

VILLA VOICES

Villa Marin Homeowners' Association | 100 Thorndale Dr., San Rafael, CA 94903

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VILLA VITALITY

Key Resources for Vitality

By Lynn Hammond

Marissa Danney and Daisy Bodman provide holistic resources to support our well-being and to address challenges of transition, isolation, and grief in "whatever gives individuals vitality." Marissa and Daisy are catalysts to connect people to resources. Marissa's goal is to connect people with what makes life full and rich for them. Daisy focuses on one-on-one counseling and believes "in the transformative power of deeply listening and accompanying individuals through life's harder seasons." As people report that they have a "desire for more meaningful conversations and closer connection," they are developing a group called "Diving Deeper." Marissa offers "Writing for Wellness" and a Grief Group on Fridays. Daisy leads a Wednesday meditation group in the garden. Each has experience as chaplains and advanced degrees. To contact them, email liaison@villamarinboa.com.

RENOVATING THE RESIDENT WORKSHOP

By Julie Monson

Tucked away in the south garage with a new sign on the door is the renovated "RESIDENT WORKSHOP." Previously, the work benches were neglected and the place disorganized. A team, led by Alan Jones, received a grant of \$11,000 from Gifts and Bequests Committee to clean the area, install three new large work benches, and organize a fine collection of tools. The workshop tools and equipment have been donated by residents and are not the property of Villa Marin. Anyone interested in using the shop can sign up at the front desk to sign a release of liability and get a key. In addition to Alan Jones, the renovation team includes Ralph Bauer, Paul Brinich, Don Gregory, Jim Harrison, Kirk Kirkham, Karen & Tom Knox, Chris Lawrence and Ralph Lunan



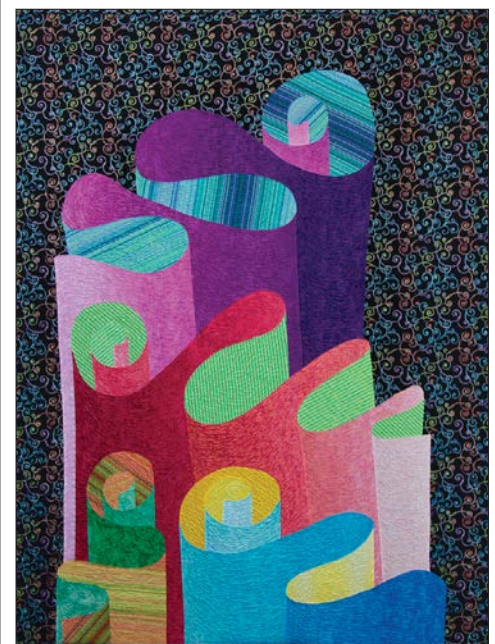
Paul Brinich, Jim Harrison, Alan Jones, Ralph Lunan and Chris Lawrence celebrate the new shop!

FANCIFUL FIBER

The "Fanciful Fiber" Gallery exhibit illustrates how extraordinary art can be created from ordinary materials. Ann Brooks designed and mounted

this exceptional collection from ten distinguished Bay Area artists. The artists use techniques and materials in unique ways to create inspirational works of art. Each artist's work is accompanied by a short biography and details about process, materials and techniques.

Many of these artists have been juried into national exhibitions and some can be found in permanent collections of major museums nationally and internationally. Carole Beadle will present a talk, "Fiber Off the Wall," on August 13. Fiber Art has historically been associated with women's domestic work and often undervalued by the art world. Ms. Beadle has helped expand the recognition of Fiber Art as an important contemporary art medium. The Gallery exhibit will run through September 29.



Cara Gulati's quilt, "Scrolls Unfurling," representing things coming undone. Do you put them back the way they were? Or . . . ?

WELCOME NEWCOMERS



VIRGINIA GOODE

By Susana Hegstrom

Virginia Goode began life in the countryside of England. During WW2 her father fought at Dunkirk. She remembers German bomber planes flying overhead and American bomber planes on their way to Germany. As a teenager, she worked as an *au pair* for an American Air Force family. They invited Virginia and her sister to join them when they returned to the USA. They moved to Texas but soon learned of San Francisco, which they made home. Virginia worked at a clerical job while she pursued education to become an R.N. She worked for Kaiser where she met her future husband, a Kaiser neurologist. A widower with children 12, 11 and 8 years old, they raised the children in Ross. When he retired from Kaiser, he fulfilled his dream to become a gardener. They moved to Novato. On a five-acre lot they had fruit trees, a vineyard, and a sweeping view of San Francisco Bay. After her husband died, family convinced her that being alone in a big house was not the safest choice. She chose to move to Villa Marin as it is near Kaiser. Now begins a new lifestyle.



CAROLYN B. KELLOGG

By Roberta Schwarz

Carolyn Kellogg was born in San Francisco, married in St. Brigid Church, and has five children who live in Sonoma County, Portland, and Boulder plus 12 grandchildren and 12 great-grandchildren. She obtained her Masters in Counseling Psychology from John F. Kennedy University in Orinda. The university was unique in that its emphasis was on body/mind/spirit/service to humanity. She made

her most significant contributions in the areas of feminist theology, women's leadership in the Christian church, and nonprofit service.

Carolyn's careers included teacher's aide, bookkeeper and psychotherapist. A feminist activist, the first campaign Carolyn worked on was the Dennis Kucinich run for President. She and her husband used to take the ferry from Marin to join in peace marches in San Francisco. She has been associated with **Women-Church Convergence**, a coalition of Catholic-rooted feminist organizations dedicated to creating more inclusive church structures and amplifying women's voices to build "just social and ecclesial structures with shared power for everyone," particularly women and marginalized communities. She is currently Treasurer of that group and also **A Critical Mass: Women Celebrating Eucharist**. Such practices are an important laboratory for feminist theology because they translate scholarly ideas into lived religious experience.

Carolyn finds the residents and staff at Villa Marin friendly, helpful and open. She feels at home here and loves green Marin County!



KATHRYN AND ROBERT GOLDSMITH

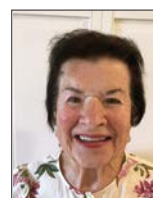
By Paula Bruin

Longtime residents of Marin, Kathryn and Robert Goldsmith bring a lifetime of rich experiences. Originally from Oregon, Kathryn grew up in La Jolla. Robert was born and raised in San Francisco. They both met and graduated from UC Berkeley. They married shortly after and have lived in Kent Woodlands for the past 55 years.

Bob pursued a successful career in real estate development in San Francisco and the East Bay. Both were active in charitable activities and several groups. Of special note, Robert was a past president and member of The Society of California

Pioneers. Kathryn was active in the Junior League of San Francisco, UC Berkeley activities and a member of the Presidio Chapter of the Daughters of the American Revolution.

Both have enjoyed their passion for sailing. In 1965, Robert crewed on a boat racing in the Transpacific Race from Long Beach to Hawaii. They are members of the San Francisco and Marin Yacht Clubs. They also have fond memories of skiing at Squaw Valley. They are long time members of St. John's Episcopal Church in Ross. They have one daughter and two grandchildren.



NIZ BROWN

By Julie Monson

Niz Brown has had a busy life filled with family plus a successful career in real estate. She has participated in local politics and been an artist. When asked how she got the name "Niz," she explains it is the first three letters of her maiden name, Nizetich. Born in San Pedro of Croatian parents, she attended Cal State Long Beach and earned a teaching credential from San Francisco State. In 1960 she married Jim Brown, a teacher, who later was the owner/chef of La Lanterna Restaurant in Kentfield. In 1976, they built their family home in Woodacre. She combined substitute teaching while rearing four children. Now grown, they live nearby and are successful in their careers. The family joins together for dinner weekly. After obtaining Croatian citizenship, they traveled to Croatia and island hopped up the stunningly beautiful Dalmatian Coast.

Her primary career has been in real estate as a licensed broker in 1976 and eventually as an independent broker. She opened her own office in Larkspur in 1991. She networked with agents from diverse brokerages. She understood real estate is a unique community of competitors who work together to serve their clients. Niz already has her eye on a resident garden plot and plans to continue with her watercolors.



WILL SCHIEBER

By Susana Hegstrom

Moving from the Berkeley Hills, Will Schieber was delighted to find Villa Marin, where he could own a light-filled condo with views of the hillside and trees, be part of a self-governing community, and have the opportunity to work his own garden plot. He brought Bix, a luxuriant marmalade tabby cat with an abundance of toys. Still feeling shy, only with gentle coaxing would Bix settle into the room with guests.

Will's interests include the performing arts, walking, painting, gardening and dining out. He likes to stream movies and he follows current events. Having a Bachelor's degree from Northwestern University and a Master's in Library Science from the University of Chicago, Will began his professional life at the University of California, where he worked in information science. Planning to pursue a Ph.D., he instead accepted a position with the United Nations at the International Labour Office in Geneva. Next he worked for the United Nations Headquarters in New York as a systems analyst and later as a manager. He retired in 2000 and his wife retired in 2002. After 9/11 they decided to move back to the Berkeley Hills. His wife died in 2023.

SONS IN RETIREMENT

By Kirk Beales

SIR, a social organization for retired men, was established in 1958 by a group of men on the Peninsula. Now SIR has grown to over 70 branches and 7,000 members in Northern California with four branches in Marin County. Branches meet monthly for luncheon and a speaker. They also sponsor a variety of activities from golf and bocce to travel and book clubs. The Marin branches also have joint events — going to SF by charter bus for lunch and a matinée theater performance. Spouses and significant others are invited to these events. Men interested in SIR can give me a call. I can also send a copy of my branch's monthly newsletter. Check our website, sirinc.org.



GARY ROSSI

By Roberta Schwarz

In June, Gary Rossi entertained us in a piano performance. He requested suggestions from the audience. Among the choices were *Some Enchanted Evening* from *South Pacific* and Edith Piaf's *La Vie En Rose*. Gary's repertoire covers a wide range of musical influences. After Gary recognized Norris Clement in the audience, he invited Norris to join him at the keyboard in an unrehearsed duet. They even switched seats at one point! The result was a good time that prompted Gary to "guarantee that Norris and I had even more fun than you all!"



NEW AUDIO DAILY CALENDAR

Dial 3 on the house phone for information regarding time and location of the day's activities and the status of that day's mail. Thank you, Ivy Wellington, for your suggestion.



PROMENADE REPAIRS

By Kirk Beales

A waterproof membrane under the top layer of concrete on the promenade has started to deteriorate with water leaking into the garage. The membrane stretches from the building's exterior wall, under the planter boxes, to the edge of the promenade. Its purpose is to divert any water below the top concrete layer out to the edge and away. We have engaged an architectural firm, Ferrari Moe, to investigate how to remedy the situation. They removed a portion of the top slab and the membrane on one side of the promenade.

A consultant determined the best new membrane material might be urethane, applied in the molten state to adhere to the underlying concrete and seal any gaps. That material is in the mock-up area. They also put pavers in the area. In May Ferrari Moe gave a presentation to the Facilities & Engineering Committee to explain the work that they had done and their recommendations.

The Board approved funds for

Ferrari Moe to prepare final drawings and specifications to get bids from contractors. Actual construction will probably be done in phases. Serious work should start next summer. We will also need to hire a landscape architect to help us plan the removal of plants from the areas to be dug up and to design a new promenade lighting system. They will consult with our Grounds Committee to help decide where we want planting areas.



EMPLOYEE OF THE YEAR SAGE GARCIA

By Roberta Schwarz

The first Employee of the Year is Sage Garcia, Dining Room Supervisor. Sage was chosen as Employee of the Year since he is always willing to help residents and goes above and beyond what is required. His positive attitude and cheerful nature are what make Sage so beloved. Sage's duties include ordering, re-stocking, and reservations. On Sundays and Mondays, he is in charge of the Dining Room. He grew up in Marin County and attended Tamalpais High School. He graduated from Oakmont High School in Sacramento. He gained experience in the dining room of a senior living memory care facility near Hollywood Bowl in Los Angeles where he worked during the COVID pandemic.

ETHEL'S SECRETS TO AGING GRACEFULLY

1. *Smile and your wrinkles disappear ... Become Laugh lines.*
2. *Avoid the negatives in your life and only embrace the positives.*
3. *Don't "Do later," "Do now"!*
4. *Remember "Use it or you will Lose it."*
5. *Enjoy your time in this moment as if it were your last.*

(Ethel Kirschner tries to practice what she preaches)

In  *Memory*
Wheel of Life

Horst Meyer 9/5/1935 to 7/2/2026

Barbara Mogerman 1/10/1938 to 7/6/2026

Emily Boyles 3/21/1944 to 7/8/2026

www.Villa-Marin.com

CENTENARIANS

By Roberta Schwarz

We are pleased to celebrate people who reach the 100+ mark after remarkable lives.



LUCILE PEDLER GRIFFITHS, 102

Born on October 24, 1924, Lucile Griffiths earned a BA in Far Eastern Civilization from Mills College in 1946. She married Quentin Griffiths in 1952 and has a daughter and son. She and her husband traveled to Europe, Africa and the Far East. Always interested in politics, Lucile was an active member of the League of Women Voters. With her newborn baby in tow, she zipped around distributing political pamphlets. As part of her work for the Democratic Party, she escorted Adlai Stevenson around Marin County. Other activities included Sierra Club, Board of Governors of Mills' Alumnae Association and the Native Plant Society. Her favorite hobby is photography. She has three grandchildren and two great grandchildren. She moved to Villa Marin in 2002.



DAVID SCHREINER, 100

David Schreiner was born on August 22, 1926, in Grafton, Wisconsin, where his ancestors had arrived in 1825. After graduation from high school, he enlisted in the Army Air Corps in 1944. In 1945 he re-enlisted for service in Italy with the Mediterranean Air Transport Group. He graduated from Northwestern University School of Speech in June 1950. David's professional life was varied and included a gig as radio announcer at WEAW in Evanston. He started his own company in 1969, Color Tech Corp., which he sold in 1992. He and wife Clare were married in June 1964 and raised four children. David is happy to be at Villa Marin. He loves books and good movies, and is a fan of all Bay Area sports teams.

PRIDE IN FILMS

By Kat Braeman

Commemorating Pride creates an opportunity to protect and create spaces where everyone feels seen, valued, and safe to live authentically. This year Villa Marin celebrated the LGBTQ community by showcasing three notable films and held dinners to discuss each movie:



Essential Documentary: ***The Times of Harvey Milk***

directed by Rob Epstein, an Academy Award-winning documentary, captures not only what he accomplished but also why people felt transformed by his leadership. Milk gave people hope at a time when many felt invisible. Milk's lasting contribution was helping shift LGBTQ politics from private advocacy to public, visible civic engagement.



Philadelphia in the cultural history of LGBTQ rights is a landmark. While it did not create legal change by itself, it helped shift public attitudes at a critical moment during the AIDS epidemic. It helped change hearts and minds. Cultural change often precedes legal and political change. The film won two Academy Awards, including Best Actor for Tom Hanks and Best Song.



The Birdcage showcases a loving portrayal of a long-term gay couple: Robin Williams and Nathan Lane are parents and partners dealing with universal issues of love, acceptance, and belonging. The comedy exposes the absurdity of prejudice many LGBTQ people felt to hide their identities to be accepted. The film uses humor to challenge assumptions about gender, sexuality, and family.



JOYFUL NOISE

By Lynn Hammond

Rachel Steiner brings a joyful noise to Villa Marin! If you've been wondering

why your neighbors carry straws with them, come to the auditorium on Monday mornings. Straws are one of Rachel's many techniques to improve the vocal sound of chorus members. In addition to learning how to breathe correctly, chorus members enjoy singing some well-known favorites and learning new songs.

"I like to make singing a radically-inclusive adventure," Rachel explains. She emphasizes the well-documented benefits of singing: physical, emotional, and cognitive health. To those who think they can't sing, she throws out a challenge: "Just about everybody can sing. Take a chance and come sing with us." She is the Choir Director at the Unitarian Universalists of Petaluma.



EXCEPTIONAL LEADER

Liv Asbo, Gifts

In July Liv Asbo and 29 volunteers celebrated the success of the Gift Shop's May Pop-Up store. Liv presented a donation of \$20,000 to the Health Center from three different strategies to make money: sales in the gift shop, sales at special events, and sales of higher priced items through consignment stores and the San Rafael Auction House. In addition to raising funds, the Gift Shop supports the residents with both necessities and treasures and gives the members of the committee a purpose by serving the community. She has developed a mail list to communicate with interested buyers. She engages her volunteers with monthly dinners of appreciation. Liv is a creative and effective leader and entrepreneur.

NEWSLETTER STAFF



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