



The BARK



March 2023

Number 3

Annual Scholarship Fund Drive

In 1991, residents of The Redwoods started their scholarship program with one resident donating one \$500 scholarship. Over the past 31 years, the number of scholarships and the amount of each award have increased. In recent years, seven \$3,000 scholarships of have been awarded.

This year we hope to award EIGHT \$3,500 scholarships. But, to reach this goal we need to raise **\$28,000**. As we have in the past, we again reach out to all residents to please be as generous as you can to help us raise this amount. Think back to when you were starting college and how you would have benefitted from a scholarship like this. Only Marin County high school graduates receive these awards to help with college costs.

Make your check payable to:

The Redwoods Scholarship Fund

and place it in the designated box on the wall in the mailroom.

Thank You !!

Please contact Liz Small at 415-336-6038 for further information.



A Closer Look at: Joyce Crews



A lot of people at The Redwoods know Joyce Crews and she, likewise, knows many of its residents. And so she should, having lived here for 11 years – since 2011. As a long-

time resident of Mill Valley, Joyce Carlson Crews watched The Redwoods being built and knew that when she retired, “that’s where I would live.” Now, nearly 88, she’s as happy as she was the day she moved in.

Born and raised in a small town near New Haven, Connecticut, she recalls hot summer days when she and her three siblings headed for the nearby beach to swim in the warm, calm waters of Long Island Sound.

Joyce wasn’t sure what she wanted to study when she went off to Mt. Ida Junior College in Brookline, Massachusetts, until she saw there was a course of study that prepared young women to become stewardesses, and she thought “that sounded like fun.” So, after graduating, she qualified with TWA and flew around the country, then transferred to fly out of the West Coast to be near a boyfriend. Then in 1961, she decided to pursue her BA in English at UC Berkeley—just as the Peace Corps, a concept that really excited her, was being rolled out. Soon after graduation, Joyce

signed up and was placed in Ibadan, Nigeria, as a teacher. She loved her assignment and the culture. While there, she met and married a fellow Peace Corp volunteer and gave birth to her daughter, Bess, while continuing to teach.

After finishing their service, they toured North Africa and Europe with their 6-month-old baby before returning to her husband's home state of West Virginia. But they decided to separate, and Joyce moved with Bess to California where much of her birth family had settled. When she returned to UC Berkeley for an MA degree in library science, she met and married her second husband and had her son, Andy.

Settling in Mill Valley, Joyce worked part-time as a reference librarian in many of the local town libraries while raising her children. Later, she worked full-time at the Mill Valley Library where she particularly enjoyed helping to develop their Mill Valley History Room. After retiring in 2000, Joyce continued to volunteer at the library for several years.

In retirement Joyce indulges in her love of travel, only now she signs up with Road Scholars to explore our national parks — particularly those in the Western states, among other destinations. At The Redwoods, you'll find her working in the Scott Garden, taking long walks, singing with the Rock the Ages Choir or supporting the many outreach activities sponsored by the Mill Valley Seniors for Peace. It was her strong interest in recycling that led her to introduce this critical issue to the Redwoods Seniors for Peace group.

In her apartment, Joyce surrounds herself with stacks of books and magazines, so is never at a loss for something to read when she finally puts up her feet. She first looks out of her picture window to take in the sweeping view of Mt. Tamalpias, then reaches for a book.

! March Birthdays !

Name	Age	Birthdate
Alan Samuel	74	3/1/1949
Helen Anderson	97	3/5/1926
Alston Paff	81	3/6/1942
Kyung Kwun	94	3/7/1929
Joanne Williams	94	3/8/1929
Andrea English	83	3/11/1940
Jimmie Brashear	108	3/13/1915
Carolyn Corbelli	81	3/15/1942
Betty Moss	98	3/15/1925
Catherine Howe	81	3/17/1942
Janet Seastrom	92	3/17/1931
In Sun Kwon	90	3/18/1933
Liana Posselt	90	3/18/1933
Alice Stephens	85	3/18/1938
Janet Daijogo	86	3/21/1937
Gilbert Deane	98	3/22/1925
Harriet Berman	86	3/24/1937
Carolyn Hirsch	84	3/24/1939
Joan Johnson	80	3/25/1943
Nancy Skinner	92	3/29/1931
John Boettiger	84	3/30/1939
Marjorie Genolio	89	3/31/1934

Watch for your personal invitation to the Birthday Lunch on March 17.

Life Enrichment

Girija Balasubramani, Administrative Assistant

Happy Women's History Month!

“A woman is the full circle. Within her is the power to create, nurture and transform.”

Diane Mariechild

Every year, March is set aside to honor women's contributions to American history. There are many ways to acknowledge this special month: in your free time, relax by watching informative documentaries which give historical context for the current state of gender equality around the world. Female-fronted dramas and comedies will remind you that there's still a great imbalance in the industry. Biopics and profiles of extraordinary women will inspire you to always try for more. All weekend movies in 5/7G feature women's power worldwide.

• **Special Performances/Events & Performing Arts Schedule:**

- Ian Scarfe—Piano solo, 3/2, 7:15 pm, Auditorium
- Video—*The Sound of Music*: 3/9, 7:15 pm, Auditorium
- Bread and Roses live concert, 3/16, 7 pm, Auditorium
- Happy Hour—St. Patrick's Day Celebration, 3/17, 3-4 pm, Patio
- Video—*The Sound of Music*, 3/23, 7:15 pm, Auditorium
- Friedrich Edelmann—live concert, 3/30, 7:15 pm, Auditorium
- Wine & Coffee Social—3/31, 3-4 pm, Patio
- **Program Spotlights!**
 - Mindful Yoga Vinyasa—3/7, 8:30 am, Studio
 - Do Your Own Gentle Asana with Girija every week starting 3/7
 - Balance Training—Starting 3/7 Tuesdays, 1 pm; Studio, Thursdays, 1 pm-5/7G

Events are subject to change; refer to calendars on bulletin boards or CLC app

Hunter's Update

Dear Residents, Families and Friends,

February was filled with lots of activities and celebrations:

- ✓ Observed Heart Month with numerous heart-healthy events
 - ✓ Celebrated fun-filled Valentine's Day and President's Day
 - ✓ Served up hot dogs and chips for the Super Bowl and observed Mardi Gras with a special menu
 - ✓ Distributed the newly updated *The Redwoods Residents Handbooks* – happy reading!
 - ✓ Congratulations to Bilkis Bharucha on her first anniversary as our Garden Coordinator
 - ✓ Along with a good bit of rain, we witnessed a dusting of snow atop Mt. Tam during the recent blustery, winter-like weather.
- All-in-all—a pretty good month.

The Redwoods has a good bit in store for March. This includes some new classes and the start of the new shopping loops based upon the January resident survey results. You'll see lots of green for St. Patrick's Day, and we will celebrate the first day of spring on Monday, March 20.

March 9 is the anniversary of the first COVID cases in Marin County and while we will not be celebrating that 3-year milestone, we are near the end of the pandemic stage and may see some reduced regulations. That said, it is likely we will still be taking precautions for some time, so please keep your nose and mouth covered and your fingers crossed.

In closing, I want to thank you again for all that you do to cope with the waning days of the pandemic. These continuing efforts make things look better and brighter around here.

Yours truly,
J. Hunter Moore, CEO

WHAT'S HAPPENING

Library Notes

Barbara McDonald, Redwoods Librarian

Welcome to Women's History Month.

Why not check out some of the library's biographies of women? Choices include *Eleanor of Aquitaine* by Marion Meade, *Cleopatra* by Stacy Schiff, and Jason Fagone's *The Woman Who Smashed Codes*. The library holds a variety of biographies on game changers Eleanor Roosevelt, Ruth Bader Ginsburg and Nancy Pelosi. And don't forget television pioneer Betty White. Marked **Bio**, the biographies are found in the first bookcase behind the piano under the subject's last name.

Library Changes: The *CD Audio collection* has been updated. Check the **two drawers below Mysteries**. The top drawer holds novels, the second drawer mysteries and nonfiction. The audio books are color-coded for easier access with a **guide posted above the drawers**. We purchased some CDs of your favorite authors: Louise Penny's *A Great Reckoning*, Kristin Hannah's *The Nightingale*, John Grisham's *The Judge's List*, Michael Connelly's *Desert Star*, Steph Broadribb's *Death in the Sunshine*, and Laura Dave's *The Last Thing He Told Me*. A big thanks to **Eleanor Hein and Sylvia Alva** for their help!

Missing: The library cart has a shelf dedicated to LGBTQIA books (**pink dot** on the binding). Two years ago, we purchased 17 books. Additional LGBTQIA books were pulled from the shelves, giving us over 30 books. Sadly, at last count we were down to just seven! Please check your apartment for any that may have been tucked away and return them. Many thanks.

Book Recommendation? Drop a note in the return drawer with your name and the title.

Mill Valley Seniors for Peace

Nancy Miller, MVSP Co-Chair

March Highlights

March 7--Last day to vote. Hopefully you have already mailed your ballot for a new City Council Member. If not, there's still time to deposit it in a Drop Box or Vote in Person. See the SFP bulletin board for information.

March 13--Presentation by **Eileen Fisher** of MVFREE (Mill Valley Force for Equity and Empowerment). She will bring us up to date on the valuable, relevant work of this racial justice organization. 3:00 pm in the Auditorium.

March 30 and 31--As part of our 20th Anniversary Celebration, we are planning a two-day display of the work that we're doing. Our theme for the presentation is "**We're Not Finished,**" inspired by a fellow senior, the President, in his recent State of the Union address. We've accomplished quite a bit in our 20 years but more importantly, we have great plans for the present. Join us on either Thursday or Friday at the end of March between 10 and 3 each day in the Auditorium. We will have a slide show, displays, a film and refreshments.

Expansion of our Environmental R's

Beyond Recycling. We will be adding some more R's that can help reduce waste and improve our environment. Some examples will include **Refuse, Reduce, and Reuse**. Watch the SFP main bulletin board for further information. We are also looking for some new members to join our environmental group. Let me know if you are interested.



March Movies

Sat 7:15 pm / Sun 3 pm--Auditorium

Luce—A married couple face conflicting and alarming accounts of the boy they adopted from war torn Eritrea.

The Woman King—Viola Davis stars in the remarkable story of the Agojie, the all-female warriors who protected the African Kingdom of Dahomey in the 1800's.
(New Release)

Summerland—An English woman accepts a young evacuee into her home during WWII after initially rejecting him.

The Banshees of Inisherin—Two life-long friends find themselves at odds when one abruptly ends their friendship.
(New Release)

Please contact Eleanor Hein (415) 380-8577 with post-2005 film suggestions.

Silver Foxes Film Society

This month is Women's History Month. The focus of the films is on Women as Artists.

5/7G Lounge Movies

Fri 7 pm / Sat 3:15 pm

03/03 & 04: The Female Teacher of the Republic (education)

03/10 & 11: SHUSENJO—Comfort Woman & Japan's War on History
(Asian studies/human rights)

03/17 & 18: Women's Power in Global Perspective (anthropology)

03/24 & 25: Rights & Wrongs
(religion/gender studies)

03/31: Heather Booth—Changing the World (woman & society)

Sat Evening 7 pm / Sun Matinee 3:15

03/04 & 05: Julia & Julia
(nostalgic / heartfelt)

03/11 & 12: The Woman King
(epic / GG nominee)

03/18 & 19: The Death & Life of Marsha P. Johnson (emotional/social cultural)

03/25 & 26: Mercury 13
(inspiring/women power)

Two of "The Best New Yorker Cartoons of All Time"

Share your favorite for filler when space permits. Place in the BARK box.



Meet Your New Headlands Neighbors:

Bernard Weiner



Bernie was born in Pittsburgh, PA in 1940. He has, in his words, “lived a creative life with a creative wife, centered around the letter P.”

He has a *PhD* in Government/International Relations and taught at San Diego State and Western Washington State University. He has written three books of *poetry*, including *Songs of Non-Enlightenment*, *The Bellingham Poems*, and *Pit/Stops*. He is an award-winning playwright and former theater critic for the *San Francisco Chronicle*, and a *photographer*. (He won *Best in Show* at the Marin County Fair.) He is also the author of two books, *Boy into Man—A Father’s Guide to Initiation of Teenage Sons* and *Little Man Clapping—A Critic’s Search for Authenticity in Art, Love, and Life*.

Bernie is *politically active* and was cofounder and co-editor of *The Crisis Papers*, a fortnightly online political analysis.

Heidi Linsmayer



Heidi was born in Munich, Germany, in 1944, and came to Pomona, CA, as a high school exchange student in 1962 when she met Bernard Weiner, who was studying at

Claremont Grad School.

She returned to Munich to study languages, and upon returning to the US taught in public and private schools. Heidi and Bernie married in 1976 and raised two sons in San Francisco. Their sons and grandchildren live in Los Angeles.

Heidi’s passions are hiking, biking, gardening, birding, doing arts and crafts, going to the theater and concerts, and more!

She’s excited to live at The Redwoods because of its fabulous location and progressive community. In her words, “So many wonderful people!”

Community Utility Use

Utility	January 2023	January 2022	This Year Change	Cost for this year
Electricity KWH	187,350	174,134	+7.1%	\$41,538
Gas Therms	5,259	5248	+0.2%	\$27,182
Water CCF	761	1324	-74.0%	\$10,045

(KWH = kilowatt hour; 1 therm + 100 cubic gas; CCF = 748 gals. water

January review: **We’ve had a great response to calls for water conservation.**

In the drought gas costs are rising universally, but we may still conserve by using cold water as much as possible for laundry; electricity increased in a colder winter because apartments and common areas are heated electrically.

This 'n That

Dear Editor,

A resident has donated five cushions to our library over the past months and watched them disappear. Please bring them back! They are needed to make the large, heavy chairs a bit more comfortable. The cushions have solid colors and enhance the library. You may not have understood this. but now you do.

A Concerned Resident

Thanks to the social workers in Creekside and Headlands we have the latest statistics about our residents.

Number of residents

Creekside:	123
Headlands:	<u>152</u>
Total	275

Number of centenarians

Creekside:	5
Headlands:	<u>4</u>
Total	9

Average age of residents (both) **86**

Number of Pets Headlands only:

Cats: 12; Dogs: 5; Birds: 1



Memorial Planned for Joan Emerson

On Tuesday, March 7 from 2 to 4 pm in the auditorium, there will be a memorial for Joan Emerson. All are welcome. Joan Emerson lived here for many years, during which she ran the well-organized “Buddy System”. Buddies were paired with new residents to welcome and help them orient to their new home.

Jan Couvillon and Laura Bock are planning the memorial and have asked for some extra help on the day of the memorial.

Please contact Jan at 415-388-5001 or email her at jantex_2000@yahoo.com, or Laura Bock at 415-383-6842 or email her at lbock@earthlink.net.

Family Council

at

The REDWOODS

ADVOCACY & SUPPORT FOR RESIDENTS
& FAMILIES

Next meeting:

Monday, March 13, 6:30 pm

Attend in Room 5/7G or on Zoom
<https://us06web.zoom.us/j/84662491583>

Share your email with me to get Family Council updates at:

naomi.brauner@gmail.com

Naomi, Family Council Chair
naomibrauner@gmail.com

BARK Back

Helen Bruner

Now and Then

Turn right on Miller, pass gas station and Quality Cleaners. Stop! Tucked between the cleaners and the blue Warehouse is

Diamonds in the Rough, a consignment store (I buy, you sell or you buy, I sell), high end, often name brand, women's clothing, shoes, purses and jewelry.

On campus we once had *Second Time Around*, a wonderful Brigadoon-like assortment of clothes and kitchenware, donated by residents for residents and staff, sold for pennies, appearing for only a few hours each week, then disappearing until suddenly gone. Ask Eleanor Hein!

Probably for 50 years we had our annual *Bazaar*, and *The Shop* here, and *The Family (Service) Store* next to *Diamonds*.

Now, *Diamonds in the Rough* is our only nearby resource for shopping fun, other than downtown. And fun it is. A thriving online and retail business run by Sybil and Zack Mayfield—Zack insists Sybil is the brain behind it. She is there Wed to Fri and he, Tue and Sat. Prices may be high, but there can be amazing sales when Zack is in.

A bored looking teen, in with Mom, said there was actually one jacket he liked, but too expensive. I mentioned the sale. Off to Zack, who kindly sold it to him at half price. A woman called--“Did he, by any chance, have authentic cowboy boots size 8½?” Without moving, Zack manifested a gorgeous pair from a rack above. “You do? Any chance they have etching? Colored design?” She rushed in, buying jewelry--to boot!

Welcome, *Diamonds in the Rough*.

Transitions

February 2023

New Move-Ins:

Karol Clark	#5102	415-686-0813
David Jouris	#2209	341-766-9633
Diane Alper	#5107	415-823-5426
Beverly Kane	#10205	808-292-7255
Kitty Desmond	#12205	415-272-1992
Alston Paff	#4112	805-538-8767
Gloria & Mort Davis	#5203/5	510-932-5576

Moved Out:

Megan Flax	#13110
Eleanor Stern	#8203

Transfers:

Jane Allen	3207 to 4211
Janice Miller	4107 to 7112
Joanne Williams	6108 to HCC
Peter Davis	4112 to HCC
Lynn Payton	12116 to HCC

Deaths:

Alanson Best	#2309
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The BARK
Editor: Kathleen Moran
Associate Editor: Maggie Morley
Proofreader: Andrea English
Distribution: Ruth Shelby, Andrea English,
and Tom Whiteman

The deadline for submissions to the March BARK is March 22, 2023.

You may attach your document or compose short announcements in the body of an email and send to: kanwis43@gmail.com. Alternatively, you can place a handwritten note in the BARK cubby.