



President's Letter

Hi everyone!

I can't believe that my term as president is coming to an end. It has been an honor to be the president of Carquinez Village, and even though I have moved out of town, I shall continue to be on the Board for a year and attend functions to support Carquinez Village.

I am excited that Jane Keene will be our new president (another Brit!!!), and I know most of you know her now in her role as the volunteer chairman. I am sure we will have many exciting ventures ahead, so you can all rest assured that with our new executive director and many more members, we all will have even more exciting programs to anticipate.

Talking about activities, I will see you all at the Christmas party on December 15, among all the other activities for December.

Thanks to the Board, and especially to you, the members, for helping me over the years so that we have grown into this amazing organization for seniors. Cheers for now!

Helen Hughes
President

Carquinez Village Board 2024

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Operations Director: Jeannie Ekdahl
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Program Director: Cynthia Hellmuth
Volunteer Director: Kathy Monroe
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Executive Director: Jennifer Hanley

Carquinez Village Giving Fund on Facebook

By Jennifer Hanley

For those who are active on social media, Carquinez Village now has a giving fund on Facebook. If you are on Facebook, you can start a personal campaign fund for Carquinez Village. You may have already received a notification asking if you would like to start a fundraising campaign. You can click the notification and search for “Carquinez Village Project.” Select our name and it should walk you through the steps in setting your goal.



For example, Gerry Forcier already completed this on his personal page. You can also opt to share our organization posts as I post them next week. Make sure you “like” and “follow” our page to see the updates.

<https://www.facebook.com/CarquinezVillage>

Thanks for your continued support! This is a new method of fundraising, so it will be a valuable learning experience. I appreciate your help!

Hank Padgham loves tractors!

By Greg Plant



Hank with his many tractors

From his childhood days on an Oregon farm, to riding his big orange tractor in Benicia parades, tractors are Hank’s joy. Well, his daughters and grandson—Susan, Sarah, and Eli—in Martinez count more, of course. But tractors are big in his life!

“I’ve had many tractors,” Hank agrees with glee. “The orange tractor I ride is from 1948.”

Hank grew up in Oregon, went to school at UC Davis, graduated, and served in the military in Germany in 1955 and 1956.

“I returned to school and got an engineering degree from Oregon State,” Hank says. Then he went to work, for Bechtel and CH2M Hill Engineering, until retirement in 2003. The 91-year-old Oregonian served his companies as a project director in wastewater and transportation management. This took him to Egypt, Brazil, Japan, Puerto Rico, and all over the U.S.!

Hank worked on some important projects: BART and Atlanta railways, repairing the US Capitol dome, and helping design the 580 Freeway. Now his projects are tinkering with tractors, driving them in parades, and parking that bright orange tractor on First Street during the Farmers Market.

He also joined Carquinez Village in 2022, goes to many CV Men’s Group events, and buzzes around town in his fancy orange scooter. Oh, and he also enjoys a refreshing Chardonnay (and maybe some Bingo?) at his favorite place—The Chill!

Cookie Exchange

DECEMBER 2 • 2-4:00 pm

Kick off the holiday season by joining us for a cookie exchange in the home of Linda Barron, 978 West K Street, on Saturday, December 2. It's simple and fun!

Bring three dozen of your favorite cookies to trade for a variety of other people's favorites. If you don't bake you can bring cookies from the bakery to share. Bring your own container and we will get to swap cookies and celebrate the wonderful season. Please RSVP by registering online. If you need a ride, please sign up by Friday, 12/1.

Holiday Party

DECEMBER 15 • 5-7:30 pm

Celebrate the holiday season by joining members and volunteers of Carquinez Village for food, fun, and friends! Held in the Veterans Memorial Hall, 1150 First Street, dinner will be catered by Manny's Steak House of Vallejo.

Please register for this free event by 12/8 so we will have an accurate count for our caterer.

PARKING INFO: There is parking in front of the Hall on First Street and a large parking lot behind the Hall with an elevator that will lift you up to the reception hall.

UPCOMING
EVENTS

Annual Ferry Party to San Francisco

DECEMBER 19 • 4:15-7:00 pm

For a fun and easy holiday excursion, please join us as we ride the ferry out of Vallejo to San Francisco to see the city decorated with lights. We will meet at the Vallejo Ferry Building at 4:15pm to ride the 4:45pm ferry. This will be a roundtrip ride and we do not plan to get off.

Dress warmly, bring snacks to share if you'd like, and bring your Senior Clipper Card if you have one. Otherwise, you can purchase a ticket in the Ferry Building or on board. If you need a ride to the ferry building, just let us know at least 24-hours in advance. See you there!



Do You Have Dog Questions?



Early in 2024, we will start a dog column. Questions will be answered by “dog whisperer” Raina Hellmuth, who says that she will need specific information about your dog to answer your questions.

“I really like specifics—age of the dog, breed, triggers—because every situation is a thing unto itself.” Perhaps it will become a Dear Abby-type situation.

If you have a dog question, send it to Greg Plant, email Greg43.plant@gmail.com.

Car Donations

By Susan Neuhaus

Carquinez Village has teamed up with Car Donations Services, Inc., to provide you with the easiest way to donate your vehicle, whether running or not! Car Donations Services has been helping local charities since 1990 and will take care of every aspect of your car donation, allowing you peace of mind that the transaction will be completed efficiently and properly.

CDS uses multiple methods to sell the vehicles, so your vehicle will sell for more, which means more money for us and a larger tax deduction for you!

CDS is a licensed Commercial Fundraiser, as recognized by the California State Attorney General’s Registry of Charitable Trusts.

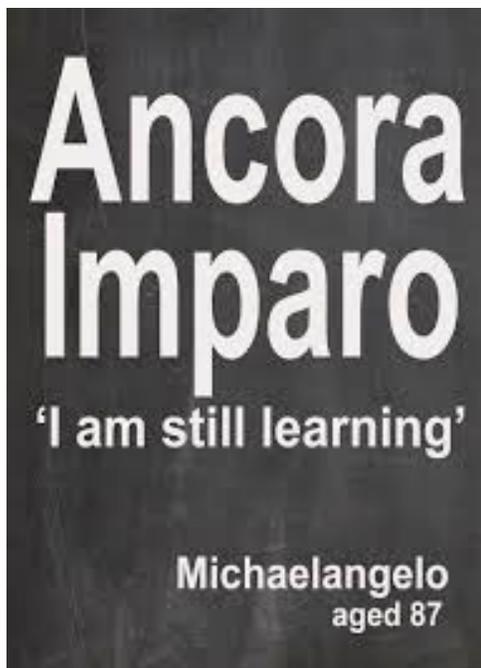
Visit them online at www.cardonationservices.com or call 1-888-6TO-GIVE (1-888-686-4483) or click on the donation heart!



Because of the holiday season, there will **not** be a December speaker series at the library or a potluck.

The Joys and Benefits of Lifelong Learning

By Cynthia Seguin



One of the strengths of Carquinez Village is the array of social, educational, and cultural programs offered throughout the year that inspire members to view life as full of opportunity and possibility. In the past few years, the use of Zoom and YouTube to provide lifelong learning has been an interesting development that can complement Village efforts.

For example, the San Francisco-based Commonwealth Club, which, since 1903, has been “in-person” only, now offers some programs via Zoom—typically costing \$10–\$20 per lecture. Additionally, past programs are free on YouTube. The options are varied and intriguing:

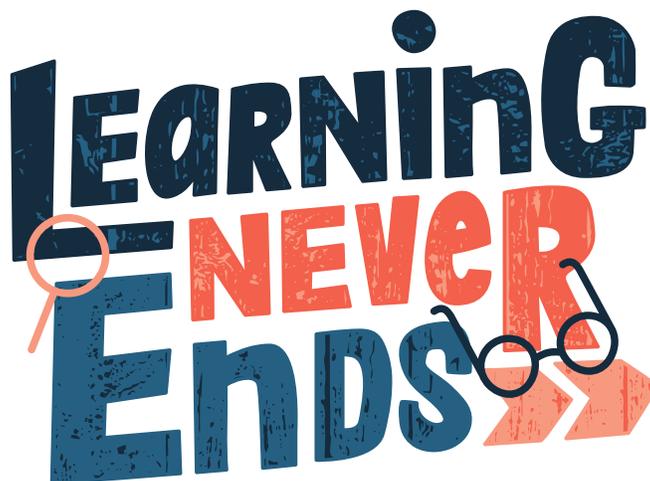
<https://www.commonwealthclub.org/events>

<https://www.commonwealthclub.org/watch-listen>

<https://www.youtube.com/commonwealthclub>

The Village Lifelong Learning Committee welcomes information about other venues providing free or low-cost opportunities for learning. The research is clear. People who take adult education classes have a lower risk of developing dementia because, when we learn new things, we form new connections between brain cells. Besides—learning is so much fun! Online programming such as the Commonwealth Club events can be even more fun if we invite others to our home to watch with us/discuss/share snacks.

Special thanks to Barbara Engdahl, who mentioned the work of the Commonwealth Club to me. The Village Lifelong Learning Committee welcomes members to share their favorite lifelong learning venues, experiences, and ideas with the committee. We will inform members as ideas emerge.





Welcome our Newest Members

Julie Lake

Julie, a retired marriage and family counselor, has lived in Vallejo for 30 years. She is no stranger to non-profits, having started Archway Recovery services in Fairfield. She loves to read and write and is interested in Social Justice issues. You may have already met her at the Vallejo group or at the Over-80's Thanksgiving dinner, where she pitched in and helped serve.

Libby Lai

Libby moved to Benicia last year from Gilroy. Yes, the Garlic Festival Gilroy, where she and her husband were very active. She is a retired elementary school teacher, has served on a city commission, and was a library trustee. She also taught Chinese cooking and is an avid gardener. We hope we can talk her into starting a garden club in the Spring.

Loretta Ose

Loretta has lived in Benicia for 19 years. She is an artist and a member of Arts Benicia. She also loves interior design and event planning, having worked at an assisted living facility and a country club. In the past, she has attended CV fundraisers with friends and finally decided to join.

Returning members—Welcome back!

Jon Van Landschoot

You may know Jon from your visits to the Benicia Capitol State Park where he works. He has lived in Benicia since 1979 and has had an unusual career. He first went to seminary, then went into the military. When he returned, he went to law school and practiced corporate law until he gave that up and taught middle school. In 2016 he became a park ranger.

Rose Sonnen

Rose has lived in Solano County for 20 years. She is a nurse by training and worked in ICU, public health, mental health, and as a school nurse. Ask her to tell you about traveling down the Amazon River as a PHN. She was attracted back to the Village by reading our newsletter accounts of our activities, such as attending the San Francisco Symphony.

Margaret Wolfe

Margaret is back! She had become too busy with her homeowner's association and other life events and dropped out for a while. She missed the Village's social events, and now she is back!

Touro University Needs Us to Volunteer

By Linda Chandler

VOLUNTEERS NEEDED

Touro University has again asked for our assistance. Their students are preparing to enter the medical field as physician assistants and need hands-on experience. They particularly want experience working with older adults. For the past three years, our members have gladly volunteered to be “patients” for the day. We meet at Touro’s Mare Island site, where we are each paired with two of their 45 students, who will take our medical histories and vital signs. This experience helps them know better how to approach an older patient, and allows us to indicate the skills that are helpful for our care: speaking slowly and clearly, explaining medical terminology, and really listening. Last year, 20 of us enjoyed a fun-filled day being interviewed. Our participation is a valuable and welcome part of their training, and we have the satisfaction of contributing!

One of our members exclaimed, “It’s gratifying when you can have a young person give you their full attention and eye contact for 30 minutes and really be interested in what you have to say!”

Mark your calendar for **Wednesday, January 10, from 10 am to approximately 2 pm**. We will meet the students on the Touro Campus, Mare Island. We are looking for approximately 15 volunteers. This opportunity is open to both members and volunteers. Snacks will be provided.

Please contact Linda Chandler at 707-344-3042 no later than noon on Saturday, January 6, if you are able to participate OR to drive others. She will ask you if you need a ride or if you can drive others.



Carquinez Village's Kathy Monroe is new Benicia Poet Laureate

By Lois Requist

Most of you know one of the Village's active board members, Kathy Monroe. She has just been chosen as Benicia Poet Laureate for 2024–2025. Congratulations, Kathy! The following is a poem by Kathy:

What Keeps You Going

In this “me-centered” world
it can be hard to start
your motor if connected
to a shriveling heart.

Tough to keep the pace
if all of your time
is dedicated
to earning a dime.

Those arduous tasks
can be punishing
with little time left
to dance, laugh or sing.

Your energy levels
are waxing and waning
as your to-do lists seem
to always be gaining.

The cure can be found
away from the “me”
in dedicating time
to your community.

Thinking of others
in trouble or pain,
helping someone else
with no thought of gain,

Giving what you can
to neighbors in need,
remembering the lonely
in word or in deed.

Brings benefits back,
good vibes overflowing.
You're sure to discover
WHAT keeps YOU going!



Kathy Monroe