



The BARK



February 2023

Number 2

As many of you know by now, we recently lost a very special member of this community—Jean Spencer; a powerhouse of a woman so stunningly well memorialized by Laura Bock at the Residents Association meeting. Maggie Morley, as a farewell to our dear friend, offers this poem by Lucille Clifton.

Remembering Jean Spencer

*may the tide
that is entering even now
the lip of our understanding
carry you out
beyond the face of fear
may you kiss
the wind then turn from it
certain that it will
love your back
may you open your eyes
to water
water waving forever
and may you in your
innocence
sail through this to that*



A Closer Look at: John Boettiger

Interviewed by John Young



John & grandson Max

It was John Boettiger's sons who, after his wife's death, suggested that John move to the Redwoods, which he did in 2011. They

knew resident Frieda Engel who introduced John to others here. John participates regularly in the Saturday morning Meditation Group. For several years, until the advent of Covid, he co-led the Celtic Spirituality group. After many decades as an Episcopalian, John is now an active member of the Community Congregational Church in Tiburon. John was born in Seattle, Washington, where his father was publisher of the Seattle Post-Intelligencer newspaper. When John's father entered the military in WWII, John, then age 3, and his mother were invited to live with her father, President Franklin Roosevelt, in the White House. John quickly became the "apple of the President's eye," and for the next three years, until his grandfather's death in 1945, John recalls that he "played on the floor of the Oval Office, listened to 'PaPa' read the comics to him, and they swam and watched movies together."

After his father returned from the war, the family moved to Phoenix, Arizona, where his parents started a progressive newspaper. John attended Amherst College, majoring in political science. It was during these undergraduate years that John was invited to spend his vacation time with his grandmother, Eleanor Roosevelt. John said he “formed as intimate a bond with her as he had with FDR earlier.” She shared with him her loving respect for John’s father, which allowed him to reflect upon his father’s death when John was 11.

After two years at The Rand Corporation where he wrote two highly classified books on the U.S. bombing of Vietnam, he returned to academia. John’s growing interest in psychology and human development led him to pursue a Ph.D. in clinical psychology focusing on family therapy from Columbia University. There under the mentorship of Erik and Joan Erikson, John was introduced to life-long human development. He was recruited by Amherst College as the first faculty member at its newly established Hampshire College, where he stayed for the next 30 years teaching human development. While there he wrote a book about his parents’ marriage, *A Love in Shadow*. At the end of his career, John and his wife Leigh spent four years in Norway at an innovative psychiatric treatment and research center where John did international consulting in human development.

John has two children Adam and Sara, from his first marriage, and two sons from his second marriage—Joshua and Paul. Adam is now a consultant in Oregon; Sara is professor of political economy at UC

Berkeley and has helped improve farming practices in Africa and Asia; Joshua teaches at Bard College in New York, and was a rabbi in Oregon, and Paul is a furniture designer and manufacturer in New York. Every two weeks, John Zooms with his children, occasionally joined by some of his eight grandchildren. He celebrates and cherishes keeping in close contact with his family.

Life Enrichment

Denise Acain, Director, Community Programs

It is officially February Heart Month!

We will be bringing awareness and encouragement for people to live heart-healthy lives! The Redwoods will feature Roundtable talks, February Heart activities, resident spotlights, and educational resources. Check the February Heart Month bulletin for information located near the dining room.

- **Special Performances/Events & Performing Arts Schedule:**

- Medicine Ball--Feb 2, Thursday 7:15 pm: Auditorium
- Si Perkoff--Feb 9, Thursday 7:15 pm: Auditorium
- Wine and Coffee Social--Feb 9, Friday 3-4 pm: Main Patio
- Bread and Roses Live Concert--Feb 16, Thursday 7 pm: Auditorium
- Video Concert
- Happy Hour: Hearth Health Month Celebration--Feb 28, Tuesday 3-4 pm

- **Program Spotlights!**

- Heart Health Month: Activity Games with Sarah—Feb 7, Tuesday 3 pm: Studio
- Roundtable Talk: Dietician Rebecca Valentino—Feb 9, Thursday 2 pm: Auditorium
- Heart Health Month: “Growing Vegetables with Bilkis”—Feb 14, Tuesday 3 pm: Studio
- Heart Health Month: Yoga Activity with Girija—Feb 21, Tuesday 3 pm: Studio
- Larkspur Greenbrae/Corte Madera Scenic Drive & Boca Pizzeria Restaurant—Feb 16, Thursday 11 am–1 pm. Sign up on interest sheet and meet at the front.

- **Other Updates:**

- There will be **NO medical runs from Jan 30–Feb 3**. Art will be on vacation.
- On the first week of the month, please save the last sheet in the printed weekly calendars, which will display special monthly events. Stick it on your fridge.
- **NEW:** *How to Use Your Emergency Alert Button* video! Stay Tuned!

****Events are subject to change. Please refer to calendars on bulletin boards or CLC app for updates.****



Hunter's Update

Dear Residents, Families and Friends,

We are happy to report that in January COVID was not a big concern, nor were all the rains and king tides. We celebrated Martin Luther King Jr. Day. We noted all the residents we lost in 2022 with a moving Remembrance and Celebration of Life ceremony. We welcomed a few new residents, several team members including our new CFO – Michelle Martinez, and three new Board Members: Andrea Flynn, Janet Hines and Laura Smith. All-in-all, a pretty good month even if the 49ers couldn't pull off another miracle.

In February, we hope to issue a new *Programs Catalog* that lists over 100 different gatherings and events that happen each month at The Redwoods. We will also share a new *Resident Handbook*. Plus, we will be working on updating the Shopping Loops and building a plan for new classes based on your input (**please get that survey in soon**). There are a lot of fun events planned by the Life Enrichment and Dining teams around a “Heart Healthy” theme. Of course, we will be finding ways to celebrate Valentine's Day, too. I hope you can share love with those most important to you.

In closing, I'd like to thank you for helping support and advance our open and affirming, warm and accepting Redwoods community. It's a pleasure and honor to be part of it.

Yours Truly,

J. Hunter Moore, CEO

WHAT'S HAPPENING

Library Notes

Barbara McDonald, Redwoods Librarian

February is the month of presidents, hearts, and Black History. A memorable month indeed! This month we will explore the books in our BLM section on both the cart and shelves. Several years ago, thanks to the generosity of a donor, we were able to purchase over 17 books. Some new nonfiction titles include *Caste* by Isabel Wilkerson, *Just Mercy* by Bryan Stevens (a film version is available on Netflix), *The New Jim Crow* by Michele Alexander, *White Fragility* by Robin DiAngelo, *Invisible Man* by Ralph Ellison, *I Know Why the Caged Bird Sings* by Maya Angelo, and *How to Be an Antiracist* by Ibram X Kendi. Each worth a read! Novels include *Deacon King Kong* by James McBride on the humorous side. More serious, *The Vanishing Half* by Brook Bennett tells the tale of twins, one of whom disappears. Colson Whitehead's *The Nickel Boys* and newly-donated *Horse* by Geraldine Brooks deal with the schools where recalcitrant boys were sent. Both novels received high praise from the *New York Times*. Any of Walter Mosley's *Easy Rawlins* mysteries are a good choice.

A note: Don't forget the DVD art collection in the drawers behind the piano in the library to revisit or learn about the masters.

Resident picks:

Evelyn Greenwood: *Franklin and Winston* by Jon Meacham

John Hofer: *Lit by Lightning & The Biography of Jim Thorpe* by David Maraniss

Karlene Ipsen: *China Boy* by Gus Lee

Barbara Rothkrug: *Indian Horse* by Richard Wagamese.

Mill Valley Seniors for Peace

Special MV City Council Election on March 7

Mill Valley will be holding a special election on March 7 to fill a vacant position on the City Council. **The candidates are Carolyn Joachim and Susan Goodwin.** Since both candidates are running for public office for the first time, we asked each to provide a little background information prior to the Seniors for Peace Candidate Forum in February.

Caroline has lived in Mill Valley since 2004. She's an attorney, working mother and long-time volunteer leader serving Kiddo!, Old Mill School, Mill Valley Library Foundation's Storybook Ball and Mill Valley Little League, including as President of Old Mill PTA and Mill Valley Little League for many years. In June 2021, she received a Mill Valley City Council Proclamation for "superior leadership" of MVLL. Caroline is a graduate of Wellesley and USF School of Law.

Susan, a resident of Mill Valley for 15 years, is a businesswoman and sustainability expert. She has over 30 years of professional experience managing global teams and budgets at companies like Apple and Autodesk. She currently serves as a Senior Outreach and Business Development Consultant in the U.S. Department of Energy. Susan has been an active community volunteer and advocate, serving on the City's Climate Action Plan Taskforce and chairing the Buildings and Energy Subcommittee.

Please mark your calendars now for an **Election Forum with Susan and Caroline on Monday, February 13 at 3 pm in the Auditorium.** The candidates will respond to questions from the SFP and from the audience.



FEBRUARY MOVIES

**Saturday, 7:15 pm & Sunday, 3 pm,
Auditorium**

2/4 & 5: The Book Thief—A young German girl finds solace during the horrors of WWII by stealing books and sharing them with others.

2/11 & 12: The Outfit—A psychological thriller featuring a British tailor who tries to survive in a mobster's family problems. (New Release)

2/18 & 19: Fences—Denzel Washington stars as a working-class man trying to raise a family in the 1950's while trying to come to grips with the events in his own life.

2/25 & 26: Tar—Cate Blanchett stars as a brilliant composer/conductor of a symphony orchestra whose abusive use of power threatens her career. (New Release)

Note: Post-2005 film suggestions are always welcome. Call Eleanor at 415-380-8577.

Are You Game for Games?

Come to Card Games & Board Games

Tuesdays 2:30–4:30 pm in the 5/7 Lounge

Come learn a new game.

Teach a game.

Bring your own game.

Any questions?

Contact Jeanne Richards
415-384-1618



Read All About It. . . February Art Workshops

We will continue to enjoy the Fun with Drawing workshop with debonair instructor Robert Gumpertz on Friday at 2 pm. We pose for each other and have a variety of still life to sketch.

Saturdays with Jan Couvillon, who is on the hunt for LIVE MODELS! If residents would like to model, contact Jan in our roster. (You won't be asked to model in the nude!) Meeting time will continue at 2 pm.

Annalies Atchley will continue with Collage on Sundays at 3 pm. Annalies brings two huge boxes of materials to work with. It's amazing what you'll find in her collection—even feathers from her two birds! The class transitions from excitement as we dart about choosing objects to a hush as students commence creating little masterpieces.

And a fourth workshop has been added: Visual Journals, on Tuesdays from 11 am to 12 pm. Each participant will be given a substantial spiral notebook for journaling. We'll begin by coming up with ideas for the journal, perhaps something you observed on a walk or that made you feel good. Then we'll will sketch it and perhaps write a couple of lines about it. There will be materials to fill in the sketch if you desire. There is a one-time \$10 fee.

For more information call Helene Holley Gibbs at 415-383-7468.

Welcome Louise & George Carter (Headlands)



Louise was born in Joliet, IL and grew up in Downers Grove, IL, a Chicago suburb. She lived in Mill Valley for 20 years (1968–1988) before she and George moved to San Jose. They retired to Willits in 2000 and

subsequently to Nevada City, CA.

She studied elementary education at Northern Illinois University and worked as a teacher in several different elementary schools. Louise also worked at the San Francisco Theological Seminary in San Anselmo and later as director of Finance and Administration at the San Jose Downtown Association.

She is the middle of three sisters, has two daughters, Diane and Elizabeth, and two granddaughters, Averi and Rachel.

Avid travelers, Louise and George have visited 55 countries. Louise's other interests include reading, politics and interior decorating. She is a planner and an organizer.

Together they decided to simplify their lives by moving to The Redwoods, which feels like "coming home" for them with its familiar convenient location, cooler weather and natural beauty.

Cell Phone: 530-470-3823



George was born in Norfolk, Virginia and lived in several small towns in Virginia as a young child. He also lived in Atlanta, Georgia and various cities in California including San Francisco, San Mateo, Mill Valley,

San Jose, Willits and Nevada City.

George graduated from San Francisco State University with a major in psychology and then attended Boston University, where he received a degree in theology.

Professionally, he served as a pastor at United Methodist churches in San Mateo, Mill Valley and San Jose. In addition, he provided administrative leadership development and fund-raising services in their denominational office. He served as the Director of Planned Giving at Pacific School of Religion and later at San Jose State University.

George has an older brother and a younger sister. He claims two wonderful granddaughters.

He enjoys singing, creative writing and travel. He has a deep interest in community and political life and loves meeting new people and experiencing different cultures.

Cell phone: 707-888-4353

This 'n That

You won't believe this, but some residents have been observed removing the top from the hydration station dispenser and dipping into it for fruit or ice! When this is observed, dining services must remove the dispenser, dump out the contents, clean it thoroughly and replace the water, fruit, and ice in accordance with health directives.

Please, if you want ice, ask the dining staff to bring some from the kitchen.

Other outtakes from January's **Food Forum**:

- If the salsa isn't spicy enough for you, ask the waiter to bring out a bottle of hot sauce. Remember, you cannot bring your own!
- A section of the dining room will be closed off so that the remaining tables are filled. This will help the wait staff to serve their tables more efficiently.

New Art Display in Dining Room

From January through March, **Laura Culver's artwork** will adorn the dining room walls. She launched her career by enhancing black and white photographs but was drawn to working in the natural beauty of Marin and Sonoma Counties. Her plein air oil paintings show influences from the Colorist Tradition, tempered by an effective soft-focus style that blends various elements of a landscape with no hard edges. By repeatedly visiting a site, Laura seeks to capture the weather and lighting conditions she is striving for.

It's That Time—Yep Tax Time

AARP Foundation Tax Aide Program will be providing tax assistance to anyone free of charge at The Marin Community Recreation Center. The program begins on February 3, 2023, and ends Thursday, April 13. The assistance program is held on Tuesdays and Thursdays from 8:30 am to 12:30 pm. Meetings are only by appointment. Appointments can be made online by emailing: **millvalleytaide@gmail.com** or by leaving a message at (415) 322-9361.

Redwoods residents who make an appointment should have all their documents ready. The program focuses on filing simple tax returns. The AARP does not do tax returns for those who are self-employed, with complicated capital gains/losses, rental income. etc.

Advice from an "Expert"

Barbara Rothkrug

I've been studying health advice newsletters from many sources. Here's some from Excellent Health University, Inc. Anyone can follow these flexible suggestions which don't take much time and are guaranteed to produce results.

Diet: Eat fruits and vegetables. If you don't like them, eat fruit loops.

- ❖ Exercise: Walk briskly daily. If you hate walking, briskly wiggle your toes.
- ❖ Social life: interact with others. If you are not fond of humans or other living things, pet rocks are cost effective.
- ❖ Brain fortifying: Times Square cross word puzzles help. You can also just be puzzled by this serious advice.

BARK Back

Helen Bruner

A Corner in The Redwoods

A seasoned resident, frustrated because she couldn't find books by a particular poet, was delighted when I showed her our Poetry Library, Building 11, 3rd floor, where she found five books! She also noted the view, and wasn't surprised that some people come just to sit or read.

When I said we have a weekly poetry reading group, she said what most people hearing about it say, "Oh no, I don't write." This group is for people who like to read or just listen to any poetry, from the library or elsewhere, being read aloud by members in turn. Everyone is welcome. There is often a little comment after each reading, but no lectures or criticism, especially if someone brings their own work or work in progress. Readers know poetry must be read aloud to get the rhythms right.

Alas, right now the Poetry Corner is being cured of Interior Roof Disease, not at its best, but still busy. (I know that disease because I have it also! More common than you might think; cures are still being sought for humans.)

My dear friend, Jean Spencer, was in the poetry reading group (as well as at least 3/4 of all groups and events here). When she first came, she read rhymes and verses from the same books she had read to her young students. Meanwhile, she listened to what others were reading and saying, and started reading more sophisticated poetry as well.

A true teacher, she loved to learn. I miss you, Jean. We all do.

Transitions

January 2022

New Move-Ins:

Gay Lynch	7108	415-225-7762
Heidi-Linsmayer	8303	415-412-4325
Bernie Weiner	8303	415-420-1473
Barry Ercoles	15204	415-888-8134

Moved Out:

Arne Johannessen 13210

Transfers:

Skip McIntyre 5303 to 6102

Deaths:

John Curley	4211
Joan Emerson	12209
Harry Smetsers	HCC
Jean Spencer	13201

The BARK

Editor: Kathleen Moran

Associate Editor: Maggie Morley

Proofreader: Andrea English

Distribution: Ruth Shelby, Andrea English,
and Tom Whiteman

The deadline for submissions to the March BARK is **February 20, 2023.**

You may attach your document or compose short announcements in the body of an email and send to: **kanwis43@gmail.com.**

Alternatively, you can place a handwritten note in the BARK cubby.