



Ross Valley Village

Empowering older adults to remain active, connected,
and independent in the place they call home

April – May 2023 Newsletter

Dear wonderful Ross Valley members and volunteers,

After all this winter's storms, Marin is in bloom! We hope you, too, have been enjoying the flowers, be they wildflowers or the flowering trees and plants in so many people's gardens. Below are some currently growing on Ross Valley Steering Committee member Sarah Mansbach's road.



With love from the Ross Valley Steering Committee

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Pat Perry & Mike Stone, Kathleen Marrifield, Jackie de Nevers, Margaret Walsh, Sandra Terzian-Feliz, Fraideh Alai, Flor Torrente, Joanne & Alan Vidinsky, Betsy Levine-Proctor, Jaylee Nash and George Sarlo

Volunteers: Steve Scott

Thank you for giving your time and energy to our village. We look forward to seeing you all at an event soon!

ROSS VALLEY VILLAGE EVENTS

If you need a ride to any of the events below, please call the office. (415) 457-4633

Food & Drink

Morning Coffee

Friday, April 15

Peet's, Red Hill Shopping Center

We hope you can make it. See below for details.

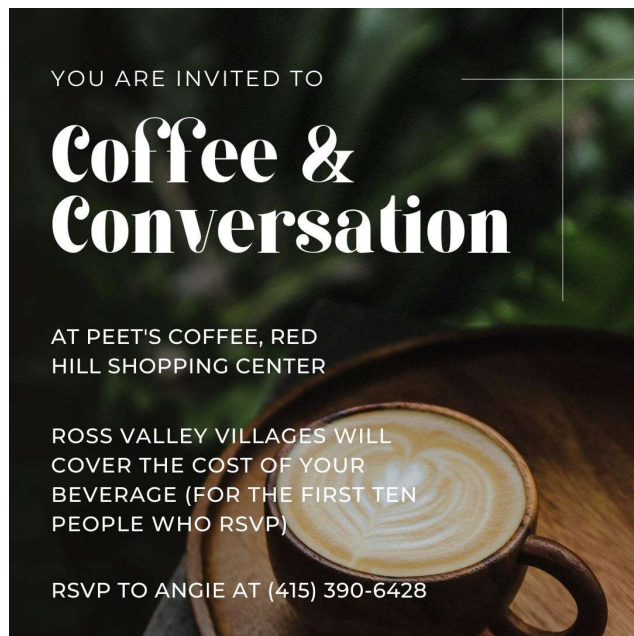


Table for 8

Wednesday, May 17, 12:00pm – 2:00pm

McInnis Golf Club Restaurant



Exercise

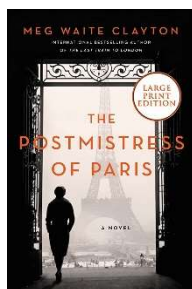
Walking Club

Friday, April 21

Please contact Sarah Mansbach at Sarah.Mansbach@gmail.com or (415) 926-1640 for more details. Please feel free to reach out for a ride to this month's walking venue.

Books

Book Club



Our book for the month is *The Postmistress of Paris* by Meg Waite Clayton. Please feel free to read along with us! Currently, we are not able to accommodate new members due to the size of the group and the limited space of our meeting location. However, this could be a fruitful opportunity if anyone is interested in starting and running a second book club. Please contact Sarah at sarah.mansbach@gmail.com if you are interested in taking on that role.

OTHER MARIN VILLAGES EVENTS

Men's Coffee

Wednesdays, April 5 & 19, 11:30am



This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, whether a volunteer or member, to come join us. The group meets at restaurants and coffee shops around Mill Valley twice a month. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman (irvgubman@gmail.com or (415) 250-6155).

Technology/Computer Help Office Hours

Wednesday, April 19, 4:00 – 5:30pm

Zoom



Issues with your printer? iPhone not syncing properly? If so, join our volunteer tech support group for the answers to these and all of your other burning technology questions! We look forward to continuing to help solve your frustrating tech problems. This is a space where you can "drop in," ask questions, and receive personalized, individually focused, expert tech advice from some of our wonderful tech volunteers. Even if you'd just like to sit in to learn a little more about technology, we'd love to have you participate! So bring your questions about your computers, tablets, phones, etc., and our dedicated tech volunteers will do the rest. This opportunity is available to all Marin Villages members and volunteers. Please join us at this link: <https://us02web.zoom.us/j/89289995207>!

Bocce Ball

Friday, April 28, 1:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



It feels like it's been a long time, but the wait is over! We're excited to announce that bocce ball is making its long-awaited return this month. A few specifics because we're probably all rusty after the long layoff: wear comfortable clothing, sunscreen, and a sun hat if needed. No prior bocce experience necessary, just soft-soled shoes and your presence. It's easy to learn the game, and equally easy to have a great time. See you there!

COMMUNITY EVENTS

For our vision-impaired members

Marin Villages has formed a partnership with Vision Impaired of Marin. We now have trained and knowledgeable Marin Villages vetted volunteers who are available to support and resource our vision-impaired members to services specifically to meet their needs. Please contact BJ Slater at the Marin Villages office if you would like to speak with one of these volunteers. (415) 457-4633

Vision Impaired of Marin supports those struggling with their vision, offering programs, support, information, resources and activities. For more information on programs, visit their website, www.bvim.org. To contact them, call (415) 459-5066 or email info@bvim.org.

Ongoing events:

First Wednesday of every month – **Zoom support group** <http://www.bvim.org/support-groups>

Every two-three months – **Luncheon meeting** <http://www.bvim.org/luncheon-meeting>

Second Saturday of each month – **Talking Book Club** <http://www.bvim.org/talking-book-club>

April events:

April 15 – Talking Book Club

April 19 – Zoom entertainment with Bread & Roses

April 20 & 27 – Art class

April 25 – Sausalito Ferry to SF Ferry Building & lunch

The Marin Society of Artists

Thursday, May 4, 11:00am

Livermore Pavilion, Marin Art & Garden Center, 30 Sir Francis Drake Blvd., Ross

Learn about the rich history of the Marin Society of Artists from its founding in the late 1920s to 1970. Kambia Moezzi will share images of artists and art across different mediums, and the overall quest of the organization to share art with the community. A donation of \$10 is requested.

ESCOM

Looking for something to do and to stimulate your brain? Check out Emeritus Students College of Marin (ESCOM). ESCOM is a program of the College of Marin, which provides engaging lifelong programs for active adults in Marin County and beyond. It's free to join. If you are interested in looking at what ESCOM offers, use this link: <https://escom.marin.edu>

Yoga Classes with Tamela Smith

Mat Yoga: 9:30 – 10:45am Monday, Wednesday, and Friday

Chair Yoga: 11:30am – 12:30pm, Monday, Wednesday, and Friday

Tamela's classes are sure to inspire you to new levels of fitness. The classes are hybrid: in-person at the Fairfax Women's Club or on Zoom. You are welcome to show up 15 minutes early to chat with each other. Tamela provides modifications for chair or standing. Free for Fairfax residents and a donation is requested for all others. To get more information or RSVP, please contact Tamela at tamelak@comcast.net or yogaforchickens@gmail.com.

ROSS VALLEY VILLAGE ANNOUNCEMENTS

Birthdays

Many happy returns to all our special members with April and May birthdays.

Marilyn Jacobs, April 1
Bronni Galin, April 4
Sally Secor, April 8
Alan Vidinsky, April 9
Betsy Levine-Proctor, April 16
Mary Dunselman, April 25
Elizabeth Moore, April 25
Sandra Terzian-Feliz, May 12
Stan Green, May 13
Rita Swenson, May 17
Cecile Buckley, May 20

Ross Valley Village events

Over the last two months in between the rainstorms, we've been fortunate to be able to hold several in-person events. After the pandemic, it is so refreshing to be able to do so once more. Below are the details of some of those events.

Valentine's party

Well done those of you who remembered to wear red for the Ross Valley Valentine's Day party! We hope you enjoyed yourselves as much as we did.



Asian Art Museum tour

In February, Ross Valley Steering Committee member Rita Swenson led a tour of the stunning Asian Art Museum for some very lucky members.





Coffee morning

In March, despite the rainy weather that day, members joined Ross Valley Steering Committee member Angie Jackson for coffee.



New members party

We have been blooming in new members the past couple months and hosted a new members meet-and-greet recently to get to know them. It was invigorating to see so many new faces and get to know our latest additions to Ross Valley Village. We can't wait to see more of you at our future events.



AND MORE...

Getting to know you

Everything changes, moment to moment: An interview with Bronni Galin

By Kathleen Jackson



A charming, tranquil woman, ever on the move, Bronni Galin, born in 1934, lived in various areas of Brooklyn, beginning her life in Brownsville, a working-class neighborhood. She received her undergraduate degree from Brooklyn College in 1955, having toyed with the idea of majoring in French but then settling on a major in anthropology. She began working as the executive secretary for the Long Island College Cerebral Palsy Clinic, and when the social worker at the clinic left, Bronni took over her job, educating and counseling parents who needed help parenting children with cerebral palsy. She then worked as the administrative assistant on the New York Cerebral Palsy Study, at the Downstate, King's County Hospital Center. Bronni supervised the collection of data investigating possible obstetric and pediatric factors which might result in cerebral palsy.

After ending a five-year marriage, Bronni married David Galin who was in medical school. The couple spent a year in San Francisco while David interned at Mt. Zion Hospital, both of them falling in love with the Bay Area. Medical degree in hand, David became a researcher in neurophysiology, and the couple began a family, going back east when he began work at the National Institutes of Health (NIH) in Bethesda, Maryland. Bronni stayed home with their two new girls. The two of them, with their young daughters Pauli and Nina, then spent two and a half years in Yellow Springs, Ohio, a small community and college town they loved and where Bronni was able to participate in community theater, winning the lead role in *Oliver*. Still they were drawn back to the Bay Area, where David took a job as a researcher at Langley Porter Psychiatric Institute and Hospital in San Francisco and the family settled in Mill Valley.

Bronni became the chairperson of the Parent Education Committee of the Old Mill School Parent Teacher Association in Mill Valley and started a program to bring college students from Antioch College on their co-op semester exchange program to assist in the classroom at Old

Mill. Each college student was housed with a local family. Bronni was contacted by Bennington College and they sent interns as well. Ultimately, one of Bronni's daughters ended up attending Bennington, in part due to these early close connections. With the children entering junior high school, Bronni was ready for a new chapter and, deciding between training at the San Francisco American Conservatory Theater or pursuing a career in psychotherapy, she became a Marriage and Family Therapist, a job she did for many years and thoroughly enjoyed until early this year.

Throughout it all, Bronni was still able to incorporate her love of voice, and when at a concert at Bennington she met Frank Baker, a professor of voice, he encouraged her to study voice at Bennington for a month each summer, which she did for the next eight years. A remarkable man in his own right, Frank Baker continued to teach even after a major stroke left him paralyzed and barely able to speak. With role models like that, Bronni wanted to share that she has hearing and vision loss, none of which has stood in her way to explore and be informed about her world. She attends water walking twice a week and walks by the creek using her hiking poles the other days. Every day she puts on classical music and gets down on the floor for a 40-minute stretching practice.

Meditation informs Bronni's life. She has participated in a Zen group for thirty-five years and also has a weekly family meditation group with her two daughters, her former husband David, and a cousin. She tries to live in accordance with the Buddhist Five Remembrances:

- I am of the nature to have ill health. There is no way to escape having ill health.
- I am of the nature to die. There is no way to escape death.
- All that is dear to me and everyone I love are of the nature to change. There is no way to escape being separated from them. I cannot keep anything. I come here empty-handed and I will go empty-handed.
- I am of the nature to grow old. There is no way to escape growing old.
- My actions are my only true belongings. I cannot escape the consequences of my actions. My actions are the ground upon which I stand.

Dearest to Bronni's heart are her two daughters, singing, walking/exercise, meditation, and the understanding that everything and everyone she loves are of the nature to change.

HELP US HELP OTHERS

If you know someone who could use our services or is interested in volunteering with an organization serving older adults in Marin, please have them call the office at (415) 457-4633, or visit our website (www.marinvillages.org) for application forms. We always welcome donations to support our work! Please visit <https://marin.helpfulvillage.com/pages/10049-marin-villages---donate> to contribute.