

MARIN
VILLAGES



Our Paths - Our Choices

Ross Valley Village

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

April - May 2024 Newsletter



Dearest members and volunteers,

We enjoyed seeing many of you in February for our Valentine's party at our new favorite spot, Mac's! Here are a few photos of those who attended our event. Find more below in the And More... section!



While we are on the topic of recent events, if you would like to attend any in the future, please remember to check the calendar on the Marin Villages website.

https://marin.helpfulvillage.com/events?all_villages=1 We update it regularly! Additionally, if there are any events you'd like to see added to the events list, or if you'd like to host an event at your home, please let us know. We are always looking to add more fun meetups for our members and volunteers.

As we enter spring, we are filled with a sense of renewal and anticipation for the sunny weather to come. The longer days and blue skies remind us that there is much to look forward to. Take a look at the events we have planned for you in the next couple of months, and we hope to see you very soon!

With love from the Ross Valley Steering Committee xo

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Laurie Olson, Bill Trant and Susanne Chaney

Volunteers: Amy Kaufman

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

ROSS VALLEY VILLAGE EVENTS

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

Food & Drink

Table for 8

Thursday, April 25, 12:00pm

Vivalon, 999 Third St., San Rafael



To RSVP please contact Kathleen at (415) 419-5360 or kathleenhj417@gmail.com by **April 23**. Check out the flyer above for additional details. Below is a picture from our most recent get-together.



Coffee and Conversation

Saturday, April 20, 10:00 am



Please watch your email for the announcement/invitation for the April meetup. If you'd like to attend one of our future coffee meetups, please contact Angie at marinresident@yahoo.com.

Exercise

Walking Club



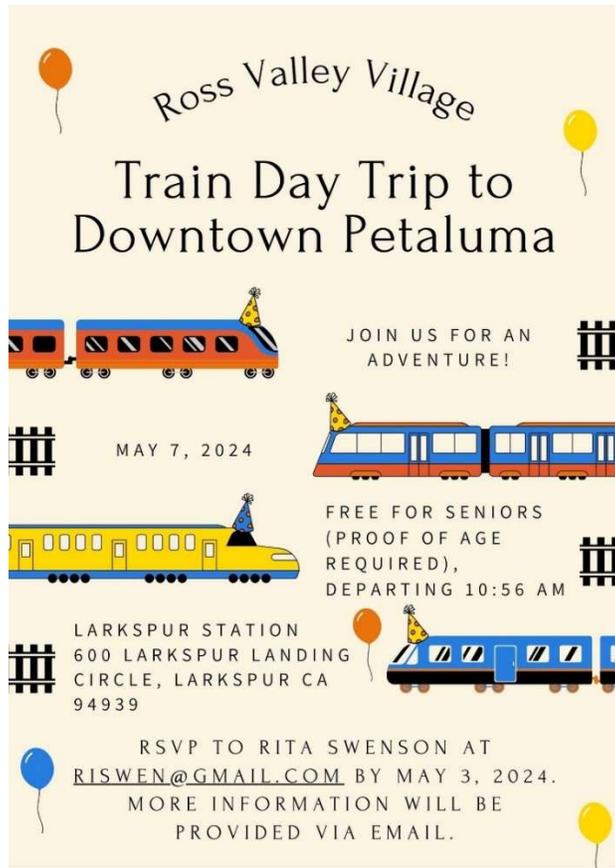
Our walking group meets once a month for a flat, easy walk. If you are interested, please contact Carolyn Golden: goldenink@hotmail.com or (415) 300-5106. If you need a ride, feel free to reach out and we'd be happy to pick you up.

Excursions

Train Trip to Downtown Petaluma

Tuesday, May 7, 10:56am

Larkspur Landing SMART Train station



Join us for a train day trip to Downtown Petaluma on May 7. Rides are free for seniors! RSVP to Rita at riswen@gmail.com by **May 3**. More info will be provided to attendees as the event gets closer.

OTHER MARIN VILLAGES EVENTS

Mill Valley Village Men's Coffee

Wednesdays, April 3 & 17, 11:30am



This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, including volunteers and members from other villages, to join us. The group meets at restaurants and coffee shops around Mill Valley the first and third Wednesdays of the

month. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman (irvgubman@gmail.com or (415) 250-6155).

Technology/Computer Help Office Hours

Wednesday, April 17, 4:00 – 5:30pm

Zoom



Issues with your printer? iPhone not syncing properly? If so, join our volunteer tech support group for the answers to these and all of your other burning technology questions! We look forward to continuing to help solve your frustrating tech problems. This is a space where you can "drop in," ask questions, and receive personalized, individually focused, expert tech advice from some of our wonderful tech volunteers. Even if you'd just like to sit in to learn a little more about technology, we'd love to have you participate! So bring your questions about your computers, tablets, phones, etc., and our dedicated tech volunteers will do the rest. This opportunity is available to all Marin Villages members and volunteers. Please join us at this link: [https://us02web.zoom.us/j/89289995207!](https://us02web.zoom.us/j/89289995207)

Is There Life After Death? A Villager's Lived Experience

Thursday, April 18, 1:00 – 2:00pm

Zoom



Join Marin Villager Ellie Schamber to hear about her experience of death. When she was 29 years old, she was in a car accident that took several lives—including hers. "Looking down at my body, I was dumbfounded! I realized that everything I had believed and taught about consciousness had been wrong." She will talk about the experiences she had when she was on the other side, and the spiritual experiences she has had since then. Please register at this link: <https://marin.helpfulvillage.com/events/5896-is-there-life-after-death%3F--a-zoom-talk-by-ellie-schamber,-phd,-describing-her-experience-when-she-died>

Bocce

Friday, April 26, 1:00 – 3:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



What better way to spend an afternoon than on the bocce court?! No prior bocce experience necessary, just soft-soled shoes and your presence. All are welcome! Come for the company and watch others play if you prefer. Either way, join us! Bring a snack to share with the group. Questions? Call Larry Meredith. (415) 860-2535 Need a ride? Call Marin Villages' office. (415) 457-4633

Not Home Alone—Mothers and Others Day

Sunday, May 12, 2:00pm

Café Arrivederci, 11 G Street, San Rafael



Join Donnalee Wells and other Marin Villages members and volunteers for a Mothers and Others Day early supper on the beautiful patio, weather permitting, at Café Arrivederci; otherwise it will be inside. Menu TBD. Always a fun time and a great opportunity to share the occasion with old and new friends. First come, first served **by reservation**. Please BRING CASH for your meal. RSVP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244.

ROSS VALLEY VILLAGE ANNOUNCEMENTS

Birthdays



Many happy returns to all our special members with April and May birthdays.

Marilyn Jacobs	April 1	Mary Dunselman	April 25
Bronni Galin	April 4	Elizabeth Moore	April 25
Jo D'Anna	April 6	Sandra Terzian-Feliz	May 12
Sally Secor	April 8	Stan Green	May 13
Alan Vidinsky	April 9	Rita Swenson	May 17
Betsy Levine-Proctor	April 16	Cecile Buckley	May 20
Marjory Horton	April 21		

AND MORE...

Getting to know you...

That Golden Girl: An interview with Carolyn Golden

By Kathleen Jackson



Born in New York City, Carolyn Golden enjoyed a rich life there. She attended Public School 6, “the best public school in Manhattan,” and had a nanny who often took her and her two brothers to the Metropolitan Museum of Art where Carolyn happily wandered, especially intrigued with the Egyptian and Armor exhibits. She loved school, especially reading. Besides the NYC apartment--“which was the size of a house!”—her family had a home in Connecticut where they spent vacations and summers. Carolyn loved going to the library there and read every biography she could get her hands on.

Having attended Rudolph Steiner School in 7th and 8th grades, she decided she wouldn't do well in life if she continued there, so she spent her high school years at The Dalton School for Girls and loved it. Dalton was highly academic and progressive, giving students the freedom to cut school if they so desired. Math became Carolyn's 'home'; she would complete her monthly math assignments in one or two days, but would be late with her other assignments, especially written work. Carnegie Mellon University in Pittsburg, PA, was the only college she applied to as it met her criteria: to be co-ed, have a football team, and be far enough from home that she couldn't go there on weekends. She says she was accepted because of her personality.

After two years at Carnegie Mellon, influenced by her mother's forte as a fashion designer, Carolyn attended New York City's Fashion Institute of Technology for a year. She found the fashion world cutthroat and for her it was a 'horrible' industry. She worked as an assistant designer and Tiffany sales person in New York City, working for six months and spending six months at the beach or traveling.

Carolyn moved to San Francisco in 1978, having met a number of Californians in Aspen during a long winter and finding them her kind of people. At one point she considered moving to Israel, having loved it when she was there with her mother. However, upon returning to Israel, she realized she could not make a living there. Finding San Francisco 'too much of a city for me,' as she had also found Manhattan, Carolyn moved to Marin. Failing to find an affordable place to rent that would allow her two Yorkies, she bought a 'temporary' house in Fairfax. Some forty-five years later she is still there with her beloved cat Betty Boop. Carolyn worked in the Bay Area as a contractor in real estate, desktop publisher, graphic artist, and web developer, loving especially her jobs at Exxon and Chevron. She now volunteers at Marin Villages and as an AARP tax preparer to those in need.

Having no children of her own, Carolyn has found the love of her life, 14-month-old grandnephew Otto. She visits this joyful, happy, curious and loving child in New York as often as she can. "So, what if he's sticking his fingers in my nose? I don't care!" The eclectic Carolyn Golden continues to enjoy the rich life that began years ago in the city of New York.

Recipes from renowned chef Judithe Nicolai



NUTS TO YOU

Simple recipes by Judithe Nicolai

NUT BUTTER

Ingredients

1 pound organic nuts (walnuts, cashews, almonds...whatever you choose! Can be mixed nuts but no peanuts!)

Organic roasted walnut oil or any nut oil (avocado oil in a pinch)

Sea salt

Directions

1. Preheat oven to 325 degrees
2. Spread nuts on a baking sheet
3. Put in oven for 15 – 20 minutes. Toss nuts and rotate pan mid-cooking
4. Remove from oven when nuts are fragrant. Be careful not to burn
5. Once nuts are cool, put in food processor with about ½ tsp sea salt or to taste. Process, adding oil a teaspoon at a time, until desired consistency
6. Licking fingers permitted!
7. Refrigerate when done

NUT MILK

Ingredients

1 cup nuts of your preference: almond (blanched or unblanched), walnuts, cashews, macadamias, etc.

Filtered water

½ tsp sea salt or filtered water and ½ tsp sea salt, or to taste for finished product

4 pitted dates

1 Tbsp vanilla

Nut milk bag

Directions

1. Soak nuts in 2 cups filtered, ½ salted water overnight
2. Discard water
3. Put nuts, ½ tsp sea salt, dates, vanilla and 1 quart filtered water in blender
4. Process until nuts are liquified, 1 – 3 minutes until desired consistency. The longer you process, the smoother the products
5. Place nut milk bag over a pitcher or a bowl, positioning it to so bag stays open
6. Pour nut milk mixture into bag, allowing liquid to drain through to container
7. Refrigerate milk
8. Save pulp to use in cooking of your choice, in oatmeal, cookies, veggies, etc.

If you have any questions or would like a certain recipe, please call Judithe at [\(415\) 933-2052](tel:4159332052), evenings or weekends.

Recommendations Corner

Our Steering Committee has been reading some great books and checking out some new shows in our downtime. Here are our recommendations, perfectly paired with a soft blanket and a hot cup of tea.

Fiction Book

The Women by Kristin Hannah

<https://kristinhannah.com/books/the-women/>

Nonfiction Book

Radical Curiosity by Seth Goldenberg

<https://www.penguinrandomhouse.com/books/624878/radical-curiosity-by-seth-goldenberg/>

Braiding Sweetgrass by Robin Wall Kimmerer

<https://milkweed.org/book/braiding-sweetgrass>

Shows

The Floor with Rob Lowe

<https://www.fox.com/the-floor/>

Festival

Céilí on the Lake Irish Dance and Music Festival

<https://ceilionthelake.com/>

Valentine's Party

More photos from our festive February event!





The End

If you're reading this, you have read the newsletter all the way through to the end. Please contact Kelly at kellau55@gmail.com to let us know your favorite part of the newsletter!

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) 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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