

The BARK

Volume LXX . Issue 12 . December 2025



LET'S TOP IT OFF!!

Employee Holiday Fund

As of November 29, Redwoods residents have donated an impressive **\$61,000**.

The goal is to reach \$70,000 by Dec. 4

Make checks payable to:

Employee Holiday Fund envelopes are available at the front desk.

Editor

Kathleen Moran

Associate Editor

Keven Bellows

Proofreader

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Design

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Distribution

Vacant

January

Submission Deadline

Dec. 22, 2025

From the Editor:

It has now been 3½ years since taking on this monthly task, and while I've truly enjoyed assembling 8 pages of information-packed articles and getting to know so many of you who appreciate having this newsletter to be updated about their particular interests, I am beginning to feel it is time to start looking for another resident who can take over this responsibility by September 2026. If you'd like to hear about what is involved in getting out an issue, contact me at 415-640-7463, kanwis43@gmail.com.

Kathleen Moran

2026

Residents Association Officers

President:	Eleanor Hein (Hd)
V. President	Keven Bellows (Cr)
Secretary	Susan Langdon (Hd)
Treasurer	Sylvia Alva (Hd)

Members at Large

Sheridan Brown (Hd)
Ginna Fleming (Hd)
Luci McIntyre (Cr)
Otto Stephani (Cr)

DECEMBER BIRTHDAYS

Name	Date
Ginny Lee	2
Janet Drew	2
Helene Gibbs	3
Ivan Poultiatine	3
Margot Senter	4
Elinore Leva	6
Jill Hayden	6
Gerald Fitzgerald	7
James Nash	9
Rosellen Courtright	10
Sonia Rubio	12
Sandra Smith	13
Melba Pucci	14
Evelyn Greenwood	15
Elliot Smith	19
Rosalind Patterson	20
Pauline Bunton	22
Ulla Niehoff	22

Kyle's Korner

Dear Residents, Friends, and Family Members,

As a friendly reminder, The Redwoods prints and distributes updated versions of our Resident Roster in January and July each year. Additionally, if any of your contact information has changed and/or if there is an error with your information in the Roster, please share any requested modifications with the front desk or with May Judilla (Executive Assistant to the CEO).

If you have any requests for modification, please share them by no later than 12/15/2025 if you would like them incorporated into the January 2026 edition of the Resident Roster. Please note that any requests received after 12/15/2025 will be incorporated into the July 2026 edition. I would also like to briefly reiterate that residents may decline to have their contact information in the Resident Roster.

In general, we are always open to any feedback that you may have regarding the content and format of the Resident Roster. Please be aware that we may, for whatever reason, not be able to accommodate certain requests.

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

Warmest Regards,

Kyle Ruth-Islas

Chief Executive Officer

In the Garden

Fall is the time for planting, and we've added some very special crops to the garden this season:

- We planted garlic which typically needs to be in the soil by Halloween for a June harvest here in Marin.
- We filled 2 beds with potato starts because we all love spuds, and most importantly in the winter garden, pests generally stay away from potato plants.
- If you visited the garden last spring, you'll recall the incredible fragrance of the sweet pea flowers! They need to be in the soil by fall to allow their roots to develop all winter. So we've got them stationed at the base of both trellis arches, ready to vine away in March.
- The Thursday produce stand will showcase leeks and carrots soon. In the meantime, please stop by and help yourself to fresh spinach, celery, cilantro and parsley.



Liz Dietrich
Garden Coordinator

Life Enrichment & Transportation

Denise Acain, Dir. of Life Enrichment & Transportation

Outings & Excursions – (Sign up Required)

- Restaurant: Half Day Café – Kentfield, Friday, Dec 5th, 11:00AM, Front Entrance
 - Off Site Performance: Lark Opera – The Magic Flute, Saturday Dec 6th, 9:10AM, Front Entrance
 - Off Site Performance: Lark Opera – Andre Chenier, Saturday Dec 13th, 9:10AM, Front Entrance
 - Excursion: TBD
 - Special Scenic Drive: Neighborhood Christmas Lights – TBD
-

Clinics & Discussions

- Transportation Forum: Tuesday, Dec 2nd, 3:00PM, Studio
 - Parkinson's Support Group: Thursday, Dec 4th, 11:00AM, 2/4L
 - Roundtable: Scams Presentation with F.A.S.T: Thursday, Dec 4th, 2:00PM, Auditorium
 - Parkinson's Care Partner Support: Thursday, Dec 4th, 11:00AM, 2/3L
 - Mindfit with Key: Fridays, Dec 5th, 12th, and 19th, 11:00AM, 2/3L
 - Cross Cultural Healing Group: Tuesday, Dec 9th, 10:00AM, Auditorium
 - Hearing Aid Clinic: Wednesday, Dec 10th, 11:00 AM, Clinic Room
 - New Resident Support Group: Thursday, Dec 11th, 4:00PM, 2/4L
 - Resident Association Meeting: Thursday, Dec 18th, 2:00PM, Auditorium
-

Performances

- Holiday Concert: B&R: Marin Kitka – Tuesday, Dec 2nd, 7:15PM, Auditorium
 - Performing Arts: Ian Scarfe Duo – Thursday, Dec 4th, 7:15PM, Auditorium
 - Holiday Concert: Marin Harmony Chorus – Monday, Dec 8th, 7:15PM, Auditorium
 - Holiday Concert: Marin Dance Theater – Sophie & Enchanted Toyshop, Tuesday, Dec 9th, 7:15PM, Auditorium
 - Performing Arts: Marin Men's Chorus – Thursday, Dec 11th, 7:15PM, Auditorium
 - Holiday Concert: Marin Barbershop Chorus – Monday, Dec 15th, 7:15PM, Auditorium
 - Performing Arts: Rock The Ages – Thursday, Dec 18th, 7:15PM, Auditorium
-

Special/ Social Events

- Reading Books & Buddies: Monday, Dec 8th, 1:00PM, Lobby & Library
 - Reading Books & Buddies: Tuesday, Dec 9th, 2:00PM, Auditorium
 - Garden Special: Herb Mixology: Thursday, Dec 11th, 11:00AM, Studio
 - Holiday Party Social Hour: Friday, Dec 12th, 3:00PM, Auditorium
 - Everyone Sing Along: Saturday, Dec 13th, 10:00AM, Auditorium
 - Hannukah Celebration: Wednesday, Dec 17th, 7:00PM, 13/15L
 - Christmas Eve Services: Wednesday, Dec 24th, 3:00PM, Auditorium
 - Christmas Services by: Church of Savior, MV, Thursday, Dec 25th, 10:00AM, Auditorium
 - New Years Eve Party!: Thursday, Dec 31st, 7:00PM, Auditorium
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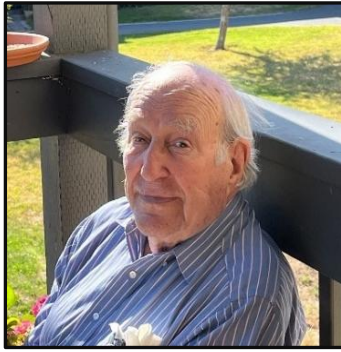
Do you have a new program idea? Please contact Denise at dacain@theredwoods.org or 415.383.1600 ext. 259.

For general programs/room reservation questions, contact Girija at gbalasubramani@theredwoods.org or 415.383.1600 ext. 275.

John Dakin – The Redwoods Music Man

Keven Bellows

John Dakin wants to give back!



Born and raised in San Francisco, schooled at Lowell and Berkeley, he has lived in Geenebrae for many years. A veteran of the Korean War, he developed a fondness for the country and its people, returning often. Following his military service he went to Wall Street and began a long career in finance in New York and San Francisco.

When John was a teenager, however, his life took a sharp turn. His parents thought he should spread his wings and sent him to boarding school in Asheville, North Carolina—far away from the Golden Gate!

John's Redwood friends and neighbors have reason to be grateful for his early life in Virginia, where he fell in love with "mountain music," one of the distinctive and indigenous sounds of America—a passion of his that he has enjoyed ever since. And he is committed to sharing that love, LIVE, with us, in all its many expressions.

He held his first Redwood party last summer featuring Zydeco music, another indigenous form of music that comes from rural Louisiana. John brought in a lively five-piece band he discovered and commissioned to play. He invited all of us to enjoy wine and food and dancing—some on their feet, others in their wheelchairs!! The joyous band AND irresistible rhythms made it impossible to stand or sit still.

If you missed this amazing introduction to Zydeco, DON'T miss John's next musical extravaganza that will showcase Blue Grass musicians and amazing Cloggers, repeating intricate dances that go back centuries in Appalachia. Watch!

HALF-PRICE SALE All Succulents



Come to the Potting Corner

Friday & Saturday—December 5 & 6
11:00AM—2:00PM

**All proceeds go to the Redwoods
Residents Association**

For more information, contact
Audrey Hazen at 415-342-6036
Blanche Sprague at 415-444-6444



HAPPY HANUKKAH

WED, DEC 17

7 PM IN THE 13/15 LOUNGE

CELEBRATE HANNUKAH AS WE:

- LIGHT THE MENORAH
- SING ALONG WITH TOBY ON GUITAR & ELLIOT ON CLARINET
- INDULGE IN WINE, JUICE, & SOUVGANIOT (JELLY FILLED DONUTS) MADE BY DIRECTOR OF DINING, AVIAD
- STORY TELLING & HANNUKAH TALE

At the Library

Joyce Crews

Barbara McDonald, a former Redwoods librarian, moved here in 2017 and died on August 23, 2025. She had a career in education, having been a middle school teacher for many years. She also held several administrative positions at Lone Mountain College and at Dominican University until her retirement..



Barbara wrote beautiful poetry and published a novel, entitled *Slipsliding by the Bay*, which we have copies of both in our fiction section and in our small collection of books by Redwoods authors outside the auditorium.

When I last spoke to her, about 10 days before she passed, she told me she had just finished a memoir of her life and family. And, to my surprise, a copy of the memoir in book form arrived in the mail this October and has been added to the library. It is in our biography section, rather than The Redwoods authors collection, because I felt more residents would come across it there. It is entitled *Barb's Book*.

I had met her daughter, Deirdre Greene, and was able to send a thank you note to a member of her family.

December in the Art Studio

Helene Gibbs



It's a busy time in the Art Studio. Some workshops will stay the same, others will change. Thursday's schedule is changing. Our talented Paula Hammons leaves for her yearly sojourn of three months in Oaxaca, Mexico. To fill that spot we will have a Potpourri of Art. Listed below are those who will share their talents with you for one hour of art:

- December 4, Carol Hicks will teach *Making Christmas Ornaments and Cards*.
- December 11, Terry Morowitz will teach *Creating Art with Nature*
- December 18, Linda Spence will teach *Poetry and Art*

So far, sessions planned for the first week in December include:

- Monday, Dec. 1 at 1:30PM — *Printing with Gel Plates* led by Joan Bertolone and Helene Gibbs
- Tuesday, Dec. 2 at 11:00AM — *Collage* with Sylvia Alva
- Thursday, Dec. 4 at 11:00AM — *Creating Christmas Ornaments and Cards* by Carol Hicks
- Friday, Dec. 5 at 11:00AM — *Botanical Drawing* with Anne Ure

Memory Circle Support Group

Do you have memory and perception challenges? Join a new weekly circle to share challenges, useful tools and provide mutual support. Together we will work to build connections with one another in a circle of peer support.

Every Tuesday we will meet from 11:00AM to Noon in the 2/4 Lounge.

Questions? Please contact Wendy Oser at 510-559-8910 / woser@sonic.net

Corridor Reps Meeting

The first 2026 meeting of the corridor reps. will be held on **Thursday, January 8 at 3:00PM** in the auditorium. The meeting will focus on re-examining the purpose and responsibilities of corridor reps. Residents interested in learning about becoming a corridor rep are most welcome. For further information and/or questions contact Barbara Bruhn at: 415-860-5909 or at bbruhn43@yahoo.com.

December Movies

Eleanor Hein

**Sat 7:15pm & Sunday
3:00pm Auditorium**

CODA (12/6 & 7) When the family's fishing business is threatened, Ruby finds herself torn between the career she wants and her fear of abandoning her deaf parents.

Mrs. Henderson Presents

(12/13 & 14) Laura Henderson buys an old London theater and opens it with performances of all nude revues. Judi Dench stars.

Mr. Stink (12/20 & 21) An unhappy English schoolgirl meets and helps a hobo with a past. Hugh Bonneville stars.

Paddington (12/27 & 28)

A young Peruvian bear travels to London in search of a home. Finding himself lost & alone at Paddington Station, he meets the kindly Brown family who offer him a temporary haven.

Films are subject to change.

Silver Foxes Film Society is on break in December.

Friday Classic Films

Fri, 7:15pm Auditorium

Tea with Mussolini

(12/5 & 6)

An orphan Italian boy is raised by a circle of British and American women living in Mussolini's Italy before and after WW2. Maggie Smith, Judi Dench and Cher star in this comedy drama.

Kismet (12/12 & 13)

A roguish poet is given the run of his ruler's harem. Howard Keel stars in this musical.

Buttons: A Christmas Tale. (12/19 & 20)

A heartwarming story of 2 orphan girls whose only wish is to have a home for Christmas. Dick van Dyke and Angela Lansbury star in this drama.

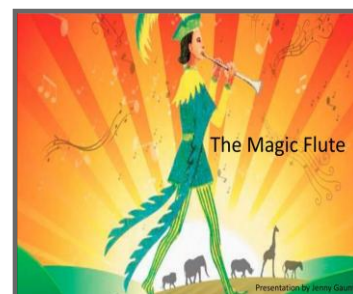
First Wives Club (12/26

& 27) Reunited by the death of a college friend, three divorced women seek revenge on the husbands who left them for younger women. Diane Keaton, Bette Midler and Goldie Hawn star with Maggie Smith in a supporting role.

Lark Opera Fans

Eleanor Hein

On Saturday morning, Dec. 6, the Metropolitan Opera will be presenting Mozart's last opera *The Magic Flute*, at the Lark Theater in Larkspur. It is the story of a prince and his quest to rescue an abducted princess from a sorcerer who tries to separate them. Watch for the sign-up sheet and join.



Haikus to Enjoy During an Opera Intermission

Is this tiny pond
The great big lake in which
I swam as a boy?

- Richard Wright (1908-1960)

The old dog listens
intently, as if to the
work songs of the worms

Kobayashi Issa (1763-1828)

Tearfully, the child
begs me to pick the full moon
from the evening sky

- K. Issa

Mill Valley Seniors for Peace

Ginna Flemming

Supporting Tam High's Black Students

Based on our years of supportive collaboration with Marin City residents and the students and staff of Tam High, we are aware that the long history of racial discrimination has left many students from Marin City unprepared academically for their transition to Tam High School, and unprepared for the racist incidents they confront when they arrive at Tam High School.

We were encouraged last year that Tam High launched the Black Student Success Team (BSST), a program, led by two outstanding professionals from Marin City, that was measurably increasing the attendance rates and grades of these marginalized students. We were equally dismayed when a newly elected majority of the school board terminated the contracts of the BSST leaders last spring in a move that prompted an outraged reaction from hundreds of community members.

In September, the new District Superintendent attempted to save the program and hired a new, young director, Kyle Jackson, to staff the homeroom they called the Hub. This is a space of safety and belonging where he can organize the tutoring, mentoring and family supports that the

Black students need to navigate their new environment.

Kyle has recently put out a call for volunteers to supplement the support he needs, including snacks in the Hub. He is working to create a warm and comforting atmosphere of hospitality and belonging, as well as providing a real contribution to the nutrition of kids who might not have had breakfast, or an adequate lunchbox.

And The Redwoods Seniors for Peace has responded! Every Monday morning when school is in session, we place carts in the Library from 9:30 to 11:00am to receive your donations. So far, after the first two Monday mornings, more than 18 residents have brought homemade cookies and muffins, as well as healthy fruit and store-bought popcorn and cookies, filling eight grocery bags each time. The students and staff are thrilled and grateful, and we thank you all!

For the rest of the school year you can look at the daily schedule and check the list of suggested snacks posted on the SFP bulletin board outside the dining room. You can also sign up to be one of those who sits with the collection carts on Monday morning or joins us in pushing them across the street to meet the students. We welcome your occasional contributions and volunteering your time!

Bravo to 3 Cheers

Louise Carter

That church just across the tidal stream, better known as the Mt. Tamalpais United Methodist Church, never sleeps!! When Louise and George Carter approached them with a proposal to use some of the church's outer building space to improve the lives of the elderly with early-to-moderate dementia by providing a day program they call "3 Cheers," they liked what they heard and said YES.

When up and running sometime in 2026, it will provide a stimulating and safe environment for two days per week, four hours a day and allow a much-needed break in the day for their caregivers. To learn more about **3 Cheers** please contact Louise Carter at louisemc1937@comcast.net.

This 'N That

➤ Landscape Meeting – You're Invited

A Landscape meeting will be held on Monday, December 15 at 10:00am in the Studio. All residents are welcome and encouraged to attend. Landscaping concerns and current projects will be discussed.

➤ The Redwoods turns 53 years old on December 3.

In an early edition of the BARK it was noted that the very first Redwoods resident moved into an assisted living apartment on Dec. 3, 1972. Hmmm—maybe we should all gather in the lobby and sing "Happy Birthday" to this, our beloved home.

Holiday
Memories

Joan Bergsund’s “Random Thoughts on Holiday Decorations” was to have appeared here. Instead, her piece inspired us to broaden our invitation to all residents to meet the challenge with their 20-word submissions. Thank you all for responding on short notice.



“My sisters and I took handfuls of tinsel and flung the strips. It looked messy, but we thought it was fine.”
Joan Bergsund

“My dad was The Tinsel King, who meticulously hung single, narrow, shiny strips. And the “Original Recycler,” my mom, unhung them after Christmas — saved for the following year!”
Sheridan Brown

“No tinsel in wartime England. But we had REAL candles on the Christmas tree and other much-loved traditional baubles.”
Rosalind Patterson

Tinsel
carefully hanging
straight and shimmering as ice crystals
flowing over tips of Tannenbaum
branches
evoking Reverence
and Majesty
Terry Morawitz

Transitions
December 2025

New Move-Ins:

Elliot Bein
Apt. 2207
415-246-9268

Suellen Bilow
Apt. 8204

Elizabeth Dorchen
Apt. 5205
301-471-5142

Catherine Gubman
Apt. 7103

David Marcon
Apt. 11306
415-999-2988

Anne Zishka
Apt. 2205
415-472-2811

Transfers:

Sarah Turner
From 15209 to 11105

There were no deaths, and no one moved out during this reporting period.

Community Utility Use				
September-October 2025				
Utility	2025 Usage	2024 Usage	% Change This Year	% Cost This Year
Electricity	114,435	108,828	+4.9%	-7.8%
Gas	2606	2631	+15.2%	+5.1%
Water	1,000	1,141	-4.8%	+5.7%
Total monthly cost				\$38,193
Expense over last year				-\$50