

# CRA MARIN CHAPTER NEWS



**Chevron Retirees Association**  
**P. O. Box 6477**  
**San Rafael, CA 94903-0467**  
**Web Site: marincra.com**

**July 2020**

## **PRESIDENT'S MESSAGE**

Oh, those wonderful memories of meeting with a person "in person," rather than as a small image on a computer screen. Most meetings have turned into summer repeats of the "Hollywood Squares" TV show ... but without the clever quips from Paul Lynde.

Nevertheless, thanks to today's technology, we have opportunities for meaningful interpersonal communication while also social distancing.

When the government lifts its shelter-in-place restrictions, that does not mean everything is safe. Rather, it means that government is no longer telling us how to behave and is turning those decisions over to us. We must decide how to maintain our safety. With this thought in mind, and considering our age demographics, our August 12 gathering will be a virtual meeting (accessible by computer, iPad or smart phone), rather than face-to-face. While we will not be serving lunch, the event will be **FREE**. And, because we will not be serving lunch, the meeting will start a little earlier, at 10:20 AM. You can make it a late morning BYOB, "bring your own brunch."

We are very fortunate that our August 12 speaker will be **Dick Spotswood**, politics and government columnist for the Marin IJ and senior political correspondent for KRCB television. Dick is a registered independent who has been described as a "militant centrist." He will provide insights and timely perspective on both current events and the pending 2020 Presidential election which will be just a few months away. Interesting and timely!

And, this is NOT just another webinar. Since our one-on-one discussions are an enjoyable part of our quarterly reunion luncheons, we will use the "breakout room" feature of Zoom for **social discussions among small groups** before Dick's presentation.

If you have not yet used Zoom breakout rooms, this will be a new and fun experience. If you have not yet used Zoom at all, it is extremely easy, as explained below.

### **The schedule for Wednesday, August 12 is:**

**10:20 AM - Click the Zoom link we will send you** when you register. If you want to skip the small group social discussions, simply click to join by 10:50 AM.

**11:00 AM - Presentation by Dick Spotswood followed by Q&A.**

**Noon - Adjourn.** You're on your own for lunch.

Even though the August 12 event is **free**, you **MUST SIGN UP**. We need your email address to give you access to the Zoom event. For those who do not use a computer, there is a phone-in option (described below).

Until Wednesday, August 12 -- Stay safe, stay healthy!

*Harbo Jensen, President*

## AUGUST ZOOM SPEAKER

**DICK SPOTSWOOD** is the politics and government columnist for The Marin Independent Journal. His IJ columns appear every Sunday and Wednesday. In politics Dick is a registered independent and his occasional IJ blog is called "The Militant Centrist."

Dick is a former council member and three-term Mayor of the City of Mill Valley. He served for ten years as a Director of the Golden Gate Bridge, Highway & Transportation District representing Marin's eleven cities and towns. He was chair of the Doyle Drive Commission and previously served on the 101 Corridor Committee. A San Francisco native (born in 1947), he is a graduate of St. Ignatius College Preparatory, the University of San Francisco and its School of Law. Dick is the former president of the Rotary Club of Mill Valley, the Mountain Play Association, Marin Forum and College of Marin Foundation (1991). He's the current chair of the San Francisco political salon, The Sacramento Seminar and recently retired after 45 years as an attorney. Dick and his wife Joanne, both San Francisco natives, have lived in Mill Valley since 1976. They have two adult children raised in Mill Valley: Beth Spotswood Daza, now a San Francisco Chronicle columnist and writer for Alta-The Journal of California and Alex Spotswood, a content producer for Disney/LucasFilm. They have two young grandchildren both of whom are Marinites.

### **INSTRUCTIONS FOR SIGNING UP AND JOINING OUR CRA ZOOM MEETING ON WEDNESDAY, AUGUST 12**

**The schedule for Wednesday, August 12 is:**

**10:20 AM - Click on the Zoom link** (we will send it to you when you register for the event). If you want to skip the small group social discussions, simply click to join the event by 10:50 AM.

**11:00 AM - Presentation by Dick Spotswood followed by Q&A.**

**Noon – Adjourn.** You're on your own for lunch.

#### **YOU MUST SIGN UP**

Even though the August 12 event is **free**, you **must sign up** because we need your email address to give you access to the Zoom event. **To sign up**, simply send your name and email address to Brad McCullough at [MarinCRAMembership@gmail.com](mailto:MarinCRAMembership@gmail.com). Then, Brad will email the Zoom link to you.

#### **If you have used Zoom before:**

You are all set. Just click the Zoom invitation link we will send you. You don't need to learn or do anything for the "breakout rooms," we handle that automatically.

#### **If you have not used Zoom before:**

Follow the simple instructions in this 1-minute video. You only need to follow the instructions in the first 1:08 of the video. You can ignore the section on downloading their software which begins at 1:09 in the video. Zoom is free. No charge.

<https://www.youtube.com/watch?v=qsy2Ph6kSf8>.

- Then, make sure Zoom works ok by asking someone who uses Zoom to invite you to a zoom meeting. At the designated meeting time, click the link for the meeting and then the "Open Zoom Meetings" button. If asked, click "Join with Video;" and, if asked, click "Join with Computer Audio."
- To turn on/off your microphone or video, move your cursor to the microphone or camera icon on the screen and click the ^ symbol next to the icon.
- The best way to learn is to practice with a friend.
- If you don't know someone who can help you with Zoom, Mike Elgie has volunteered to be your helpful resource. Mike's contact info is (415) 939-5601, [melgie46@gmail.com](mailto:melgie46@gmail.com)

#### **If you do not use a computer:**

Call Brad McCullough at 925-348-6707. Brad will give you the phone number, the Meeting ID, and the password so you can listen to the meeting by telephone.

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## LIFE AT VILLA MARIN UNDER THE COVID-19 RESTRICTIONS

by Kirk Beales

The residents of Villa Marin are doing what everyone else is doing under the announced restrictions. We're practicing social distancing and wearing face masks when we leave our condos. All meetings and social events have been cancelled. All public spaces where residents might congregate are closed: the library, swimming pool, card room, gift shop, hairdresser and dining room (we get our one-meal-per-day delivered to our condos). And we are encouraged to stay in the building, going out only if absolutely necessary.

But our residents average 86 years old. We are considered an "at-risk" community, so we have some additional requirements. The building is closed to visitors, including family members. All staff and private duty aides must pass a temperature check each day before reporting for work. Non-urgent maintenance and projects are being delayed. Weekly housekeeping services are now bi-weekly, to reduce the contact between staff and the residents.

We have some self-help efforts underway. The lady who delivers our newspapers each morning directly to our condos is not allowed in the building, so resident volunteers pick up the papers at the reception desk and complete the delivery. To assist residents who want to buy groceries, one of our drivers takes their shopping lists (and a credit card) to local stores, makes the purchases, and delivers the items to the resident's door. A volunteer is in the library for two hours each morning to take book requests by telephone; the books are delivered to your door, and then picked up (and sanitized) when you're finished with them. The gift shop has a similar arrangement. And another group is phoning some of the single people once a week to check in on how they're doing, make conversation, etc. (the majority of our residents are single, mostly women, and they're probably feeling quite isolated).

A few semi-social activities are taking place, all done wearing face masks and with appropriate distancing being observed. A small group (about half a dozen) is taking morning and afternoon walks around the neighborhood and the nearby Northgate Mall, going 1-2 miles each time. They get a chance to visit as they walk. Another group meets every afternoon on the 3<sup>rd</sup> floor to chat. I have heard that there is a weekly cocktail party at the south end of the building. And a resident who is an excellent jazz pianist has given two concerts in the north atrium.

All things considered, we're in pretty good shape. We have had no cases of COVID-19 in the community. Being retired, we're not at risk of losing our jobs. Social Security and pension checks continue to flow. While the stock market was down, it's now recovering. We worry about our children and grandchildren, but we do that anyway to some extent. We do miss visiting with them, however.

POSTSCRIPT: The above was written in early May. Since then, while the outside world has begun to relax restrictions, little has changed at Villa Marin. Newspaper delivery is again being done by the regular person. We're starting to use Zoom for our internal committee meetings. In late June we had our first COVID case, one of our employees. The residents are still free of infection.

### **DRIBBLES & SCRIBBLES**

From Nick Haritatos, El Cerrito: Sold our house and moved in with our daughter's family. It is too risky for people 85+ years old to live alone during the pandemic. And we all get along very well: daughter, son-in-law, and three grandchildren.

### **PUT THE WEDNESDAY, NOVEMBER 11**

#### **EVENT ON YOUR CALENDAR**

On Wednesday, November 11, your Marin CRA Fall Event will feature Bruce Niemeyer, Chevron Corporate Vice President of Strategy, Planning and Policy. Those of us who have heard Bruce discuss the future of energy and petroleum know that he is a great speaker.

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## LINKS

CRA Marin Chapter: [www.marincra.com](http://www.marincra.com)

Chevron Retirees: [www.chevronretirees.org](http://www.chevronretirees.org).

Chevron: [www.chevron.com](http://www.chevron.com).

Texaco: [www.texaco.com](http://www.texaco.com).

Caltex: [www.caltex.com](http://www.caltex.com).

Chevron Advocacy Network: [www.chevronadvocacynetwork.com/](http://www.chevronadvocacynetwork.com/)

Chevron Humankind: <https://chevron.yourcause.org>

MetLife Long Term Care: <http://www.metlife.com>.

For recreation activities for Bay Area retirees: <http://chevrec.chevron.com>.

For Discounts & Deals: <http://chevrec.chevron.com/deals/default.asp>.

The company store: <http://www.chevronstore.com>.

Benefits Connection website: <http://hr2.chevron.com>.

CVX and other Chevron publications: <http://www.chevron.com/news/publications>.

Gulf retirees may be interested in checking out the web page on Gulf history: [www.gulphistory.org](http://www.gulphistory.org).

Learn about the Company's historical milestones: [www.chevron.com/history](http://www.chevron.com/history).

UnitedHealthcare: <http://www.uhc.com>.

BlueCross BlueShield: <http://bcbs.com>.

Medicare: <http://www.medicare.gov>.

Energy issues: [www.willyoujoinus.com](http://www.willyoujoinus.com).

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