



October President's Letter



October is here, that often means the days are flush with falling leaves, cooling weather, and growing anticipation for the holiday season.

This October we also find ourselves checking our calendars, thinking carefully, as planners and attendees, about what we feel is safe to do. Much of what we are focusing on remains outdoor activities. Thanks to our climate, that will likely serve us well this next month. If you have any questions about how activities are being organized, and how that might impact your comfort in attending, please do contact the event coordinators, as listed on the October Events calendar.

These decisions are not simple. Many of us have unique considerations in terms of vulnerability, our own and our family members'. So, it remains important we make sure each of us is given the "space" to decide what kinds of events and volunteering make us feel comfortable. We look forward to when such calculations are no longer so fraught, and we can gather more easily.

We had planned to have our big Wine and Lite Bites fundraiser in October but have decided to put it off until the spring. **On October 20th at noon, we are planning our last picnic of the year at Blue Rock Springs Park, at 650 Columbus Parkway in Vallejo.** Hope you will take advantage of this opportunity to see your friends and enjoy the early fall weather.

The October excursion will be to the di Rosa center for Contemporary Art in the Napa Valley. The Center originated as the vision of Rene di Rosa, a prolific collector whose famed vineyards enabled his development of a world-class art collection. The organization was incorporated as a nonprofit public trust in 2000.

If you have never been there, I encourage you to check it out. It is a lovely setting and mostly flat. See if you can find the work of Benicia's own

Robert Arneson there. Member Alan Plutchok will be leading the



tour. The 100-year-old olive grove will be the perfect site for a picnic afterwards. *As always, please register and congregate at the 9th Street pier to carpool to Napa.*



For something new, **are you interested in joining a walking group?** I envision a once-a-week stroll, mostly flat, averaging a mile or so. If five people are interested, we will start the group, so, if you are interested, call or text me, Susan, at 707-373-6879.

As the weather turns, we will probably offer more programs on Zoom. We are partnering with some tech-savvy groups to help us with training. Let us know If you have not zoomed or need a refresher.

We have had a lovely influx of new members—hope to see many of you enjoying our excursions this month.

– Susan Neuhaus

Welcome to the Men's Group

People have asked me, "What is the Men's Group all about?" Well, we are a group of Carquinez Village men who get together to connect, support, and even inspire each other through a once-a-month social activity. We meet on the fourth Wednesday of each month, during the day, at some agreed-upon location that we hope will be either interesting, fun, tasty, or a combination of all three.

Here we have an opportunity to communicate with other men about issues that are important to us, to have fun, to see or experience something different, and, in the process, to better our lives. Being around others also creates the possibility of new friendships. Please join us; all men are welcome. Ask me if you need a ride or can give one to others. If interested email me, Lars Ekdahl, at lnekdahl@gmail.com.

– Lars Ekdahl

Discussing Movies

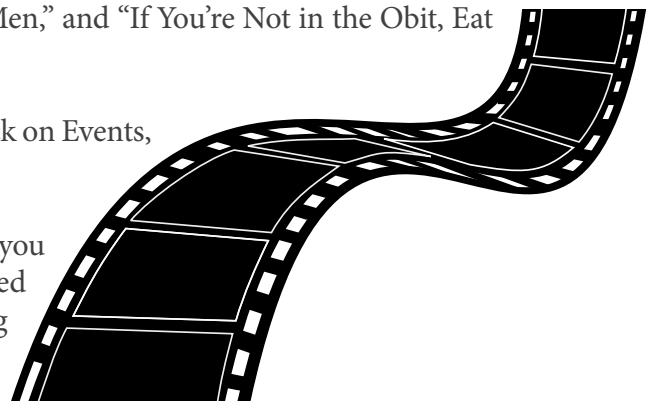
You watch a movie, and you want to talk about it, or laugh/cry with others about it. Now you can—with the Carquinez Village Movie Group, meeting by Zoom every Monday at 11:30 am.

We discuss movies suggested by a group member and watched on TV over the previous week. The movies range from comedy to drama, foreign to local documentary, most choices streamed by Netflix, Amazon Prime, or other services.

Recent viewings include "Thelma and Louise," "One Night in Miami," "Summer of Soul" (great soul festival that was held parallel to Woodstock), "12 Angry Men," and "If You're Not in the Obit, Eat Breakfast," a wonderful look at aging gracefully.

To join us, just sign in to the [Carquinez Village website](#), click on Events, go to the CV Movie link, and click on "Join In."

The discussions are as fun as the movies...and sometimes you learn something surprising! (The "Obits" movie showed off amazing 90+-year-olds running, exercising, and living large! And "12 Angry Men" was a clever courtroom drama—in the jury room!)



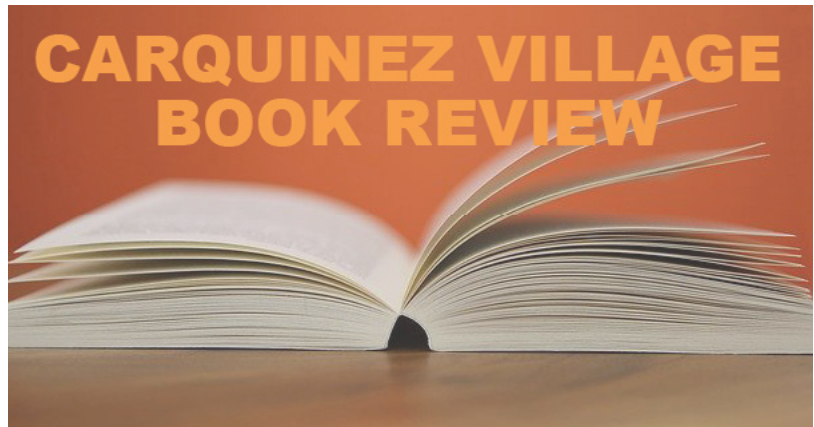
I hope you will join us at 11:30 for a Monday "lunch date." Don't forget popcorn and your suggestion for a movie to see!

– Greg Plant

EX LIBRIS: 100 Books to Read and Reread

By Michiko Kakutani • Illustrated by Dana Tanamachi

This stunning book, a collection of book reviews of novels, memoirs, and essays by the former New York Times book critic, is an absolute must for anyone mad about books. She writes brilliantly. After 38 years as the Times book critic, Kakutani writes “In Ex Libris, I’m only writing on books that I love or think matter, not having to dissect works I’m not crazy about. So, a happy understanding—sharing my enthusiasm as a fan.”



These loves run the gamut of early works by Faulkner, Fitzgerald, Eliot, Hamilton, and Washington to the contemporaries—Didion, Caro, Ferrante, Obama, and even Dr. Seuss, Maurice Sendak, and Muhammad Ali. It is a wonderful collection of commentaries on the world’s authors, thinkers, poets, and philosophers.

And, when one finds one’s personal loves brilliantly discussed and fondly appreciated, what a validation of one’s own love, enthusiasm, and intoxication for an author’s work! Another interesting delight is to be introduced to a new author, or to have one’s ideas expanded about a work one previously found uninteresting or did not understand.

In Kakutani’s introduction, she writes, “Why do we love books so much? These magical, brick-sized objects—made of paper, ink, glue, thread, cardboard, fabric, or leather—are actually tiny time machines that can transport us back to the past to learn the lessons of history, and forward to idealized or dystopian futures. Books can transport us to distant parts of the globe...whisk us off to fictional realms like Oz and Middle-Earth, Narnia and Wonderland...”

Oh, my, what does one say to such a book???? “ENJOY!!!!”

– Carolyn Fallon



Update on Direct Service Requests

We are still in a period of rebounding from the impact of Covid-19 on the availability of volunteers to respond to the direct service requests of our members. We have been blessed with a healthy growth of members, and our wonderful volunteers are doing their best to keep up with the requests. We want to be able to meet the needs of all our 114 members, so we are respectfully prioritizing certain services, such as rides to needed medical appointments.

We value our volunteers' time and energy, and we know our Village members do as well. An understanding of their commitment to our community and a simple expression of gratitude is all the thanks that our volunteers need.

Two unsolicited comments from our members in the last few days.

A note from Nancy Mahoney to Pete Vaughan, "Hi Pete, just a quick note to thank you for the ride to Kaiser. You are a great volunteer for us seniors and are a blessing to Carquinez!" A comment from Mirrella Iacanno to Kathy Monroe, "All of the volunteers

have been wonderful, so nice to talk with! So many caring, friendly exchanges, including recipes!"

For our Benicia members, we would like to advise you about the \$5 Benicia Lyft program. This is an on-demand, same-day program which will take pre-registered residents to any place in Benicia for only \$5, with the city picking up the rest of the cost. This service will come in handy if you ever have a need to go somewhere on short notice (friend's house, quick dinner, funeral home viewing, etc.) where you do not have adequate time to put in a service request. To register, call 800-535-6883.

For our Vallejo members as well as Benicia members, there is also a Sol Trans subsidized same-day inter-city taxi card program with reduced rates for those who can enter and exit a taxi independently. Of course, there is still the ADA Paratransit program, a shared ride following the same routes as regular buses. For more information, call Solano Mobility at 800-535-6883.

– Kathy Monroe

Cardiovascular Genetic Testing Used in New Fraud Trend

For more information, go to

<https://cahealthadvocates.org/smp-sees-cardiovascular-genetic-testing-used-in-new-fraud-trend/>

Fishing

“You’ve got one on!”

“Hold the rod tip up.... reel, reel.....let him run....”

“Keep him coming.... closer.... good job.....wow a big one...”

These words of encouragement still ring in my ears from my fourth biannual trip to a marvelous fishing resort on Vancouver Island in Canada: Quatsino Fishing Lodge.

Fishing was never an activity I did while growing up. I was introduced to fishing by my husband, Merrill Kerrick. He was a fisherman, hunter, and outdoorsman. When we met, he owned a sporting goods store in Los Gatos, California. We married, moved to Hawaii, Colorado, and then back to California.

While in Colorado, we would often take our dog and pitch our tent near a stream or lake in a wilderness area. Fishing became one of our chief activities. I learned to fly fish as well as bait and lure fish. Trout for breakfast was the ultimate treat. There is something about both the quiet and excitement of fishing that is addictive.



When we divorced, a friend asked what I missed most. I responded: “Fishing.” So, Joe and Nadyne have taken over the “fishing” thing. Joe calls himself my “fishing husband.” We have had wonderful times fly fishing in New Mexico, Colorado, California, and Oregon. We fly fish mainly for trout. Some of it is “catch

and release”; other times we keep and eat what we catch.

About eight years ago they began taking me on their biannual trips to Quatsino Fishing Lodge, located on Quatsino Sound in the northwest corner of Vancouver Island, to ocean fish for salmon. It is three days of incredible joy, excitement, and bliss! The lodge



is owned by an amazing couple, Walter and Blondie. They run six boats (all with cabins and toilets) daily, each with a guide taking no more than four fisherfolk on board. We leave the lodge at 5:30 each morning, dropping our lines into the Pacific Ocean by 6 am. We fish all day with a gourmet lunch on board. We head back to the lodge about 4 pm, where the guides then clean and package our fish while we shower. Dinner is served at a community table where the day’s fish stories are shared. Food is marvelous and plentiful. It’s early to bed because they knock on our doors at 4 am for another exciting day of fishing.

When we leave, our fish are frozen and neatly packaged into airline-approved boxes, which we bring home as extra luggage. There are walk-in freezers in many hotels, as well as in both Vancouver and Seattle airports. When we get home our fish are still frozen. At the end of my first trip to Quatsino, I came home and bought a smoker. This trip I had to buy a chest freezer. We are looking forward to returning in two years for more great fishing.

– *Marty Stockard*

Memoir Class

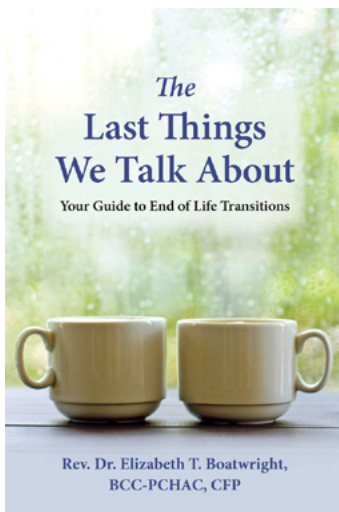
Begins Wednesday October, 6th 1:00 pm - 3:00pm

Mary Eichbauer and Lois Requist will teach a memoir class starting Wednesday, October 6, from 1 to 3 pm on Zoom and continue for six weeks. The class is limited to 12 participants and is open to members of Carquinez Village and Benicia Literary Arts.

Sessions will include lecture, practice writing, reading works created in class, and editing of those works. To register or ask questions call Lois Requist at 707-280-0588 or send email to Lois@requist.com.

Book Talk on End of Life Issues

Wednesday, October 27, 7:00 pm



Join a Zoom book discussion presented by Heritage Presbyterian Church's Better World program on the new book *The Last Things We Talk About: Your Guide to End of Life Transitions* with author the Rev. Dr. Libby Boatwright.

This is a good read, not morbid, but hopeful, about dealing/coping/planning for the deaths of others and our own plans. Benicia Books has copies of this very good book.

To get the Zoom link, email betterworldbenicia@gmail.com or call Better World organizer, Pat Plant at 408.702.0785.