

August President's Letter



Wow, it is August already, and my grandchildren are going back to school. Where has the summer gone? At least here in Benicia we still have several warm days to look forward to, and hopefully, no fires.

At this time of year, we focus on home safety. As in the past, we are partnering with the Red Cross to install smoke alarms in our members' and volunteers' homes. We have had a nice influx of about twenty new members and volunteers so far this year. If you would like to have a smoke alarm installed or checked let me know and I will put you on our list. Call Susan @ 707-373-6879.

On August 19th, our speakers' series topic via Zoom will be, "Fall Prevention through artful home modifications." We are also hoping to offer the "Matter of Balance" class again in the Fall.

We continue to explore the local parks at our monthly picnics. **This month we will be picnicking at Lake Herman on Wednesday, August 18th.**

This month's excursion on Friday, August 13th is to Sausalito to see the San Francisco Bay Model; if you have never been there you should go. I am definitely going to try and attend, as they are going to one of my favorite restaurants afterwards for lunch, Fish.

It truly takes a Village for us to function, and I am grateful to all our members and volunteers who keep us running. I have two requests to our Carquinez community and their family and friends:

- 1) we still need a few more people to volunteer at the polls on September 14th, and
- 2) we are in real need of someone to help us with some project management spreadsheets. Again, if you or someone you know might be able to help us out, please give me a call. Susan Neuhaus @ 707-373-6879.

– Susan Neuhaus

So much to be “grateful for.....



As many of you know, Judie Donaldson, one of the two founders of Carquinez Village, along with Lois Requist, was chosen as Volunteer of the Year by the Solano

County Senior Coalition! Even though the Village had nominated her based on the hundreds of hours she spends on meeting new members, leading committees, contributing to the Board, and filling in on endless small tasks, we were happily surprised and thrilled at her being chosen for this great honor!

And then a second wonderful surprise! Based on the honor bestowed upon Judie, Valero presented a \$10,000 gift to the Village! There are no strings attached to this grant, but we will be sure to make judicious decisions about spending the money, taking into consideration some of Judie’s favorite causes in the Village. The Board, the members, and the volunteers are again all very grateful to Valero, which has a history of being a Friend and Benefactor to our Village.

– Linda Chandler



Limited Funding Could Assist Older Adults

Funding is now available through September for assistance to low-income older adults over 60 or disabled adults in need of assistance with medical bill payments, roof repairs, utility bills, and hot water heater repairs.

For more information, send an email to KLara@ci.benicia.ca.us or call the Benicia Family Resource Center at 746-4352.

“Fall Prevention Through Artful Home Modification”

Bill Essert, Certified Aging-in-Place Specialist

August 19, 10:30 am

(A Zoom Program)

Bill Essert works with occupational therapists and other professionals to make certain that older adults get the support they need to avoid falls. Don’t miss Bill’s important suggestions! They might make a difference in your life!

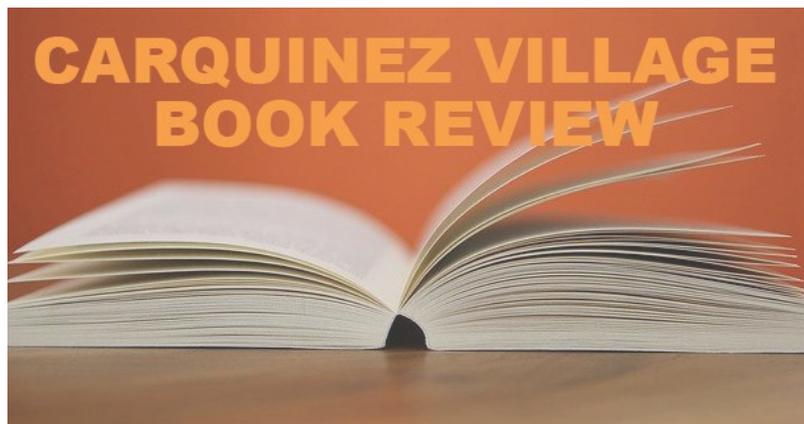
Carquinez Village presents
SENIOR SPEAKERS SERIES



To make a reservation, call

707-297-2472

BOOK CLUBS



HAMNET

A Novel of the Plague

by Maggie O'Farrell

It has been said that Shakespeare's longest play, Hamlet, was written during the 1580 "Black Death," and that it has autobiographical roots, in that his son, Hamnet, died from the plague. Be that as it may, this current best-selling historical novel, first in hardback and now paperback, is a wonderfully compelling and timely read.

The author, Maggie O'Farrell, brings a particular Irish charm and fey mysticism to the plot. We are immersed in 16th-century English country village life with the sorrowful development of the death of the family's only son. The book has been widely acclaimed not only for the beautiful writing but also for the great plot.

Personally, it has been interesting to contemplate plague life in historical notes, novels, and memoirs. We contemporaries live on a magic carpet of artificial intelligence, with all its benefits—internet; streamed movies, music, plays, and lectures; plus delivered groceries and Amazon's endless products. And, most of all, the swift and timely presentation of the vaccines for a different world. Hope you enjoy this book!

– Carolyn Fallon

Local Wineries

Avoid the wine-tasting crowds of expensive Napa and Sonoma (\$100 tastings?!) and explore the pleasures of the wineries of Suisun Valley, nestled among the foothills and vineyards west of Fairfield.

The area has ten wineries, some open weekdays, but all open on weekends. Take Highway 680 toward Fairfield, then take Suisun Valley Road west and head toward fun.

One worth visiting is [Vezer Family Vineyards](#), 5071 Suisun Valley Road, in this charming blue Victorian. As with most of the valley's wineries, tasting is \$20 per person, with money credited if you buy a wine. We had four one-ounce tastes; some wineries offer more tastes. The Vezer wines were well-made, if a bit pricy.

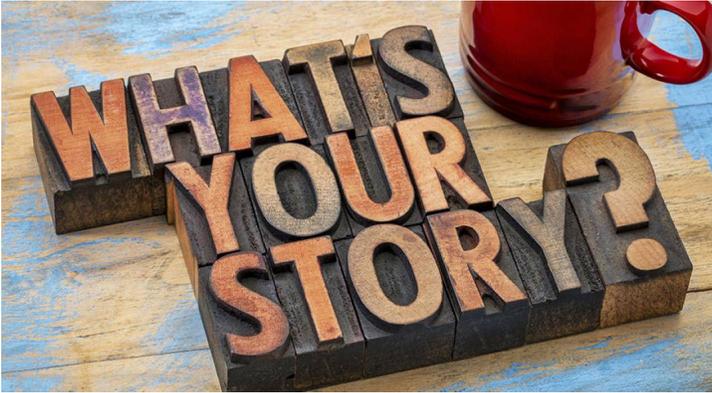


Another winery, [Wooden Valley](#), is four blocks away and features a lovely, air-cooled tasting room complete with tables and chairs. Where are the appetizers?! And the wines are good, especially their Primitivo (same grape as Zinfandel).

A guide to the Suisun Valley Tasting Rooms can be found by following this link. <http://suisunvalley.com/wine-tasting>

– Greg Plant

Memoir Class



Plans are underway for another memoir class like the one I taught last fall, except this time Mary Eichbauer and I will teach it together. It will be two hours a week for six weeks and will begin in early October. Stay tuned for more details.

Editor's Notes

Thanks to Greg Plant and Carolyn Fallon for adding interest to the newsletter with their articles on books and wine, both subjects I enjoy. Also, appreciation goes to our faithful president, Susan Neuhaus, as well as Linda Chandler and Cynthia Helmuth for their submissions.

If you have something you'd like to contribute, or a suggestion, please let me know at lois@requist.com.

CARQUINEZ VILLAGE NEWSLETTER

77 Solano Square No. 279, Benicia, CA 94510
707.297.2472

www.carquinezvillage.org