



A Cut Above: Amy Vo & Bob Brock

Keven Bellows

Most of us get annoyed standing in line at the bank. But sometimes you can be in just the right place at just the right time. That's how Bob Brock met his wife, Ga Vo (better known to us as Amy). They got acquainted at a Wells Fargo branch in 2008. At the time, Bob Brock was employed by the State of California, and Amy was a refugee from Viet Nam with two children, who had been in San Francisco for eight years. They are well known to us today as the team that keeps The Redwood Beauty Salon humming. And I do mean humming! I live just a few doors from that very busy place. There is rarely a quiet moment and often someone sitting outside waiting his/her turn.



Amy, the popular beautician at The Redwoods was among the “boat people” from Viet Nam in 1999, who were granted asylum in the United States. She was 33 years old, married and the mother of two children, ages nine and two. She was already a successful beautician when she met Bob, and they became friends. She turned to him for advice and counsel when the opportunity arose to buy her own salon in Mill Valley and they joined forces as domestic partners.

(Continued on Page 2)

Good News for The Redwoods

Keven Bellows

Not us! But for the ones in the forest and all who cherish our incomparable inheritance. The news comes from **Save the Redwoods League** in their current edition of *Redwoods*, the League magazine. A member of the Sequoia Lands Coalition, called Redwoods Rising, serves as a model for collaboration, restoration and stewardship based in science and ecocultural knowledge. The coalition includes the State and National Parks, The Redwood League and members of many native California tribes who contribute their ancestral knowledge of TEK—several slow burns and fires that clear the underbrush and promote healthy growth.

The goal of the project is to return a healthy woodland to the original owners by 2026.

The Coalition accomplishments between 2022-2024 include:

- 44 of 80 Sequoia groves have been treated
- 617,000 trees planted
- 27,000 acres treated for forest health and resilience
- 300 miles of logging roads removed
- many buried and eroded streams uncovered

(Continued from Page 1)

Amy was eager to come to Mill Valley because of the Marin schools for her children, where they both excelled. The relocated salon on Miller Avenue in Mill Valley also thrived. Luckily, one of Amy's regular customers was Hunter Moore, at the time the CEO of The Redwoods. After many years of trying, he convinced Amy and Bob to relocate to the salon here, adding to the many advantages our home offers. It's super convenient and superfine service, a favorite for pedicures and beard trimming for men as well as cuts, curls and perms for the ladies.

September Birthdays

Resident's Name	Date
Berit Sampson	3
Elizabeth Weil	5
Barbara Berkowitz	5
John Thomas	6
Royce Truex	7
Ann Boren	8
Yoshiko Morita	8
Joyce Shumate	9
Patrice Racko	9
Ann Mahoney	9
Linda Spence	11
Beverly Windle	13
Doris Seashore	14
Sheila Neil McNeil	15
Steve Karlin	16
John Talbot	18
Margaret Jill Birch	20
Susan Sumwalt	22
Julie Freiberg	25
Dorothy Spencer	25
Frank Heigl	25
Rose Washburn	27
Blanch Sprague	29
Inge Hvidsteen	30
Monique Doris	30

Kyle's Corner

Dear Residents, Friends, and Family Members,

I'm delighted to share with you that our strategic analysis project is well underway, and we've gathered quite a bit of meaningful feedback. At this point, we've completed multiple one-on-one interviews and focus groups with industry experts, Redwoods team members, Board members, residents, and more! Looking ahead, we still have more focus groups with family members and team members. We'll also be sending out an online survey to residents, family members, and team members. This will occur in September, and we will provide more specific information about the survey prior to its distribution. Our goal is to obtain as much helpful feedback as possible as we head into the more formal strategic planning process toward the end of the year.

I would like to take this opportunity to express my gratitude and appreciation to those who have participated in the process thus far and those who will be participating in the near future. Completing a thoughtful and comprehensive analysis of The Redwoods as it exists today is an important step as we look to the future.

As always, please feel free to contact me directly with any questions that you may have regarding what I've shared in this article.

Kyle Ruth-Islas
Chief Executive Officer



Life Enrichment & Transportation

Girija Balasubramani, Life Enrichment Manager

September marks the beginning of a new season, and with it comes fresh opportunities to connect, learn and enjoy. We're looking forward to a month filled with enriching activities.

Outings & Excursions –(Sign up Required)

- Restaurant - Sailing Goat – Friday, Sept 5, 10:45 AM, Front Entrance
- Marin Senior Fair – Wednesday, Sept 17, TBD, Front Entrance
- Mill Valley 125th Year Parade – Monday, Sept 1, TBD, Off Site

Clinics & Discussions

- Parkinson's Support Group – Thursdays, Sept 4, 11:00 AM, 2/4L
- Parkinson's Care Partner Support – Sept 4, 11:00 AM, 2/3L
- Transportation Forum – Monday, Sept 8, 10:00 am Studio
- Cross Cultural Healing Group – Tuesdays, Sept 9 at 11:00 AM, 13/15L
- Hearing Aid Clinic – Wednesday, Sept 10 at 11:00 AM, Clinic Room
- Corridor Rep Meeting – Thursday, Sept 11, 3:00 PM, Auditorium
- New Resident Support Group – Thursdays, Sept 11 & 25, 4:00 PM, 2/4L
- Resident Association Meeting – Thursdays, Sept 18 at 2:00 PM, Auditorium
- Alzheimer Walk to Wellness – Friday, Sept 26, 10:00 AM, Patio/Outdoors

Performances

- Special Show – Silent Disco Experience, Thursday, Sept 4, 3:00 PM, Auditorium
- Performing Arts – David Pinto Duo – Thursday, Sept 4, 7:15PM, Auditorium
- Performing Arts – TBD – Thursday, Sept 11, 7:15PM, Auditorium
- Ballet Series – American Ballet Theatre: A History – Monday, Sept 15, 7:15PM, Auditorium
- Performing Arts - (B&R) – Thursday, Sept 18, 7:15PM, Auditorium
- Resident Spotlight – Jan White – Thursday, Sept 25, 7:15–8:15 PM, Auditorium
- San Francisco Opera: Showboat – Monday, Sept 29, 7:15 – 9:30 pm, Auditorium

Social Events & Talks

- Garden Event – Bug Hotels – Thursday, Sept 18, 11:00 AM, Scott Garden
- Wine & Coffee Social – Friday, TBD PM, Patio

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- Do you have a new program idea? Please contact Denise at dacain@theredwoods.org or 415.383.1600 ext. 259.
 - For general programs/room reservation questions, contact Girija at gbalasubramani@theredwoods.org or 415.383.1600 ext. 275.
 - For transportation questions, contact 415.798.7684.

[Events are subject to change. Please refer to the calendars on bulleting boards around campus or on the CLC app for the most up-to-date information]

Personal Librarian

by Marie Benedict & Victoria
Christopher Murray



Book Review by Joyce Rose

If you enjoy reading about courageous women, this book is for you. One of the authors, Marie Benedict, specializes in historical fiction about accomplished women. You are taken on a remarkable life journey of Belle de Costa Greene (1879-1950), who was J.P. Morgan's personal librarian, who, in the gilded age of 1920s New York City, collected rare books, illuminated manuscripts and art for his private library.

She spent each day passing for white in her amazing 30-year career. Her father was the first black man to graduate Harvard, who loved rare books and was active in the civil rights movement. Her mother passed for white and encouraged her children to also pass for greater opportunities. Bell listened to her mother and successfully passed in the face of racism. Daily she pretended she was white to pursue her career as librarian in the high society world of the gilded age with men of wealth and accomplishment, to amass one of the finest research collections of rare books, manuscripts and art in the country.

Applying her intelligence with boldness, ambition, collecting skills and love of art and literature, she excelled in her job. You follow her to auction houses, studios and galleries as she builds the collection. Mingling with artists, writers and collectors, is it any wonder that she has an affair with a famous art historian?

Personal Librarian also addresses the personal effects of race, gender and identity Her resilience and courage to face the world pretending she was white is a remarkable story.

Her accomplishments in having built an extraordinary collection was honored this year with a special exhibition at the Morgan Library about her contributions.

This book is in our library.

Introducing.

Poetry by Our Residents

Joyce Rose

A poetry lovers group meets every Wednesday to read a poem they have written or a published one they enjoy. Here is one written by a member of the group.

Quandary

I know many hands make light work.
White shoes should be shelved after Labor Day
Older women should wear their hair short.
But I don't know how to be old.

I want not because I waste not,
Dutifully conserving uneaten food,
Refrigerating it in covered containments.
But I don't know how to be old.

I read to my infants as they grew,
Taught them songs they sung to me,
How to greet adults, speak clearly,
But I don't know what old means.

I can iron a dress shirt (collar first),
Fold a sheet in a hospital corner
Sing lyrics from many Broadway musicals,
But I don't know how to age.

How to knot, prune roses, cheer thunderstorms
I learned from my mother
Before she died at fifty-seven,
Unable to show me how to age,

If she'd been given an extra decade
She'd be more than a name to my first-born,
Appreciate my adding to her treasure:
The grandchildren she would never meet.

by Keven Bellows

from: *Late Harvest*, Conflux Press

September Movies

Eleanor Hein

Saturday 7:15pm /Sunday 3pm
Auditorium



(9/6 & 7) The Thursday Murder Club—Four retirees spend their time solving cold case murders for fun. Their lives take quite a turn when a real murder takes place. Helen Mirren and Pierce Brosnan star in this newly released film.

(9/13 & 14) Pangolin: Kulu's Journey—In this documentary a man discovers a trafficked baby pangolin in South Africa and helps to rescue and rehabilitate him for release into the wild.

(9/20 & 21) An Inspector Calls—A mysterious inspector investigates a wealthy family and their dinner guest following a young woman's suicide.

(9/27 & 28) The Devil's Violinist—19th century violinist Niccolo Paganini incurs the wrath of his manager by falling in love as he is preparing for his London debut.

Films are subject to change.

**The Silver Foxes Film Society's
film focus for September is:**

Food Feasts

Friday Classic Films

Friday, 7:15pm Auditorium

(9/5 & 6) Chocolat—A single woman arrives in a rural French town and opens a chocolate shop that disrupts the townsfolk. (Drama)

(9/12 & 13). Designing Woman—A sportswriter and a fashion designer marry after a whirlwind romance only to find they have nothing in common. (Comedy)

(9/19 & 20) Oklahoma—In Oklahoma, farmers, cowboys and a traveling salesman compete for the favors of the local ladies. (Musical)

(9/26/27) Vertigo—A former police detective becomes obsessed with a beautiful woman he has been hired to trail. (Drama)

Film suggestions are always welcome.



Monday Night Ballet

Eleanor Hein

This month's presentation is
***The American Ballet
Theater: A History.*** The

program is a 75-year history of one of the most respected dance companies in the world that includes dramatic performances and grueling rehearsals. The program will be shown on Monday, September 15, at 7:15pm in the auditorium. Check your weekly schedule and posted flyers.

Hush & Aha in the Art Studio

Helene Gibbs



The Hush factor: We enter the 8/10 Art Studio and as we enjoy being with a community of other Redwoods residents, we chat about what is going on in our lives - health, funny moments, family. The facilitator gives some direction and materials are provided. We begin our projects and settle down and that is when the 'Hush' factor occurs. A kind of all over peace and quiet. Often, all our aches and worries dissolve for the time being. A common response is - I needed this!

The Aha factor: The Aha factor occurs when we may have tried to create several pieces of art and none of them have achieved what we hoped for. But then - it happens. The latest piece of art does begin to resemble what we had in mind. We may not be inherently talented, but we have learned how to work with materials and have persisted.

The Aha factor!

Mill Valley Seniors for Peace September 2025

Nancy Miller

Standing Up for Democracy

There will be a **Special Election on Nov 4**. Californians will be asked to approve our State Legislatures' recently passed **Election Rigging Response Act**.

This issue is very important. Pick up **information explaining Proposition 50** at the Seniors for Peace Communication Center.

Ballots will be mailed to all registered voters no later than October 6, which is only 5 weeks from now. MVSFP will assist with voter registration questions and will try to provide a speaker during September to help us better understand the scope of this matter and to answer questions.

**Help Save Our Democracy.
Vote Yes On Proposition 50**

Regular Activities

On **Saturday, September 6**, join our friends at **Green Change** at their special exhibit in the **Climate Action Zone** at the County's annual Ember Stomp (fire prevention) event at the **Marin Fairgrounds in San Rafael from 10am to 4pm**. The purpose of the exhibit is to help the community "go green" through playful activities and informational booths.

We will be continuing our **GOTV in the Virginia election by writing postcards on Monday, September 8, 3pm in the Auditorium**. Please sign up at the MVSFP Communication Center so we can have enough materials prepared for this project.

And please plan to join us on **Monday, September 15** for a visit with our **County Supervisor, Stephanie Moulton-Peters**, 3pm in the Auditorium. Stephanie will bring you up to date on the rehabilitation of **Golden Gate Village** and other issues.

Pied Piper of Poetry at The Redwoods

Keven Bellows



As the newly appointed Poetry Editor, recent resident Joyce Rose is adding a poem to every upcoming issue of the Bark. She writes about poetry and literature. A teacher in Tiburon elementary schools for 30 years, she made a point of exposing her students to a wide range of poetry, also editing a column of children's poems in the local paper.

She read many poems to her three children as they were growing up. On a trip to England, the family went to see the guards at Buckingham Palace and to their surprise, her children recited that wonderful poem to them about the famous guards from *Winnie the Pooh*!

A dedicated student of poetry, Joyce, has attended poetry classes throughout Marin, and was drawn to The Redwoods by the many poets who live here. She attends the weekly Wednesday sessions where a number of the group read their own work as well as the poetry of many others. All poetry lovers are encouraged to attend.

A native of New York City, she credits her parents with her love of literature and culture. They took the family to many of the cultural events in the city. She collected the Play Bills from all the Broadway Shows she attended.

Joyce was educated in New York City schools, with a Master's Degree in Education.

Looking for Poetry Books?

With the many references to poetry in this issue, you may be inspired to learn more about poets and poetry. The place to go is the "well hidden" poetry collection up on the 3rd floor of Building 11. Turn left when you exit the elevator and you'll find an entire wall of poetry books. This collection is not part of The Redwoods library, but one collected by poetry lovers years ago and kept in order by those who regularly go there to select books.

Birding at The Redwoods

Joyce Rose with Mia Rosati

As a follow up to the bird talk last month, Mia Rosati has created a list of resources for you to continue getting to know the birds that are seen here. She suggests free birding apps that are easy to use and help sharpen your birding skills, such as *Merlin Bird ID*. You can snap a photo or record a bird song, and the app will identify it. *eBird* keeps track of what birds you see each time you go birding and explores birdhouse spots in Marin. *iNaturalist* posts photos and helps identify birds, plants, insects and more, and shares your findings with other birders and scientists.

Attracting birds to your space requires feeders. Mia suggests seed feeders and nectar feeders, but they do need to be cleaned every two weeks. It is best to purchase or make seed mixes that include black oil sunflower seeds and white proso millet. Nectar feeders for hummingbirds shouldn't be filled with store bought nectar as they contain additives. Instead, to make your own using 1/4 cup sugar and 1 cup water that has been heated on the stove.

Having native plants creates a bird friendly garden. They provide natural food, shelter, and necessary habitats and usually need little water once established. Some suggestions are California Coffeeberry, Coyote Brush, Ceanothus, Toyon, Lupine, California Buckwheat, Snowberry, California Poppy, Western Redbud and Hummingbird Sage.

Finally, stay connected with Richardson Bay Audubon by signing up for their newsletter, visiting the grounds and joining community events where they host guided bird walks.

Happy Birding!

This 'n That

Kathleen Moran

❖ Sylvia Alva, jack of all trades, master of many, donated a total of **\$2,054.00** accrued from her seamstress services to residents over the past few months. A great big THANK YOU, SYLVIA!!

❖ Why We Need an Applewatch

Once we reach age 70, fear of falling becomes more of a concern. If you own an iPhone, the reassurance is easy. Purchasing an **Applewatch** and wearing it 24/7 is the only device that can detect **unconsciousness**, once you have had a serious fall. If you don't respond to a voice that asks if you are OK, within one minute, your location will be immediately pinpointed by GPS. Paramedics will arrive within 10 to 15 minutes and assess the scene. If necessary, you will be transported to an ER that accepts your health insurance. Your **emergency contacts** will also be alerted.

Community Utility Use June – July 2025				
Utility	2025	2024	% Change This Yr.	% Cost This Year
Electricity	119,581	110,513	+7.6%	-6.6%
Gas	2,788	2,304	+17.4%	+21.05%
Water	1,100	1,141	-3.7%	-23.4%
Total monthly cost				\$44,394
Expense over last year:				-\$3,915

Saltmarsh Gumplant

Eva Buxton

If you disregard the tidal saltmarsh that borders The Redwoods as a crucial ecosystem that offers flood protection, improves water quality, and provides habitat for a variety of marine species, it is easy to consider it a drab, visually uninteresting expanse. But looking closer this time of the year, large plants with yellow “flowers” are visible from our path. “Flowers” is in quotation marks because what we are seeing are “flowerheads,” a flower structure in the Sunflower family (Asteraceae) composed of hundreds of individual flowers—ray-flowers (petal like) and disc-flowers (mass in the center). You may be familiar with horticultural plants with this flower structure, such as sunflower, daisy, aster, cosmos, zinnia, rudbeckia and maybe even some wild plants, including tarplant, goldfields, and purple Pacific aster, the latter growing in profusion along the path toward Scott’s garden.



The saltmarsh gumplant (*Grindelia stricta*) is a subshrub, meaning it is a perennial plant that is woody only at the base; the rest of the plant is herbaceous with flexible, green stems that usually die back in the winter. The yellow flower heads are covered by a white resin in the bud stage, hence its common name, but although there is no scientific explanation for this phenomenon, it is easy to imagine that the gummy stuff protects the flowers from insect or other damage at this stage. Saltmarsh gumplant has a variety of adaptations to allow it to grow in a saltwater habitat, but it is very noticeable that it grows in elevated areas, especially along channels, to at least avoid flooding on a daily basis.

There are some scraggly gumplants growing near the wall of the path and just outside the garden fence. However, there are no healthy, fuller plants like those along the channel some distance away!

Transitions September 2025

New Move-Ins:

<u>Name</u>	<u>Apt.</u>	<u>Phone</u>
Juliane Barner	5206	415-250-8978
Chris Huson	3303	415-324-0164
Diana Mousley	3102	415-299-5515
Mary Nichols	6106	616-337-7632
Alvin Oukley	2103	415-308-0212
Jo Powell	5108	978-505-8939

Moved Out:

Roger & Phylliss Perso	12215
Katherine Youngmeister & John Kretzmann	13105

Transfers:

Joan Scatena	from 5205 to 4214
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Deaths:

John Belz	12210
Jacqueline Braverman	2206
Christine Bizarr	12207
Katheleen Cummings	2109
Judy Daskal	8207
Joan Livingston	8204
Barbara McDonald	12202

Submission deadline for the October BARK
September 15, 2025

The BARK

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