



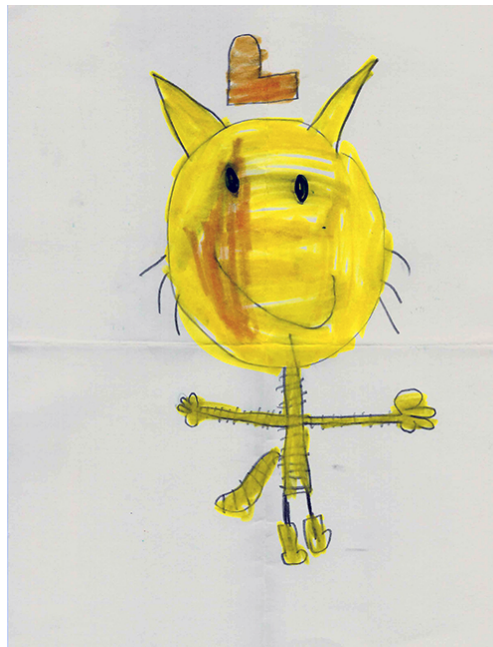
## PRESIDENT'S LETTER

BY SUSAN NEUHAUS

We miss seeing all our Carquinez Village friends in person. Two weeks ago, we started using Zoom to have some of our programs. They are on the events calendar. So far, we have these regular programs happening on Zoom: Carquinez Cafe, Men's Group, Meditation, and the Monthly Speaker Series. In April, we had a wonderful presentation by the Solano County Master Gardeners on Growing a Summer Vegetable Garden.

It is so nice to see and be able to talk to each other during this time of Social Distancing. We are adding some other programs via Zoom as well. You need to register so that we can send you a link to join the meeting. You can join via a computer, tablet or smartphone or you can just call in on any phone. When you register let us know if it is your first-time using Zoom and we are happy to help. Are there other programs you would like us to offer? Would you like a class on How to Zoom? Let us know by calling 707-297-2472.

*From the Children's Project:*



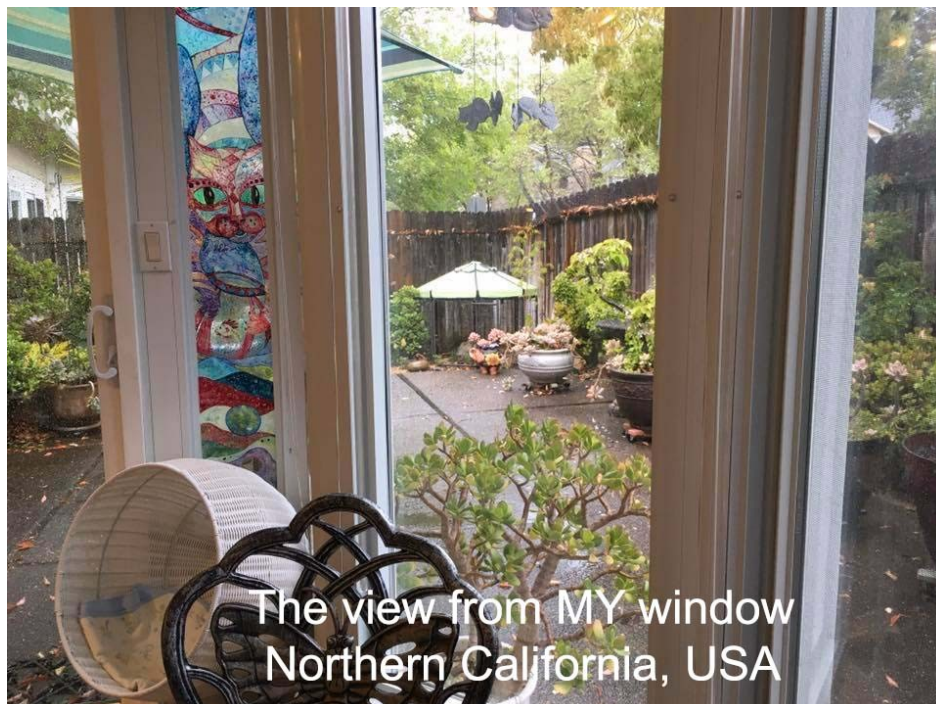
## TRANSFORMING OUR WORLD, ONE TINY THOUGHT AT A TIME

BY MOLLY BARR

*We are in trouble.* Our families, our homes, our towns, our countries, our world. It seems that no one is untouched. Are you glued 24/7 to the catastrophic news? Perhaps you are seeking solace in conspiracy theories and blame? Maybe you are simply hunkered down in your bunker?

It's good to be informed, but I would like to point out that there is something more afoot. Have you noticed an undercurrent of friendship far beyond our borders? Around the globe people in isolation are reaching out. Messages of love and support creeping across borders, cultures, oceans, and continents. People everywhere, in lockdown, are singing from their balconies. They are transmitting and sharing art, jokes, messages of encouragement and more via the many social media platforms. Andrea Bocelli sang live to the world from the empty Duomo Cathedral in Italy on Easter Sunday. Thirty-seven million tuned in. There is a group on Facebook—1.4 million members when I last checked. It is called “A View from my Window.” Each person posts a photo of the view from their window with their location. I have looked out through windows east to west, north to south, the planet over—from the humble to the lavish.

We are not alone.



The view from MY window  
Northern California, USA

## TASTING

BY GREG PLANT

The "Over-80s Club" was planning a party (canceled, sadly) taste-comparing wine with chocolate and cheese! But there's no reason why anybody couldn't enjoy this fun activity at home or share the experience via Zoom!

All you need are the ingredients to set out, plus crackers or bread and water to refresh your palate. The tasting compares milk and dark chocolate to their cheese and wine parallels. Here are suggestions to try:

**For milk chocolate**—since it is sweeter, how about trying it with a slightly sweet Prosecco?! Port also holds up to the sweet. The perfect cheese might be a Brie or California Camembert.

**For dark chocolate**—you need a fruit-filled but full-bodied red wine, like Zinfandel or Merlot, to counter the bitterness of dark chocolate. And a sharp Cabot cheddar would match well.

Or ... try your *own* combinations, and don't forget the most vital ingredient: have fun!

## INDIVIDUALS DOING WELL BY DOING GOOD DURING COVID-19

BY JUDIE DONALDSON

Do you remember the adage that says that out of every negative comes a positive? This is clearly the case with the coronavirus pandemic. Here are two examples.

Elisabeth Gulick, a donor and friend of Carquinez Village, felt called to reach out to people who are suffering because of COVID-19. She learned of one family where the father was working endless hours as a first responder and the mother was struggling to work at home while taking care of their two young children, one of whom is severely disabled—a stressful time for everyone. Elisabeth collected toys and books for the children and provided funds for three take-out dinners for the family. Her gift basket brightened the day for everyone!

Carquinez Village member Michele Douglas has joined the army of mask-makers who are responding to the state's desperate call for help. In doing so, Michele recognized a need that not many remember, farmers! While most are sewing masks for healthcare workers, Michele is making masks for farmers who need them, too. If you would be interested in supporting farmers in this way, send masks to **Ginny Gammill, 906 Salvadoro St., El Granada, Ca 94108.**

## COVID-19 PRIMER

BY KATHY MONROE

Always anxious  
Bracing myself for the worse  
Caught in repetitive thoughts  
Distancing from my usual supports  
Eyeing surfaces suspiciously  
Fraught with worries about unseen danger.  
Grimly going to food stores  
Hoping to find a necessity  
In an aisle of empty shelves.  
Judging my ability to cope while  
Keeping my spirits up  
Limiting my television exposure  
Making the best of free time  
Noticing projects left undone  
Over the previous months  
Promising to follow through while  
Questioning my priorities.  
Realizing some unused abilities  
Satisfying some previously ignored needs  
Timing myself on boring tasks  
Understanding and forgiving my limitations  
Varying my creative endeavors  
Wearing my feel-good clothes  
Xercising my body and my mind  
Yearning for normalcy while waiting for my  
Zeal for life to return.

## ESSENTIAL PEOPLE

BY JOE ATHEY

How about everybody! We're all essential! But some people put their lives on the line to keep the lights on, the shelves stocked, the stores open, the deliveries delivered, the hospitals functioning, the cars running, the banks open, long term care facilities open, the sewers working, the government running, the food banks open, the medicine available, the food picked, processed and delivered, the transit functioning. And that's just off the top of my head!

We owe these people our respect and most assuredly our lives. And what do they expect of us? That we stay home and stay safe. That seems like the least we can do to protect those who protect us. Stay Home. Stay Safe.

## COVID-19 RESEARCH PARTICIPANTS NEEDED AT STANFORD

BY JUDIE DONALDSON

A new online [tool](#) created by [Stanford University Medicine](#) scientists could be used to flag communities at risk for a surge in cases of [COVID-19](#). Stanford's project, *Stanford Medicine National Daily Health Survey for Novel Coronavirus (COVID-19)*, is a daily survey that tracks the occurrence of possible COVID-19 symptoms in communities. It aims to provide data that could flag an uptick in COVID-19 cases before they reach the hospital, acting as a sort of early warning system for regions of the United States with large populations of undiagnosed individuals.

Research participants are needed. Their commitment is minimal. The first survey takes two minutes. The daily surveys take seconds. Contact [lesliehaas@stanfordhealthcare.org](mailto:lesliehaas@stanfordhealthcare.org) to learn more.

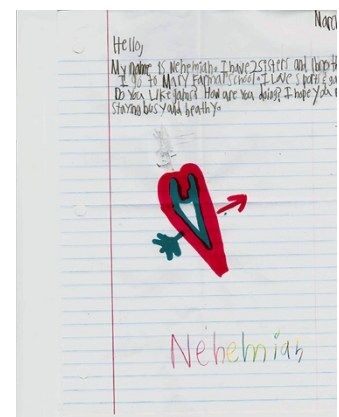
## SCAM WARNINGS

BY KATHY MONROE

There are two new scams out there recently, particularly aimed at seniors.

**The COVID-19 scam:** Because so many of us are anxious and looking for ways to protect ourselves, you might get an email (sometimes a phone call) with an offer of a medical supplement, an oral vaccine, or a piece of equipment to protect yourself. All you must do is give your credit card number and it will be shipped directly to you. But it won't be! Or the link has malware installed to steal your personal info! Solution: **NEVER** give your credit info to an untrusted site, especially a site that approached you. ***Never click on links from untrusted sites.***

**The CENSUS scam:** Fake census workers contact you by email or phone, or even show up at your door wearing something that looks official. They ask for your social security number, your Medicare number or credit card, claiming you need to pay, asking for donations, or threatening arrest. **Solution:** *Know that census takers ALWAYS have IDs and NEVER ask for any of these things.*





## MEMBER OBITUARIES

BY DIANE DELANEY

We remember, honor, and acknowledge those who have recently passed away. Each will remain in the hearts of their families and friends and will be greatly missed.

**Anthony Sylvester**, husband of Faye Sylvester, passed away on March 12, 2020. Anthony was born on December 9, 1941 in Upland, Pennsylvania. He met Faye while both worked for the Pennsylvania Department of Transportation. They were married for 22 years. Anthony had four children before meeting Faye and gained two stepdaughters, and later five grandchildren. He served honorably in the United States Air Force and was a member of the local American Legion Post 0101. He enjoyed music and dance, and was an avid sports fan, following his beloved Philadelphia Eagles through thick and thin. Anthony will perhaps best be remembered by years of Benicia Middle School students, while in his role as a campus supervisor. His students affectionately referred to him as “Grandpa.”

**Clifford Nelson** passed away on March 22, 2020. He was born on November 30, 1936, in Salem, Oregon. He grew up in Bend Oregon, which engendered a lifetime love of the outdoors, the mountains, fishing, and hiking. While in Oregon, Clifford served as a park Ranger at Mt. Rainier and Crater Lake. He is a graduate of Southern Oregon University, and spent a significant part of his career teaching biology to the fortunate students at Diablo Valley College in Pleasant Hill, California. Clifford was also a lover of history. During post retirement, he self-published a book based on his grandmother’s chalet on the Columbia River. He was married to Cheryl for 52 years, and thoroughly enjoyed their two children and three grandchildren.

**Dr. Ho Poh** was born on September 11, 1927 in Singapore, one of twelve siblings. He had two daughters, a grandson, and several nieces and nephews. Ho was a lifelong learner, attending college in Walla Walla Washington, and John’s Hopkins School of Medicine, where he blazed a trail of firsts. Ho was the first Asian American resident in the anesthesiology program. He completed his residency at the University of Washington, before moving to California. He worked at St. Luke’s Hospital in San Francisco, Vallejo General Hospital (renamed Sutter) and then at Napa State Hospital for 27 years. He was the first Asian appointed to chairs at the Dixon May Fair and the Solano County Fair Board. Active in the Benicia Tula sister city program, he traveled to Tula, Mexico three times and was planning his next trip for September of this year. Ho met his wife Mary Frances in Vallejo. They were married for 30 years. She said Ho especially liked being a part of the Village’s Over 80’s group and was particularly pleased that Mary Frances was too young to be a member.

## NOTES FROM THE EDITOR

BY LOIS REQUIST

An article in the Benicia Herald asked children to send artwork that older adults might enjoy. The two in this newsletter are examples.

Visit our website for more information on all our services and events: [carquinezvillage.com](http://carquinezvillage.com).

Did you know our website contains a list of preferred providers, local businesspeople that Carquinez Village members have used and recommend? Whether you need a gardener, an accountant, or something else, check this list for names of people who've been recommended.

## MADE YOU SMILE!



**It's like being 16  
again  
Gas is cheap and I'm  
Grounded.**

Submit an article, picture, meme, cartoon or something that made you smile today. We'll include the best of the best in next month's newsletter.