



November 2020



## Presidents Message

By Susan Neuhaus

How did it get to be November? I hope you took advantage of your right to vote. “Democracy Is Not A Spectator Sport,” is my favorite League of Women Voters bumper sticker. If the Corona virus has taught us here at Carquinez Village anything, it is that community matters. We are so pleased that you have joined us in reaching out in the community.

In the late spring, we decided that we wanted to ensure that our shared community was prepared for any disaster. First, volunteers made calls to ensure that you knew how to sign up for Alert Solano. Since signing up, I have received alerts about potential power shutoffs.

Remember how we all scrambled in the beginning of the pandemic to find masks and hand sanitizer? That experience motivated the board to create emergency To Go bags. Judie Donaldson headed the effort, writing a letter to encourage donations, raising over \$4000. The Red Cross bags are a bright red with the Carquinez Village logo on them. They are filled with emergency supplies and even include another mask and personal hand sanitizer; there is also a list of additional items that you might decide to add. Many of you have generously asked that your bag be offered to someone else in the community. We are partnering with Benicia and Vallejo charities to distribute 50 of the bags to local seniors.

Though the rate of Solano county’s Covid-19 cases has slackened, public health officials are concerned about the risk of a winter resurgence and are recommending that everyone get a flu shot. Check with your doctor; call us if you need a ride. For those of you who are Kaiser members, you do not need to make an appointment. Kaiser Vallejo has a drive-thru flu shot clinic operating through 12/31, M-Sat. 8:30-4:30.

You know from the media, and maybe personally, that there are a lot of families out of work. There is an increased need for food and some Carquinez Village members/volunteers have participated in the Food is Free Solano program.

Carquinez Village has decided that, with your help, we will adopt two families for this holiday season, one each in Benicia and Vallejo. By joining together, we hope to make a family’s holiday festive, buying everybody a present and grocery cards so they can have those extras to make a special holiday meal. Can you help? Our member services committee is coordinating the project. We expect to have the details about our families in the next few days. We will send out the details of their requests soon. Please give what you can, either by purchasing a gift or contributing money to buy gifts or food. In the meantime, if you want to donate go to our website, [www.carquinezvillage.org](http://www.carquinezvillage.org), and select Donate in the right-hand corner and choose Adopt a Family.

Finally, I want to invite you to attend a board meeting. It is a great way to meet our board of directors and learn more about what it takes to keep our village running. We meet the first Tuesday of the month at 2:30 pm. For now, we meet on Zoom, if you register on the Event page, we will send you an Invite.

Stay safe, Susan

# CATCH Me!

By Diane Choquette

Soon, my first Covid-19 test will be delivered to my door by courier. Purportedly, a simple nasal swab, the test should be easy to take. A courier will pick it up tomorrow. I'm excited about this, not because I think I have the virus, but because I have enrolled in a Stanford University study to determine the prevalence of symptomatic and asymptomatic Covid-19 infections in the Bay Area.

The CATCH study was described in the October 16th edition of the Benicia Herald. I went to the website, [catchstudy.stanford.edu](https://catchstudy.stanford.edu), and answered questions related to my health status and demographics. Each day I am prompted to go to my online "dashboard" to complete a few questions. Each day, tests will be delivered to a sample of symptomatic and asymptomatic participants.

If you are interested in this study, read about it at [catchstudy.stanford.edu](https://catchstudy.stanford.edu) or call (833) 971-2468. You do not need to have access to the internet to join this study! You might want Stanford to CATCH you, too!

## Welcome! New Member Debbie Conway

By Diane Delaney

Please join me in welcoming new member, Debbie Conway. Debbie is a native Californian, born in Oakland. She briefly attended Rick's College in Idaho before being sidetracked by a skiing accident, that brought her back to the Bay Area.

Debbie found her way to Napa where she studied for her Psychiatric Tech license. Debbie worked in Napa for a year at "Aldea" a live-in treatment center for adolescents. She soon moved to Benicia and found a love for home health care and has worked here for many years.

Debbie likes movies, is an avid swimmer and enjoys gardening, especially growing roses, carnations, and fruit trees. Debbie is active in the Benicia Community Congregational Church where she has found a caring and supportive environment. She often "babysits" for "Micah," an active Basenji-Chihuahua mix that she says is a great guard dog and companion. Debbie hopes to gain new friends and community in the Carquinez Village.

# Round Hole

(a short story - episode 4)

by Molly Barr

(Meg's last comment from previous episode) Off in the distance I could see a great wall of sand rollin' across the desert swallowing everything in its path. Sand spewed hundreds of feet in the air and the sky was a muddy blue. I'd seen sandstorms before, and I knew better than to tangle with one."

"It was a butte," Grandad said, "biggest I ever saw."

"A big one," Grandma agreed. "The horses didn't like the looks of it any more'n I did. They were gettin' fractious and hard to control, when I heard Bruce callin' to me over the roar of the wind. 'Head for the ranch,' he shouted. 'Where in the hell's the GOD DAMN ranch?' I screamed back over my shoulder."

"I flipped over on my stomach so I could see where we were going, and I yelled at Meg to take a bead on Pah-Rum." Grandad pointed southwest at a jagged peak on the horizon beyond the Smoke Creek Desert.

"Everybody knew Pah-Rum peak. I'd been navigating by it for years. I wheeled the horses around and, with Pah-Rum in my sights, raced before the wind." Grandma took a long guzzle of lemonade, "aaahhh," she breathed out, "I could have been a great sailor ... we raced before the wind," she repeated. "I like that."

"That we did," Grandad said. "'Bout all I could see was Meg's yellow plaid back. I knew she was screamin' at the horses, but I couldn't hear her. Ever' now and then she'd rear back her whip and let fly." He waved his cane in the air for emphasis.

"The horses had their ears back, and a wild look in their eyes." Grandma continued. "My eyes felt like they had a good portion of the Nevada desert in them, and I could barely breath. I knew if we didn't find shelter soon, we'd have to stop and get under the wagon.

(TO BE CONTINUED)

# What ARE Those Wines?

By Greg Plant



It seems endless, the number of wines from all over the world, and when you enter a wine shop it can be disorienting! On the other hand, it's an exciting adventure trying out wines to see which fit your taste buds and your budget.

Here then is a primer for those interested in learning more about wine. But first: a few words on the types of wines. Wines are named for the grape that goes into it -- or sometimes for the region where the wine is made. For example: in California it is the "Riesling" grape; in Germany it can be the "Mosel" region -- but the same white-wine grape. A California wine called "Burgundy," though, could be anything!

Here are the major wine-making red grape types (called varieties). Last month's newsletter had the information on white wine. If you missed it, you can read it at the [www.carquinezvillage.com](http://www.carquinezvillage.com) website.

## RED WINES:

Note: Aging in oak barrels can make red wines smoky in aroma and richer in flavor. Red wine can be light in body, or medium, or full -- like skim milk, whole milk, or cream!

Cabernet Sauvignon - a dark wine, purple in its youth and often tannic (that is the "cottony" feel you get in your mouth) with a flavor like blackcurrant berries. Full in body.

Merlot - like Cabernet in flavor but lighter-bodied, less tannic, and easy to drink when young.

Pinot Noir - medium body and the flavor of cherries and earth (like smelling mushrooms ...in a good way), a grape famous in rich French wines from Burgundy.

Zinfandel -raspberry/brambly flavors in various styles, from rich and high in alcohol to light and fruity and even rose wines.

Syrah/Petite Sirah - pepperiness is the main characteristic for these grapes, with Petite Sirah dark in color and fuller in body, Syrah (a French grape) lighter and more currant-like in flavor.

Grenache - a major grape in France's Rhone Valley (along with Syrah) that can be candied light (sweet) and fruity at the same time.

## Italian grapes:

- Sangiovese is medium bodied with fresh berry and plum flavors, used for Chianti
- Nebbiolo is full-bodied and used in the long-lived (and expensive) Barolo, very tannic with deep cherry flavors.

## Spanish grapes:

- Tempranillo is the major grape for Spain's Rioja, light-bodied with plummy fruit flavors, blended in wood barrels.

# The Zoom and I

By Joe Athey

This is my third year of Carquinez Village membership and it's not like the first. That first year if you had tracked my horoscope, you'd have found I needed some unique collision of stars to project me into a Carquinez Village Event. And, I always had a very good time. The second year I made every effort to get to the monthly potluck. Good times, good people. Year three and it's the zoom and me. It comes down to covid19. Before I knew of asymptomatic spread, I'd already decided that the potential of personal contact carried an unknowable and invisible price. So, for now social occasions fall along an approach/avoidance continuum. I'm drawn to meeting people, but illness and death are something I like to avoid. And I am thirty pounds overweight, have a history of smoking and am on the other side of seventy. So, my scales tipped toward avoidance. But rather than roll down the shades, let loose the hounds and cower under the bed sheets I decided to go digital. Now I can meet and greet and laugh and cry right along with others. I've visited family, taken workshops on writing and cooking, met new people, and kept in contact with longtime friends. For me, it's zoom time. So, thank you Carquinez Village for introducing me to Zoom. And I hope to see you soon.

## Notes from the Editor

By Lois Requist

It's nice to follow Joe's hearty words! I've gotten to know him and Molly somewhat through working on the newsletter together. They are also in the Memoir Writing Class now in progress that I'm teaching. They and others keep me on my toes! Both Molly and Joe have contributed to every newsletter.

Barbara Fredericks does the formatting of each newsletter, a process that has become more complex with the need to make it readable in print, on the computer, phones, and all the other devices one of our members might choose to access it on. Rachel Ann Latosa Brown uploads it to our Facebook page. Susan Neuhaus and Judie Donaldson always contribute. Greg Plant and Diane Delaney contribute, as well.

Thanks to all of you! Happy Thanksgiving whatever that looks like this year!

