

MARIN
VILLAGES



Our Paths - Our Choices

Ross Valley Village

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

September/October Newsletter

Hello Ross Valley members,

Happy fall! We hope you have all had a peaceful summer and have managed to safely see some of your loved ones.

We have loved having the opportunity to see some of you. Between the happy hour party in Suellen Lamorte's beautiful garden in San Anselmo, the morning coffee, and the hiking club, we've had the chance to make new friends, as well as catch up with those we have missed during the pandemic. We hope to see more of you again soon.

You'll find a few of the photos from these events near the end of this newsletter.

Your Steering Committee

WELCOME, NEW MEMBERS!

Members: Solweig McStay and Jayne McPherson

We look forward to seeing you at an event soon!

LOCAL VILLAGE EVENTS (open to all unless noted)

Exercise

Ross Valley Village Hiking Club

Come join the Ross Valley Village hiking club! We walk on a Friday morning, once a month. Typically, we go on hikes on the third Friday of every month, but occasionally we go on the second. The hikes are on flat trails, and last for about one hour. If you are interested in joining, please contact Sarah Mansbach by email sarah.mansbach@gmail.com, or by phone or text (415) 926-1640.

MARIN VILLAGES EVENTS

Marin Villages' Ultimate Thrift Boutique Pop-up Shop

Thursday – Saturday, September 30 - October 2, 11:00am – 4:00pm

Northgate Mall, Terra Linda



Marin Villages' Ultimate Thrift Boutique Pop-up Shop is coming to town at the end of September! Great deals on curated treasures--and all sales benefit Marin Villages. Mark your calendars, plan on more than one visit, and tell everyone you know to join you. The shop will be located in the center of the mall—the Kohl's/Panera or Homegoods/Halloween Spirit Store entrances are closest. Use this link for more information:

<https://marin.helpfulvillage.com/events/3369-marin-villages-thrift-boutique-pop-up-shop>

Bocce ball!

Friday, October 8, 1:00 – 3:00pm

Marin Bocce Federation, 550 B Street, San Rafael

Everyone is welcome to join in whether as a roller or as an observer. This is as much a social event as a bocce game, so do not be shy about joining us if you have not played bocce before. If you are tempted to play, we are fortunate to have many who are ready to assist you in learning the game. The equipment you will need is simple: a good sun hat, sensible shoes, comfortable clothes, something to drink. Bring a snack to share with the group if you are able. For questions, please call Larry Meredith, (415) 860-2535. If you need a ride, contact the Marin Villages office, (415) 457-4633.

COMMUNITY EVENTS

On the Marin Villages calendar you can find details of exercise classes you can join, such as yoga and chair exercises; or you can get creative and join a watercolors' class. Visit

https://marin.helpfulvillage.com/events?all_villages=1 to look at these events. All the events in the Ross Valley are in purple. All the events are offered on Zoom.

Museum Movie Night at Marin History Museum

Museum Movie Night
Thursday, September 23 7:00pm on Zoom

"Echoes 76"



Between 1970-76 dozens of reels of Marin History film were discovered in a Terra Linda garage. In 2002 San Rafael and Terra Linda High School students converted the film to the latest technology of the day.



Echoes 76 begins with Miwok and Rancho history and ends with each Marin town's history.

The lost film footage shows the destruction of Hotel Rafael by fire. Listen to Frank Lloyd Wright describe the construction of the Marin Civic Center. And much, much more!

Join us and enjoy 200 years of Marin's past.

To Register go to marinhistory.org

ROSS VALLEY VILLAGE ANNOUNCEMENTS

Getting to know you...



Continuing in our commitment to bring you a short profile of one member in each newsletter, this time we are spotlighting Marin Villages' founder and RVV member **Loulie Sutro**. Loulie started creating this wonderful organization over thirteen years ago and still sits on the Advisory Council and the RVV Steering Committee. Recently, one of our volunteers sat down with Loulie at her Kentfield home to learn a little more about her life outside of Marin Villages.

For four years prior to her marriage, Loulie worked for the Youth Program in the Bay Area Red Cross, teaching leadership, international understanding, and service to outstanding high school students throughout the Bay Area. She loved that job and was instilled with many of the ideals and values of the nonprofit world that she still holds today.

Originally from the shores of Connecticut, she has lived most of her life in San Francisco and Kentfield. She graduated from The Connecticut College for Women with a degree in sociology and later took graduate courses in creative writing and literature at San Francisco State University. Loulie is a published poet! And she also re-wrote and updated *Check List for a Perfect Wedding* for a friend whose deceased mother had written the original how-to book.

Loulie has been married to retired Marin County Superior Court Judge Jack Sutro for over 55 years. She wasn't married until age 31, which, by her admission, was late by the standards of those days. Loulie's son, Steve, an attorney, and his family live close by in Kentfield, while her older daughter, Dodie, has an MBA and lives just over the bridge with her family in San Francisco. Her third child, Sarah, is a gerontologist and lives with her family in Sacramento. Between them they've given Loulie eight grandchildren, now ages 12 – 23 years. The family has been enjoying summer vacations on the shores of Lake Tahoe together for decades, as well as many spirited family gatherings at their home in Kentfield.

Prior to her work building Marin Villages, Loulie was busy making contributions throughout the communities where she'd lived. She really enjoyed her many years volunteering for California Pacific Medical Center (CPMC), serving on both the Women's Board and the Foundation Board. There she orchestrated fundraising events including Debutante Balls and several international cruises to raise funds benefiting the hospital. She also created an auxiliary to the hospital, composed of former debutantes.

Among other boards (Bay Area Red Cross, Branson School, Town and Country Club, Lagunitas Country Club, the Junior League of San Francisco, the Marin County Civil Grand Jury), Loulie also worked with The San Francisco Children's Theater, serving underprivileged children. There she acted, sang, and helped with every part of the productions. She enjoys singing and was part of a group called the Songbirds for many years, visiting senior facilities across San Francisco. It is probably already obvious that Loulie likes to stay busy and she does so now by helping Marin Villages, enjoying family and cherished friends, and organizing many years of family photographs and scrapbooks. She is part of a group of five gals from her tennis-playing days at the Lagunitas Country Club who formed a Thursday BYO lunch gang at the beginning of the pandemic. They have rarely missed a week, rain or shine, always outside somewhere!

She and Jack enjoy traveling and have been fortunate and are grateful to have seen a great deal of the world over the years. COVID cooperating, they may do a bit more, possibly in Japan or on river cruises in Europe. Of all her life experiences, Loulie says that, for many reasons, the establishment of Marin Villages has been the most meaningful and enjoyable of all, and she is terribly grateful to all the wonderful volunteers, staff, members, and donors who have helped make it possible.

Would you like to be our “Getting to know you” member in the newsletter? If so, please let Kimberly Teal know, by emailing her at Kimberly@KimberlyTeal.com and we can take it from there!

Birthdays

Many happy returns to our all our special members with September and October birthdays.

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| Kathleen Jackson | September 1 |
| Lynne Law | September 14 |
| Joan Holmes | September 26 |
| Lee Turner | October 5 |
| Patricia Fusco | October 24 |

Volunteers

Shout out to our magnificent volunteers with 100% fulfillment of our members’ requests met in the month of August! We have more volunteers than members, with our volunteers filling many services for other villages as well. Bravo!

Our Steering Committee is always looking for fun volunteers to join our merry group in planning all things event- or party-related! If you’re ready to have a ball planning for our members, please reach out to Sarah Mansbach by email sarah.mansbach@gmail.com, or by phone or text (415) 926-1640.

AND MORE...

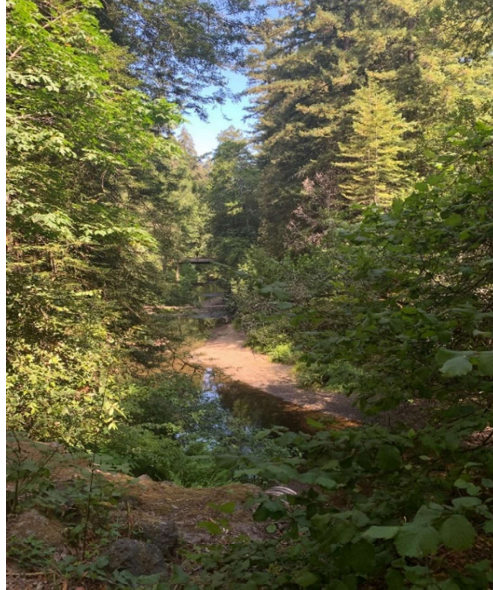
It’s been wonderful to be together again! Please join us for an event soon.

Happy hour





Hiking Club



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.

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