



# The BARK



February 2024

Number 2

## A Message from our RRA President, Sandy Smith

As President of The Redwoods Residents Association (RRA), I attended the January meeting of The Redwoods Board of Directors. My goal was to present to them a clear understanding of the residents' critical need for increased transportation coverage. I did my homework by compiling information to support the following requests I put before them to:

1. Provide more days for medical visits,
2. Reinstate the Sunday church shuttle.

Some facts and statistics shared were:

- Of the 280 residents in the Headlands and Creekside, only 70 have cars, which means that there are 210 residents who primarily depend upon The Redwoods transportation services, their family or the generosity of other residents to provide rides. Residents with cars frequently are willing to help their neighbors, but it cannot be assumed that they will always be available when needed.
- New and prospective residents are told that transportation is provided as part of the move-in package, which is particularly reassuring for those who don't have cars or the financial resources to pay for outside transportation services on a regular basis.
- 1) It is difficult to qualify for Marin Access and completing the paperwork is daunting for many residents; 2) The Marin Villages charges \$450 to \$600 dues per year to take advantage of volunteers who drive people to medical appointments but must pay for non-medical rides.

*(Continued on Page 2)*

## A Closer Look at: Nick Roby

*John Young*

Our Redwoods gym master from Wednesdays to Saturdays—Nick Roby, was born in Hong Kong and grew up in Sausalito. Nick started school in Marin but crossed the bay and attended high school in San Francisco at the Sterne School in Pacific Heights, where he had some of his happiest years. He served on the student council, made good grades and had close friends. He'd spent many happy summers on Long Island's north shore with his grandmother and decided to remain out there to attend college at Long Island University. He always had an interest in television so was naturally drawn to their media arts program and graduated in 2002. He launched his TV journalism career as a reporter for the *Long Island News Tonight* program and resided in a little cottage situated on his great-aunt's estate. But that called for a long commute to work and then heading out to assignments from one end of Long Island to the other. So after two years of navigating through all kinds of weather—particularly during the winter he decided that he preferred California's milder climate and returned to the Bay Area. He found television work for a few years as a booking producer for the Channel 4 morning show, then for almost four years at Edelman Productions, which created home, garden, history, travel and cooking shows. When Edelman's went out of business, a former teacher of Nick's who was on The Redwoods Board urged him to apply for a job.



*(Continued on Page 2)*

(Continued from Page 1 – President’s Message)

- Some current Redwoods bus services:
  - Mill Valley for 2 hours of shopping once a week
  - Corte Madera for 2 hours of shopping once a week
  - A scenic drive for 1 hour every month
  - An excursion drive once a month
  - A Marin County restaurant once a month

There must be AT LEAST 6 passengers for each of the above trips and they must sign up the morning before the trip to be included.

Transportation cutbacks after COVID have resulted in fewer trips to grocery stores, restaurants, scenic drives and cultural events—all important for running necessary errands, for general well-being, enabling regular interaction between residents and reducing isolation.

(Continued from Page 1 – Nick Roby)

In March of 2010, Nick became our main man at the front desk, where he was a welcoming friend to all for the next decade! But when Covid hit, he felt the need to take time off to care for his aging mother who still lived in Sausalito.

Returning to The Redwoods in June of 2022, Nick became the welcoming face and kind listener in the gym. He is consistently attentive to everyone, remembers names, and patiently shows residents new to the machines how to get the most out of them—always with a smile. When you hear Nick say **VOILA!**, you can be sure he’s been helping someone to become more comfortable and assured while using one of the gym’s exercise machines. Thanks, Nick, for coming back being at The Redwoods.

## February Birthdays



Name	Birthdate
Janice White	1
Nancy Ferranti	2
John F Hoefler	2
Jerry Ludeke	3
Toba Hoffner	5
Marcia L Mulholland	5
Eva Buxton	6
Martha Siegel	8
Waldemar Walchak	8
Dorothy Domish	9
Bernard Weiner	9
Julia Balmes	11
Shirley Levy	11
Eleanor Wong	11
Ann Dawson	13
Betty Obata	13
Joan Livingston	14
Harry Fussganger	15
Joan Yates	17
Eleanor Hein	18
Madelon Halpern	19
Myrna Chapman	20
Ellen Cornell	20
Gerda Lund	22
Dorothy Smith	22
Rodger March	23
Lynn Gregory	25
Karlene Ipsen	27

## Technical Tips Corner



*Dovey Schneider*

If you want to delete non-essential data from your iPhone, simply open **SETTINGS**, scroll down, then open **GENERAL**; scroll down, then open **IPHONE STORAGE**; select what is no longer important and press **DELETE**.

# Hunter's Update

Dear Residents, Families and Friends,

We are happy to report that again this January, COVID, the rains and king tides made their presence known, but were not a big concern. We received our new resident rosters and recognized residents we lost in 2023 with a moving *Remembrance and Celebration of Life* ceremony. We also welcomed new residents, several new team members and four new Board Members: Brittany Imwalle, Burton Miller, David Rand, and resident Marlene Ahlquist's daughter, Kendra Pollack. The biggest news is that the Board approved moving ahead to create a secure memory care center in Creekside building #7.

In February, we will be updating the transportation services offered and I want to thank each of you who completed the survey. Please attend the Residents Association meeting for an update. In addition, there are a lot of fun events planned by the Life Enrichment and Dining Room teams including those who will help us celebrate the Super Bowl – Go 49ers! – and Valentine's Day.

Here is hoping that you can share love with those most important to you, and thanks for helping support and advance our open and affirming, warm and accepting Redwoods community.

Yours Truly,

*J. Hunter Moore, CEO*

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## Life Enrichment

*Girija Balasubramani, Program Coordinator*

The Life Enrichment team dedicates this month's program to Love! We are celebrating Black History Month, Heart Month, Presidents' Day, and Valentine's Day. February is a short month — mark these special programs on your calendars so you don't miss them.

### Special Events, Drives and Performances

- Live Concert by Ian Scarfe – 2/1, Thursday, 7-8 pm, Auditorium
- SFP – Reduce Reuse Recycle Exhibition – 2/5, Monday, 10:30am – 4pm; 2/6, Tuesday 9am – 4pm
- Parkinsons' Care Partner Support Group – 2/7, Wednesday, 3-4 pm, 5/7L
- Artist Spotlight – 2/8, Thursday, 2-3pm, Dining Room.
- Afternoon Opera – 2/8, Thursday, 3-5pm, Auditorium
- Wine & Coffee Social – 2/9, Friday, 3-4pm, Auditorium
- Hearing Aid Clinic – 2/14, Wednesday, 11am-12pm, Clinic Room
- Live Concert, Bread and Roses Presents Marco & the Polos – 2/15, 7-8pm, Thursday, Auditorium
- Round Table – Pine Park Health Reintroduction to Service - 2/20, Tuesday, 2-3pm, Auditorium
- Round Table – Hospice – 2/22, Thursday, 2-3 pm, Auditorium

- Happy Hour – Heart Health Month–2/23, Friday, 3-4pm, Auditorium
- Live Concert – Chamber Music Marin – Sunday Manasse, Frautschi & Nakamatsu Trio – 2/25, Sunday 4:30-7pm, Front Lobby
- Live Concert – Friedrich Edelman & Rebecca Rust – 2/29, Thursday, 7-8pm, Auditorium

### Excursions and Restaurant Drives:

**Please sign up to reserve your seats**

- Restaurant: DJ's Chinese Cuisine – 2/6, Tuesday, 11:00am-2:30pm, Front Lobby
- Excursion: Jelly Belly Factory – 2/13, Tuesday, 9:30am-2:30am, Front Lobby

### Program Highlights & News:

- Welcome New Garden Coordinator – Bobby Clemmons has joined our team.
- **Join The Movie Committee!** – Do you have an interest in movies? Be part of the quarterly movie committee meetings where a group of residents selects a variety of movie choices for a three-month period throughout the year. The next meeting is Wednesday, March 6, 10 am, at the Wellness Center. For questions, please contact Girija Balasubramani, Program Coordinator, at 415-383-1600, ext.275.

**\*Events are subject to change. Please refer to the calendars on bulletin boards around the campus.\***

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# WHAT'S HAPPENING

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## Changing of the (Library) Guard

Joyce Crews, *The Redwoods Librarian*

Before Google entered our lives, there were reference librarians who (usually) knew what books to reach for to find answers to peoples' questions— Who was the architect who designed the Marin County Civic Center? During what years did the Mount Tamalpais & Muir Woods Railroad run? Who wrote the poem that included the lines “the woods are lovely, dark and deep, but I have promises to keep and miles to go before I sleep”?

Yes, I was primarily a reference librarian from 1967, when I got my library degree, until I retired in 2005. My first job was at the Civic Center Library in San Rafael, so I rented a cottage in Mill Valley and have mostly lived here ever since. In 1967, I was a divorcee with a three-year-old child. After 1 1/2 years at this job, I remarried, and my new husband, who was in the army at that time, was assigned to Fort Bragg, N.C. for two years. I was lucky to secure a position at the nearby Cumberland County Library for most of those two years. After my second child was born, I chose to work part-time for several years, mostly in Marin's public libraries.

In 1984, when my youngest child was 14, I was offered and accepted a full-time job at the Mill Valley Public Library. In addition to doing reference work, I was also assigned the task of organizing a recently donated collection of Mill Valley literature and memorabilia which became a special library-use-only collection. This job included the supervision of many volunteers, including two former residents of The Redwoods, Daphne Campbell, and Bill Usher.

My thanks and appreciation go to our innovative retiring librarian, Barbara McDonald, for her five years of dedicated work.

## Art News

Barbara Rothkrug



Wonderful and wild creatures continue to be created in art classes. Dogs abounded in late December and January. Heads from the realistic to the abstract now appear on bulletin boards. A spectacular gigantic spiral Zentangle hangs by the door in the art room. Please join us in February as we continue our explorations!



## The Art Salon

Heidi Linsmayer

Every first Wednesday of the month at 4:00pm, many eager residents have gathered to enjoy the Art Salon in the 13/15 lounge.

Resident artists working in all sorts of mediums: acrylics, watercolor, pencil, charcoal, holograms, wood and fabric, as well as a point-and-shoot camera, have shared their beautiful creations. Poets have waxed poetic about pieces of art.

The presentations, as well as some refreshments, were greatly enjoyed and appreciated.

Salon coordinator Heidi Linsmayer invites interested artists, crafters, photographers and poets to be considered for future presentations.

Please contact at [hlinsmayer@gmail.com](mailto:hlinsmayer@gmail.com) or leave a note my cubby – #8303.

## February Movies



**Auditorium Sat. 7:15pm /Sun. 3pm**

(2/3 & 4)

**NYAD**—The true story of Diane Nyad who, at the age of 60 decides to swim the 110 miles of ocean between Cuba and Florida. Annette Benning and Jodie Foster star in this new release.

(2/10 & 11)

**SILVER LININGS PLAYBOOK**—After a time in a mental institution, a former teacher moves in with his parents and tries to reconcile with his ex-wife. Things get more challenging when he meets a mysterious girl with problems of her own. Bradley Cooper and Jennifer Lawrence star.

(2/17 & 18)

**HITCHCOCK**—The story of the relationship between Alfred Hitchcock and his wife during the filming of Psycho. Anthony Hopkins and Helen Mirren star.

(2/24 & 25)

**THE LIGHT BETWEEN OCEANS**—A lighthouse keeper and his wife living off the coast of Western Australia, raise a baby they rescue from a drifting rowboat.

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### SILVER FOXES FILM SOCIETY:

The theme of this month's films is:

*Making Things Grow*

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

## 5/7G Lounge Movies

**Fri. 7 pm / Sat. 3:15 pm**

(2/2 & 3)—Death Becomes Her

(2/9 & 10)—The Whale

(2/16 & 17)—Killers

(2/23 & 24)—Suite Francaise

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

(2/3 & 4)—The Hill

(2/10 & 11)—The Great Gatsby

(2/17 & 18)—Queen Bees

(2/24 & 25)—Race

## ENCORES! Great Performances at the Met



This program features some of the Metropolitan Opera's greatest stars in scenes from eighteen operas. *Encores!* will be shown on Thursday, February 8 at 3:00pm in the auditorium. Check your weekly schedule and posted flyers.

## Out and About

Perhaps you'd prefer some live entertainment. Well, look no further—below are 3 performances that will fit the bill.

1. Mill Valley Philharmonic presents a FREE Open Dress Rehearsal of *A Musical Valentine* Wednesday, February 7 at 7:30pm at Mt. Tamalpais United Methodist Church. Tickets required and available at [www.millvalleyphilharmonic.org](http://www.millvalleyphilharmonic.org).
2. Tamalpais High School Theater Arts students will be performing *The Cherry Orchard* February 10–13, Caldwell Theater, 7pm; \$5 seniors.
3. Ross Valley Players is currently performing *Our Town* by Thornton Wilder. Show times: Thurs, Fri., and Sat. at 7:30pm, Sundays at 2pm., Tickets: \$35. Marin Art & Garden Center, 30 Sir Francis Drake Blvd., Ross, CA

## Mill Valley Seniors for Peace

### Get Ready for the March 5, 2024, Primary Election

*Nancy Miller for the MVSFP*

To begin with, make sure your voter registration is up to date. If you've been voting since you've lived at the Redwoods, you'll be fine. If you have changed apartments, you can do this by phoning 415-473-6448 or 415-473-6444. New residents need to fill out a registration form regardless of where you previously lived. Registration forms are available at the front reception desk. **New registrations or changes must be received by the County Elections office no later than February 19 to be assured of receiving a ballot.**

Voting by mail has been strongly encouraged in California since 2020. Ballots for this election will start being mailed on February 5. **When you receive your ballot, keep it in a safe place that will be easy for you to find when you're ready to vote.**

**Issues on your March ballot** include Presidential candidates for your political party. If you have chosen no political party preference when you registered, there will be no Presidential candidates listed. The ballots will also include candidates for US Senator, US Representative, Member of the State Assembly and County Supervisor. Also included will be Proposition 1 (Behavioral Health Services Program and Bond) and Measure A, a Bond measure for Tamalpais Union High School District.

The MVSFP is setting up visits from local candidates running for office, and on providing information on Bond measures. **Watch for flyers on the Seniors for Peace bulletin board announcing election related activities and deadlines**, as well as information on other relevant issues, such as opportunities to vote in-person or to receive special assistance to accommodate disabilities. On February 7 10am, we will offer information and help with voter registration in the library. For voting matters not covered in the posted materials, call Barb St. John at 415-509-4198.

## This 'n That

### ➤ **Completing Maintenance Requests on the Computer**

Little green slips are gone for good, but you don't have to struggle alone to fill out your request on the computer located in the dining room hallway. You have three sources of help: 1) Ask one of the social workers; 2) Find a friend who has computer skills; or 3) Use the step-by-step guide that will soon be placed beside the WorXhub computer.

➤ The Residents Association board will be asking residents who are present at the February 20 meeting to make suggestions about how they would like to see some of last October's Bazaar proceeds used. So put on your thinking caps and bring along your ideas.

### ➤ **"1, 2, 3, 4, 5, 6, 7, 8, 9, 10"**

Hector Richards—a long-time Redwoods resident—was recently given a "counting lesson" after he started getting calls from the front desk in the morning to remind him that he hadn't yet pressed his red **Check-In** button, when he knew he had. It wasn't until a staff member came up and watched him press the button, then stopped him and said, "No, press and HOLD IT DOWN as you count to 10."

"They haven't called me since," Hector said.

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## WOMEN

*They are about as fragile as the weeds that push their delicate tendrils into stone: finding the flaw that ultimately cracks to yield a foothold and a place to flourish.*

*Seizing what nourishment is available, they'll flower sometime in their lives—early or late. Never underestimate the power of a woman.*

*Maggie Morley*

## Bird Browsing

### Black-necked Stilts and a Surprising Encounter

John Young



San Francisco Bay is the largest estuary on the west coast of North America and a critical stop-over along the Pacific Flyway migration route for millions of shorebirds and waterfowl. The Bothin Marsh that borders the Redwoods is a vital part of it! However, there are many species of ducks, geese, gulls and wading birds you'll see that live here year-round.

One of these is the *Black-Necked Stilt*. Its most dazzling features are its pencil-thin, long RED legs, while its body looks rather like a tuxedo, sporting a black back, head, back of the neck, facemask and long beak. Its belly, the front of its neck and throat are bright white. You may see one or a pair, but most often more of them can be observed feeding together, usually further back in the marsh during higher tides. Their call is a loud, sharp *pleek* or *keef*, which they tend to repeat often. Using binoculars will give you a nice close-up of these beautiful waders.

Recently, Kathleen and I observed The Redwood's resident Great Blue heron, "Harold," (I can't confirm its gender) walking in the patch of woods south of the Scott Community Garden; suddenly we were shocked to watch it being attacked by our resident Red-Tailed hawk. "Harold" darted to the other side of the creek with the hawk in pursuit. Both flew at each other several times, but ultimately, each stood its ground. They are the largest of their genus here, and it is unlikely that either would try to kill or eat the other, but they are obviously rivals for the available food sources and for their chosen, shared territories.

## SCAM Alert

Keven Bellows

*(Editor's Note: Since the departure of Robert Crockett, who tirelessly wrote Scam articles for us and filled a large binder with related information, we haven't routinely updated you about Scams. That is about to change.)*

Next month, we will introduce a quarterly feature called "SCAM Alert" to alert you to the newest ways the mafia of the internet steals your personal information, your bank account passwords and money. Amounts already stolen from Redwoods residents over the last few years range from \$6000 in a single incident to many smaller amounts whereby hundreds of dollars have been unwittingly lost. Many have been fooled, since scammers are far more internet savvy than many of us. They are experienced criminals who know we are easy targets, likely to have some savings squirreled away and often confused when navigating in the online world.

Good News!! A young man has come to our rescue. He can't fly and he doesn't wear a cape, but Evan Lichtblau is a tireless and knowledgeable crusader. He lives in Mill Valley, is a junior at Tamalpais High School and the president and founder of *Students Against Scammers*. In addition to advising us in the BARK, he also consults with the District Attorney of Marin County and provides regular updates to the local newspaper, the *Marin Independent Journal*.

Hopefully by being more aware of the ever-newer scams to trick us, we will be armed with information to protect us. A tip to go out on: Do Not click on links in unsolicited emails.

Utility	Nov/Dec 2023	Nov/Dec 2022	Change This Yr.	Cost This Yr.
Electricity	151,118	169,091	-11.9%	\$21,071
Gas	5,316	5,690	-7.0%	\$8,033
Water	845	869	-2.8%	\$9,961
Total monthly cost				\$39,065
Expense over last year:				-\$16,477

# BARK Back

## Recipe for a Fine 2024

Helen Bruner

My friend and I are enjoying each other and the food at a super-fine Japanese restaurant in Sausalito. “Suppose,” I said, “there’s an imaginary Democracy where people have elected a power-hungry man. How quickly could he turn it into an Autocracy?”

“They’re at war,” my friend said, getting into the story. “You mean like Roosevelt interning Japanese Americans during World War II?” She nodded.

“You’re saying it might be temporary,” I responded. “As unspeakable as it was, Roosevelt finally released all prisoners. He basically did believe in Democracy. What if this man doesn’t? How soon can he get the population under his control?”

Quickly, we decided. First, cancel all incoming news and engineer all outgoing news—what we call ending “freedom of the press,” which now includes all media. Then, everyone must have their fingerprints on file and connected to their phones, chats, email, and all other media with large fines for non-compliance. We know a large industrial, tech-savvy country that has done this. We know that it seems quite likely.

So much for fantasizing! We are one presidential election away from dictatorship. Ordering *sake* won’t help! The two of us are going to tell friends and relatives who just want to sit this election out: Not voting will be a vote for our previous president. If people wish, they can write-in a candidate or vote for a minor one. I’m going to try to help non-voters who are eligible **to register** by writing lots of postcards and talking with people I meet. If you have other ingredients for this best recipe, please add them. We can be sure our last president’s followers will be voting.

And my friend and I still have a delicious dinner coming, with no politics on the plates.

# Transitions

Greg Ewert

## New Move-Ins:

Name	Apt.	Phone
Nancy Hackett	6102	415-299-0456
Carolyn La Fontaine	15207	415-888-3353
Anita Lavie	2308	646-245-2043
April Tanalski	5204	510-710-6790

## Moved Out:

NONE

## Transfers:

Rocco Fazio	6108 to 4215
Anita Hoffman	3204 to 11207

## Deaths:

Barbara Abbot	7105
Anne Waybur	12216

### **The BARK**

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Keven Bellows and Stevan Olian

*The deadline for the MARCH BARK is*

**FRIDAY, FEBRUARY 23**