



Ross Valley Village

Assisting Marin's older adults to remain active, connected and independent in the place they call home

January 2020 Newsletter

A Farewell Note from Executive Director, Lisa Brinkmann

The reality of my pending retirement hit home recently at one of the holiday parties, when it was noted that I had spent close to a decade promoting the importance of Villages and the need for community-based organizations to provide another link in the social safety net to ensure “good” aging for the older adults in our community. Somehow a decade sounded so much longer than ten years!

I am very grateful to the many individuals who have believed in the mission of Marin Villages from our beginnings and throughout the last 7+ years. Imagine, engaging older adults from diverse backgrounds, with unique skills and experiences, in a movement to connect neighbors, encourage community participation, and promote extending one's independence for the sole purpose of creating an active, healthy and safe environment in which to age—look what we've accomplished!

I am very proud of the organization we've become. These first ten years found us learning from our experiences, building systems and processes to meet the changing needs of the organization, and establishing guiding principles to reinforce our mission of helping older adults remain active, connected, and independent in the place they call home. The next decade is very appropriately starting with the year 2020, as it will see us sharpening our vision to ensure success for the next ten years.

I thank all our members, volunteers, and donors—current and those who may no longer be with us—for your generosity in sharing your experiences, time and beneficence. I will look back with warm and fond memories of all the lessons I've learned and know my life has been enriched by all of you.

Thank you.

Ross Valley Villages welcomes new members and volunteers and invites you to our events and meetings!

We are happy to welcome our newest member this month: **Phyllis Gould, Fairfax**
And our newest volunteer: **Cheryl Williams, San Rafael**

We welcome the new year and hope you will join us at the exciting Marin Villages events and activities we have planned this year. Start by coming to celebrate one of our own members with her book launch.

**Gabriella Mautner introduces her newest book, Victor Nameless
Thursday, January 23rd, 1:00 - 3:00pm
Scout Hall, Mill Valley**



“Gabriella Mautner is a local treasure, an internationally recognized novelist and memoirist who has distinguished herself with literary work of a rare and high caliber,” Michael Krasny, KQED Radio. Mill Valley Village is delighted to announce a very special event celebrating and introducing the newest book, *Victor Nameless*, by village member Gabriella Mautner. “A true story of love, hope against all odds, and redemption, set against the horror of the second World War, the Holocaust, and the drama of refugees. Victor, a young German-Jewish musician, falls in love with Tatyana, a beautiful Jewish photographer from Yugoslavia. Unable to stay together, they promise to carry a torch for each other.”

Gabriella was born in Chemnitz, Germany and spent her childhood there. At the onset of the Nazi regime, her family moved to Italy where she spent her early adolescence. When Italy became unsafe the family sought refuge in Holland. In 1942, disobeying a German command to report to a concentration camp, the family fled through the maze of Nazi-occupied Belgium and France, finally reaching safety in Switzerland. They subsequently arrived in the United States in 1946. Following her bachelor’s and master’s degrees in English/Creative Writing from San Francisco State University, Gabriella taught The Craft of Writing at the College of Marin and her alma mater, and was on the faculty of the Fromm Institute at the University of San Francisco for thirty-four years. Her other novels are *Out of a Season*, *Lovers and Fugitives* and *Addio Positano*. Her memoir, *The Good Place*, was published in both Germany and the U.S. She is also the recipient of a Milley Award from the City of Mill Valley for her literary achievements.

Gabriella will not only give us some insight into her background and how it informed her literary works, but will have books for sale and be available to sign them after her reading.

Scout Hall’s main entrance, which is at 30 Mountain View Avenue, is handicap accessible and leads right into the main hall where the event will be held. There is parking along Mountain View as well as around the corner on East Blithedale near the old main entrance.

Upcoming Activities and Events

If you would like to participate in any of the activities below and need transportation, please call the office at [415-457-4633](tel:415-457-4633) to arrange a ride.

Food and Drink

Breakfast with Friends

Wednesday, January 15th 9:30 to 10:30am
Barefoot Cafe, 1900 Sir Francis Drake Blvd.

Join us for socializing, coffee, or breakfast, to make new friends and have a friendly chat.

Education

Ross Valley Seniors

Tuesday, January 2nd noon – 2:00pm
Fairfax Women's Club

Enjoy the luncheon and speaker Rosemary MacLeod, RN, on "Aging Gracefully." For more information, call 415-258-4669.

Marin County Commission on Aging

Tuesday, January 2nd 10:00 – 11:00am
San Rafael Community Center, 618 B Street, San Rafael

"Legislative Update for 2020," with Senator Mike McGuire.

Marin Villages - Aging in Marin Series

An event brought by Ross Valley and Twin Cities Villages
Sunday, February 2nd 2:00 – 4:00pm
Drake's Landing Community Room

Safety in Numbers – Come socialize and hear three speakers who will share important information on how you can plan for your safety and health and participate in helping Marin plan for your welfare. Todd Lando of Firewise Marin will share how you can plan to stay safe and informed during fire season. Marin Supervisor Katie Rice will explain the March wildfire-prevention ballot initiative. Stephanie McNally of the Canal Alliance will speak about how your participation in the 2020 Census is vital to Marin getting the important resources needed for our welfare. There will be appetizers, beer, and wine, and socializing time with the three speakers

Groups

Village Men's Group

Wednesday, January 15th 11:00am – 12:30pm
Where: Sweetwater Music Café, Mill Valley

We have a terrific venue, the Sweetwater Music Hall, for our men's group and encourage you, whether a volunteer or member, to come join us. It is an informal gathering with no particular agenda beyond the company of friends.

Contact Alan Hayakawa (alan.hayakawa@gmail.com or 415-384-8998) to get more information or to be put on the reminder list for upcoming meetings.

Twin Cities Memoir Writing Group

Wednesdays, starting January 8th 1:00 – 3:00pm
At private homes

Join us for the Twin Cities Village Memoir Writing Group that will meet on four Wednesdays this month at Marty Schwarz's home. We will explore free-writing exercises and discuss key

writing elements such as how to create a narrative and how to structure your memoir. Only three openings remain, so call the Marin Villages office to enroll and if you need a ride, at 415-457-4633. Alice Joyce, the group facilitator, will contact you with further details after you enroll.

And More...

Age-Friendly Fridays @ the Fairfax Library

Fridays, 1:00 – 2:00pm

Fairfax library

January 3rd: Chair Yoga with Tamela Smith, instructor.

January 10th: “Starting the New Year Clutter Free!”

Where did all this “stuff” come from and how do I go about letting things go and clearing my space? Come learn to de-clutter and stay organized!

January 17th: Chair Yoga with Tamela Smith, instructor.

January 24th: “Memory Wire Bracelets”

Make a memory wire bracelet—no fastenings, just beads! You’ll learn a couple of simple techniques to make your bracelet unique. All supplies will be provided. Attendance is limited. Call 415-453-8151 or stop by the Fairfax library to register.

January 31st: “Celtic Strings”

Violinist Charmian Stewart and cellist Amanda Craver will present a Scandinavian Celtic string concert.

Village Business

Ross Valley Village steering committee meeting

Thursday, January 9th 10:00 am – noon

At the home of Claudia Gardner

Join us as we visit and plan events for the fall. The best ideas come from our members! Call the office for location, directions, and to RSVP.

Past Events

Holiday party at St. John’s: music of the season and a send-off for Lisa



The annual December holiday party at St. John’s was a festive affair with members and volunteers from Twin Cities and Ross Valley Villages attending. With the accompanying pianist offering background music and sing-a-long carols, the party helped to put everyone into the holiday spirit.

