



President's Letter

Happy summer days, everyone! The first day of summer this year certainly felt summery. Hope you are all keeping cool, and that those folks without air conditioning have fans to cool them down!

This month seems as busy as ever, with all activities back in full swing and new ones being added.

Carquinez Village is going to march in the July 3rd parade. Won't you come and join us? It's at 6:30pm on July 3rd, heading up First Street. You can walk as far as you want or stop and start again! We are all going to have walkers, wheelchairs, canes, etc. Then we'll put them all down and turn the music up really loud and dance around while handing out pamphlets about Carquinez Village. SOS—does anyone own a boom box or something that can play music while we walk up First Street?

Thanks to all those who turned up for coffee morning. It was a great success and a lovely way to get to know the members and volunteers.

We have had such lovely dishes for our "Potlucks," that now we want to put them into a recipe book for everyone to share. Can you help us do this? Just let me know.

Keep up the good work, everyone. The village is yours to enjoy and we are lucky to have such talented people to help make us a success.

Cheers,
Helen

Join us....

Walk with us at the Benicia's 4th of July Parade

Sunday, July 3rd, 5 pm
Gather at the Marina Green



RSVP to Barbara Engdahl
(707)747-5112

Message from the Board

By Kathy Monroe

At our last meeting, the Board members voted to make it the official policy of Carquinez Village to open certain programs to volunteers and members alike. The purpose behind this choice is to honor our hardworking volunteers, to increase the availability of those who can offer carpooling, and to expand the social relationship and knowledge base of both members and volunteers since we are all a “village.” However, there are some logical exceptions. Programs where the group members have developed a confidential or working relationship may be closed to expansion (although Carquinez Village invites new groups to form.) Programs where there is a space limitation will be restricted as noted by a maximum number of members who can sign up. Volunteers are invited to come to picnics, the holiday dinner, educational or cultural trips (may require an admission fee), community speaker series programs, and informational programs or movie discussion groups on Zoom.



Conquer Your Fear!

Fear holds us back from living our best lives. While exploring a new thing can be intimidating and scary, you know that you will get better with time. You have not come this far in your life by being timid, but by being brave.

Research shows that older adults get on better with a tablet that has a touchscreen than a traditional computer so given a choice always choose a tablet or a smartphone.

Basic Settings Should Suit Your Needs

Making simpler alterations to suit your needs such as larger text size and louder sounds will improve your experience.

Seniors' Guide To Selling A Home

Last year Jeannie Hamann presented a CV program on selling your home for those seniors looking ahead, and there was a request that some print material be available. One of our volunteers, Diane Snowder, who works for Hamann Real Estate, has prepared a booklet on this topic free to our membership.

If you would like a copy, please call Diane at 707-853-0629.



Book Review

By Carolyn Fallon

THESE PRECIOUS DAYS by Ann Patchett

These Precious Days— no time could have been so precious as the compelling hours in which I devoured this book—so charming, so delicious, and so delightful. The book is a compilation of essays that appeared in the New Yorker, New York Times, Harpers, etc. They deal with everything in her life from soups to nuts—graduate school, how to become a writer, old friendships, two husbands, three fathers, publishing books, running a bookstore, new friendships with famous people, ideas on the arts, beloved pets, religious philosophy—and that is just scratching the surface!

Needless to say, her essays are written in such an impeccable, original style that Chaucer, Dante, Virgil, and even Proust would have sat up and gasped. The essays take whimsical turns and provide new ideas on old subject matter.

Ann Patchett owns a bookstore in Nashville, Tennessee, with her business partner and pet dog, and spends much time as a guest speaker on lengthy book tours, traveling to promote her books. She extorts the public not to clamor through the bookstores and then buy from Amazon.

This book appeared last year and hit the best-seller list of nonfiction for about six months, providing some great reading for those dreary Covid times. My daughter, who teaches nonfiction and journalism at Wittenberg in Ohio, said that she used *These Precious Days* in one of her upper-division classes and the students were enchanted with it, so it must also be a bit multi-generational. In any case, I hope you delve in and enjoy it as much as I did.



Buy it at:
Bookshop Benicia

Around the Town

By Judie Donaldson

It's called Provisions. It's in Vallejo. Its Cuisine is Delicious!

I've been waiting for an interesting, healthy, locally sourced restaurant to open in Benicia or Vallejo since I moved here eleven years ago. Now, thanks to Provisions, the wait was worth it. Provisions is a casual local café serving seasonal gourmet fare, freshly baked goods and local beer, wine and kombucha on tap. Its outdoor dining area has a European feel, and the indoor look is warm and welcoming. It's primarily a breakfast/brunch and lunch spot, although it's open for dinner on Fridays.

I took my family there for breakfast a couple of weeks ago and they are still raving about it. What a pleasure to have an interesting breakfast menu! Sample items are chicken 'n waffles, smothered burrito, avocado toast, farmers market quiche, chilaquiles, and a croissant sandwich. Lunch items include a black bean burger, BLT, vegan samosas, teriyaki bowl, kimchi fritters, avocado tacos, fried chicken sandwich, and a tuna melt. Sample deserts are a cheesecake bar and a peanut butter bar. Mmmm.

Hours: 8:00-4:00 Wed-Sun.

Open until 8:00 pm on Fri.

Closed Mon and Tues.

Address: 300 Virginia St.,
down the block from the Empress Theatre.

Website: www.vtownprovisions.com

Phone: (707) 641-1000

Acoustic Jazz with Paper Moon is coming back for another one of our famous house concerts!



live concerts with tremendous enthusiasm. We remember playing for Carquinez Village quite fondly and are looking forward to seeing you on August 14.”

Musicians include:

Katrina Wreede, award-winning composer and violist, is a tireless proponent for viola in jazz and contemporary music. Jazz historian Leonard Feather credited her with having “extemporaneous mastery, rare, perhaps unique, in the annals of the viola.” She founded and directs Composing Together, which brings professional composers into schools to collaborate with young people in discovering their own creative voices.

Many will remember these musicians, who will again be performing on **August 14th at 6:30 pm at 978 West K St.** The price is \$20 for members and will go to \$25 when we open it to the public.

The musicians say: “Over two years ago, engagements came to a halt for musicians. What we do depends on sharing our music with a live audience. Although we couldn’t play for people, we did not stop working. Since we live close to each other, we continued to rehearse—outdoors, wearing masks, and often next to a propane heater! We like to think that these two years of rehearsal paid off. We have a lot of new material and arrangements and a greater level of communication. And we view the return of

Leo Cavanagh, guitarist, composer, and arranger, is the author of two nationally recognized books on guitar technique. His CD of Duke Ellington’s music arranged for viola, cello, and guitar, received acclaim from Athens to Australia.

Paper Moon’s CD, *Blue Midnight*, includes original compositions, Brazilian choros, Argentine tangos, music by Thelonius Monk and tunes from the Great American Songbook.

Experience the conversation between two master musicians with the spontaneity of jazz and the unique colors and textures of their instruments.



[Listen to Paper Moon’s album on Spotify](#)

[Listen to Paper Moon’s album on Amazon](#)

[Listen to Paper Moon’s album on Apple Music](#)

Thank You to Our Supporters!

By Diane Choquette

While preparing our Village budget for the new fiscal year starting in July, we had occasion to study income trends over the past five years. In our first year of operation, we received approximately \$7,000 in donations, and this past year our generous supporters gave us over \$21,600! Most of our donors are members of our Village, and we are so very grateful to you for your generosity, especially during these difficult economic times.

We realize that we have not thanked our supporters enough! Over the next year, our board committee working on strategic plan fiscal objectives will develop a program to recognize and honor those who have such faith in us! With designated funds in reserve, we are well positioned to continue to serve our members through adverse times. Over the next year a board committee will determine what type of staff person we should hire to provide direction and continuity in operations and to take some of the burden off volunteers. We will continue to build our membership and to seek grants to achieve our staffing goals, but we know we cannot do it without your support!

Turning 80

by Janice Magner

I'm 80—yes, I am 80. I don't know how it happened, but somehow it did.

The anticipation of being 80 was anxiety provoking. How was I going to feel when it actually happened? Would I be cognitively impaired because I would be so old, would my body quit working because it suddenly realized it had worn out because it was 80?

Suddenly it was here—the big day: 80. I went through my day just as I have every other day. No difference. Then the next day, no difference. Then the next week, still no difference. Amazing—everything was still the same. Life went on just like the month before and the month before that.

Knowing this, I am beginning to think I can move into the 80's decade comfortably. I don't have to feel anxious or so afraid of growing old. I'm just living life a day at a time.



Volunteer Spotlight: Dennis Dellarocca

By Judie Donaldson



Have you ever been driving across the Golden Gate Bridge—or been nearby—and noticed workers up near the top painting the struts or making repairs? If it was a few years ago, one of those awesome daredevils might have been Dennis Dellarocca, who is now one of Carquinez Village's volunteers! Dennis worked on our Bay Area bridges for forty years. During this time, he was tasked with a variety of jobs. By the time he retired in 2014, he was a superintendent overseeing others. Dennis considered it an honor to work on the Golden Gate Bridge, which he describes with regard as the Statue of Liberty of the West.

Dennis was born in San Francisco and raised in Pacifica. He moved to Vallejo in 1991 and to Benicia in 2000. Three years ago, he read about Carquinez Village in the Benicia Herald—and that was it! He became a volunteer. This is particularly impressive because Dennis is busy. He works three days a week at ACE Hardware.

So why does Dennis fill his life so fully? For Dennis, it's all about helping others. If you talk with him for just a few minutes, it becomes clear that helping others and giving back combine to form an important theme in his life. Our members are fortunate to benefit from his caring ways. We are so glad that Dennis found Carquinez Village!

**Are You Ready to
Transform the
Experience
of Aging in
Benicia & Vallejo?**



Carquinez Village

Connecting, Supporting and Inspiring Older Adults

WWW.CARQUINEZVILLAGE.ORG

CARQUINEZ VILLAGE

NEEDS YOU!

THE CARQUINEZ VILLAGE IS ACTIVELY
RECRUITING VOLUNTEERS

SCAN TO LEARN MORE
AND FILL OUT AN APPLICATION



Member Spotlight: Carolyn Fallon

By Greg Plant

Carolyn Fallon is a true devotee of culture. She is interested in and enjoys so many different cultural things, from plays to opera to movies and, as you know from her Carquinez Village newsletter reviews, books!

“I read all the time,” she says over lunch in her cozy cottage overlooking the bay. Carolyn’s intellectual parents introduced her to poetry and books. She grew up on the Monterey Peninsula, soaking in its rich cultural atmosphere; for example, she remembers when Carmel started its Bach festival.

After graduating with an education degree from San Jose State University, she met her husband, Joel. Because of his military intelligence work, they moved from post to post—13 states and two countries! “I remember seeing plays in Germany,” Carolyn recalls.

She did all this while raising a family of five kids (not to mention pets!). “We were good at moving,” she says, “and I loved every place, even the American Deep South. I took advantage of all the art galleries, plays, music, and everything all over the world.”

Carolyn’s favorite place to live was Washington, D.C., “with all those museums and galleries, but I still love Monterey!” she adds, smiling.

Joel retired at 39 from the military. “He built sailboats and wrote poetry,” Carolyn explains. He became Benicia’s first Poet Laureate. Benicia Literary Arts published a collection of his poems after his passing.

Carolyn remains a fixture, especially in Benicia. “I love living by the water with such a fabulous view.” She retains her unflagging interest in culture, such as Met Opera films, symphonies, art and poetry and book gatherings, conversation about politics and arts...and of course Carquinez Village!



Lois Requist, Editor

We are always trying to communicate better and to more people. To that end, some sections will appear monthly or on a regular basis. Examples: Board Information; Around the Town; Member Spotlight; Volunteer Spotlight; and Program Highlight. If you would like to contribute to any of these, send me a note. Lois@requist.com