

MARIN
VILLAGES



Our Paths - Our Choices

Novato Village

Empowering older adults to remain active, connected,
and independent in the place they call home

June 2021 Newsletter

NOVATO VILLAGE STEERING COMMITTEE...

...hopes you have a patriotic Flag Day on June 14th, a happy Father's Day on June 20th, and remember, summer begins on June 20th, too!



WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Chris Satris, Virginia McPherson, Diana Shima, and Anabella Denisoff

Volunteers: Leslie MacDonald and daughters Logan and Julia

Thank you for giving your time and energy to our village. We look forward to seeing you all at an event soon!

LOCAL VILLAGE EVENTS (open to all unless noted)

For the events below that are offered on Zoom, if you are not yet comfortable with Zooming, we can provide one-on-one help. Just let the office know you would like a volunteer to work with you. info@marinvillages.org or (415) 457-4633.

Food & Drink

Zoom Coffee

Wednesday, June 9, 11:00am – noon

Can you believe wildfire season started on May 1st? Our guest speaker, **Arann Harris** from **FIRESafe MARIN**, will help us get ready for the fire season. He will remind us to check our Go Bag, emergency kit, have a plan for safe evacuation, and will discuss many other things about planning for personal safety, pet safety, fire safety, and neighborhood safety. No need to RSVP; the Zoom link will be sent to everyone by email.



Zoom Coffee guests on May 12

Zoom Happy Hour

Wednesday, June 23, 4:00 – 5:00pm

Location to be determined

There **will** be a Happy Hour on June 23. We don't know if we will meet at a local restaurant or by Zoom. We hope we'll meet in-person in a small group, six people per table, but you'll have to wait for an e-blast closer to the date. The State of California is planning to drop all COVID-19 restrictions on June 15, but we don't know if Marin Villages will require a slower lifting of restrictions. So stay tuned—more news is coming.

Education & Presentations

Novato Village Safety Protocol Meeting

In case you missed it, here is the link to watch the recording of the Novato Village Safety Protocol meeting that took place on May 5th:

https://us02web.zoom.us/rec/share/7Gq1D_FFI27UGEBF0CC8HcEnGGkw7IJelqsi_ccA5aP9mjD_NrTKEWm8pvqhpR6dY.ZedmJib-m5811PEZ

Access passcode: 9C=iCdB\$



Guests at the Novato Village Safety Protocol meeting

Exercise

Novato Village Walkers

Thursday, June 3, 9:30 – 11:00am

McInnis Levee Walk (San Rafael)

We will meet at 9:30am in the parking lot and walk approximately 1 – 1 1/2 hours out to the levee and back. The trail is wide, flat, and easy, with packed soil—but little or no shade. Bring a hat and water. All are welcome. Please RSVP so we know how many walkers to expect. Call Pat Bailey's mobile phone (415) 652-9073 OR email pbailey49@aol.com to RSVP or ask any questions about the location and parking.

Directions: drive south on Hwy 101, and take Lucas Valley /Smith Ranch Road exit. Drive east toward McInnis Golf Club (approx. one mile), go over the railroad track and under the flower trellis and park in the large parking lot on the right side. This is just before the small "McInnis Golf Club" sign on the right.



Hamilton Levee walkers – May 6th



Stacked stones along the trail at the levee

Books

Book Lovers' Zoom Group

Tuesday, June 8, 1:00pm

Book: *Prodigal Summer* by Barbara Kingsolver. We did not settle on how or where we meet. We are going to wait and see what the State and Marin County, as well as Marin Villages, set as standards for group events. As soon as we hear something, we'll let folks know. Questions, contact Marcia Sprinkle: msprinkle1884@yahoo.com.

Groups

Village Viewers Zoom

Wednesday, June 16, 4:00pm

Bring popcorn and join us for the next Village Viewers Zoom movie group. We'll be watching *My Octopus Teacher*. This is a 2020 Netflix Original documentary film directed by Pippa Ehrlich and James Reed, which documents a year spent by filmmaker Craig Foster forging a relationship with a wild common octopus in a South African kelp forest. At the 93rd Academy Awards, it won the award for Best Documentary Feature. No need to RSVP; the Zoom link will be sent to everyone by email.

Village Business

Novato Village Steering Committee Meeting

Tuesday, June 15, 11:00am

1555 Indian Valley Rd, Novato

Please contact Beth Livoti, llivoti@comcast.net or (415) 892-1043 for information.

MARIN VILLAGES EVENTS

Marin Villages' spring annual fund appeal

Marin Villages' spring solicitation is going well so far, and runs until the end of June. If you haven't already made a donation, please do! Every donation, no matter the size, helps tremendously! We are so grateful for your support.

https://marin.helpfulvillage.com/fundraising_campaigns/8-annual-fund-spring-2021-campaign

And then please join us at the event following...

Marin Villages Donor Recognition Event

Sunday, June 6, 4:00pm



Join us for a wonderful performance by Nancy Gilliland, who will entertain with songs from the Great American Songbook. We're also planning some fun surprises, **plus a raffle drawing**. To be

eligible for the drawing you need to RSVP in advance—before June 1! Please RSVP here:
<https://bit.ly/MVDonorEvent>

Planning ahead! Fall rummage sale...

Marin Villages is planning a fall rummage sale as a fundraiser! It will be held over a weekend, most likely in late September.

We will be looking for donations from our members and volunteers and will offer a tax-deductible receipt for your goods. We will accept clothing, shoes, jewelry, housewares, children's toys, tools, electronics, books, CDs and DVDs, linens, art work, easily portable furniture and sports memorabilia. Please save your items for us! We are also looking for a storage space and a location. Please email Sparkie Spaeth (oksparkie@aol.com) if you would like to join the planning committee or if you have a lead on storage space or a suitable venue.

COMMUNITY EVENTS

Essentrics, Aging Backwards

Recurring by Zoom every Monday, 9:00 – 10:00am, **and now offering a new Friday 10:00am class for those who like to sleep in a little later!**

Elizabeth Lynn invites you to join her by Zoom for **Essentrics**. If you have questions about the class, or need the Zoom link for the class, contact her at fitnesswellness102@gmail.com. Elizabeth is a certified level 2 Essentrics instructor.

Essentrics, Aging Backwards® is perfect for seniors or those just getting back into exercise. With music, it is a safe and slow-paced full-body workout of standing and floor exercise that simultaneously stretches and strengthens all 650 muscles, gently improves mobility, reawakens your body's balance reflexes, and provides relief from pain and joint stiffness. It draws from various modalities including the flowing movements of Tai-Chi for health and balance; ballet for strength, flexibility and good posture; and physiotherapy for healing and pain relief.

Enjoy a more youthful feeling body and improved overall health! We will be using mats for those who will be doing floor exercises and for those who wish to modify, please have a chair nearby. Also you may wish to have a towel to use when on the floor to make your body more comfortable. Donations are voluntary and greatly appreciated. Donations can be placed through www.paypal.me/fitnesswellness1 or by check to Elizabeth Lynn, 44 Jade Ct. #14, Novato 94945.

Marin Society of Artists exhibit

Ongoing through July 3; gallery open Fridays through Sundays, noon – 4:00pm
1515 3rd Street (at corner of “E”) in San Rafael

Our own Novato Village member **Sue Lyttle** will be exhibiting 14 new paintings in a group art show called “10 Artists” at the Marin Society of Artists. Reproductions of older paintings will be available as well.

All About Local Transit Service—Marin Transit and Marin

Thursday, June 3, 10:00 – 11:00am

This Zoom presentation, offered by the Marin County Commission on Aging and presented by the Housing and Transportation Committee, will include an overview of Marin Transit’s programs and services, including a general program update on Marin Access. The featured presenter is Robert Betts, director of operations and planning, Marin Transit. By attending, participants will:

- Learn about Marin Access user demographics
- Hear about current and historic ridership trends
- View the results of Marin Access rider surveys and gain knowledge of the future of Marin Access programs

Participants are encouraged to attend the 11:15am Commission on Aging business meeting right afterwards.

Join Zoom Meeting - closed captioning available

<https://us02web.zoom.us/j/82736698195?pwd=VUNFZW5DRDNjLzZJNTVtb3JBdWNSZz09>

Meeting ID: 827 3669 8195

Passcode: 210836

Dial in number 1+ (669) 900-6833

For more information about the Marin County Commission on Aging call (415) 473-7118 or visit our website at www.livelonglivewellmarin.org.

THE BIG SHRED – paper shredding sponsored by Valley Oaks Wealth Management

Saturday, June 5, 9:00am – noon

Our Lady of Loretto Church/School, 1806 Novato Blvd

Need paper shredded? This is open to the public, and Valley Oak clients can arrive at 8:30am. It will end either at noon or when the trucks are full. We limit drop-offs to five (5) paper grocery bags of paper. NO boxes or plastic. **Cost:** Tax-deductible donation is requested for this year’s

partner, *Homeward Bound of Marin*. For more info or to volunteer, email us at info@ValleyOakWM.com.

NOVATO VILLAGE ANNOUNCEMENTS

Meet **Marge Jackson**, a member of the Novato Village Steering Committee and the membership coordinator. Marge is also the lead member of the Program Committee.



Marge, in the blue dress, with three generations of her family

Marge was born in Melrose, Minnesota, and raised mostly in Minneapolis. She lived with her grandparents on a farm near Melrose from second through fifth grade, and then moved to Minneapolis from sixth grade through high school and two years of college. After two years of college, Marge got married. Because of her husband's job transfer, she, with her husband and firstborn daughter, moved to Berkeley, California in February 1957. She experienced a dramatic climate change! She left the snow and cold sleet when she came to "sunny California" with palm trees, flowers, and green grass...beautiful!

As a child, one of Marge's special memories was "taking lunch to my grandfather in the fields. He was plowing behind horses, his face covered with black dust...I still can see his face. I enjoyed time with him while he ate his lunch; he was a very soft-spoken and gentle man."

Marge left California to move to Iowa, then back to Minnesota, and finally back to California. She says, "The Bay Area called me back." In 1973, she graduated from Sonoma State University with a BA in sociology.

Marge has worked at a variety of careers, including long-distance telephone operator in Minnesota; employment counselor in San Francisco; Marin County youth employment counselor in a summer youth program; and she was part of a nutrition education program at the University of California, Berkeley. After that last experience, she took a job at the first health food store in Novato.

Marge read about the Village program in an article in a San Francisco paper. She thought it was a great program and wondered when will it come to Novato? Then in 2015 there was a meeting at Beth Livoti's home about starting Novato Village and Marge became involved. Marge says,

“Volunteering for Novato Village has provided me with the opportunity of meeting so many inspiring people! I would not have met many of these people except for the Novato Village organization. I enjoy these new friendships and the inspiration they bring me.”

Controlled Burns Scheduled for Novato

Seasonal firefighter trainings and fuel reduction effort to run May 26 – June 25

Several controlled burns scheduled for late May and June will be visible throughout Novato, so the Marin County Fire Department—which is overseeing the events—is eager to get the word out now. The controlled burns are part of the annual training regimen for seasonal firefighters and a way to reduce wildfire fuels. This is the training that in past years has taken place on the St. Vincent property adjacent to Highway 101 in the Marinwood area. This time it will take place along the northern slope of Big Rock Ridge, behind the neighborhoods of Vineyard Road, Wildhorse Valley, Marin Highlands, Indian Valley, and the County Club area of Ignacio.

“This year’s training site sits just below Big Rock Ridge and is very visible from Novato,” said Marin County Battalion Chief Graham Groneman. “We know the smoke up on the hillsides will be seen from all over. Our outreach will be extensive because we would like to reduce non-emergency calls to our 9-1-1 dispatchers once we get started. The dispatchers need to be ready to handle real emergencies.”

The prescribed burns on **May 26, 27, and 28** and **June 23, 24, and 25** will be in the westernmost areas of the ranch, just south of the residences off Vineyard Road. Training organizers understand resident concerns about conducting controlled burns during a spring season that has produced very little rain. The moisture in heavier vegetation is still relatively high at this time of year, so it’s easier to burn materials that are targeted to burn during training, Groneman said. The burn site is surrounded by a combination of fire control lines and dirt roads that are in place to keep the fire from spreading beyond the training area. Additional firefighters are also on hand to support the holding operations.

More information about fire safety can be found on the [FIRESafe Marin](#) website, the [Marin County Fire website](#), the [Marin Wildfire Prevention Authority](#) website, and CAL FIRE’s [Ready for Wildfire](#) website. Learn about how to prepare an emergency kit at the [Ready Marin](#) website. Residents are urged to register their contact information with [Alert Marin](#) notification system overseen by the Marin County Sheriff’s Office of Emergency Services.

AND MORE...

We have a new executive director!

John Power joined the Marin Villages team in May as executive director after three decades as a trusted authority and expert to local, state, and national nonprofit, government, corporate

and private philanthropy leaders on community-building, nonprofit development, and volunteer engagement.



For two decades John led The Volunteer Center in San Francisco and launched the national Board Match. He's Bay Area locally-grown, a graduate of UC Berkeley with an MBA from Santa Clara University, and lives in Kentfield with his partner of 25 years. John is an avid runner, and can often be found on trails throughout Marin. Flag him down if you see him; he'll be glad to stop and say hello. A meet-and-greet via Zoom will be scheduled toward the end of June.

For those of you who missed the announcement in the last Update, Marco Maina who joined us as ED in January, had to resign because of a personal family situation. We wish him and his family the best.

Communications are changing...

The weekly **Things to Do** list and **Weekly Update** are being retired. Starting in June, there will be a regular once-a-month newsletter from Marin Villages, in addition to the local village newsletters. If we need a COVID update in between, of course we'll do that, but hoping that once we get to June the need for more frequent updates will be considerably less and we will all soon out and about and not need all those suggestions for "staying at home" entertainment.

HELP US HELP OTHERS

If you know someone who could use our services, is interested in volunteering, or would like to donate to an organization serving older adults in Marin, please have them call the office at (415) 457-4633, or visit our website (www.marinvillages.org) for application forms and online donations.

Marin Villages 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903
(415) 457-4633 www.marinvillages.org