

MARIN  
VILLAGES



Our Paths - Our Choices

# Twin Cities Village Voice

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

April 2024

---

## HAPPY APRIL!

We hope the April showers have bought you flowers early! Enjoy all of the events we have planned for this month.

---

## WELCOME, NEW MEMBERS AND VOLUNTEERS!

**Members:** Mary O'Malley, Bill Thompson

**Volunteers:** no new volunteers

We look forward to seeing you at an event soon!

---

## TWIN CITIES VILLAGE EVENTS

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

### Food & Drink

#### **Sip 'n' Chat**

Tuesday, April 16, 3:30 – 6:00pm

Marty's backyard



This is a special occasion to celebrate spring, our Twin Cities members, and especially all our volunteers! We are also taking this opportunity to honor Mary Woods for her many years of service as a volunteer and Steering Committee member. We'd love our volunteers to join our

gathering to show appreciation for all the work Mary has done to build a strong and thriving group of volunteers. All Twin Cities Village volunteers will receive an email invitation (and RSVP instructions) to this event. We hope that our volunteers can join us at least for a portion of the afternoon.

## Books

### **Book Chat**

Mondays, April 8 & 22, 2:00pm

Larkspur Parks and Recreation Community Room, 240 Doherty Drive

Twin Cities Village members and volunteers may contact Alice Joyce at [westcoastgrdnwalks@yahoo.com](mailto:westcoastgrdnwalks@yahoo.com) with questions, or to be added to the group's wait list. See below under Twin Cities Village Announcements for a special event held at our last meeting!

## Fun & Games

### **Bocce**

Friday, April 26, 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?! 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

## Village Business

### **Steering Committee Meeting**

Thursday, April 11, 11:00am

Back of Peet's in the Bon Air Center

(Note: we changed the date and time so Marty could attend following her adventures in Alaska. This meeting will be to put the final touches on the SIP 'n' Chat on the 16<sup>th</sup>.) The TWC Steering Committee invites any members or volunteers who are curious about our Steering Committee to join us at our regular meeting. While we have an active and engaged committee, we are

always looking for new ideas and energy for events. Please join in the planning of our Village. Please contact Larry Meredith at [larrywmeredith@gmail.com](mailto:larrywmeredith@gmail.com) with questions.

---

## OTHER MARIN VILLAGES EVENTS

### **Mill Valley Village Men's Coffee**

Wednesdays, April 3 & 17, 11:30am



This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, including volunteers and members from other villages, to 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, April 17, 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>!

### **Is There Life After Death? A Villager's Lived Experience**

Thursday, April 18, 1:00 – 2:00pm

Zoom

Join Marin Villager Ellie Schamber to hear about her experience of death. When she was 29 years old, she was in a car accident that took several lives—including hers. “Looking down at my body, I was dumbfounded! I realized that everything I had believed and taught about consciousness had been wrong.” She will talk about the experiences she had when she was on the other side, and the spiritual experiences she has had since then. Please register at this link: <https://marin.helpfulvillage.com/events/5896-is-there-life-after-death%3F--a-zoom-talk-by-ellie-schamber,-phd,-describing-her-experience-when-she-died>

### **Not Home Alone—Mothers and Others Day**

Sunday, May 12, 2:00pm

Café Arrivederci, 11 G Street, San Rafael



Join Donnalee Wells and other Marin Villages members and volunteers for a Mothers and Others Day early supper on the beautiful patio, weather permitting, at Café Arrivederci; otherwise it will be inside. Menu TBD. Always a fun time and a great opportunity to share the occasion with old and new friends. First come, first served **by reservation**. Please BRING CASH for your meal. RSVP to Donnalee at [donnaleewells@comcast.net](mailto:donnaleewells@comcast.net) or text or call (415) 302-9244.

---

## COMMUNITY EVENTS

### Corte Madera Library events

#### **Facing Mecca: Reflections of Islam in Art Islam—an online presentation by Docent Mary Mead**

Thursday, April 11, 6:30 – 7:30pm

Islam has inspired a variety of sacred art, but the scope of its influence also extends into the secular realm and to cultures across the globe. Experience the complexity and breadth of Islamic art through objects from the collection of the Asian Art Museum and learn how, after becoming the most highly regarded art form in West Asia, the beauty of calligraphy spread around the world. To register for this program on Zoom, [click here](#).



**Happiest of birthdays to you all!**

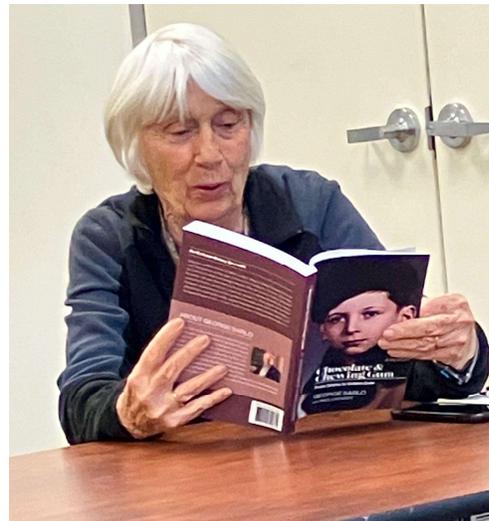
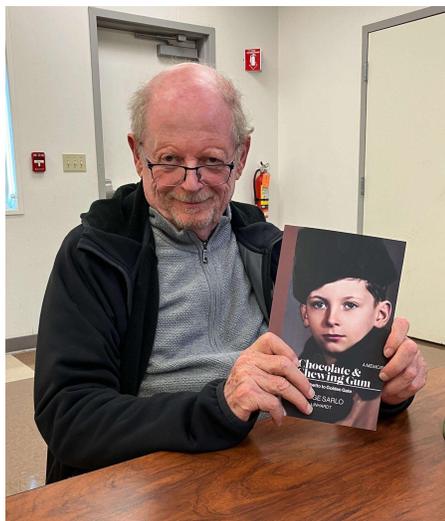
April 3, Laurel Feigenbaum

April 24, Bill Thompson

April 25, Marie Liss

### TCV Book Chat members celebrate George Sarlo's memoir

Twin Cities Village Book Chat members celebrated the completion of George Sarlo's memoir, *Chocolate and Chewing Gum*, at a recent meeting. George read from the introduction, and member Patti LeBlanc also read an excerpt. George has worked on this project over many years, together with his nephew, Paul Linhardt, who provided extensive research and editing assistance. The book is a fascinating memoir, revealing George's survival of Hitler and the Holocaust, while delving into the richly layered life that followed in the decades since George settled in the U.S.



---

## AND MORE...

### Tribute to Lisa Guthrie

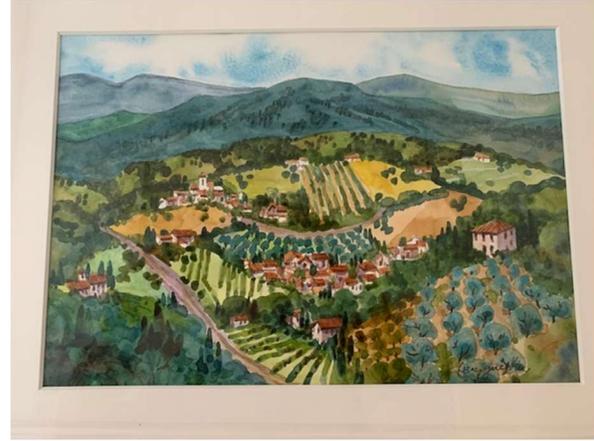
By Suzanne Siminger

I first met Lisa about fifty years ago. She was good friends with Abby Clow (my best friend in the seventh grade) and the two of them commuted and worked in the city. Lisa was a landscape architect, and she was always working on some interesting garden project. She knew more about plants than anyone I knew, and hearing her rattle off the proper Latin names of plants in a garden would make your head spin! Lisa and her husband, Walt, used to give Sunday brunches on the deck of their Mill Valley home for close friends, and I was honored to join them a few times. As the years went by, I was privileged to know her more and was continually impressed by her depth and grace.

This is what I learned about her:

- She was a very talented artist.
- She was a beloved watercolor teacher for many years at La Romita School of Art in Italy.
- She was one of the first and a dedicated member of the Marin County Watercolor Society.
- Lisa was a great cook.
- She was a dancer—who knew!
- She was an avid reader and loved interesting discussions.
- She was elegant and had grace and humility.
- Lisa had a sharp wit and a wicked sense of humor.
- She loved to laugh.

Lisa was fun to be around. One of my fondest memories is a trip to Napa we took to draw farm animals of a friend of hers. We drew sheep, Danny the Black Angus, and goats. But the funniest was Spot, the horse, who walked up to Lisa as she was drawing to see what she was doing. He put his head on her shoulder to watch her draw—or maybe he was an art critic! We laughed so hard.



The family is planning a memorial service and will let us know when it is scheduled.

### Monthly riddle

What is on the ground and also a hundred feet in the air? The answer will be in next month's newsletter!

**March's riddle:** What has to be broken before you can use it? **Answer:** An egg

### Writings from the community

This is to hopefully encourage some more of you to send over photos from anything you've been involved in recently! Travel, activities, games, etc., we want to see it all! Please send photos and copy to *The Village Voice* Editor Cameryn at [csmith@redwoodbark.org](mailto:csmith@redwoodbark.org).

---

## HELP US HELP OTHERS

For more than two decades the belief that it takes a village to raise a child has become embedded in our culture. Not as embedded but equally important is the village it takes to provide a comfortable, nurturing, and safe environment for people as they age. You can help.

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-marin-villages---donate> to contribute.

---

**Marin Villages** 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903  
(415) 457-4633 [www.marinvillages.org](http://www.marinvillages.org)