



# Ross Valley Village

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

## August – September 2023 Newsletter

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Dear wonderful Ross Valley members and volunteers,

Summer is closing out with lots of sunshine and warm evenings as we gear up for changing leaves and crisp days ahead.

### Recent events

Thank you, volunteers! In June, Claudia Gardner opened her stunning home and garden to celebrate and acknowledge how grateful we are to our dedicated, hardworking volunteers. Marin Villages could not succeed without you. Below are some photos from the afternoon.



### Music and Memories

In July, George Sarlo graciously hosted a very enjoyable Music and Memories afternoon in his fabulous home. The guests each suggested a piece of music that was particularly meaningful to them to be shared and discussed by the group. The music included *Somewhere Over the*

*Rainbow, On the Sunny Side of the Street, You've Got a Friend, Hey Jude, and The Girl with the Flaxen Hair.*

Here are some photos from the afternoon.



Whether we've seen you recently or it's been a while, we hope to see you all soon.

With love from your Ross Valley Steering Committee xo

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## WELCOME, NEW MEMBERS AND VOLUNTEERS!

**Members:** Shout out to our newest members, Gordon and Karin Tucker!

We look forward to meeting you at one of our future events.

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## ROSS VALLEY VILLAGE EVENTS

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

### Food & Drink

#### **Table for 8**

Tuesday, September 12, 12:00pm

Half Day Café



Crowd-favorite *Table for 8* is back. RSVP to Kathleen at [kathleenhj417@gmail.com](mailto:kathleenhj417@gmail.com) or (415) 419-5360 by September 9; do let us know if you need a ride! See above for details.



## Exercise

### **Walking Club**

Our walking group meets once a month for a flat, easy walk. If you are interested, please contact Carolyn Golden: [goldenink@hotmail.com](mailto:goldenink@hotmail.com) or (415) 300-5106. If you need a ride, feel free to reach out and we'd be happy to pick you up.

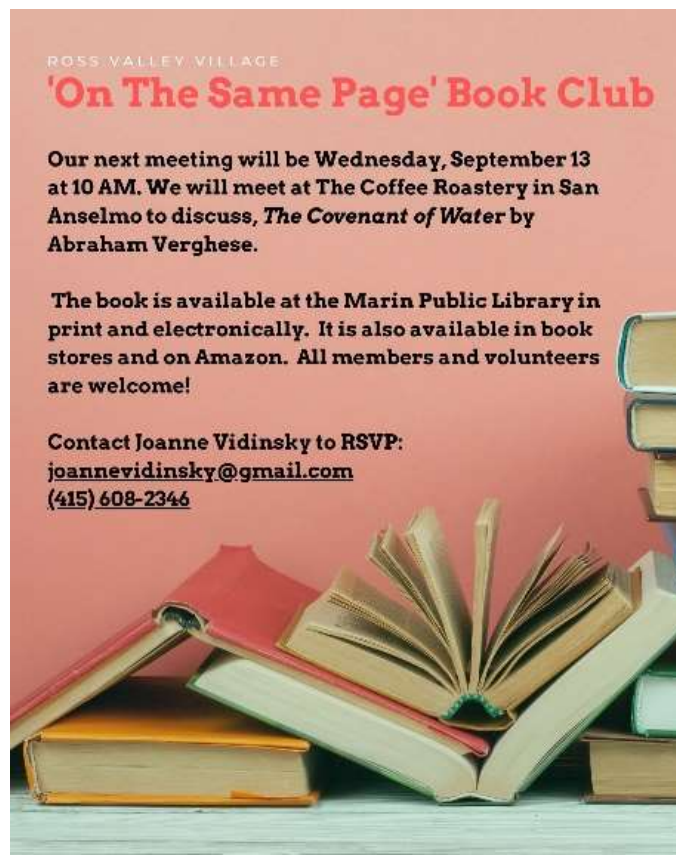


## Books

### **On the Same Page book club**

Wednesday, September 13, 10:00am

The Coffee Roastery, San Anselmo



Joanne Vidinsky is off to a great start with her book club! The last meeting was a huge success with six of our lovely members gathering to talk all things books. They will be reading and discussing *The Covenant of Water* by Abraham Verghese next. If you'd like to join Joanne's club, RSVP to Joanne at [joannevidinsky@gmail.com](mailto:joannevidinsky@gmail.com) or (415) 608-2346.

### More fun!

Want to check the details of any upcoming events but can't find the invite? Curious as to what events the other Villages are hosting (many events are open to members from all Villages)? The Marin Villages website has a helpful calendar listing all the events. The calendar can be found at [https://marin.helpfulvillage.com/events?all\\_villages=1](https://marin.helpfulvillage.com/events?all_villages=1)

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## OTHER MARIN VILLAGES EVENTS

### Not Home Alone—Labor Day

Monday, September 4, 2:00pm

Boca Pizzeria, 454 Ignacio Blvd Novato 



This event will be held on the lovely patio and indoor/outdoor room at Boca Pizzeria. There will be a set menu, which includes tax and tip. We will send the menu once you RSVP. First come first served, space limited to 30 guests. RSVP is required. Please **bring cash** for your meal. All attendees must be COVID vaccinated. RSVP ASAP to Donnalee at [donnaileewells@comcast.net](mailto:donnaileewells@comcast.net) or text or call (415) 302-9244. Volunteer rides might be limited due to the holiday.

### Men's Coffee

Wednesdays, September 6 & 20, 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 the first and third Wednesdays of the month. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman ([irvgubman@gmail.com](mailto:irvgubman@gmail.com) or (415) 250-6155).

### **Technology/Computer Help Office Hours**

Wednesday, September 20, 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**

Friday, September 22, 1:00 – 3:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



What better way to spend a day than on the bocce court?! Wear comfortable clothing, sunscreen, and a sun hat if needed. No prior bocce experience necessary, just soft-soled shoes and your presence. Come for the company and watch others play if you prefer. Either way, join us! Bring a snack to share with the group. Questions? Call Larry Meredith. (415) 860-2535 Need a ride? Call Marin Villages' office. (415) 457-4633

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## ROSS VALLEY VILLAGE ANNOUNCEMENTS

### Birthdays

Many happy returns to all our special members with August and September birthdays.

Kathleen Merrifield, August 4

Jayne McPherson, August 21

Farideh Alai, August 25

Kathleen Jackson, September 1

Mike Stone, September 5

Lynne Law, September 14

### Train day trip to Santa Rosa—save the date!

Please save the date for a group outing via Smart Train to Santa Rosa on October 26<sup>th</sup>. The train will arrive in Santa Rosa around lunchtime. You will then be free to explore Santa Rosa with the group or independently, and then travel home on the train at your leisure. If you think you are likely to want to join this activity, we advise you to obtain your Clipper Card now. Please check out <https://www.clippercard.com/ClipperWeb/get> for more information.

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## AND MORE...

### The Pop-Up Thrift Boutique is coming to life—come help!

Our Pop-Up stores (yes, three of them!) are really shaping up—donations are flowing and we can use your help now.

We are still accepting donations **Fridays and Saturdays, 11:00 – 4:00**. If you are thinking of making a donation, please do so soon, as we are getting full! If you have any of these gently loved items, we are still especially in need of: kitchenware; linens, including comforters, placemats, towels, table cloths, and decorative pillows; women's purses; and low-heeled shoes.

There are now volunteer shifts for many tasks almost every day of the week. If you are interested in helping receive, evaluate, and sort donations, please email Sue Steele at [xerty.10@gmail.com](mailto:xerty.10@gmail.com). To help placing clothes on hangers, placing in the correct category and by size and color, and sorting and placing tags on items, email Beth Livoti at [llivoti@comcast.net](mailto:llivoti@comcast.net).

Mark your calendars! Sale dates are **Thursday through Saturday, September 28 – 30**. And watch for a separate invitation to our member/volunteer preview sale on Tuesday, September 26, 5:00 – 7:00pm. It's going to be amazing!

## Getting to know you...



### **When opportunity knocks, Burke Zimmerman opens the door**

Burke Zimmerman, Ph.D., spent his elementary and high school years in Durham, a small college town in New Hampshire. His father was a professor at the University of New Hampshire; thus Burke was exposed to academia at an early age. He was active in various fields during his high school years, learning to play the saxophone, clarinet, and piano, running track, and being a member of a jazz band. A person filled with curiosity and a love of science, Burke built his first radio at the age of ten. He was awarded a full scholarship to Harvard where he received his AB in chemistry and physics. He worked as a lab assistant for a total of three years at Harvard, one year at Harvard Medical School on the structure of insulin and two years at the Harvard-Smithsonian Astrophysical Observatory on meteorites.

Through NIH, Burke received a 'free ride' to Stanford University, where he was awarded a Ph.D. in biophysics. Having been offered several professional positions while a postdoc at the University of Chicago, he accepted a research position in the Biology Division at Oak Ridge National Laboratory in Tennessee where he published several research papers. Burke then taught at Michigan State University in the Biochemistry Department. Believing in what is right and just, while at MSU Burke protested the bombing in Viet Nam and the use of chemical weapons. He sent a petition signed by many to President Lyndon Johnson. He protested at Dow Chemical. He has been an activist for environmental issues and peace throughout his career.

After a year of lab work at UC Santa Cruz, Burke moved to Johns Hopkins Medical School where he taught for six to seven years, primarily regarding DNA repair. He became a spokesperson for the Environmental Defense Fund where he provided scientific advice on the DNA debate. Burke moved from EDF to become a science advisor to the Chairman of the House Subcommittee on Health and the Environment and later special assistant to the Director of NIH, advising on scientific and environmental policy issues including gene splicing. He published a book in 1984: *Biofuture: Confronting the Genetic Era*, which discusses genetic engineering, clones and the biotech industry.

During most of the time that Burke was a biotechnology consultant and entrepreneur, he lived in Europe for about fifteen years. He returned to the US with his daughter, requiring him to give up his position as CEO of the research company he had founded in Finland.



After returning, Burke taught part-time at the Middlebury-Monterey Institute and worked from home on a scientific project for the Department of Defense. He studied stone carving, and resumed a meditation practice at Spirit Rock (and elsewhere) where he met Elizabeth, who became his wife. Now living in San Anselmo, Burke continues to engage in opportunities and activities that are meaningful to him.

*Interviewed by Kathleen Jackson*

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## 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](http://www.marinvillages.org)) for application forms. We always welcome donations to support our work! Please visit <https://marin.helpfulvillage.com/pages/10049-marinvillages---donate> to contribute.

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(415) 457-4633 [www.marinvillages.org](http://www.marinvillages.org)