



President's Letter

Hi to all you lovely people!

Spring is in the air at long last and the blossoms on First Street are looking just amazing.

We at Carquinez Village are also amazing with all the planned activities over the next couple of weeks. With a potluck, free tickets to the San Francisco Symphony, and balance classes as well as upcoming coffee mornings for new members and old (look out for a flyer). We have things to do!

I will be hosting at least two coffee mornings so members can come and find out all about us and also bring ideas of what YOU want to do as members in our organization.

Next month, a Celebration of Life service will be held for Judie Donaldson, one of our founders. She will be remembered at Northgate Church on March 25th at 2 pm. Please let Barbara Engdahl know if you need a ride to the event. Barbara's phone is 707-747-5112, email babsdahl@yahoo.com.

I hope you enjoy our newsletter this month. Check out all the new items we have added.

Have a wonderful month and enjoy the Oscars!

Cheers,
Helen

A New Feature: Classified Ads!

By Janice Magner

You can now put a classified ad in this newsletter at no cost. We all know what classified ads are—a place to advertise something you'd like to get rid of and someone else might like to have. Here are a few guidelines:

1. The deadline is the 20th of each month to appear in next month's edition.
2. Please limit your ad to 15 words.
3. Include the name of the item, a brief description, price, contact information.
4. Send ad to Lois Requist: Lois@requist.com.
5. Item will appear one time only, though it could be rewritten and placed again.
6. Questions: call Janice Magner, 707-980-1781.



These transactions are personal, between the seller and buyer. Carquinez Village is not involved in any way.

Village Volunteers Helped Me Move!

by Mary Kienitz



Last summer at an Over 80s party, I sat across the table from Village Volunteer Don Basso. When I said I'd be moving to a smaller apartment in the same complex, he said to call him and the village could send a crew to help me. This was so encouraging! So when the time came, I called Louis and requested volunteers for specific tasks on upcoming Fridays.

Village to the Rescue! Friday, Jan. 6: Village volunteer Harold Weaver came and packed all my CDs and small framed photos hanging on the walls.

Friday, Jan. 13: Volunteers Don Basso, Pat McKittrick and Harold Weaver boxed and taped everything for the movers to haul in their truck. Hard work with lots of wrapping it took about two hours.

Thursday, Jan. 19: When Linda Chandler came, I asked her to reach a few things down from the top kitchen shelves. Instead she dove in and packed all the foods from the cupboards, many into wastebaskets I'd cleaned out. I never expected that help, but it got me ready for the next day.

Friday, Jan 20: Volunteers Harold Weaver and Diane Delaney came and hauled everything from the

cupboards and closets to the new apartment in their cars. Knowing there would be hanging clothes to haul, Harold had cleaned out his car and flattened the middle seat so the hanging clothes could lie flat.

I parked myself in the new apartment and shelved stuff while Harold and Diane went back and forth bringing more loads.

At noon who showed up again, this time with lunch for all, but Linda Chandler! She brought tuna salad with buns and extra tuna salad for lunch for the next 2 days, plus a heap of mandarin oranges from her tree.

I thought I had everything under control, but Linda and Diane tackled my office and sewing stuff together. While I was sacked out in my recliner, they boxed everything in my desk, computer workstation and sewing cabinet, tasks I didn't even realize I should do. This was way beyond what I expected.

Saturday, Jan. 21: Movers came at 8:15 and worked till about 2 p.m. Volunteer Diane Delaney had said to call her if I needed help, so at 2:00 pm I called and she came. She helped me make my bed and then tore

Village Volunteers Helped Me Move!

(continued)

into the huge boxes on the kitchen floor that almost blocked my access to the sink. She didn't leave until my kitchen floor was empty. Such a trooper!

Two weeks later, Friday, Feb. 3, when I had almost everything unpacked, volunteer Harold Weaver came again and unpacked my books and music CDs and we shelved them. He's so efficient that what I thought would take longer only took one hour.

These folks were a Godsend. I don't know how I could have managed this move without these hard working, caring, cheerful and strong Village volunteers!



Book: The 1619 Project

Created by Nikole Hannah Jones



This book grew out of a project presented in a double edition of the New York Times Magazine, August 2019. Master minded by Pulitzer Prize winner, MacArthur Genius Award recipient, New York Times reporter, and Howard University Professor Nikole Hannah Jones, it marks 2019 as the four hundredth year of the landing of the first slave ship in precolonial Virginia. The significance of this event is brilliantly discussed and conjectured about in the eighteen chapters of this remarkable book through the eyes of a variety of Black journalists, poets, historians, fiction writers, economists, and educators.

Slavery, the results of slavery, the social and economic development of the United States and the present

condition of race and all of its permutations are presented through the individual chapters titled "Race, Democracy, Medicine, Music, Punishment, Church, And Health Care", to name a few. Some of the facts and ideas presented may be amazing news to the individual readers—such as the amazing economic growth of colonial America to the present as a result of slavery and the number in the millions of slaves in the US. I imagine for us all that slavery is a terrible indictment of humanity and the continuance of racial discrimination is an additional mea culpa.

1619 is amazingly well written and captivating—each chapter, intellectual, timely and thought provoking. How wonderful to have a book on race written by the people of that race. It is really a book for today with our confusion over what slave and Black history can be presented in our schools, over what to do about racial discrimination, over our huge black prison population and what else—ad infinitum?

Featured Member: Janice Wagner

By Greg Plant

Everybody knows Janice—from Carquinez Village events, board meetings, even her meditation class—but do you know the miraculous story that brings her to us?

It starts in Glendale—yup! Janice is a “Valley Girl,” but as far from the cliché as you can get. She grew up in the LA Basin but moved north to attend San Francisco State, getting a BA there and a master’s in counseling at JFK University in Orinda.

Janice had to put in 3,000 hours of internship before getting her license in 1982. She was renting her current home in Benicia and running a franchised Gymboree—before starting a career as a marriage and family therapist in her home.



“Here’s the miracle,” she explains. “The landlord says he is selling the house, and I’m a single mom. But I still assumed his loan and bought the house in 1986!”

How did Janice survive? “I found three roommates, slept in the living room, and ... managed,” she says with a smile.

Another miracle is a re-blossomed romance with her ex-husband, returning after 17 years. They remarried in 2005.

Janice joined Carquinez Village thanks to good friend, Linda Barron. Janice has given back by running Member Services, organizing the “Over 80s” and other parties, and leading meditation class.

Welcome February’s New Members

By Susan Neuhaus

Dian Post moved back to the Bay Area from Hawaii in 2010. Until recently she commuted to Antioch where she loved her work as a Special Ed teacher. Nowadays, she can be found at her Vallejo home, to the delight of her dogs, Poppy and Lexy. She is looking forward to meeting new friends and participating in our cultural programs, and she might need some help with transportation and home management services.

Bart and Tammy Goldstein, our newest members, have been happily married for 43 years. Tamar grew up in Belgium, and Bart in New York. They are now happily settled in Benicia with their lovely dog, Stella Rose. They are looking forward to all the Village has to offer. Although Bart is still working, he has already joined the men’s group.



**Click the image to find
Carquinez Village on Facebook!**

Volunteers

By Jane Keene

Here at Carquinez Village we value our volunteers, in fact without them we could not function. They are the life force of our community!

According to an article published in the Journal of Happiness Studies, it was found that “people who volunteer are happier than those who do not”. The article says that “Volunteering increases self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity.

- Here are some of the benefits to being a volunteer.
- Provides you with a sense of purpose. ...
- Provides a sense of community. ...
- Helps you meet new friends. ...
- Increases your social skills. ...
- Improves self-esteem. ...
- Teaches you valuable skills. ...
- Brings fun into your life.

Carquinez Village is always looking for volunteers to provide supportive services to its members and to help with the work of the organization. As you know our Village specializes in providing services such as transportation, simple handyman tasks, gardening, and tech help for its members in Benicia and Vallejo.

Opportunities to volunteer also include creating and providing social, educational, and cultural programs—all designed to enrich the lives of our members and volunteers. Our committees need people who have just a few hours a month to devote to membership recruiting, communications, fundraising, virtual office, and other rewarding tasks. Remember that volunteers are welcome to attend most events.

The first step in joining Carquinez Village as a volunteer is to go to our [website](#) and fill out the application. We will contact you regarding the next scheduled training course.

QR Codes and How to Use Them

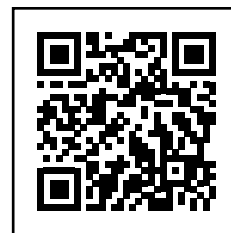
By Diane Delaney

If you’ve seen those funny digital squares everywhere and are wondering what they are, that’s a QR Code. QR stands for Quick Response and like a barcode, they contain information which can be read by a scanner, like your smart phone. They’re actually quite straightforward. Simply open your iPhone’s camera or Android’s QR Reader app—and point the device at the code. It then scans and allows you to see the information contained in the code.

Two common uses for QR Codes are at restaurants, where the code may contain the entire menu, and at the airport, where the code can hold your boarding pass, downloaded or screenshot, eliminating the need for a paper version.

A screenshot is a photo you take of any image on your smart phone’s camera and saved to your photo file. To screenshot an image from an iPhone, press the volume and side or home button at the same time. On an Android phone, press the volume and power buttons at the same time. You will hear a familiar “click” as a photo is taken.

Try it!



Required Minimum Distribution (RMD) Change

By Diane Choquette

In late 2022, Congress passed legislation that raised the age when you must start taking money from your tax-deferred retirement funds from 72 to 73. So, if you turn 72 this year, you don't need to worry about taking an RMD yet. Last year, however, the age was 72, so if you reached that age in 2022, you'll need to take your first RMD by April 1 this year and will need to take another one by the end of 2023. If you do need to take an RMD from an IRA this year, there may be a tax advantage in store for you if you donate a portion of those funds directly to a qualified charitable organization in the form of a Qualified Charitable Distribution (QCD).

When you are 70½ or older, you may give a gift to Carquinez Village directly from an IRA, with no tax implications. Since I must now take Required Minimum Distributions from my IRA, I have chosen to direct some of those funds to my favorite charity—our village—in the form of a QUALIFIED CHARITABLE DISTRIBUTION (QCD). The QCD money does not count as income to me and has helped reduce my income taxes. A transfer of up to \$100,000 may be made in a year tax-free, even if you do not itemize deductions. Contact your IRA plan administrator to make a gift from your IRA.

Another Berkeley Jaunt

By Greg Plant

Pat and I are back in Berkeley, on another day's jaunt to look at the city's fun flatlands.

Before that, of course, is the Cal campus, with its classical architecture of Greek, Roman, and neoclassic buildings including the Campanile tower. Other sites are Strawberry Creek, meandering through the campus's forested groves and rolling lawns, and the famous Sather Gate (think Berkeley protests in the early 1960's!).

Across from the campus is Southside — the infamous Telegraph Avenue. Once famous (in?) for protestors running through the street, now Telegraph offers blocks of street sellers with folding tables filled with everything from jewelry to clothes.

A less frenetic area is Fourth Street, between Heart Ave. and Virginia St. It abounds with interesting shops, from bookstores and clothing stores to a store selling paper — and even an Apple Store and Peet's (its first-ever store is at Vine and Walnut streets in Berkeley).

If you like pizza, try Pollara Pizzeria, across from Sur La Table on Fourth. They are unusual because their crust is bread, not pizza dough. We like the “Diavola” — spicy salami and mozzarella (and basil leaves!).

Then back home via the Caldecott Tunnel (Highway 24) to 680 to 780.

Not tired of Berkeley? You can also drive the Northside of campus, which can include driving by (or walking) the grounds of the Pacific School of Religion, with its prestigious Graduate Theological Seminary (and stunning view).

There is also, for science lovers, the Lawrence Hall of Science, back up Grizzly Peak Drive and right to Centennial Drive. Or for an authentic delicatessen, go to Saul's on Shattuck Avenue (just around the corner from original Peet's).

OK, Stanford lovers — how about a short trip to Stanford and Palo Alto?!

Next time from us: let's all visit Peanuts and the gang!!

Car Donations

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!

Men's Group

The CV Men's Group visits Vallejo's California State University Maritime Academy (Cal Maritime) on March 22, meeting at 9th Street parking lot at 10 am. Armand Seguin is the host.

We will tour the campus of the only degree-granting maritime academy on the West Coast. We will view the 500-foot Training Ship Golden Bear: where concepts in marine transportation, engineering, and technology are practiced and applied. Students take international training cruises on the ship. After our tour we will enjoy lunch at the well-regarded campus cafeteria before returning home.



Golden Bear under steam!

Volunteers Needed in April

By Linda Chandler



April is National
PARKINSON'S
Awareness Month

We have been invited to speak and have a booth at the upcoming event to support Parkinson's that will

be held on **Saturday, April 15**. Also, our assistance has been requested as volunteers so the event will run smoothly. More specific information will be available soon. So far, we know this will be at the Veteran's Hall. Registration for the benefit walk begins at 8:00 a.m. followed by the walk event at 9:00 a.m. From 10 a.m.–2:00 p.m. there will be speakers, resource tables, and light refreshment.

If you are willing to volunteer to help, please call Linda Chandler at 707-344-3042. You would not need to be there the entire day, and we will get more details to you when they are available.

Virginia Vater



June 19, 1932 – February 1, 2023

Virginia, 90, beloved wife, mother, grandmother, friend, teacher, artist and lifelong learner, passed from this life at home, surrounded by family, on February 1, 2023. She had lived in Benicia since 2004 and was preceded in death by her husband of 61 years, Walt, in 2013. Born June 19, 1932 in Memphis Tennessee, Virginia attended Indiana University and UC Davis, and earned her BA in Art and her California Teaching Credential from Dominican University. She retired in 1994 after many years as a dedicated preschool and elementary school teacher.

Virginia's greatest love was for her best friend and husband, Walt, and her family: Susan and John Bunch, Benicia; Ann and Randy Wise, Bend, OR; Tom Vater, Vallejo, and her seven grandchildren and five great-grandchildren. As her family grew over the years, her heart and love expanded to welcome all. She often hosted family gatherings and delighted in spending time with her great-grandkids who

adored "G.G." and loved picking lemons and tomatoes in her garden with her. "G.G." enjoyed walking to the playground with them and watching them race up and down her court on trikes and scooters.

Virginia is remembered by her family for her kindness, generosity, grace, love of nature, joy of gardening, her passionate appreciation of and dedication to creating art. After her formal art education, she continued to improve her skills through courses, workshops, study and practice; she created a plethora of art pieces in her favorite medium, watercolor, which she found to be "both an intellectual challenge and an expression of gratitude for nature's beauty and the joy of being alive."

A long-time Episcopalian, Virginia offered much of herself to her faith communities and served in many capacities over the years. At St. Paul's, she enjoyed cooking for the Community Meal, and more recently served on the Altar Guild. She kept current on and was concerned about politics and world issues. The past few years she enjoyed meeting new friends by participating in activities hosted by Carquinez Village.

A Memorial Service and Celebration of Life will be held on Saturday, June 17th, at St. Paul's Episcopal Church. Those wishing to remember Virginia with a memorial tribute may make a donation to: St. Paul's Community Meal, Carquinez Village or Food Bank of Contra Costa and Solano.

Celebration of Life Service for Judie Donaldson

There will be a Celebration of Life for our friend and Carquinez Village co-founder, Judie, at Northgate Church on March 25th at 2:00 p.m.

Judie's children have invited all of her friends from Carquinez Village to attend this celebration. The board wants to assure that all who wish to attend are welcome.

Please let Barbara Engdahl know if you need a ride to the event. Barbara's phone is 707-747-5112, email babsdahl@yahoo.com.

New Member: Al Russell

By Greg Plant

You probably remember Al Russell as the man who



sang a Christmas hymn solo during the Carquinez Village Christmas party in December 2022.

Well, he is one of our new members. Here is a bit about Al:

He has overcome serious disabilities—near-blindness caused by glaucoma and hearing loss. Yet he persists in his cheery disposition — and he is always open for a hug!

Al had a career running a printing press, which, he says, “I really liked, and I was a choir director. But I’ve been retired since I was 43 because of my disability.” He jokes that the government “has paid me to be a choir director since I retired,” he adds with an impish smile.

Al has grown children—three daughters and one son—and has focused his life on his Christian faith and his wife Betty. “She is the love of my life,” Al insists, and yes, he knows about the Paul Simon song.

He is excited about being more of a part of CV and has been to the Men’s Group outings. Al also appreciates the CV volunteer program which has driven him around.

If he goes to a potluck, you will know Al by his trusty green salad with a variety of vegetables and dressings.

Members enjoy a multitude of services and programs.

Join our community of older adults living active & independent lives as they age in their own homes.

CARQUINEZ VILLAGE
WANTS YOU!

CARQUINEZ VILLAGE IS
ACTIVELY SEEKING
NEW MEMBERS

SCAN TO LEARN MORE
ABOUT MEMBERSHIP



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 Carquinez Village
Connecting, Supporting and Inspiring Older Adults

Are You Ready
to Transform the
Experience of Aging
in Benicia & Vallejo?



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ACTIVELY RECRUITING
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 Carquinez Village
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MARCH 2023

TODAY

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 SF Symphony - 2:00 PM	27 Movie Club Discussion - 11:30 AM Monday Chat - ZOOM - 1:30 PM	28 Charting Your End-of-Life Journey - 10:00 AM Tuesday Cafe - 10:00 AM Matter of Balance Class at Benicia Senior Center - 1:00 PM	1 Carquinez Village Board Meeting - 1:00 PM	2 Matter of Balance Class at Benicia Senior Center - 1:00 PM Meditation Group - 3:00 PM	3 Friday Walking Group - 11:00 AM	4
5	6 Movie Club Discussion - 11:30 AM Monday Chat - ZOOM - 1:30 PM	7 Tuesday Cafe - 10:00 AM	8 Trader Joes Shopping Group - 11:45 AM Village Writers Group - 1:00 PM Meditation Group - 3:00 PM	9	10 Friday Walking Group - 11:00 AM	11
12 Grief Group - 10:00 AM Movie Club Discussion - 11:30 AM Monday Chat - ZOOM - 1:30 PM	13 Tuesday Cafe - 10:00 AM	14 Vallejo Member Group - On ZOOM! - 12:00 PM	15 Tools and Tricks for Independent Living - 10:30 AM Meditation Group - 3:00 PM	16 Friday Walking Group - 11:00 AM	17	18
19 Movie Club Discussion - 11:30 AM Monday Chat - ZOOM - 1:30 PM	20 Tuesday Cafe - 10:00 AM	21 Mens Group - 12:00 PM	22 Village Writers Group - 1:00 PM Meditation Group - 3:00 PM CV Marketing Meeting - 6:30 PM	23 Friday Walking Group - 11:00 AM	24 In Memory of Judie Donaldson: A Life of Loving Kindness - 2:00 PM	25

For information or to register for an event by phone call (707) 297-2472 or click [here](#)
Village Support Services, rides, chores, etc. call (707) 741-1656

This month's highlights:

March 9 - Trader Joes Shopping Group

Whether you are a TJ's regular or just curious, you are welcome to join us for our monthly excursion to Trader Joe's in Concord. *This month only we will be going on Thursday at 11:45am!*

We will carpool over to Concord, do some shopping, look around and be back by 2pm give or take a few minutes.

You must register in advance for this shopping trip so we can be sure to have enough cars and drivers.

March 16 - Monthly Speaker Series: Tools & Tricks for Independent Living, 10:30–11:30 a.m.

Please join us at the Benicia Public Library for our monthly presentation on tools and devices conceived to make our lives easier.

We will be hosting Eddie Lopez, an Assistive Tech Specialist from the Independent Living Resource Center of Solano and Contra Costa.

Mr. Lopez will lead us in a discussion, including show and tell if you have something clever at home that you would like everyone to know about.