



# Ross Valley Village

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

## August/September 2022 Newsletter

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Hello wonderful Ross Valley Village members and volunteers,

Happy Summer! We hope you've been having a lovely summer, maybe going on vacation, or seeing family and friends. If you're interested in getting out and about and making new friends, consider joining us for the return of the popular "Table for Eight" at Insalata's, our new Ross Valley book club or our ongoing walking club. We can provide rides if needed to both! Once Covid cases permit, we also want to start an "Afternoon at the Movies" regular event.

With love from the Ross Valley Steering Committee



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## WELCOME, NEW MEMBERS AND VOLUNTEERS!

**Members:** Say hello to our newest members, Holly Burgess and Joan Green!

**Volunteers:** Welcome to our newest volunteers, Roberta Dillon and Lino Rizzo

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

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## ROSS VALLEY VILLAGE EVENTS

Do you have an idea for a club or other way to get together with other Ross Valley members or volunteers? If so, let Sarah Mansbach or another member of the Steering Committee know. Sarah can be contacted at [Sarah.Mansbach@gmail.com](mailto:Sarah.Mansbach@gmail.com) or (415) 926-1640. Alternatively, consider joining the Steering Committee and get directly involved in planning these fun events!

If you need a ride to any of the events below, please call the office. (415) 457-4633

### Food & Drink

#### **Table for Eight**

Thursday, August 25, 12:30pm

Insalata's, 120 Sir Francis Drake Blvd, San Anselmo



Table for Eight is back! Join us for lunch at Insalata's on the outdoor patio. Members only pay \$10 and Marin Villages pays the rest of the tab! As the name suggests, only eight members can attend, so sign up quickly before we are sold out! To RSVP, preferably email Suellen Lamorte at [suellenlamorte@gmail.com](mailto:suellenlamorte@gmail.com). If you are unable to use email, please leave a message on her phone. The number is (415) 306-7159. The deadline for signing up is August 20th, but sign up sooner rather than later to guarantee your spot!

### Exercise

#### **Walking Club**

Friday, August 19, 9:30am

Meet at Blackie's Pasture, Tiburon



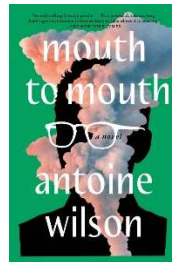
If you need a ride, please feel free to reach out and we'd be happy to pick you up. Please contact Sarah Mansbach at [Sarah.Mansbach@gmail.com](mailto:Sarah.Mansbach@gmail.com) or (415) 926-1640 if you'd like to join us for a pleasant walk in nature.

## Books

### **Book Club**

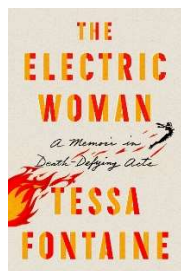
Thursday, August 25, noon

Bocce court tables behind Peet's at Bon Air Center, Greenbrae



Next up, we are reading *Mouth to Mouth* by Antoine Wilson. This short novel was on Barack Obama's summer reading list, and we can see why based on the plot alone. Here's the plot that had us all excited to choose this book: In a first-class lounge at JFK airport, our narrator listens as Jeff Cook, a former classmate he only vaguely remembers, shares the uncanny story of his adult life—a life that changed course years before, the moment he resuscitated a drowning man. Jeff reveals that after that traumatic, galvanizing morning on the beach, he was compelled to learn more about the man whose life he had saved, convinced that their fates were now entwined. But are we agents of our fate—or are we its pawns? Upon discovering that the man is renowned art dealer Francis Arsenault, Jeff begins to surreptitiously visit his Beverly Hills gallery. Although Francis does not seem to recognize him as the man who saved his life, he nevertheless casts his legendary eye on Jeff and sees something worthy. He takes the younger man under his wing, initiating him into his world, where knowledge, taste, and access are currency; a world where value is constantly shifting and calling into question what is real, and what matters. The paths of the two men come together and diverge in dizzying ways until the novel's staggering ending.

Please contact Kelly at [kellau55@gmail.com](mailto:kellau55@gmail.com) or (650) 861-0279 if you'd like to join us.



Our RVV book club just finished reading *The Electric Woman* by Tessa Fontaine and were delighted to have a sit-down Q&A with the author herself! It was such a treat to have our questions answered while enjoying some pastries and coffee.

### Village Business

Our Steering Committee is always looking for new volunteers to join our merry group in planning future events and parties. If you're interested in joining us, please reach out to Sarah Mansbach by email at [sarah.mansbach@gmail.com](mailto:sarah.mansbach@gmail.com), or by phone or text at (415) 926-1640.

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## OTHER MARIN VILLAGES EVENTS

### **Men's Coffee at the Sweetwater**

Wednesdays, August 3 & 17, 11:30am

This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, whether a volunteer or member, to come join us. The group meets at the Sweetwater Music Hall's "Rock & Rye" restaurant twice a month. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman ([irvgubman@gmail.com](mailto:irvgubman@gmail.com) or (415) 250-6155).

### **Summer Sangria Supper**

Wednesday, August 17, 5:00pm

Whipper Snapper Restaurant, 1613 4th Street, between F & G, San Rafael

Hosted by San Rafael Village



**All Marin Villages members and volunteers are welcome!** Please join your hostess, Valerie Stilson, as we celebrate with other Villagers on the private and charming Whipper Snapper outdoor patio. While this is a no-host meal, a complimentary glass of sangria will be provided.

First come, first served, and space is limited to 20 guests. All attendees must be vaccinated and boosted. Please bring cash for your meal. RSVP is required to Valerie Stilson at [valerie.stilson@sbcglobal.net](mailto:valerie.stilson@sbcglobal.net). If you need a ride, please call the Marin Villages office. (415) 457-4633

### **Bocce Ball**

Friday, August 26, 1:15 – 3:00pm

Marin Bocce Federation, 550 B Street, San Rafael

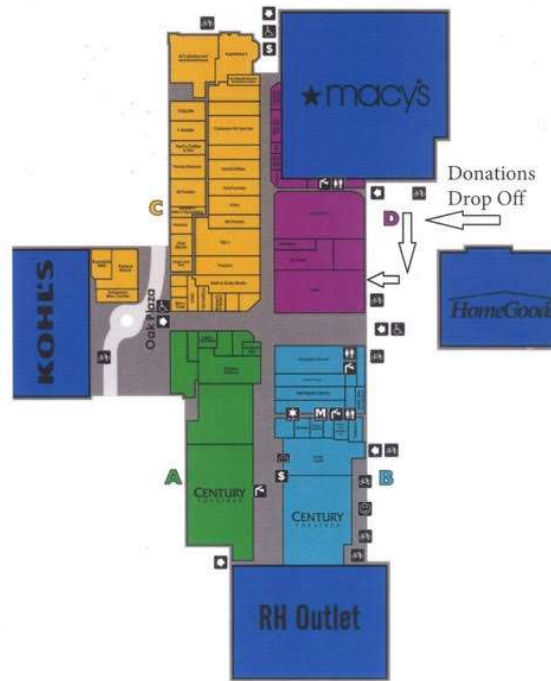


Put on cool clothes, your soft-soled shoes, bring a hat, and head over to Albert Park and join other bocce-ball players.

### **The Pop-Up Thrift Boutique is taking donations!**

The time you've been waiting and holding your treasures for has arrived! We are taking donations for the Pop-Up Thrift Boutique at the Northgate Mall. You can drop off your gently used goods either **Wednesdays, noon – 4:00pm**, or **Saturdays, 10:00am – 4:00pm**. The dropoff location is indicated in the image below. It is the back entrance to what used to be H&M, behind Macy's, across the parking lot from Home Goods, and just to the left of Bank of Marin—between the door to Bank of Marin and the entrance to the mall on that side. The door will be open and there will be a sign outside letting you know you're in the right place!

We will gladly take women's, men's, and kids clothing & shoes; jewelry; artwork; kitchenware; home décor; linens; and more. Please note we are NOT accepting books, CDs, skis, women's or men's suits, large furniture, or computers and monitors.



For questions regarding donations, contact Annemarie Clark ([amco0616@gmail.com](mailto:amco0616@gmail.com) or (415) 519-8331) or Sue Steele ([xerty.10@gmail.com](mailto:xerty.10@gmail.com) or (415) 388-7832). **If you'd like to volunteer for intake and sorting, here are three easy steps to sign up:**

1. Click this link to go to our invitation page on SignUp: <https://signup.com/go/eqnUKfZ>
2. Enter your email address. (You will NOT need to register an account on SignUp)
3. Sign up! Choose your spots—SignUp will send you an automated confirmation and reminders.

Note: SignUp does not share your email address with anyone. Shifts are 2 – 3 hours long, but you may sign up for as many as you like. This is our biggest fundraiser of the year, so please consider signing up! Volunteers are required to wear masks during their shift, and asked to please show up 15 minutes before the shift starts. Thank you!

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## ROSS VALLEY VILLAGE ANNOUNCEMENTS

### Birthdays

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

Jayne McPherson, August 21  
Kathleen Jackson, September 1  
Lynne Law, September 14  
Susan Miglioli, September 17

## Getting to know you



“Stan the Man” Green, by Kathleen Jackson

Unlike the “Stan the Man” musical, Stan Green is not a professional baseball player. But he is an avid player...of golf and bridge. And his character resembles that of Musial; he is generous, he is enthusiastic, he cares about the community, and he has integrity.

Stan Green grew up in New Rochelle, New York. After attending the University of Rochester, he earned a master’s degree in Mechanical Engineering at UC Berkeley. For six years, he worked for Sandia Laboratories in Livermore, California, designing re-entry vehicles for nuclear weapons. After time at Sandia, he switched careers and became a stockbroker, working at various firms in San Francisco and Marin for thirty years. Tired of the bureaucracy in large companies, Stan became independent and opened his own investment advisory firm in Marin in 2005, retiring in 2015.

Stan has been married to his wife Joan for 46 years. They have two daughters, both of whom live in Southern California, and four grandchildren, with whom they love spending time. Throughout his life, Stan has given much of himself through volunteering, with a particular interest in the elderly, providing various services from companionship to fiduciary advice. He notes that he is charmed but sometimes concerned about how trusting elders can be. He attributes much of his volunteer dedication and commitment to his mother, whom he says was energetic, enthusiastic, driven and curious, all characteristics Stan, too, possesses.

Stan was a member of the Marin County Commission on Aging, where he served on the Elder Abuse Task Force. There he helped police officers “crunch the numbers” on elders’ financial statements to reveal financial abuse patterns. (Perpetrators range from family members to caregivers to organizations.) Stan became a volunteer and counselor for the Center for Volunteer and Nonprofit Leadership (CVNL) and served on their board. He describes his tenure there as “magnificent,” having great respect for his colleagues as well as his clients. He credits CVNL for introducing him to the nonprofit community in Marin. He loves hearing people’s stories, saying he learns much about himself and about life from their rich content.

Joining Marin Villages as a volunteer during the year of its inception, Stan has been part of Ross Valley Village for twelve years. He helps elders with home-organizing, provides companionship, and helps them care for their homes and gardens. He became a member of the Marin Villages Board three years ago. He is also an active member of Rotary, which provides services to communities and schools and develops projects such as the community garden at San Pedro School.

During much of his life this delightful human being has been on numerous boards. I must tell you, at the risk of sounding totally corny, that one will never be bored in the company of “Stan the Man” Green.

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## AND MORE...

### Recommendations Corner

#### **Movies**



One of our steering committee members just saw *Mrs. Harris Goes to Paris* at the Fairfax Theater for \$6 Tuesdays and highly recommends it to all of you. The movie is described as a lighthearted, feel-good movie that will have you rooting for Mrs. Harris and all her friends as they make their dreams come true. In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook, but the very future of the House of Dior.

#### **Recipes**

##### Thomas Keller Chicken



Steering Committee member Kelly recently got turned on to Thomas Keller's super easy chicken recipe. Try it out at home! An added bonus is the use of the leftover chicken bones for delicious bone broth when you're done. Simply delicious!

### *Ingredients*

One 2-3 lb. farm-raised chicken  
Salt & freshly ground black pepper  
Unsalted butter

### *Instructions*

1. Preheat the oven to 450 degrees Fahrenheit. Rinse the chicken; dry well inside and out.
2. Salt and pepper the cavity, then truss the bird (this step is **important** to help the bird cook evenly; see this link for how to truss from Thomas Keller himself: <https://www.youtube.com/watch?v=EWLt6G85zC4>).
3. Place the chicken in a roasting pan and put in oven for 50-60 minutes. Once cooked, remove and baste the chicken with the juices and let it rest for 15 minutes.
4. Remove the twine. Cut the breast down the middle and serve it on the bone, with one wing joint still attached to each. Slather the meat with fresh butter (option to add fresh thyme).
5. Serve with veggies of your choice.

Have any new events, films, recipes or jokes you're itching to share with us? You can send them to Kelly at [kellau55@gmail.com](mailto:kellau55@gmail.com) to be featured in future newsletters!

### **San Anselmo Library home delivery and pick-up for homebound patrons**

Can't come to us? We'll come to you!



Do you enjoy books, audiobooks, movies, and magazines from your library but are unable to physically go to the San Anselmo Library? They now offer FREE home delivery and pick-up to patrons unable to come to the library due to mobility, health, or disability barriers. They call it Outreach on Wheels Library Service (OWLS), and it is designed to reach San Anselmo residents of all ages with a temporary or permanent illness, injury, impairment, medical condition, or disability that prevents them from visiting the library. To qualify, you must be a resident of the

town of San Anselmo, have a San Anselmo Public Library card, and be unable to visit the library due to a temporary or permanent illness or impairment. There are four ways to sign up:

- Fill out our online form: <https://forms.gle/7dgwHgGQnXwntXya9>
- Email [lfadden@townofsananselmo.org](mailto:lfadden@townofsananselmo.org)
- Call (415) 258-4656
- Text (415) 855-1597

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## HELP US HELP OTHERS

If you know someone who could use our services or is interested in volunteering with an organization serving older adults in Marin, please have them call the office at (415) 457-4633, or visit our website ([www.marinvillages.org](http://www.marinvillages.org)) for application forms. We always welcome donations to support our work! Please visit <https://marin.helpfulvillage.com/pages/10049-marin-villages---donate> to contribute.

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(415) 457-4633 [www.marinvillages.org](http://www.marinvillages.org)