



President's Letter

by Helen Hughes

Welcome Carquinez Village Members Friends and Family to our Community

Summer seems to be on its way out and there is definitely a change in the air. It happened overnight, it seems. I feel more energized, more ready to get into the garden and finish the jobs I have on hold due to the heat. Be careful not to overdo it, which happened to me.

I was determined to sort out my moving boxes in the garage, once and for all, only to discover that all that moving of heavy boxes made me ache all over. I could hardly move for two days afterward. It's like water aerobics—everything seems so easy in the pool, except you are working all those muscles, so they can be very sore afterward for days.

I got my second shingles shot and the nurse's final comment was, "You are done for life."

"What?" I said.

She explained that I would never need another booster for shingles. She also said I would get a reaction, and, oh boy, was she right—aches and pains and a high temperature overnight.

But I am done for life!

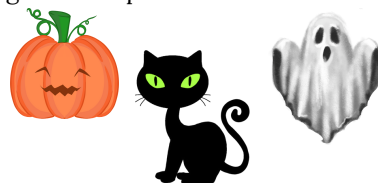
Hope you are checking out all the great activities we have arranged! Look on the website and in the newsletter.

We need to hear from you, our members, about what activities you would like to have, or new groups you would like us to organize—maybe in the evening, or over the weekend if people have commitments on the weekdays.

As you have seen, our new Executive Director has been busy on Facebook putting out the good word about Carquinez Village to Seniors, and we are getting a great following and response.

Anyway, have a great October, Happy Halloween to one and all!

Helen Hughes



BINGO at The Chill – A Fundraiser for CV



DATE: Sunday, October 22, 2023

TIME: 2 pm - 4 pm

WHERE: The CHILL Wine Bar, 362 First Street, Benicia

\$30 for (10) Bingo Cards

(7) Games (7 chances to win!)

50/50 Raffle! Great prizes!

100% of the gaming proceeds go to Carquinez Village.

Bring a friend, and have a blast!

Free COVID test kits

Starting Monday, Sept. 25, every U.S. household will be able to order 4 FREE COVID-19 Tests for their household again. To place an order & and for more info, visit COVIDTests.gov



Save Money on Your Garbage

BENICIA - Did you know Benicia residents age 60+ are eligible for a discount on their Republic Services garbage?

Complete the form at the link below and email it to the Utility Billing Division at utilitybilling@ci.benicia.ca.us.

You can also mail the form or drop it off during business hours at the Benicia Utility Department, 250 East L Street, Benicia. They will respond within 24 business hours of when your application is received. Their office hours are Monday–Friday (closed every other Friday) 9 am–4 pm.

Questions? Call (707) 746-4225. **CLICK TO APPLY:** <https://tinyurl.com/BeniciaRSDiscountforSeniors>.

Benicia
SENIOR DISCOUNT
GARBAGE SERVICE DISCOUNT AVAILABLE
FOR BENICIA RESIDENTS AGE 60+
CALL (707) 746-4225

Kathy Monroe

by Greg Plant

Kathy Monroe, a native New Englander who moved to Benicia in 2016, soon began helping with Carquinez Village, “I wanted to help seniors,” she remembers.

“I thought the Village had a noble mission to help seniors,” she says, “and my experience as a social worker could benefit the Village, plus I met so many genuine, caring people.”

Kathy said she wanted to help CV with membership. But Judie Donaldson said, “No, we need you on the Volunteer Committee.” Six years later, Judie’s wisdom holds: Kathy has been a strong leader of the volunteers, now numbering 65. She helped build the volunteers by co-chairing with Diane Choquette and now with Jane Keene.

“There are three types of volunteers,” Kathy explains: “Direct service, committee members who plan and run events or help with the organizational structure, and Board members/Committee Chairs. Direct service is working with individuals, such as driving a member.”

She finally joined as a member and volunteer two years ago, and Kathy again demonstrated leadership by persuading the CV board to let volunteers join in on CV activities.

Kathy is a poet and a member of Benicia Literary Arts and the Library Poetry Salon. She often uses Zoom to communicate with her family of three grown sons, all “techies,” and two grandchildren.



An outdoors fan, Kathy and husband Andy love camping and often go traveling in their RV to favorites like Bryce Canyon and Vancouver. “I like the RV because it’s ‘bear safe,’” Kathy says with a hopeful smile. We hope so, too!

Our Newest Members

by Susan Neuhaus

Patricia Poinsett: Patricia joined this month, and one of her ancestors was the Poinsett for whom the poinsettia flower is named. She lives in Glen Cove with her dog and cat. She worked most of her life in the world of finance, specifically healthcare. Patricia is currently waiting for a knee replacement. Since her retirement, she has been a volunteer with Court Appointed Special Advocates (CASA), an advocacy group for children in foster care.

Welcome!

Volunteer Services in a Time of COVID



by Kathy Monroe

Unfortunately, since the end of the summer, there has been a significant uptick in COVID cases in Solano County. It seems we all know someone in our community who has recently been infected by the latest mutation. Carquinez Village remains committed to delivering services in a manner that is safe for all our members and volunteers.

We know that services that are delivered in close quarters (inside houses or cars) are riskier than those that can be performed at a safe distance. If you are COVID POSITIVE or suspect you might be, please do not ask for, or volunteer to offer, rides or in-home services. Masking during the service or isolating after the service is NOT an adequate safeguard against an active infection for anyone over sixty and does not help our community as it struggles to keep the infection rate low.

There are other ways to meet needs. Volunteers can shop for and deliver groceries or medications to the front door of a member and pick up the appropriate amount of money in an envelope left at an agreed-upon spot. Of course, grocery stores and pharmacies also will deliver directly to your house. The Community Action Council (CAC) can deliver meals. Non-emergency household help, tech help, or other errands can wait until the member or volunteer is better.

In the last newsletter, we published an article on Medical Transport that you can use to visit a doctor in person while you are COVID positive, and these transports utilize “universal precautions.” Kaiser Medicare members are entitled to 24 free transports per year, and other medical providers have similar arrangements. However, be sure that your provider will, in fact, see you if you suspect you are COVID positive because some will want you to reschedule.

Many people are currently masking to protect themselves or other vulnerable loved ones. Sometimes a member or a volunteer who is COVID NEGATIVE feels more comfortable if both are wearing a mask. This request should be discussed on the first phone call when confirming the service request. OR the member may mention it to Louis, and he will record it on the online service request.



Did You Forget Your Password

by Jennifer Hanley

EMAIL (OR USERNAME)

jhanley@carquinezvillage.org

PASSWORD

Show

☐ REMEMBER ME ?

LOG IN

[Create or Reset your password?](#)

EMAIL

SEND ME PASSWORD INSTRUCTIONS

[Sign in instead?](#)

Password instructions External ⓘ Inbox x

Helpful Village <village@helpfulvillage.com>
to me ▼

Dear Jennifer

Someone has requested a link to change your password. You can do this through the link below.

[CHANGE MY PASSWORD](#)

The email expires in 48 hours. If you missed that window, please use this link to [send a new password email](#).

If you didn't request this, please ignore this email

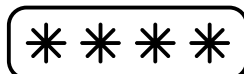
Thank you and see you soon,
Carquinez Village

If you have forgotten your password, it's simple to reset. Follow these instructions:

1. Click the "SIGN-IN" link on CarquinezVillage.org
2. Click the "Create or Reset your password?" link below the sign-in boxes
3. Enter your email address
4. Click the "SEND ME PASSWORD INSTRUCTIONS" button
5. Check your email account
6. Look for and open an email from "Helpful Village" entitled "Password instructions"
7. Click the "CHANGE MY PASSWORD" button
8. Enter NEW password, then enter NEW password again in the second box
9. Your password has been reset!

Write your new password down and put it in a safe location. Taping it to the inside of a kitchen cabinet, or to an office wall, are great places to keep it. You'll be able to find it again if needed.

If you have trouble following these instructions, or you cannot remember your email address, call us at (707) 297-2472.



Helping the Lions Club

by Linda Chandler

The Benicia Lions Club has reached out to us for assistance on two dates coming up when they need some volunteers: **Saturday, October 14th, Annual Dog Fest, and Thursday, November 15th, Senior Day at the Benicia Senior Center.**

They ask us to fill two-hour shifts from 10 am–12 pm; 12 pm–2 pm; or 2 pm–4 pm. We need two volunteers minimum on each shift.

More information on each event:

Saturday, October 14—Lion's Club Annual Dog Fest; Benicia Marina Public Green 10 am–4 pm. Volunteers would assist in selling tickets at the event, directing, and generally helping the event be an enjoyable and safe occasion for both two- and four-footed friends and neighbors.

Thursday, November 15—Senior Day is a fair offering numerous resources for seniors at the Benicia Senior Center, 10 am–4 pm. Volunteers will assist in registering and directing attendees, and in helping staff booths.

TOURO will be on hand, along with other health and service/support providers, to offer direct services, such as health screenings. They will also help run our booth.

To sign up, call the information line at 707-297-2472.

Benicia Chapter of Golden Gate Symphony Orchestra & Chorus Looking for New Singers

by Jennifer Hanley

Do you like to sing?

The Benicia Chapter of the Golden Gate Symphony Orchestra & Chorus (GGSOC) is looking for singers of all ability levels to join their chorus this fall. Rehearsals for the Benicia Chapter are every Tuesday starting September 19th from 7 pm to 9 pm at Saint Paul's Church on First & J Streets in Benicia.

Drop in to check it out! They are preparing to perform Handel's Sing-Along Messiah in December at the Herbst Theatre in San Francisco and at Benicia's Clock Tower with a full orchestra and two choruses. Next year, they will be performing Beethoven's magnificent 9th Symphony, with the "Ode to Joy," at both locations, then traveling to the Swiss Alps to perform it in Scuol, Switzerland!

Learn more and sign up at:

<https://www.goldengatesymphony.org/join-the-ggsoc>, email Michelle at admin@goldengatesymphony.org or just drop in on a Tuesday!

You can find out even more at:

<http://goldengatesymphony.org>

TOM LAKE

by Ann Patchett

Reviewed by Carolyn Fallon

Well, she's done it again—her new book has reached the top of San Francisco Chronicle's best-seller list, it's on demand at all public libraries, and Bookshop Benicia is frantic for the next shipment. Ann Patchett has a new novel and, as usual, it's a great page-turner. It takes place in two time periods in a woman's life: first, a summer idyl in a small town called Tom Lake, second, on a northern Michigan fruit farm when she is a 57-year-old wife and mother.

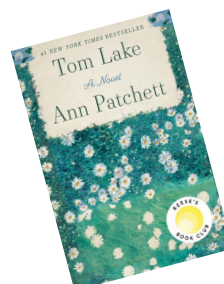
The novel opens as a theatrical company is casting for their production of Thornton Wilder's American classic, *Our Town*. The book's protagonist, Lara (shades of Dr. Zhivago), is assisting in the auditioning of the participants for the part of Emily, but with very little luck. By chance and talent, Lara lands the role of Emily. And now, voilà, the second grand coup, a young unknown—charming, charismatic Peter Duke—lands the part of George. They are smash hits. Peter Duke, as the plot details, becomes Lara's lover and, later, an international star, famous beyond imagination.

We transition thirty years to Covid time. Lara, happily married, lives in northern Michigan on a farm of fruit orchards. Her three young adult daughters are Covid sheltering at home, and it is cherry harvesting time. In the process of picking

cherries, they become wildly curious and must hear the tale of their mother, Lara's, relationship with the famous Peter Duke. So now the second part of this cleverly crafted plot unfolds. Ann Patchett deftly handles two eras, two different worlds, back and forth, with an incredible cast of characters who inhabit both worlds. We are not only wonderfully entertained by a great tale, but are quietly informed on the ins and outs of a theatrical production and the ways of cherry farming.

One must add that the novel is in part an homage to Wilder's 1938 play, *Our Town*, a quiet, universal work of art. Through the years, the play has been performed over and over in many countries and languages. It is an American classic. If you are interested, YouTube offers Paul Newman's production of *Our Town* to watch.

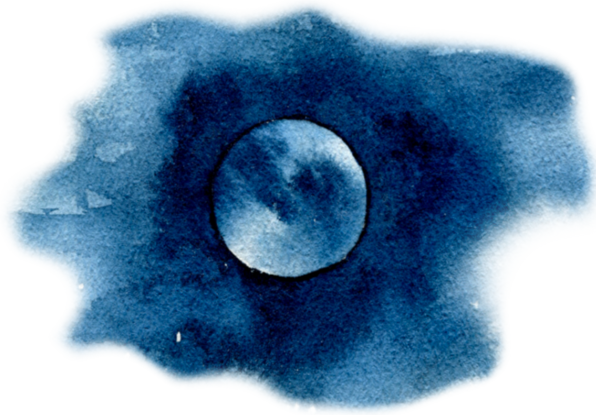
Patchett, in an interview on National Public News, was shown working out on a stationary exercise machine while simultaneously writing *Tom Lake*, which she claims she wrote entirely while running in place. She also said that she set the second part of the book in northern Michigan because she had fallen madly in love with the beauty of the area. So, enjoy, enjoy!!!!



[Order your copy at Bookshop Benicia](#)

Blue Moon

by Marty Stockard



August 2023 was a rare month with a “blue moon”: a second full moon within one month. It was also a “harvest moon,” bigger than usual because it was closest to the Earth in its rotation. Blue moons and harvest moons trigger memories deep into my past.

While in junior high school, about age 13, a group of 12 of us (six boys and six girls) met on alternate Saturday nights for a potluck evening, just like our parents did when they were children. We would eat, play canasta, and dance. One of the highlights of our dancing (really swaying back and forth in the arms of our partners) was swaying to the popular tune “Blue Moon.” By default, I was usually paired with Pete Gilbert for the dancing.

*Blue Moon, you saw me standing alone
Without a dream in my heart
Without a love of my own
Blue Moon you knew just what I was
there for
Someone I could really care for*

Since Pete was not “that person,” as we swayed to the music, I kept my eyes open watching the other couples. Many of them had their eyes tightly closed. Thus, I earned the nickname “Eagle Eye”! So, Eagle Eye watched last month’s blue moon with her eyes, once again, wide open!

In 1972 I married, and we moved to Honolulu. One of our good friends, Sonny Tanabe, had a home on the other side of Oahu in Kaneohe. I remember one August evening we were at Sonny’s with a group of folks munching on a Chinese-prepared parrot fish waiting for a barbecue dinner when out of the Pacific rose the biggest moon I had ever seen. It seemed to be within touch, bright yellow and enormous. We all stopped munching and crowded onto his balcony to watch in amazement as the moon rose slowly out of the sea. Later that evening, we sang “Blue Moon,” accompanied by three ukeleles. That was a night and sight I will never forget. The next blue moon won’t occur for years, but in my mind’s eye, both of those blue moons will remain with me forever.

Educational Programs Survey

by Diane Choquette

Your Programs Committee is starting a new education series. Research suggests that people who take adult education courses had a 19% lower risk of developing dementia within 5 years compared to those who didn't take classes. Of course, we know you like to learn new things, but we'd like to find out more about your interests.

We have access to many of the Great Courses lecture series on DVD. Scholars in their fields provide illustrated lectures on DVD that we can view and discuss. Please answer a few questions to help us make the best choices to suit your interests! [**CLICK HERE TO COMPLETE ONLINE**](#)

1. Please check up to three of the following Great Courses topics you find interesting.

- ☐ History of the Late Middle Ages
- ☐ The Spiritual Brain: Science and Religious Experience
- ☐ The Night Sky: How to view planets, constellations, and stars
- ☐ Engineering an Empire: How Ancient Empires were constructed
- ☐ Art of the Impressionists
- ☐ Renaissance Art
- ☐ Baroque Art
- ☐ Why Economies Rise and Fall
- ☐ Sensation, Perception, and the Aging Process

2. Are you interested in viewing Ted Talks, which are short one-off talks, and discussing them?"

- ☐ Yes ☐ No ☐ Maybe

3. How would you prefer to engage in these educational opportunities? Check as many as you like."

- ☐ On Zoom only ☐ In Person only ☐ Hybrid—Zoom and in-person options

4. Do you use Zoom?"

- ☐ Yes ☐ No

5. If you do not use Zoom now, would you like to learn how to use it?

- ☐ Yes ☐ No ☐ Maybe

Comments:

Your Name (optional)

Mail to:
Educational Programs Survey
77 Solano Square No. 279
Benicia, CA 94510