

CARQUINEZ VILLAGE

CONNECTING, SUPPORTING, *and* INSPIRING OLDER ADULTS

President's Letter

by Helen Hughes

I do hope everyone is enjoying the beginning of the summer, now that school is out.

I have had a very busy month selling my property in Benicia and buying a smaller home in Rio Vista. Honestly, it's only 45 minutes away from Benicia, so I will be around for the completion of my presidential duties, don't you worry.

As most of you may have heard, after having a lot of interest in the position of Executive Director, the Board has approved Jennifer Hanely for the job. She's younger than we are, lives in Benicia, and has a lot of experience and energy in fundraising, grant writing, and networking in our community. Please make her feel at home when you meet her at an event and let her know what you feel about Carquinez Village.

I have recently returned from a vacation with an old friend. You know, as we age, it becomes more and more difficult to do something new and exciting in our lives. However, just getting away for a short while really revives you and gives you a different kind of energy. We can make all the excuses we like: I am in pain. It's too expensive. My back hurts. What about my meds? Who will look after the dog? Who will water the plants? etc.

Yet once you're away and doing different things—like riding the red trolley buses around Portland and Boston, taking boat trips around the local islands, and taking walks in the local parks, all the while catching up with a friend you haven't seen for a while—the change is very uplifting and rewarding.



We didn't eat out all the time. We brought ham and rolls and the odd bottle of wine. You get senior discounts everywhere.

Get together with your old friends. I highly recommend it.

Don't forget to sign up for the next BRAIN ENRICHMENT class in Vallejo at the end of July.

I was saddened to hear about the passing of Karen Burns, who was born and bred in Benicia, and I remember all the tales she told us about the history of our wonderful town.

Have a lovely 4th of July, everyone. Look for us in the parade!

Cheers,
Helen



New Executive Director: Jennifer Hanley

Helen and the Board of Carquinez Village would like to welcome our new Executive Director Jennifer (Jenn) Hanley. Jenn is a Benicia native and comes to us with extensive experience in program management and executive administration skills.

We all look forward to working with and getting to know Jennifer. I am sure you will meet her at upcoming village events. Please introduce yourself and welcome her to our circle.

Speaker Series: The Filipino Community

by Cynthia Helmuth

Please join us at the Benicia Public Library for our monthly Speakers Series, 10:30 am, on July 20. Our speaker for July will be Annie Frias-Ramos, a leader in Vallejo of the Filipino Community of Solano County. She was a nurse for 42 years and, since she retired, has been active in many roles there.

She will talk to us about Filipino culture and especially the “village” aspects of their community: their extended helping of each other here in America and in the Philippines in the barrios. Their community works with Vallejo City Council, and she will tell us about that, including their relationships with council members. The current project they are working on is finding housing for seniors. As an added treat, she will give us a recipe for a very favorite Filipino dish, Pancit. Come and bring a notepad!

Coffee and doughnuts will be served!

Volunteer Orientation and Appreciation

by Kathy Monroe

The next Volunteer Orientation event will be July 19. If interested, please call the info line and someone will call you back. Or use the volunteer application on the web site.

The Direct Service Volunteer Appreciation Picnic will be on July 25. Our volunteers who pick up individual service requests will be receiving an email with all the details. Be on the lookout for it (check your spam folder if you do not see it, or call).

Brain Enrichment Classes

by Linda Chandler

Carquinez Village, as a community service, is offering a stimulating course: "Brain Enrichment." Classes require advance registration and will run consecutive Mondays, July 31 to August 28, from 10:30-12:30. Classes will be held at the Community Presbyterian Church, Cedar Room, at 2800 Georgia Street, Vallejo. Attendance is limited to 20, so be sure to sign up now at www.carquinezvillage.com. Classes are free, but the required workbook is \$15 for Carquinez Village members, \$25 for non-members, and will be handed out at the first class. Past attendees commented that it was "a ton of fun," and they realized that losing car keys and not recalling names is common for all of us. Skills to help us organize, be more attentive, and improve some of our recall and memory gaps are practiced in an environment of support and social interaction. Expect to learn, laugh, and maybe make some new friends! See you there.

House Concert

by Cynthia Hellmuth

Please join us for a fun night of music in the home of Linda Barron, overlooking the beautiful Carquinez Strait, on July 29, 6:30-8:30 pm. Dorais Delight and the Key Man will present their renditions of the Great American Songbook.

Vocalist Laura Dorais is a member of the Village, with over 20 years of performing at a variety of local venues, including the Empress Theater in Vallejo. Pianist Rodney Burge has entertained with many different Bay Area bands, trios, quartets, and as a soloist over his 45-year career in music.

Our home concert will be able to accommodate 40 attendees. There is a fee of \$25 for members, and, after July 15, we will open registration to the public for a fee of \$30.



Classifieds

From Niles Medders:

I was helping my sister clean out a storage locker and ended up with a virtually new 3-wheel bike that no one can use. Is there a Village member who might need it? The only drawback is only one gear, so it is not easy going uphill. Niles prefers a text to 707-205-9137. It's also fine to call this number or email to nilesmedders@ndconsulting.net.

The Second Scar

A Journey of Survival by Nechama Goldberg (Nom de plume for Nikki Basch Davis)

reviewed by Carolyn Fallon

Our little village of Benicia had been quite excited—Nikki Basch Davis, one of our leading, most esteemed artists, has taken on another artistic adventure: writing and illustrating a book. Nikki came to Benicia via Latvia, Germany, and Israel. She served in the army in Israel, and attended art school in London.

The book has at last arrived—what a read, and what an elegant presentation! The book, with a wonderful forward by Mary Eichbauer, was designed by Jan Malin. This memoir recounts a long, circuitous journey of mother and young child—almost a pilgrimage—from a small Latvian village through the Baltic states, at times avoiding the Soviets, at other times the Nazis, fleeing for their lives, with their final arrival in Israel post-World War II. It has been written in the third person, as the early part of the memoir is a family story, recounting how Nikki, as a very young child, escapes with her mother. Nikki's family first started

thinking of migrating to Palestine when they listened to an Austrian, Theodore Herzl, who had been urging the world's Jews to seek a homeland. Nikki's mother was left in Latvia to care for her parents while other family members move to Palestine. Then came the Nazis.

Interestingly, the book not only recounts the horrendous journey of a mother and young child, it also describes philosophical and psychological discussions of life and relationships experienced in this harrowing adventure. With charming drawings, accomplished writing, and such a stirring tale, this book is really hard to put down. All it needs is a fiddler on the roof to accompany the extraordinary read that it is.



**[Click to buy it at
Bookshop Benicia](#)**

Another Way to Renew Your Auto Registration: EZ REG 4U

by Linda Chandler

When it comes time to renew your registration on your car and you didn't mail it in on time, or maybe you don't feel comfortable conducting business online, or you are not a AAA member—your options are narrowed. Then you, like me, probably dread a long wait at the local DMV. Perhaps you have just gifted your car to your child or sold it and need to transfer title. Again, you are faced with that same dreaded line. Well, there is a new solution for you, and it is quick, convenient, and without lines. It's right here in Benicia! I had everything handled in minutes and was so pleased.

Check out EZ REG 4 U. As a contractor for DMV vehicle services, this Benicia-owned small business is nestled right upstairs from the Burmese restaurant on First Street, at 333 First Street, Suite 5. If those stairs are an issue for you, make a quick call, and Druscilla will accommodate you by meeting you downstairs. It is quick, personable, efficient, and convenient. Also, the customer service is great! Her business does not offer services related to the actual driver's license, but all things concerning the vehicle are available there. She also offers notary service. Happy customer: Linda Chandler

Contact Druscilla by calling 707-637-0007 or online at ezreg4u@gmail.com.

Village Movement California Conference

by Barbara Engdahl

Four members of the Carquinez Village attended a conference on June 3rd given by Village Movement California. They came away with many ideas about how to grow membership, value members, engage them, and attract new ones. There were members from 45 villages across the state and seven potential villages, representing 5000 village members in CA. They learned from the program and from talking to participants from other villages and state staff from organizations such as AARP, HICAP, Area Agencies on Aging, Helpful Village, and more.

The chief message of the conference was this: By 2030, California will be home to 10.8 million older adults, accounting for one-fourth of the state's population. A large portion of these folks will not qualify for publicly funded programs and cannot readily afford the cost of long-term services and support. Social isolation and loneliness are public health epidemics that disproportionately impact older adults. Villages are a way to improve the quality of life, health, and wellness, and empower older adults to sustain independence and remain in charge of their lives as they age.

The most popular services Villages provide are social and educational engagements, transportation, home maintenance, technology support, and friendly calls and visits.

Volunteer Spotlight: Barbara Fredericks

by Greg Plant



Barbara Fredericks, the “wizard” behind putting together our Carquinez Village newsletter graphically and maintaining the website, is a nearly native Californian, having lived in the Bay Area since she was two years old. “Whenever I spent stints in other places,” she explains, “I have always returned to the Bay Area.” Barbara moved from San Francisco to Benicia shortly after her first son was born in 2001. The isolation of moving to a new town with an infant was the impetus for her to join the local Mom’s Club. “The Mom’s Club was a lifeline for the next 22 years,” Barbara says. “It is the primary reason I became involved in Carquinez Village.” “We all need to belong to something greater than ourselves,” she adds. “It is vital that we collaborate and support each other in creating the kind of community we want and need. My life was made infinitely better by the friendships I made at the Mom’s Club. I hope to continue that at Carquinez Village.”

Jady Montgomery introduced Barbara to CV several years ago when CV was looking for someone to help build out the website. She stuck around and noted, “CV seemed the next logical step for me now that family life is less demanding. I want to help build a community for myself and my peers as we age.”

She currently works for a global healthcare company focused on innovating novel technologies to help as many people as possible. “I wake up every morning, knowing that in some small way, I am helping to improve lives. What could be better than that?” she asks.

Her sons, Blaise and Simon, are in or graduating from college. This gives Mom time, when she tears herself away from her computer work, to be outdoors: hiking, swimming, and working in her garden.

Her charitable work other than CV includes the Sierra Club, leading yoga hikes for the Solano Land Trust, and being a member of the local Cultivate Community Food Coop and a donor and volunteer for the Food Bank of Contra Costa and Solano.

“If you see a need, fill it!” she advises. “We all have a responsibility to our communities and any amount of help is worth doing,” Barbara concludes.

Lois Requist is the editor of this monthly newsletter. Let her know if you have comments or questions—lois@requist.com.

July Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25 Sunday at the San Francisco Symphony - 2:00 PM	26 Monday Chat - ZOOM - 1:30 PM Afternoon Movie Club Discussion - 4:00 PM	27 Tuesday Cafe - 10:00 AM	28 Boy-o Boy! Bocce Ball! - 10:30 AM Mens Group - 11:30 AM	29 Benicia Summer Walking Group - 9:30 AM Meditation Group - 3:00 PM	30 Friday Walking Group - 11:00 AM	1
2	3 Monthly Grief Group - 10:00 AM Monday Chat - ZOOM - 1:30 PM Afternoon Movie Club Discussion - 4:00 PM	4 Canceled - Tuesday Cafe - 10:00 AM Canceled - Trader Joes Shopping Trip - 12:00 PM	5 Boy-o Boy! Bocce Ball! - 10:30 AM Carquinez Village Board Meeting - 1:00 PM	6 Benicia Summer Walking Group - 9:30 AM Village Writers Group - 1:00 PM Meditation Group - 3:00 PM	7 Friday Walking Group - 11:00 AM	8
9 Monday Chat - ZOOM - 1:30 PM Afternoon Movie Club Discussion - 4:00 PM	10 Tuesday Cafe - 10:00 AM	11 Boy-o Boy! Bocce Ball! - 10:30 AM Monthly Picnic: Highlands Park on Regents Park Drive, Vallejo - 12:00 PM	12 Benicia Summer Walking Group - 9:30 AM Meditation Group - 3:00 PM	13 Friday Walking Group - 11:00 AM	14	15
16 Excursion: Baseball Comes to Vallejo - 6:30 PM	17 Monday Chat - ZOOM - 1:30 PM Afternoon Movie Club Discussion - 4:00 PM	18 Tuesday Cafe - 10:00 AM	19 Boy-o Boy! Bocce Ball! - 10:30 AM Vallejo Member Group - 12:00 PM	20 Benicia Summer Walking Group - 9:30 AM Speaker Series: A Village the Filipino Way - 10:30 AM Village Writers Group - 1:00 PM Meditation Group - 3:00 PM	21 Friday Walking Group - 11:00 AM	22 Monthly Potluck with Hosts Greg and Pat Plant - 5:00 PM
23 Monday Chat - ZOOM - 1:30 PM Afternoon Movie Club Discussion - 4:00 PM	24 Tuesday Cafe - 10:00 AM	25 Boy-o Boy! Bocce Ball! - 10:30 AM Mens Group - 11:30 AM	26 Benicia Summer Walking Group - 9:30 AM Meditation Group - 3:00 PM	27 Friday Walking Group - 11:00 AM	28 House Concert: Dorais Delight and the Key Man - 6:30 PM	29
30 BRAIN ENRICHMENT - 10:30 AM Monday Chat - ZOOM - 1:30 PM Afternoon Movie Club Discussion - 4:00 PM	31 Trader Joes Shopping Trip - 12:00 PM	1	2	3	4	5

For information or to register for an event by phone – (707) 297-2472
 Village Support Services, rides, chores, etc. - (707) 741-1656

[Click here to register on the Events Page](#)