



## *Downsizing*

But it's just paper, single sheets,  
I swear I clipped each staple,  
fed in, sucked down through metal teeth,  
ticker tape parade dancing in a can,  
bank statements, cancelled checks,  
first time I've purged my files,  
motor churning little blizzards out,  
tax returns twelve years old,  
thirty months of Discover bills,  
and it feels right making confetti  
of the hoarding years, and a squeak sets in,  
so go the quarterlies from my 401(K),  
the air smells burnt, like carbon paper flamed,  
two, five, eight bags filled  
with fluffed remains, emptying files,  
it's a whine now and I send in  
oil change receipts, utility bills, untried recipes,  
another drawer clean,  
last week's "to do" list, PPO doctors,  
the car insurance claim, page after page  
swirling down to the sound  
of a shredder giving in, the slowing,  
the stop. Half a sheet sticking out  
from the top. Inside an army  
of white tongues wave.

By Maggie Morley

## **A Closer Look at:**

*Girija Balasubramani, Admin. Assistant, Life*

*Enrichment Programs*

*By John Young*



For the past 15 months Girija Balasubramani has served as our much-appreciated Administrative Assistant for the Redwoods Life Enrichment Programs;

coordinating its activities and programs, keeping the calendar current, and helping to make our Friday afternoon socials on the patio such joyful events. It's not a surprise that after working here for just seven months, she received the much-deserved employee of the month award.

Girija spent much of her life in Chennai, the largest city in South India with 11.5 million. She grew up in an extended family that included her parents, their siblings' families, and at one point there were five generations together in the family. She played basketball and was the state champion team captain of her secondary school's Kho-Kho team – an ancient Indian team tag game in which teammates chase and catch each other as they dodge among both teams. She graduated from the 109 years old "Queen Mary's College, Chennai" majoring in Geography-Earth Science.

She started her career in human resources, but her passion for teaching eventually drew her

*(Continued on next page)*

to teaching. Later she became the principal of a renowned Central Board school (primary to higher secondary) of about 750 students.

In a love match, she married Sukumar, a childhood neighbor eight years her senior, but choose to keep her father’s last name. They have two children, a son and a daughter. Their son lives in Abu Dhabi where he works as an electrical engineer for their Electricity Board. He and his wife have been blessed with two daughters. Girija’s daughter married in 2006 and they now live in Mill Valley with their two daughters. She completed her Doctorate in Molecular Cell Biology and works for Bio-Technee, an R&D company in the Bay Area; her husband is the Director of SoFi Financial Services.

Girija loves to read and has traveled widely in India and the US. She was a competitive runner for many years and participated in numerous full and half marathons, and 10K and 5K’s. She is a practicing Hindu and during her recent vacation to Chennai, in celebration of her 60 years of having had a happy and successful life, chose to donate her hair to the temple, one of the spiritual practices of Hinduism.

She visited the US often through the years, but in 2020 she chose to move to Mill Valley to live with her daughter. Here, Girija has become an active vegetarian cook for the family and she loves playing “grandmother”. After getting her immigrant green card in 2021, she decided to seek employment in a nearby community organization. Lucky for us, she applied to and was hired by The Redwoods!



## April Birthdays



Name	Age	Birthdate
Shirley Trimble	95	4/1/1928
Judith Vaughan	86	4/3/1937
Barbara Leeds	97	4/4/1926
Diana C Hollis	82	4/5/1941
Pauline M Sloan	81	4/5/1942
Gordon Hargreaves	86	4/7/1937
Vito Rutigliano	85	4/8/1938
Friedel Okada	90	4/9/1933
Tom Whiteman	87	4/9/1936
Ruth Johnson	99	4/11/1924
Robert K Schafer	87	4/11/1936
Phyllis Sorensen	88	4/14/1935
Roger Torkelson	78	4/14/1945
Dawn Murayama	92	4/15/1931
Wendy Oser	84	4/15/1939
Barbara Rothkrug	77	4/17/1946
Verena Christen	101	4/18/1922
Batya Kaniel	73	4/18/1950
James Tupper	75	4/19/1948
Ingrid Welch	98	4/19/1925
Marlene Caldwell	88	4/23/1935
Grace Dammann	76	4/24/1947
Kathleen “Kitty” Desmond	77	4/24/1946
Ramune Rimas	80	4/27/1943
Jane Brooks	81	4/30/1942
Elizabeth Merriman	87	4/30/1936

### PLEASE NOTE

If you prefer to NOT have your AGE listed, please contact me (**Kathleen Moran 415-640-7463 or kanwis43@gmail.com**). I will either list just your name and birthday (not year), or not include your name on this list.

# Hunter's Update

## Dear Residents and Friends,

March was an odd one in terms of weather, but now that Spring has sprung, nicer days are ahead. Let's review all the fun March offered, including:

- Dancers & bag pipes on St. Patrick's Day
- Celebration of colors on Holi Day
- A Palliative Care Presentation
- Marin Access Roundtable
- Sushi making class
- Lots of other March Madness!

You'll find more about these events on our YouTube channel, and our Facebook and Instagram pages.

It was a pretty good month in terms of COVID. There was a lot of encouraging news and we have been able to roll back most restrictions except for mask wearing in public portions of the community. Soon that will be gone everywhere but the Health Care Center – except in certain cases.

April is a month to celebrate rebirth, renewal and recommitment, a time of flowers and hopefully very few showers. The gardens are coming back into bloom and, while we will miss Bilkis this month and next, the gardens are looking great, thanks both to the residents and area gardeners. It is also the time we start in earnest working on the budget for the new fiscal year, which starts in October. As in past years, we welcome your suggestions.

This April also marks the fifth anniversary of the Salon team. Amy has enhanced her services each year and now offers seated massage. As always, she has kept her rates low, so check it out.

In closing, I would like to thank each of you. Together, we continue to make The Redwoods a wonderful place to call home and one that hopefully reflects your values.

Sincerely,

*J. Hunter Moore, CEO*  
Chief Executive Officer

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## Life Enrichment

*Girija Balasubramani, Administrative Assistant*

**Diversity Month** is a time to recognize and celebrate the beauty of our unique cultures, backgrounds and traditions.

**National Poetry Month** celebrates poetry's joy, expressiveness and pure delight.

The first day of Spring is March 20, a season when the natural world revives and sprouts after the colder months. We are looking forward to bringing in activities to celebrate these special events. Starting in April we are resuming excursions, Drumming Circle, Exercise with Donna, and more art classes.

### Program Spotlights!

- **Drumming Circle:** Let's welcome Mathew who will be facilitating the drumming class; Starting April 3, Monday at 3 pm—Studio

- **Exercise with Donna:** Starting Apr 7, Fridays at 9 am—Studio
- **Art in the Garden:** Led by Carol: 1<sup>st</sup> & 3<sup>rd</sup> Monday's starting Apr 3 at 1 pm—Scott Garden

### Special Events, Drives, and Performances!

- Legion of Honor Excursion: Apr 4, Tuesday 11 am to 3 pm
- Video Concert: Sound of Music 2<sup>nd</sup> part: Apr 6, Thursday at 7 pm—Aud
- Easter Egg Hunt: Apr 7, Friday at 3-4 pm—Patio
- Live concert by residents Barbara Bruhn and John Young: Apr 13, Thursday 7 pm—Aud
- Happy Hour: Wine Tasting by Bard Clan Winery: Apr 14, Friday at 3 to 4 pm—Patio
- Scenic Drive: Marin Headlands then lunch at Spinnaker Restaurant in Sausalito: Apr 20, Thursday at 11 am to 1 pm

*(continued on next page)*

- Live Concert Bread & Roses Presents Kurt Huget: Apr 20, Thursday at 7 pm—Aud
- Marin Music Study Club:  
Apr 25, Tuesday at 11 am—Aud
- Hula Dance:  
Apr 27, Thurs. at 7:15 pm—Aud
- Happy Hour: Poetry Month Celebration:  
Apr 28, Friday at 3 to 4 pm—Patio

*\*Events are subject to change, please refer to the calendars on several bulletin boards around the campus or the CLC app for the latest information\**

## WHAT'S HAPPENING

### Library Notes-The Poetry Corner

*Andrea English*

From Atwood to Young, and in between, Clifton, Nye, Oliver and Ryan, poetry fills the shelves of the special library on the third floor of Bldg. 11, where the corner windows offer a striking view of Mt. Tam, and a circle of chairs suggests a quiet reading space—except for Wednesdays at noon, when the **Poetry Lovers** group meets for an hour to read new and old poems, American or Western Hemisphere poets, and Poets Laureate or Nobel; poets who live at the Redwoods, like M. Morley and H. Bruner; haiku by Basho or Issa, or the wisdom poetry of Hafiz and Rumi.

There are anthologies, too: poetry by Canadian women, love poems, California poets; poems about science and mathematics, spiritual poetry; poems of birds and trees.

April is **National Poetry Month**, a time to celebrate your favorites, or to recall the poems you memorized throughout your school years—Frost? Dickinson? Shakespeare? It may be time to recite them again. Try these: “*Two roads diverged in a yellow wood...*” (by ?). “*Now is the winter of our discontent..*” (by ?). “*I dwell in possibility...*” (by ?) *Answers below.*

Or look for poems translated from Arabic, Spanish, Swedish, Chinese...All these treasures await you at the Poetry Corner, 3<sup>rd</sup> floor of Bldg.11 (take the elevator across from the Finance Office door). Borrow books to take home and join Wednesday noon Poetry Lovers

to hear the imagery of nature, love, loss, birth and old age – i.e., *News of the Universe* (a collection by Robert Bly), or *The Language of Life* (what Bill Moyers found in poetry).

*Answers:* Robert Frost, Wm. Shakespeare, Emily Dickinson.

### April Art News

*Helene Gibbs*

It has been delightful to see the 8/10 Art Room evolving. More residents’ art works have been displayed and some instructors are storing their supplies here, which lend an atmosphere of ongoing activities. We have a supportive art committee of wonderful residents who clearly care about art for seniors.

The latest addition to our workshops is Carol Weiss, who taught us *Pastels* but took a hiatus to resume her teaching at the newly-renovated Tiburon Library. She returns for *Art in the Garden* while Bilkas takes a two-month leave of absence. Carol looks forward to teaching us in The Redwoods garden.

Robert Gumpertz is stepping down from his Friday workshop for a well-deserved rest. Heidi Linsmeir has graciously stepped into the Friday slot with *Fun in Exploring Art*, using a variety of media. Annalies Atchley will continue with her popular *Collage Workshop*, though she will assist in any other form of art one would like to try. *Visual Journaling* participants continue to explore and share a variety of journaling styles.

## April Art Schedule:

- 1st and 3rd Mondays at 1 pm – *Art in the Garden* (8/10 Art Room if raining)
- Tuesdays at 11 am – *Visual Journaling*
- Fridays at 2 pm – *Fun Exploring Art*
- Sundays at 3 pm – *Collage and More*

Bring your artwork to the Art Room any time there is not an ongoing workshop.

Questions? Call Helene Gibbs at 415-383-7468.

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## April Movies

### Auditorium

#### Sat 7:15 pm / Sun 3 pm

**(4/1-2) Wakanda Forever**—The people of Wakanda fight to protect their homeland from invasion as they mourn the death of King T'Challa. (New Release)

**(4/8-9) Marguerite**—Marguerite Dumont loves to sing for her friends. She sings wholeheartedly but terribly out of tune. Her problem begins when she decides to sing in front of a live audience.

**(4/15-16) Mrs. Harris Goes to Paris**—A widowed cleaning woman in the 1950's falls madly in love with a Dior dress and decides she must have one of her own. (New Release)

**(4/22-23) The Railway Man**—A former British Army Officer, tortured in a Japanese prison camp during WW2, discovers that the man responsible is still alive and sets out to confront him.

**(4/29-30) I've Loved You So Long**—A woman struggles to interact with her family and find her place in society after spending fifteen years in prison for murder.

### Silver Foxes Film Society

The theme of this month's films is *Overlooked Comedies*.

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

## 5/7G Lounge Movies

### Fri 7 pm / Sat 3:15 pm

**(3/31 & 4/1) Heather Booth - Changing the World** (woman & society)

**(4/7 & 8) Sami Blood** (world cinema/drama)

**(4/14 & 15) Born in Flames** (The Arts/film studies)

**(4/21 & 22) Agents of Change** (race & class studies/social studies)

**(4/28 & 29) The Abominable Crime** (LGBT, human rights)

### Sat Evening 7 pm / Sun Matinee 3:15

**(4/1 & 2) Hard Lessons** (gritty/social issues)

**(4/8 & 9) The Giant** (real life)

**(4/15 & 16) The Magician's Elephant** (kids/magical realism)

**(4/22 & 23) Hustle** (comedies/dramas)

**(4/29 & 30) Effie Gray** (romantic/real life)

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## Opera Lovers Alert

*Eleanor Hein*

Interested in seeing full length filmed operas in the afternoon? I'm thinking about offering an afternoon opera program sometime this summer. Say once a month? Twice a month? However, I can't plan without knowing if it's something that is of interest to residents. My contact information is in the Roster.



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**!!Congratulations!!**

**Mill Valley Seniors for Peace**

**For 20 years of speaking truth to power**

## Scholarship Recipient Connects

Liz Small recently received this email from Redwoods Scholarship recipient, Rosa Velazquez.

*Your scholarship helped me attend SF State Univ. as a full-time student and to have the experience of living on campus.*



*I am grateful for this opportunity to not let financial instability be a barrier to achieving my goals. I aspire to pursue a career in the medical field.* (edited for space)

### What's the SCORE to date?

Goal	\$28,000
Donated	\$14,000
Still Need	\$14,000

34 residents have generously donated. Please join them by the **May 12** deadline.

We'd like to give eight \$3,500 scholarships.

Please place your donation in the mailbox slot marked **Redwoods Scholarship**

**Donations** in the mailroom.

### When to Call 911

Residents are encouraged to always wear their Personal Help Buttons or Bracelets. However, do not depend on them as your primary resource for an emergency medical need. **Call 911 FIRST, then activate your pendant or bracelet.** Do not depend on the Personal Help pendant or bracelet as the primary resource for such emergencies. **DO NOT** call the Front Desk to have them call 911 – it slows down response time.

## Attention All CLC App Users!

Starting with this issue, you will be able to access the BARK on the **Connected Living Community (CLC)** app wherever you have installed it—on your iPad, cell phone, laptop or desktop computer and Comcast channel 994.

On the CLC Home page:

1. Click on the **Community Resources** option
2. Click on **BARK**
3. Click on the issue you want to read. The last three issues will always be available.

Low-vision readers can enlarge the image by spreading two fingers on the screen until the most comfortable reading view is achieved.

Happy reading!

### New Residents Group Needs Back-up Help

Ann Schubert is the new coordinator of the New Residents Group, which meets the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month. **THANK YOU, ANN!** However, we are still looking for a back-up for her, if/when necessary. Someone who learns the “ropes” and steps in if Ann has a scheduling conflict, etc. Please call Ann at 415-888-8190 if you'd like to give her a hand.

### Community Utility Use

Utility	February 2023	February 2022	Change This Yr.	Cost This Yr.
Electricity	176,922	156,337	+11.6%	\$38,086
Gas	5,929	4,432	+25.2%	\$22,827
Water	859	808	+5.9%	\$ 6,018


Total monthly cost

\$66,931

## This 'n That

➤ Thanks to the **Dorothy Pettitt** family, the Residents Association now has \$860 more to fund various line items in its budget. Watch for the remaining pieces of artwork that will be mounted by the Facilities Department around the Redwoods campus. Such a thoughtful farewell gesture.

➤ Now that you have read the newly updated *Redwoods Resident's Handbook*, surely you've noticed that the *Bylaws of the Redwoods Residents Association* have been included in the very back. This is the first time they have appeared in the *Handbook*. Another good reason to keep it "handy" when you have questions about how The Redwoods works.

➤ Remember several months back when **Sylvia Alva** placed a notice in the  *Bark* that she was offering her seamstress skills to residents, with all proceeds going toward The Redwoods Scholarship Fund? As of mid-March, Sylvia reported that she has donated nearly \$500 toward the Fund since starting her alteration service. She also can turn men's shirt collars, has a nice collection of buttons and often can repair broken zippers. Sylvia says it makes her feel good to help people in this way and gets a double bonus when she deposits those earnings into the Scholarship Fund.

➤ Do you have a skill or something you'd like to barter in exchange for an offered service? Perhaps someone to iron your shirts and/or pants in exchange for taking care of your plants or picking up

groceries? Send in your exchange ideas and I'll feature them here.

➤ Sorry to report that two more donated pillows have been removed from the library. Please return them – no questions asked.

➤ No one submitted a favorite New Yorker cartoon, but here's an anonymous submission of a favorite New Yorker cover.



Cover title: *New Yorkistan*  
Artist: Kalman A. Meyerowitz  
Dec. 10, 2001, issue

## A Marin Theater Company Survey

The Marin Theater Company (MTC) wants to learn what you value most about live theatre experiences and how MTC can serve Marin County residents more broadly. Please go to <https://survey.alchemer.com/s3/7230389/ListF> or [click here](#) to take this anonymous survey. At the end of your completed survey, you will get a discount code to purchase tickets for a show at MTC.

# BARK Back

Helen Bruner

## Let's Talk

Once a week a small Redwoods group meets just to talk. Sound dull? Good. We like it small. Other groups have an explicit purpose, also good.

Shira Levy, the brains behind this, at first thought we should have a purpose, too. As one attender noted, we spent four meetings talking about what we were going to talk about. We learned organically that we always find something interesting to discuss—as disparate as car events in our lives one time, and diversity another. Meanwhile, we enjoy getting to know one another, reveling in novel tales and new ideas, exchanging resources and laughter.

Once, there were afternoon salons. And dinner parties, Ellie Leva reminds me, after which men would retreat to smoke and imbibe, discourse on “important business and events”. Women would go to another room to “chatter about women things”, drink tea or sometimes sherry.

In my childhood home at least, that had migrated into women doing dishes and interacting with children while men played cards, talked and, yes, smoked in the living room.

Now, men have TV, less smoking and talking alone, more everyone cleaning up, caring for children, and conversing together.

Many of us enjoyed conversation with family and groups of close friends. Some still do, but too many loved ones have been left behind, died or are busy with their own lives.

Here, in our large, ever-changing, adopted family, we miss opportunities to get to know each other. *Let's talk.*

# Transitions

March 2023

## New Move-Ins:

Keven Bellows	5103	310-597-4983
Eva Buxton	15208	415-215-1774
Janet Daijogo	13109	415-297-0134
Gordon Hargreaves	2309	415-686-1677
Ed Merrilees	5303	949-494-9638
Ulla Niehoff	13201	415-497-2442
Jim Rudolph	4107	503-883-3637

## Moved Out:

Paula Beale	3110
Barbara Howard	2109
Stephanie Miller	10207
Nancy Skinner	11302

## Transfers:

Jane Brooks	10302 to12110
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## Deaths:

Helen Anderson	11101
David Dow	HCC
Zita Eastman	7109
Mary Nishifue	8105
Ron Patterson	8305
Marie Wahlgren	4202

### **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 May BARK is **April 24, 2023.**

You may attach your document or compose a short announcement in the body of an email. Send it to: **kanwis43@ gmail.com.** Or, you can place your handwritten copy in the BARK cubby.