.
- 2) When your mom is mad at your dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3-year-old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a Dust-Buster and a cat at the same time.
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandma's lap.

Great truths that adults have learned

- 1) Raising teenagers is like nailing jelly to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge...mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for fiber, not the toy.

AND MORE...

Puzzle!

Can you unscramble the following words related to this season? (Answers will appear in the December Village Voice)

1. fitsfung
2. breareicrsn
3. esottepawsote (2 words)
4. unutam
5. feltresov
6. kretuy
7. bletevgeas
8. tapeteamshoods (2 words)
9. rygav
10. weedstrackshinyu (2 words)
11. masy
12. turagdiet



MOMS NOW vs. MOMS THEN:	
"That word is inappropriate."	"Say that again and I'll wash your mouth out with soap."
"Good job trying one bite of the dinner I made. Now you can have Mac & Cheese."	"You'll eat what I make, whether you like it or not. There are starving children in the world."
"I can see you're upset. Take a deep breath and use your words."	"You better stop crying or I'll REALLY give you something to cry about."
"You can't walk around the block by yourself. I'll drive you. Text me when you need a ride back."	"You want to go out? Take your bike. Be home before dark."
"I packed your bento box with almond butter on whole grain, kale chips, and an organic smoothie."	"Take a brown bag with a bologna sandwich on Wonder Bread. Grab a Twinkie and a Hawaiian Punch too."



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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