

Tiburon Peninsula Village

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

March 2023 Newsletter

Cherie Sorokin, editor



Looks like March is living up to the old saying, “March comes in like a lion” (albeit a very wet lion this year). So, as the saying goes, there’s hope it will go out like a lamb. We shall see!

Do you know the origin of the saying? Of course, like everything else these days, there are multiple explanations! Courtesy of the Wavy.com website, some say it’s because in astrology the Leo zodiac is the rising sign in early March and the ram (ok, a very old lamb) is the rising sign in April. The Farmer’s Almanac puts the origin down to “ancestral belief in balance,” such that difficult weather in March is bound to be followed by better weather in April. Since Easter comes in the March/April timeframe, some say there’s a religious explanation tied to Jesus being the sacrificial lamb and returning as the Lion of Judah. I guess just pick whichever origin story resonates with you---or make up one of your own!

Time to get back out there?

Despite continuing circulation of the COVID virus, we are now transitioning out of the pandemic phase and being encouraged by public health officials to consider “getting back into circulation,” but with precautions.

- The biggest precaution of all is being sure you have the latest bivalent booster. It is highly effective, more so than the earlier versions.

- The next biggest precaution is continuing to wear a mask.
- The third is staying home if you don't feel well and avoiding others who are ill.
- Sticking to outdoor or well-ventilated venues also continues to be important.
- Frequent washing of hands is another commonsense precaution to continue.

We've heard all this before, but perhaps it's even more important to reiterate the precautions now because so many people are out and about once more, and many are not wearing masks. Our demographic has higher risk of serious illness with COVID than younger generations, so keeping up the precautions is particularly important for us!

Speaking of time



Don't forget to "spring forward" on March 12! Set your clock ahead one hour when you go to sleep on Saturday night March 11, unless you plan to be up and about as the switch takes place at 2:00am on the 12. We lose an hour of sleep but make better use of sunlight and energy, or so some say. Personally, I miss that hour of sleep!

St. Patrick's Day is coming—are you Irish?



In May 2021, CelticTitles.com conducted a survey on Google and asked a representative sample of 1,000 US adults "How Irish Are You?", providing them with the following list of options. How would you have answered?

- I have no Irish heritage at all
- I know that I have Irish ancestors/relatives
- I don't know
- I suspect I have Irish ancestors/relatives
- I wish I were Irish—but I'm not at all

The survey revealed that:

- One in 4 US adults ***have Irish ancestors or relatives***. That's 25.75% of the adult population of the USA, equating to over 52 million people.
- 8.23% of US adults ***suspect*** they have Irish heritage, that's around 1 in every 12 people.
- And another 6.97% are not Irish in any way, but ***wish they were!***

The 2020 census found that about 10% of Americans actually identify as being Irish. Whatever the right percentage is, on March 17, St. Patrick's Day, everyone can be Irish, if not by birth, then in spirit. Originally a religious feast day commemorating the saint who brought Christianity to Ireland, the day is now celebrated in more countries around the world than any other single day national festival, per the NationalToday website, with the celebrations mostly involving parades and copious amounts of whiskey and green beer—and perhaps a bit of Irish Coffee. To avoid the vast numbers of Irish in Tiburon, TPV will celebrate a few days in advance of March 17—see below.

How about some Irish tunes and dancing to get you in the mood?

This first video has about an hour of Irish music and gorgeous scenes of Ireland. A soothing travelog!

<https://www.youtube.com/watch?v=3w6w0lcFWx4>

This video is about 2 minutes of Irish dancing, which will wear you out just watching!

<https://www.youtube.com/watch?v=wXb7pEEcWq0>

Besides the Irish, we can also celebrate women in March



To start with, the entire month of March is Women's History Month. So watch for lots of newspaper and magazine articles and TV shows highlighting the accomplishments of women as well as factors that still hold women back from being valued equally with men. Get inspired with this video! <https://www.youtube.com/watch?v=JoJnHKXwldc>

Then there is International Women's Day on Wednesday, March 8, which this year, under the auspices of the United Nations, is focused on bridging the digital divide that particularly affects women around the world.



Equal Pay Day falls on March 14 this year. This symbolic day denotes how far into the current year women must work to be paid what men received by the end of the previous year. As a reminder, women who are employed full time now earn 83% of what men make, and for all women workers (including part time and seasonal) the percentage is 77%. We've still a long way to go to achieve parity!

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Great news! TPV has had six new members join since the beginning of 2023!

Members: In alphabetical order: Susan Linton, Klaus Meinberg, Raymond Reis, Hal and Liz Schmidt, and Lynn Spitler

Great to have you with us and looking forward to having you join in our coffees, teas, happy hours and other activities!

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

TPV Morning Coffee

Thursday, March 9, 10:30 am
Rustic Bakery, Tiburon



- Dutch treat
- Join us at the tables in back outside unless the weather makes inside more inviting

- Masks are ok, but not required if you are fully vaccinated and we're 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.

Irish Coffee and Beer at Sam's

Tuesday, March 14, 4:30 – 6:00pm

Sam's on Main Street, Tiburon



- Let's get ahead of the crowd and celebrate St. Patrick's on Tuesday, March 14, at Sam's
- TPV will buy one Irish Coffee or beer per person plus appetizers for the group
- Watch the weather and dress accordingly!
- As usual, bring a mask. We might need to be indoors.
- Yes, please RSVP
- Do let the office know if you need a ride

Afternoon Tea at Caffè Acri

Monday, March 27, 3:00pm

Caffè Acri, at the corner of Main and Tiburon Blvd.

Afternoon tea was such fun the first time we did it, let's try it again. Maybe it will be warm enough by the end of March for us to sit outside!

- Dutch treat
- TPV will buy assorted yummy cookies for the group
- Watch the weather and dress accordingly!
- As usual, bring a mask. We might need to be indoors
- No need to RSVP
- Let the office know if you need a ride

What about other activities in TPV?

Anyone interested in a walking group? Perhaps just easy walking in downtown Tiburon, followed by a stop at Rustic Bakery or Salt and Pepper? Or maybe a stroll at Strawberry Point?

No mountain climbing experience required. Contact Cherie if you are interested. (415) 730-0204 or cheryl@sorokinsf.com

How about a reading group? Maybe just sharing ideas of books to read rather than everyone reading the same book at the same time? Again, contact Cherie if you are interested. (415) 730-0204 or cheryl@sorokinsf.com

OTHER MARIN VILLAGES EVENTS

Men's Coffee

Wednesdays, March 1&15, 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 twice a month. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman (irvgubman@gmail.com) or (415) 250-6155).

WildFlowers! A Mill Valley Village presentation

Thursday, March 2, doors open at 1:00 pm

The Sweetwater in Mill Valley

Mill Valley Village is hosting an event by internationally acclaimed photographers Rob Badger and Nita Winter who have more than 27 years of experience in photographing wild flowers. There should be some gorgeous photos of wildflowers in locations all over the world.

Technology/Computer Help Office Hours

Wednesday, March 15, 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. Below 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>!

Not Home Alone—St. Patrick's Day

Friday, March 17, 2:00pm

Whipper Snapper Restaurant, 1613 Fourth St., San Rafael



Join Donnalee Wells and other Marin Villages members and volunteers for a St. Patrick's Day early dinner at Whipper Snapper Restaurant, a charming family-owned restaurant in San Rafael established in 2008 by Chef/Owner Bill Higgins, former executive chef for Cha Cha Cha restaurants in San Francisco. The food is amazing and it is always a fun time and a great opportunity to share the holiday with old and new friends. First come, first served, and space is limited. Please BRING CASH for your meal. All attendees must be COVID vaccinated. RSVP ASAP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244. If you need a ride, please call the office at (415) 457-4633. The event will be outside on the covered heated patio unless it rains and then it will be indoors. The fixed-menu will include an entrée choice of corned beef and cabbage, fish, or chicken.

And more!

Check out the Marin Villages calendar on our website (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

TIBURON PENINSULA AND OTHER COMMUNITY EVENTS

Hospice vs. Palliative Care

Wednesday, March 8, 11:00 – noon
Belvedere Tiburon Library

By the Bay Health's Lorena Garbarino explains the differences between hospice and palliative care, exploding the myths and offering the facts to enable informed choices. Register using this link. <https://www.beltiblibrary.org/event/hospice-vs-palliative-care#rsvp-now>

The History and Maritime Heritage of Tiburon and Belvedere

Thursday March 2, 11:00am
Marin Art and Garden Center

The Ross Historical Society and Moja Library are presenting a program on our community's very own history, maritime and other. A donation of \$10 is requested. No RSVP needed.

For our vision-impaired members

Marin Villages has formed a partnership with Vision Impaired of Marin. We now have trained and knowledgeable Marin Villages vetted volunteers who are available to support and resource our vision-impaired members to services specifically to meet their needs. Please contact BJ Slater at the Marin Villages office if you would like to speak with one of these volunteers. (415) 457-4633

Vision Impaired of Marin supports those struggling with their vision, offering programs, support, information, resources and activities. For more information on programs, visit their website, www.bvim.org. To contact them, call (415) 459-5066 or email info@bvim.org.

Ongoing events:

First Wednesday of every month – **Zoom support group** <http://www.bvim.org/support-groups>

Every two-three months – **Luncheon meeting** <http://www.bvim.org/luncheon-meeting>

Second Saturday of each month – **Talking Book Club** <http://www.bvim.org/talking-book-club>

REMEMBER TO LAUGH A LITTLE

A few Irish limericks might do the trick. If you don't find these amusing, try writing a few of your own!

The turkey did not turn out fine.
So I thought I would break out the wine.

By dessert they were wasted
From the wine that they tasted
And they all thought the dinner divine.

I need a front door for my hall,
The replacement I bought was too tall.
So I hacked it and chopped it,
And carefully lopped it,
And now the dumb thing is too small.

An elderly man called Keith,
Mislaidd his set of false teeth.
They'd been laid on a chair,
He'd forgot they were there,
Sat down, and was bitten beneath.

There was a young lady of Kent,
Whose nose was most awfully bent.
She followed her nose,
One day, I suppose,
And no one knows which way she went.

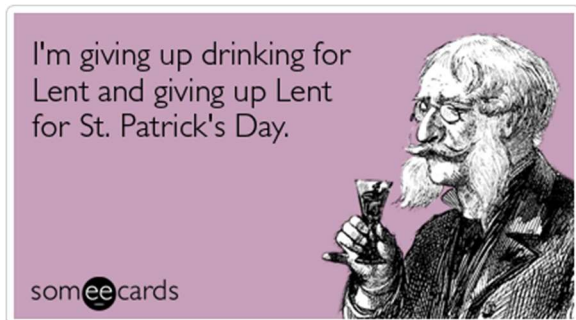
A young gourmet dining at Crewe,
Found a rather large mouse in his stew.
Said the waiter, Don't shout,
And wave it about,
Or the rest will be wanting one, too.

A circus performer named Brian,
Once smiled as he rode on a lion.
They came back from the ride,
But with Brian inside,
And the smile on the face of the lion.

I once met a monk who could inspire
When espousing his spiritual fire
And soon I had found
He was quite profound
In fact, you could call him a deep friar!

There once was an old man of Lyme
Who married three wives at a time.
When asked, "Why a third?"

He replied, "One's absurd!
And bigamy, sir, is a crime."



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) 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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