

The BARK



June 2023

Number 6

Coming Soon An Updated Resident Roster

Alma Gama

The best way to remain connected to your fellow Redwoods residents is by having your latest contact information posted in **The Redwoods Resident Roster**. For you newer residents, the Roster is our in-house phone book—that small-format, orange-covered booklet you received upon arriving here. Alma Gama, Executive Assistant to Hunter Moore, is responsible for maintaining the Roster and is preparing to release an update sometime in July. She is requesting that anyone who wants changes/additions made to their listing (phone number, email address or apartment number), please send them to her at agama@theredwoods.org, or leave a note at the front desk. Also, if you use a nickname instead of your first name, please submit that so people can find you under the handy first-name alphabetical list at the back of the Roster.

Thank You, Maggie

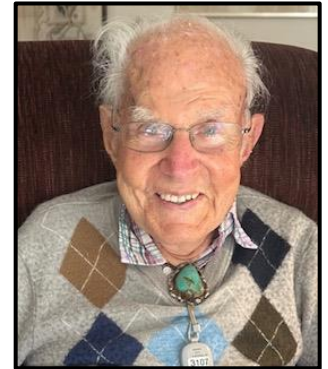
*I'd write a poem, but it wouldn't hold a candle to what you can do in a breath or two; so I'll express in my own humble way how much I learned as I sat by your side and attempted to capture your vast universe of knowledge about newsletter editing, about The Redwoods, about the need for brevity and levity. As you now back away from your position as Associate Editor of the BARK, I want our readers to know that they will continue to see your *nom de plume* in the BARK as the spirit moves you to share your special messages, whether they be through poetry or prose.*

Jack Halpern—The Mineral Man

Maggie Morley

Jack Halpern has just celebrated his **104th** birthday!

When asked to what he attributes his remarkable longevity, he says, “I breathe in,” (*pause*) “and I breathe out.”



Born in Brooklyn, New York, he attended public schools there and matriculated at New York University, where he majored in accounting but never practiced. He graduated *summa cum laude*.

With the advent of World War II, he joined the Navy. As Seaman 2nd Class Halpern served in the North Atlantic, where he trained to use RADAR. On his first leave while on Treasure Island, fate took him to a USO gathering, where he met Leslie Baer. They fell in love, married in 1943 and had two daughters, Jean and Lynn. At war's end, Lt. Commander Halpern and family settled in San Francisco where they shared a love of collecting; Jack with minerals and flowers, and Leslie with antique knife rests. Sadly, Leslie passed away in 1995.

Jack had begun collecting orchids and flowers, eventually serving as president of both the SF Rose Society and the SF Orchid Society. In 1962, while touring San Francisco's California Academy of Sciences mineral collection he experienced a “life-changing event”. There was something about the form, geometry and color of the stones that captivated him. He thought they were too beautiful

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to be real. (“Beauty is the lodestone that guides my life.”) When he was persuaded of their authenticity he was hooked! Thus began the Jack Halpern Mineral Collection.

Jack’s San Francisco home and garden now teem with over 400 orchids and roses, and his basement contains dozens of lighted display cases filled with nearly 3,200 mineral specimens. They all spark joy. While Jack presently enjoys his life at The Redwoods, you could—on a good day—find him, assisted by friends and family, welcoming visitors (groups of schoolkids, busloads of senior residents, and parties in between) to his home to enjoy the show, where they will breathe in and breathe out.

Needed—New Manager of the Cactus Garden

Current manager, Audrey Hazen, is looking for someone to replace her as manager/caretaker of Claire’s Cactus Garden—that lovely cluster of cactus and succulents nestled in the corner adjacent



to the back parking lot as you enter the courtyard between buildings 8 and 15. Audrey and Claire Russell developed this

space when a resident bequeathed her special collection of cacti (comprising many unique, valuable specimens) to The Redwoods 12 years ago.

This task involves kneeling, negotiating uneven ground and moving bags of soil in a wagon. Audrey will be available for training and ongoing guidance while she continues with Blanche Sprague in coordinating and managing the Succulent Potting Corner.

Please call Audrey at **415-389-5930** for further information.

JUNE Birthdays



Name	Birthdate
Mair MacKenzie	1
Maria Schujman	2
Maxine Clamage	4
Julie Crockett	4
John Sturney	4
Michele ‘Shelly’ Bailey	5
John Belz	6
Marcia Patt	9
Anjali Shah	10
Miriam Laughlin	10
Laurie Corwin	11
Dorothy Ann Wiley	11
George Carter	16
William Killingsworth	16
Anne Waybur	17
Lea Gilg	18
Alice McCarthy	18
Gloria Davis	20
Claudia Giuliani	20
Leonore "Lolli" Levit	20
Jane Allen	22
Lina Bermudez	22
Lucianne McIntyre	22
Silke Balas	24
Zoe Borkowski	24
John Young	25
Sandra Massen	26
Helen Bruner	27
Patricia St. Onge	27
Gay Lynch	28
Sandra Malstrom	28
Paul Banner	30
Elizabeth "Betty" Heininger	30
Jeanne Richards	30

Notes from Hunter

Residents, Families & Friends,

May had some good news and good times. At the beginning we honored many residents on Mother's Day. At the end, we welcomed the unofficial start of summer with Memorial Day. In between, we were able to officially celebrate the end of the pandemic, honor some truly wonderful scholarship recipients and have some fun.

In June we return fully to our open policy for visitors, including large events, parties and as guests in the dining room. We also look forward to welcoming back more volunteers who complement our offerings, help improve

service, and support many activities, programs and dining events.

We will celebrate Father's Day and again appreciate "Old Glory" on Flag Day. June is also Pride Month, which traditionally has focused on the LGBTQ community, but more recently expanded to being proud of each person and his/her/their truest self. The Redwoods has been an open and affirming, welcoming and embracing community and we will focus particular attention on this topic in June.

Yours truly,
J. Hunter Moore, CEO

Life Enrichment

Sarah Collins-Bride, Volunteer Coordinator

This month, we celebrate Pride annually in June to honor the 1969 Stonewall riots and work to achieve equal justice and equal opportunity for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) Americans. Check the weekly calendars and Connected Living Community (CLC) app for more details.

- **Special Events, Drives and Performances**

- Live Concert: Doug Goodkin & Javier on Piano and Clarinet—June 1, Thursday, 7–8 pm, Auditorium
- Laughing @ Jan—June 5, Monday, 4–5 pm, 5/7L
- Excursion: SF Zoo—June 6, Tuesday, 11 am–3pm, Front Lobby
- Live Talks: Mill Valley Film Festival Zoe Elton Tessel—June 8, Thursday 7–8pm, Auditorium
- Wine & Coffee Social—June 9, Friday, 3–4pm, Main Patio
- Bread and Roses: Ross Commons—June 15, Thursday 7–8pm, Auditorium
- Juneteenth Program: Step Xplosion by Step Africa—June 19, Monday, 10–10:45am, 5/7G
- Happy Hour: Pride Month—June 23, Friday, 3–4 pm, Main Patio
- Garden High Tea—June 27, Tuesday, 3–4 pm, Garden
- Restaurant & Scenic Drive: Thep Lela, Strawberry Village—June 29, Thursday, 11:30am–1:30pm

- **Program Spotlights**

- Roundtable: County Programs—June 22, 3pm–4pm, Auditorium
- Mindful Yoga Vinyasa with Girija: a second class starting June 1, Thursday, 3–3:45pm

WHAT'S HAPPENING

Library Notes

Barbara McDonald

Summer is on its way along with rainbow flags and the celebration of Gay Pride Month. Two years ago, we were able to purchase 15 books for Gay Pride Month which were available on the library cart next to the piano. Sadly, only three books remain, so if you happen to find any of the following tucked away in a cubby or corner, please return them to the library.

Missing books include:

The Well of Loneliness, by Radclyffe Hall

The Hours, by Michael Cunningham

The Price of Salt, by Patricia Highsmith

Zami-A New Spelling of My Name, by Audre Lorde

Oranges are Not the Only Fruit, by Jeanette Winterson,

A Boy's Own Story, by Edmund White,

How to Survive a Plague, by David France,

The Song of Achilles, by Madeline Miller

Swimming in the Dark, by Thomas Jedowski

Close Range, by Annie Proulx. All the books are marked with PINK DOTS. If you find any of the above or other books marked with a pink dot, please place them in the RETURN DRAWER below the fiction section. Many thanks!

June Picks

Kathleen Moran: *Breaking Bread with the Dead: A Reader's Guide to a More Tranquil Mind*, by Alan Jacobs—describes the importance and significance of reading great writers of the past.

Sandra Smith: *The Peaceful Transfer of Power* by David Marchick—relates the necessity of a smooth transition between U.S. presidencies.

Betty Obata: *O Pioneer!* by Willa Cather—a classic set in the prairie and worth rereading.

Enjoy the coming summer!

A Salon Coming to the Art Studio on Wednesdays

Gertrude Stein 'Eat Your Heart Out'!

At 4pm every Wednesday, bring your painting, photo, poem, origami, woodwork, sketch, Zentangle, etc., and a cuppa tea, coffee or wine, and share our creations as we fraternize with one another!

The other workshops will continue as follows:

- Art in the Garden—first and third Mondays at 1pm in HCC
- Visual Journaling—Tuesdays at 11am in the Art Studio
- Art Salon—Wednesdays at 4pm in the Art Studio
- Zentangle—Thursdays at 11am in the Art Studio
- Explorations in Card and Bookmarks—Fridays at 10am in the Art Studio
- Collage and More—Sundays at 2:30pm in the Art Studio. Supplies provided.

For more information call Helene H. Gibbs or Heidi Linsmayer.

Out and About

- ❖ Two of resident Bernie Weiner's photos will be shown in *Lasting Images: A Photography Exhibition* at the Belvedere-Tiburon Library Art Gallery from June 15 to August 10, 2023. There will be an opening reception on Thursday, June 15, from 6–8pm.

Congratulations, Bernie!

June Movies



Auditorium

Sat 7:15 pm / Sun 3 pm

(6/3-4) **The Duke**—In 1961, a British 60-year-old man, steals Goya's portrait of the Duke of Wellington from the National Gallery in London. Helen Mirren co-stars. (New Release)

(6/10-11) **The Concert**—A famous conductor was fired from his position as conductor of the Bolshoi orchestra because he hired Jewish musicians. Now a janitor at the Bolshoi, he seizes the opportunity for his musicians to go to Paris and pose as the official Bolshoi orchestra.

(6/17-18) **Brooklyn**—In the 1950's, an Irish immigrant lands in Brooklyn. She quickly falls in love with a local young man and now must choose between Ireland, the U.S. and her life.

(6/24-25) **The Whale**—Academy Award winner Brendan Fraser portrays a reclusive, morbidly obese English teacher who attempts to reconnect with his estranged teenage daughter. (New Release)

Silver Foxes Film Society

The theme for this month's films is "ballet stories".

5/7 Lounge Movies

Friday 7 pm / Sat 3:15 pm

6/2-3—**A Kid Like Jake** (Comedy / Drama)

6/9-10—**Supernova** (Romance / Drama)

6/16-17—**Making Montgomery Clift**
(Art / Documentary)

6/23-24—**Born to Be** (Social / Health)

6/30-7/1—**Queer Japan** (Global studies)

Saturday 7pm / Sunday Matinee 3:15pm

(6/3-4)—**A Man Called Otto**
(Heartfelt / Tearjerker)

(6/10-11)—**The Mother** (Action Thriller)

(6/17-18)—**Ted** (Comedy)

(6/24-25)—**The Birds**
(Suspense / Visually striking)

Seniors for Peace Report

Nancy Miller for the MVSPF

Interested in Volunteering?

Last month, three Mill Valley community groups asked the Seniors for Peace to help with current projects. We agreed to do so and have taken initial steps to organize and help. There is plenty of room for more volunteers.

- **Mill Valley Teachers Association**—Issue: The union has been negotiating for 5 months without reaching a fair result. The staff face a COLA of 13.26%. Teachers deserve a fair increase to keep up with the cost of living.
- **MVFREE (Mill Valley Force for Racial Equity and Empowerment)**—Issue: The Board of Supervisors should approve oversight of the Marin County Sheriff's Office. Based on the recommendation of a 2022 Marin County Grand Jury Report and the history of a strained relationship between the Sheriff's Office and the Marin City community, oversight is necessary.
- **Save Our City (A coalition of Marin City community groups)**—Issue: Stop development of a huge, 74-unit apartment complex at 825 Drake Ave. The most glaring issue is that it places more housing in this Black neighborhood that already has the most affordable housing in the County

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- **Recycle More of Your Plastics at Safeway**
Did you know there's an easy way to recycle **15** additional types of **PLASTIC ITEMS** beyond the 'bottles, tubs and jugs' category that MV Refuse can collect?

Watch for a flyer soon that clearly illustrates those additional plastics you can take to the Safeway receptacle outside on the right side of the store.

Succulent Potting Corner Update

Rain has stopped and the sun is out! We have been able to work again with our amazing succulents. People ask about purchasing what is grown here. Anything with a price tag on it is for sale. Cash or a check are accepted. Just take your plant(s) up to the Front Desk and leave the price tag and money with the receptionist. You'll be pleased to learn that all proceeds go to The Redwoods Residents Association.

Why not join us on Tuesdays 11am–12pm. Able-bodied volunteers are always welcome, but a lot can be accomplished sitting down, as well! Please contact Blanche Sprague or Audrey Hazen.



This 'n That

❖ Heads Up All Salad Lovers!

Please note that the Community Garden Thursday harvest distribution hours have changed.

- Distribution at the garden now runs from **11:30am until 12 Noon**. You are welcome to bring vegetable scraps that we can add to the composter located in the rear of the garden. (Please, no meat or seafood scraps.)
- Shortly after 12 Noon, remaining harvest items will be taken to the front lobby next to the mailroom entrance.

Enjoy our free bountiful harvest!

❖ Practicing Electronic Etiquette

Have you ever sent an email or text to someone and wondered if they received it? Why not start practicing "Email/Text Etiquette" and endeavor to always respond with a quick "Thank You" or "Got it" reply to reassure the sender that you have received their message?

Monthly Community Utility Usage

Total monthly cost	\$43,152
Expense over last year	\$ 2,426
(Last year total monthly cost	\$40,726)

Utility	April 2023	April 2022	Change This Yr.	Cost This Yr.
Electricity	118,666	130,810	-10.2%	-12.9%
Gas	4,947	3,751	+24.2%	26.3%
Water	973	958	+1.5%	55.1%

KWH=kilowatt hr., 1 Therm=100 cu.ft., 1 CCF=748 gals.

Technical Tips

Attention!!

Keven Bellows

Newcomers and longtime residents of The Redwoods need information about the wealth of opportunities for learning and sheer enjoyment awaiting us every day. The printed schedules each morning are wonderful roadmaps to and from the many events and classes for learning, exercising or just having fun! We all depend on them to guide us through our busy weeks.

Connected Living Community App

But WAIT. There is something even better and always up to date, called *Connected Living Community (CLC)*, and it's waiting for you on your cellphone or computer. All it takes is a visit to Girija Balasubramani, Program Coordinator for The Redwoods Life Enrichment Programs. Her office is near the gym, and she is very busy, so you must make an appointment that won't take much time. Controlling the sign-up requirement allows Girija to maintain a database, so, if you forget your password, (I know you never do), she can find it!



Features of CLC

Once you can access CLC, a world of information awaits you—not just a daily but also a yearly calendar of events. The *Bulletin* feature gives you timely important information, like the early morning cancellations of scheduled classes. No more showing up to an empty classroom.

Another selection on the CLC is *Dining*, that tells you what's for breakfast, lunch and dinner every day of the year, complete with vital information about the number of calories, sodium, sugar, etc. in every dish, for those on very strict diets.

Curious about who's who on the staff and who's in charge of what? The *Staff Directory* selection lists all administrative staff names, titles and phone numbers.

Click on *Community Resources* and you'll discover a wealth of documents, including back issues of the BARK, the Resident Handbook, and some fun videos of activities.

To view what activities there are for residents, select *Photos*, and you'll find an assortment of photo albums showing how residents fill their days here, such as Rock the Ages Chorus, excursions, the Community Garden and the Mill Valley Seniors for Peace, among many others.

This is only the “tip of the iceberg” of what you will find fascinating and very useful on **CLC**. Plan a trip to Girija at your earliest convenience. She says her goal is for every resident to have easy access to all the information that will help us maximize our time at The Redwoods.

A Genie Lives in Your Phone

Dovey Schneider

Do you remember a TV show about a man who marries a genie? Her name was Jeanie, and she was somewhat unpredictable! The genie in your cell phone is named *Siri* and she can make life with a cell phone seem like magic. Once set up and activated, *Siri* is at your beck and call. All you do is turn on your cell phone and summon her by saying “*Hey, Siri*”. For starters, here are some things you can ask *Siri* to do:

1. Make a phone call
2. Send a text
3. Send an email
4. Set an alarm or timer to wake you up or remind you of an upcoming appointment
5. Turn on your flashlight
6. Open an app like Google, Instagram, Google Maps
7. Take a picture
8. Spell a word

BARK Back

An Ancestral Journey

Barbara McDonald

Nestled in the ancestral lands of the Ramaytush Ohlone in Woodside is the Filoli Estate, one of California's garden treasures. Recently, in honor of her



upcoming 104th birthday on June 17, Anne Waybur made her own ancestral journey to visit the gardens which her great uncle Bruce Porter designed. Kevin Wisney, Director of Museum Collections and Curator, met with Anne to explain the connection between the Bourne Family, the estate founders and her great-uncle Bruce. Kevin showed Anne some of her uncle's sketches that were displayed in the living room of the house.

Anne shared with Kevin memories about growing up on one of California's first rice farms in the Sacramento Valley and planting rice seeds via airplane back in the 1930s. She also gave Kevin a photo of her great-uncle Bruce, grandfather, dad, and his brother taken at the Cliff House in San Francisco. Kevin and Anne delighted in their exchange of information.

After a tour of the house, Anne and her party of Dot Potter, Bianco Mendoza, Barbara McDonald, and leader Louetta Erlin adjourned to the restaurant for lunch and a brief rest. Then it was on to the spectacular formal gardens set in sixteen acres of the 600-acre estate. Structured in a series of formally-enclosed spaces framed by brick walls and hedges, the breathtaking gardens open one onto another. Tulips showered us with color. Roses, wisteria, peonies, and azaleas celebrated each section. Before we realized, it was time for a quick stop at the gift shop and the drive home, a birthday journey Anne will not forget.

Transitions

May 2023

<u>New Move-Ins:</u>	<u>Apt. No.</u>	<u>Phone No.</u>
Erdmuth (Erdi) Folker	#11302	415-388-1699
Ellen Kohs	#4202	805-796-2222
Ann Lawrence	#10301	415-482-0232
Ken Lucas	#2302	415-770-7091
Barbara Reilly	#15105	415-235-1200

Moved Out

Bonnie Kohl	#6104
Audrey Stolz	#3109

Transfers:

None

Deaths:

Helen Anderson	#11101
Phyllis Sorensen	#11301
Walter Stevens	# 6107

The BARK

Editor: Kathleen Moran

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and Tom Whiteman

The deadline for submissions to the July BARK is **June 20, 2023.**

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