



Ross Valley Village

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

October - November 2023 Newsletter



Dearest members and volunteers,

As the leaves begin to change and the air becomes crisp, we are preparing ourselves for the holiday season ahead. Grab a cozy blanket and a warm cup of tea, and check out in our latest newsletter all the events we have for you!

With love from our Ross Valley Steering Committee xo

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Judithe Nicolaï, Sandra Bird, Queenie Taylor, Laura Richards, Marcy Hamilton

Volunteers: Alexandra McReynolds, Diane Singleton

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

Table for 8

Tuesday, October 17, 12:00pm

Farmhouse Local, Larkspur



Crowd-favorite *Table for 8* is back. Please RSVP to Kathleen at (415) 419-5360 or kathleenhj417@gmail.com by October 15; 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 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, October 25, 10:00am

Woodlands Market patio, Kentfield

ROSS VALLEY VILLAGE
'On The Same Page' Book Club

Our next meeting will be Wednesday, October 25 at 10 AM. We will meet at the outdoor patio area of Woodlands Market in Kentfield. We will be reading *Let's Not Do That Again* by Grant Ginder.

The book is available at the Marin Public Library in print and electronically. It is also available in book stores and on Amazon. All members and volunteers are welcome!

**Contact Joanne Vidinsky to RSVP:
joannevidinsky@gmail.com
(415) 608-2346**

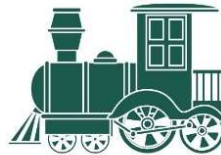
We will be reading, *Let's Not Do That Again*, by Grant Ginder. This is an entertaining story that moves quickly, has interesting characters and an au courant theme, and is respectful of your intellect. It is a story of a family, their relationships, and their commitment to each other. Mom is currently in the House of Representatives and is campaigning for the Senate; Grandmother is nasty, but drippingly rich; and the French love interest more than interesting. See you on the outdoor patio area of Woodlands Market in Kentfield, 735 College Ave. It is a lovely, quiet, flat area, easily accessible, with sun protection and lots of parking. Please RSVP to Joanne Vidinsky at joannevidinsky@gmail.com or (415) 608-2346.

Excursions

Train Day Trip to Santa Rosa

Thursday, October 26

Meet at the Larkspur SMART train station



ROSS VALLEY VILLAGE PRESENTS

TRAIN DAY TRIP TO SANTA ROSA

Join us for a group outing via Smart Train on October 26, 2023. We will leave from the Larkspur station located where the Marin Airporter terminal used to be (near the theater) and get off at the Santa Rosa Downtown station. 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. A clipper card is REQUIRED to ride the train. Cash is not accepted.

The fare for seniors will be \$2.25.

Check out:

<https://www.clippercard.com/ClipperWeb/get> for more information.

RSVP to Rita Swenson at riswen@gmail.com or (415) 456-5192 by October 23.

Please join us as we take the Smart Train to Santa Rosa for the afternoon. RSVP to Rita Swenson by October 23 at riswen@gmail.com or (415) 456-5192. Please see above for details.

OTHER MARIN VILLAGES EVENTS

Men's Coffee

Wednesday, October 18, 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 or (415) 250-6155).

Technology/Computer Help Office Hours

Wednesday, October 18, 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, October 27, 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

Not Home Alone—Halloween early supper and costume party

Tuesday, October 31, 2:00pm

The Club at McInnis Park, 350 Smith Ranch Road, San Rafael



Join your hostess Donnalee Wells and other Villagers for the biggest Not Home Alone of the year! All Villages members and volunteers are welcome. Costumes are fun but optional. We'll be at one of our favorite venues, The Club Restaurant at McInnis Park Golf Center. Prix-fixe menu will include a set salad, dessert, and coffee service, with entree choice of pot roast, chicken breast piccata, grilled salmon, and penne puttanesca. Drinks may be purchased separately from the bar. First come, first served, space is limited, and RSVP is required. Please bring **\$35 CASH** for your meal, which covers the food, coffee, tax, and tip. No credit cards. All attendees must be vaccinated. Please RSVP to Donnalee Wells by email, phone, or text at donnaleewells@comcast.net or (415) 302-9244. Volunteer rides may be limited.

ROSS VALLEY VILLAGE ANNOUNCEMENTS

Birthdays

Many happy returns to all our special members with October and November birthdays.

Margaret Walsh October 4

Joan Green October 5

Patricia Fusco October 24

Pat Perry November 14
Kathy Bucedì November 23
Sandra Bird November 25

AND MORE...

Getting to know you...



Back to Basics with Judithe Nicolai

We are excited to announce that Ross Valley Village member Judithe Nicolai will be sharing some of her *Back to Basics* tips and recipes in our newsletter each edition. If anyone has culinary questions or requests for specific recipes or tips, please email Judithe at rivieraculinaryarts@yahoo.com.

Born in Lawrence, Massachusetts of Lebanese heritage, Judithe has over fifty years of international and creative cooking experience with emphasis on European, Mediterranean, Middle Eastern, and Latin American cuisines. Her education includes San Francisco City College: Associate of Science in Culinary Arts; Associate of Science in Photographic Art; and International Business Studies; College of Marin: Associate of Arts in Foreign Languages; UCLA in Photography; and Los Angeles City College in Photography. She has been published in San Francisco's *Bayside Village* as a restaurant critic, reviewer, and food analyst; in Los Angeles' *The Healthy Gourmet* as a food writer, magazine columnist, and creator of the Nutritional Gourmet section, and in the *Coordinator* as a food writer columnist.

Judithe has been in *Who's Who of American Women*, 1998-present; *Who's Who in the World*, 1991-present; *Who's Who in the West*, 1995-present; and the National Photographic Competition in Spain in 1974 where she received 4th and 5th place awards. She speaks English, French, Portuguese, Spanish, and Italian, and is studying German. She has lived in Mexico, Brazil, Argentina, Spain, France, Monaco, and Belgium, and has traveled extensively throughout the United States, Europe, and South America. Her avocations are cooking, fencing, archery, tennis, badminton, swimming, golf, and photography.

Judithe's work experience includes founder and educator of Teen Cuisine Cooking School and Pilot TV series; San Francisco Community College instructor for self-created 'Back to Basics' cooking series; design and production, Agribusiness U.S.A.: general food manager on location in Moscow and diplomatic functions and public relations; and Judith Ets-Hokin Culinary Institute

of San Francisco as instructor and personal assistant, orchestrating setup for students and classes.

Interviewed by Kathleen Jackson

Back to Basics with Judithe Nicolai

Helpful tips

1. The health benefits of garlic are numerous, not to mention that it is an excellent anti-fungal, anti-viral, and anti-bacterial food. To remove the smell of garlic on your hands, just rub them over stainless steel. This is most effective in removing the smell.
2. When buying celery, look for bright green leaves with no brown spots or yellowing. Always check that the root end is large, meaning a large celery heart, and not dried or cracked. Celery leaves are most flavorful and great in soups or added to salads.
3. KITCHEN HINT. To check if your freezer door has a good seal, when it is as dark as possible, put a lit flashlight inside. Wait a few minutes for your eyes to adjust. If there is any light shining through, then there most likely is a leak and the seal is either worn or cracked.
4. DID YOU KNOW? The difference between spices and herbs? A spice is either a seed, bark, root, stem or berry. An herb is any fresh or dried leaf.

RECIPE: NICOLAI HOMEMADE NUT MILK (MAKES 1 QUART)



Preparation

- 1 ½ cups whole organic nuts (125 grams)
- 1/2 teaspoon sea or pink salt
- 2 cups filtered water (1/2 liter)

Next-day blending

- 1 quart fresh cold filtered water
- 4 pitted dates (100 grams)
- 1 tablespoon vanilla

- 1/4 teaspoon sea or pink salt (or to taste)

Method

Soak the nuts overnight in a medium-sized bowl of the cold salted filtered water and cover with a plate.

The following day, discard soaking water, rinse the nuts and place the swollen nuts in a blender.

Add one quart of filtered cold water

Add the dates, vanilla and the ¼ teaspoon salt.

Blend for 3 minutes.

Strain with a cheese cloth, nut milk bag, (available at Amazon), or fine strainer if desired.

Refrigerate and enjoy.

Will last three days.

Recommendations Corner



Our steering committee member, Kelly Lau, just went to the Rafael Theater for the first time to view the film, *26.2 to Life*, directed by Christine Yoo. The documentary follows inmates at San Quentin as they train and run in the San Quentin Marathon. Following the film, the director, along with one of the film subjects, Markelle Taylor, answered questions and discussed the filming, aftermath, and things to come. As a result of the critical acclaim the film has received, they have added more events for screening of the film. If interested, you can find upcoming screening dates here: <https://direct.me/26-2-to-life>

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.

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