



August 2020

Food is Free Program

By Kathy Monroe
Co-Chair Volunteers and Service Committee

Carquinez Village is partnering with FOOD IS FREE SOLANO. This program, which was started in Benicia with a few Farm Fresh boxes by Heather Pierini, has now expanded to all western Solano County. The intent is to bring fresh fruits and vegetables from local farmers to all our members (or other seniors) who need or could use up to 10 pounds per week per person.

The contents will vary from week to week depending on what is harvested and is fresh quality produce. There will be a central distribution point on Friday mornings, but volunteers can also deliver a bag or box to your home if needed.

There is no prequalification process. If you think you might be interested in signing up, please call the AOC line at 707-297-2472. Also, let them know how many are in your household and whether you can pick up in person or need delivery.

Community Meal St. Paul's Episcopal Church Serving 2 meals per week

	<h1>Community Meal</h1> <h2>St. Paul's Episcopal Church</h2>
<p>Serving 2 meals per week starting July 27th Dinner will be served on Mondays and Wednesdays 4:30 - 6:00 Please join us for dinner (Monday dinners through August 31)</p>	

Following Dr. Fauci's Approach to Living with Covid-19

By Judie Donaldson

Dr. Anthony Fauci, the country's leading infectious disease specialist, recently shared how he deals with Covid-19 risks in his everyday life. As a 77-year old fellow senior, he seems like a good role model for the rest of us to follow. Here are some of his standards and practices.

The only time he doesn't wear a mask is when he is alone, with his wife, or making a speech. Otherwise, he always wears a mask. His housekeeper is the only person who has been in his home. She wears a mask. He leaves when she is there.

Dr. Fauci does go to the supermarket, but only at odd times when few people are in the store. He hasn't been to a restaurant but does do take-out. When it comes to mail, he brings it in and immediately washes his hands. He doesn't disinfect the mail, but lets it sit for a day or two.

He and his wife have occasionally entertained no more than two friends at a time on their patio (not inside the house, however). If they have food, everything is separate. Typically, they get take-out and request individual containers. His guests commonly bring their own glasses. They all wear masks except when eating.

Dr. Fauci has had his hair cut, but only when he was able to arrange an appointment at 7:00 a.m. when no one else was in the salon. He hasn't been to the doctor or dentist. If he were to go to his dentist, he would ask whether any of the instruments were generating aerosols. He would never consider air travel. Nor would he go to a gym. Walking has become his form of exercise.

Whether you follow Dr. Fauci's practices or have your own risk assessment and routine, stay well and safe!

Thinking of my dad

By Joe Athey

I was wondering what to write this month and I thought: childhood memories. For me, a cherished childhood memory was listening to my dad talk about President Franklin Roosevelt and John L. Lewis, President of the United Mine Worker of America (UMWA). Dad was a coal miner and a member of the UMWA in the 1930's. He said John L. could have had a revolution in 1936. But Roosevelt saved the day.

Bold action focused on getting things done. That was my dad.

California Department of Motor Vehicles Press Release

DMV Gives 1-Year Extension to Senior Drivers with Expiring Licenses

Licenses for drivers 70 and older that expire March through December 2020
now valid until 2021

An automatic one-year extension to Californians age 70 and older with an expiration date between March 1 and December 31, 2020.

To sign up for DMV alerts visit: https://www.emailalert.dmv.ca.gov/DMVEmail_Alert/

Want More Involvement?

The membership committee, under the direction of Janice Magner, has wondered about ways to involve members in activities and facilitate friendships.

Isolation is our big enemy, both because of Covid 19, and because we tend to isolate more as we age. Finding our groups can be a great way to help us stay involved, safe, and engaged in meaningful activity.

Of course, because of the Covid restrictions, we must be creative. Already there is an active Vallejo group, a movie review group, and several other groups. Some of us have claimed other members as a part of our personal “pods”- those we interact with but remain masked or six feet apart from. It has been a great joy to meet these friends for meaningful activity, and we treasure it.

Being part of a group naturally lends itself to caring interactions among members. Rather than “cold calls” about “how are you, are you safe”, we are recommending members become engaged with others in Carquinez Village. Your friendship group is likely to know if you need something and can then help you get it.

Are you part of at least one interest group, or neighborhood pod? Can you organize your CV neighbors or start an interest group? If you need more encouragement or help with this, please call Janice at 707 980-1781 or 707 747-9228. She can explain how to go about it.

After all, the Village is only effective when we engage with it.



Round Hole

(a short story - episode 1)

by Molly Barr

I took a sip of the alkali lemonade and tried not to grimace. Alkali water bubbled out of the ground warm and smelling of sulfur on Grandpa Bruce's ranch. Grandma made everything out of the foul stuff: coffee, lemonade, tea. Not that they had much choice - it was the only kind of water on the place. It seemed to agree with them: they were both in their nineties. Maybe alkali water was the secret to youth. I took another sip and turned to Grandad. He was in his rocker on the porch next to me. Grandma bustled in and out of the kitchen behind us. It seemed as if they were planning to live forever. To me they had

always been old. I couldn't picture them any other way.

We were watching the sun set over Round Hole.

Grandad never missed a sunset. He said that there would be too many days when dirt would be in the way.

"Grandad," I said. "Mom says there's a wagon and a whole team of oxen out there in Round Hole." I gestured toward the pond in front of the old farm house. As long as I could remember, stories had been told about Round Hole. Nobody knew how deep it was. About fifty feet across, it was perfectly round, surrounded by waist-high, lush green grass. The water was so dark it looked like oil.

Grandad shifted forward in the rocker and planted his cane between his feet. His knurled hands capped the top of the cane and he rested his chin on them, his gaze steady on the setting sun. "Naw," he said, "there ain't no oxen down there.

Just as I suspected. Mom was telling tales again.

"It was a team of horses. Six of 'em. They were pullin' a load of freight. Pretty buckskins as I recall. I can still hear their screams sometimes when the sun sets."

"That was the day I met your Grandad," Grandma said.

Watch next month's newsletter for the next episode!

Carquinez Village meets with Police Chief Upson

By Lois Requist

Carquinez Village invited Benicia Police Chief Erik Upson to speak to the community via Zoom last Monday. I'm using today's column to report on that meeting.

To read the complete column, go to:

https://drive.google.com/file/d/1peRFd4p_F_wuLXy98n5ArdEHevJi8neN/view

Notes from the editor

By Lois Requist

Again, thanks to Barbara Fredericks for formatting and sending out this newsletter. formats and sends out this publication! Rachel Brown posts it on our Facebook page. Incidentally, if you are on Facebook, go to the Carquinez Village website and like us! Writers Joe Athey and Molly Barr contribute regularly. Molly's first episode of an ongoing story, along with the picture of her grandfather, will continue in the coming months. Maybe it will inspire others to write about their family!

Do you have something to say next month? You can send it directly to my email, lois@requist.com. In the subject line, please say "newsletter."

Our website contains a list of preferred providers, local businesses that Carquinez Village members have used and recommend. Whether you need a gardener, an accountant, or something else, check this list for reliable help.

I encourage you to read the weekly updates that you receive each Sunday for all our ongoing events and look at the website for our more complete story. A reminder—if you'd like to go to an event on Zoom but are unsure of the technology, just let us know. Someone will help you. Call 707-297-2472 with any questions or comments.