



Avenidas
Village

VOICE

AVENIDAS VILLAGE

450 Bryant Street

Palo Alto, CA 94301

(650) 289-5405

www.avenidasvillage.org

May-June 2023

Avenidas Village Advisory Council: Annual Call for Nominations

Have you ever wondered how Avenidas Village programs and activities are determined? You can become a part of that process by serving on the Village Advisory Council! The Advisory Council provides leadership and guidance to the Village. All of our initiatives, including programs and activities, originate with the Council. It is a working body whose members chair or serve on the various Village committees and task forces. Belonging to the Council provides members with a broad overview of the full range of Village activities and with a significant opportunity to impact the program.

Members of the Village Advisory Council are expected to:

- Attend bi-monthly council meetings to receive Village updates and give input on any decisions on programs or activities
- Be active in their neighborhood clusters and/or a special interest group or Village committee
- Represent the Village and share information with prospects during recruiting events or individually as requested
- Have good general understanding of the various Village programs, activities and benefits

Annually, we call for nominations for new Council members who can help to provide direction and support to the Village program. Nominations for membership in the Advisory Council are due on May 19th for a two-year term beginning July 1. We have included the nomination form with this newsletter, so please consider volunteering (nominating yourself) or nominating another member to serve. Just complete the form and return it by mail to the Village office, or email it to ethomas@avenidas.org. We invite each of you to step forward and join us in charting and creating our future development. Take the opportunity to share your ideas for the Village and help bring them to life!

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Welcome Kay Evans—New Village Social Events Coordinator

kevans@avenidas.org



Hello! My name is Kay Evans, and I'm thrilled to be your new Social Events Coordinator. With a passion for fun, an eye for detail, and a love of check-lists, I'm here to take your events to the next level.

I had the privilege of living with my grandparents as I grew up in Japan. They taught me important values and shared stories about their past, which I cherish to this day. Now that I'm a mother myself, I appreciate the sacrifices and hard work that my mother made as she cared for multiple generations simultaneously.

Before joining Avenidas, I was an operational manager at Dream Volunteers, a nonprofit organization that leads Bay Area youth on service trips to developing countries. I thought that my career move to Avenidas Village would provide a slower pace, but after attending and leading my first few events and speaking with some of the active members, I quickly realized that you guys will keep me running! I love it.

My husband, Brian, teaches Economics at Foothill College. Our son, Sky, graduated from Gunn High School last year and is now thriving at Boston University. Our daughter, Summer, is having a wonderful freshman year at Gunn, where she plays water polo, soccer, and track and field.

In 2014, I lost my father, and it was a difficult time for my family. My mother went through a challenging adjustment alone in Japan, but she's now 83 and living her best life. It's inspiring to see her actively enjoying her life. I also receive fatherly love from my father-in-law, who lives in Carmel Valley. We recently spent a fun night watching a Warriors game with him down there (Go Dubs!).

In my free time, I enjoy hot yoga, running with my dog, and cooking. I also have fun doing some cooking lessons on Zoom, so stay tuned for a future event!

Many people have given me opportunities to learn and grow. This community has helped shape me into the person I am today, and I'm ready to give back. Life is fun! There are a lot of twists and turns that seem to be out of our control. I can't wait to hear your stories. Thank you for taking the time to read my introduction! I can't wait to get to know all of you more personally. See you soon!



My parents in Japan, 1965



Family Christmas 2022

Vendor News: 3 Screened Vendors added to our list!

Looking for a reliable car repair shop, a new dentist or major home repairs? The Vendor Committee has successfully screened Helmings Auto Repair, Dr. Jamie Paychev and Christian Contracting for our list. Both were recommended by Village members. Read on for details!



Referred by Ralph Cahn, Barbara Carlitz & Lynne Smart

Located in Mountain View, we are locally owned and operated, and as a family-owned business, we understand how important it is to have a safe vehicle to take you to work, school, and practice. We treat your car as if it were our own. We want you to feel confident in choosing Helming's for your automotive repairs, so we guarantee our work for 12 months or 12,000 miles, and your mechanic will take the time to explain the auto repair services that your car needs.

Contact: (650) 988-0460/helmingsauto@comcast.net

Website: www.helmings.com

STANFORD Referred by Penelope Bowen

FAMILY
DENTAL



Dr. Jamie Paychev, DDS has taken over the business of Dr. Marisa Walker who was previously screened for our list. Our mission is to provide exceptional dental care centered around our patients. We offer general dentistry, restorative dentistry, cosmetic dentistry and sedation dentistry. Village members will receive a 10% discount.

Contact: (650) 328-0526/office@stanfordfamilydental.com

Website: www.stanfordfamilydental.com

CHRISTIAN CONTRACTING/JUSTIN JONES, JOURNEYMAN CARPENTER

Referred by Mary & Jacques Fossourier

Christian Contracting offers all home services except appliance repairs. From the ground up, we can help with our team of professionals. Christian Contracting has a team that consists of mainly Veterans and each person plays an important role. Currently we have a Plumber, Electrician, Painter, Heating and AC, Roofer, and Tiler. These employees make a great team right along side Justin and his crew.

Contact: (408) 205-6860/justin73jones@yahoo.com

Special event in May: Free Document Shredding for Villagers & Guests Sponsored by Nancy Goldcamp & Home Instead Homecare

Time once again to clear out your boxes of old sensitive paperwork! This is your chance to get it all shredded for FREE at our private event sponsored by Nancy Goldcamp!

WHEN: Wednesday, May 10th, 11:30 am—1:30 pm

WHERE: Covenant Presbyterian Church parking lot, 670 E. Meadow Drive, Palo Alto

PLEASE DO NOT BRING: 3-ring binders, paperbacks/phone books, non-sensitive materials. Staples are ok! Bags and boxes holding your documents will return with you.

Items are shredded while you wait—you can watch! Helpers will carry your items to the shredder truck from your car as needed. If you have any questions about your items, please call the Village office at (650) 289-5405.

FREE for Village members and your guests who are considering membership.

Register online or email dgreenblat@avenidas.org

ICYMI: Village Social Events in March

Lunch Bunch at Hobee's, March 9 & 21

Despite rainy weather, we had great turnout for both Lunch Bunch dates!



March 9th (left): Katherine Pering, Hal & Jeanette Guthart, Jane Stender, Peter Danner, Rita Mundis, Len & Sandy Weiss, Richard Johnsson, Kate Mouton, Kathleen Gordon, Diana Collins, Barbara Franklin Susan Downs

March 21st (above): Miriam Jacob, Kayleen Miller, Peggy McCurdy, Anita & John Mitchell, Ginny Turner, Chuck Sieloff, Larry Phelan, Fred Kahn, Dick Smallwood, Alice Kozar, Cindy Patrick

Happy Hour Social at Bryant Street, March 31



More than 40 Villagers happily gathered for food, drink and conversation in the "Blue Room" (formerly Senior Planet) at Avenidas for our first in-person Happy Hour Social of 2023!



Photos by Chris Holt

ICYMI: Village Social Events (continued)

San Francisco Day Trip— “Singer Sargent in Spain” exhibit at the Legion of Honor, April 25th

Social Events Coordinator Kay Evans escorted the group to San Francisco for a docent tour of the exhibit, lunch at the café and time for individual exploration!



Attended by: Joy Rewick, Chris Holt, Peggy McCurdy, Jeri & Kevin Wheaton, Pat & Tom Sanders, Marilyn Smith, Merele McClure, Ginny Turner



Lite Hikers and Village Walkers

The Lite Hikers group re-started in March and is led by Janet Constantinou & Gretchen Hillard. They enjoyed two great hikes in March and April!



March—Matadero Creek Trail led by Janet Constantinou

Ed & Gretchen Hillard, Sandy Lewis, Beth Lyons, Janet Constantinou, Chuck Sieloff, Bob Shaw, John Page, Carolyn Curtis (photo by Ed Hillard)

April—Coal Mine Ridge led by Gretchen Hillard

Chuck Sieloff, Ed & Gretchen Hillard, Sandy Lewis, John Page, Bob Shaw, Janet Constantinou, Sally Herrick (photo by Janet Constantinou)



The Village Walkers, founded in 2018, is one of our original interest groups and is going strong with 20 or more walkers each week! Under the leadership of Ralph Cahn, each week's walk is planned and led by a different group member.



April 26, 2023: 21 of 24 walkers pictured at the summit of Palo Alto's Byxbee Park (photo by Ralph Cahn)

Vistas Lecture Series—May & June Webinars!

May 26 Vistas: “Birding: An Introduction to our Local Avifauna” with Matthew Dodder, Santa Clara Valley Audubon Society

Whether you are in a county park, your immediate neighborhood, or your own back yard, there are wonderful birds to be found. Join Matthew Dodder, Executive Director of Santa Clara Valley Audubon Society for an introduction to some of our most familiar local birds and learn how to identify them by sight, sound and behavior.

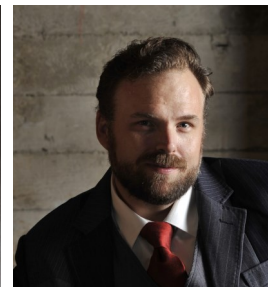
Matthew Dodder became the Executive Director of the Santa Clara Valley Audubon Society in 2019. He began his lifelong study of birds in 1977 as a boy in Boston. He has traveled widely in search of exotic species such as the Southern Cassowary, the Greater Racquet-tailed Drongo and the Resplendent Quetzal. He enjoys birding everywhere, especially in California where our coast, mountains, deserts, and grasslands offer a spectacular variety of birds including some found nowhere else in the world. Before taking his current position at Audubon, he worked as a senior graphic designer at a premier studio in Palo Alto. He also taught birding at the Palo Alto Adult School for more than 20 years where he learned first hand how much joy the study of birds can awaken in students.



Friday, May 26th at 11:00 AM on ZOOM—Register online or email dgreen-lat@avenidas.org

June 23 Vistas: “Behind the Scenes at Palo Alto Players” with Elizabeth Santana & Patrick Klein

Join a lively conversation with Palo Alto Players Artistic Director Patrick Klein and Managing Director Elizabeth Santana. Learn about the history of the longest running theatre company in Silicon Valley and take a peek behind the curtain as these theatre makers share the process of selecting a season, casting, and taking a show from the page to the stage.



Elizabeth Santana became Palo Alto Players' Managing Director in 2017. She has also worked at Google providing administrative support, managing events, and leading communications; Opera San Jose and Children's Musical Theatre San Jose; and was associate producer for RWS and Associates production company in New York City.

Patrick Klein is in his eighth season as artistic director and his thirteenth year on staff at Palo Alto Players. His directing credits include *Beauty and the Beast*, *Working*, *Tea for Three*, *The Last Five Years*, *Bright Star*, *One Man, Two Guvnors*, *Tarzan*, *The Man Who Came to Dinner*, *Young Frankenstein*, *Miss Saigon*, *Into the Woods*, and *Big Fish*. Patrick has also designed sets for many productions.

Friday, June 23rd at 11:00 AM on ZOOM—Register online or email dgreen-lat@avenidas.org

Member Birthdays—May

Charles Botsford	5/1	John Couch	5/10	Irene Plattner Cannon	5/23
Ted Carlstrom	5/1	Candace Simpson	5/13	John Huntzinger	5/23
Bente Palouda	5/1	Courtney Bryant	5/15	Nancy Kramer	5/23
Marianne Ida	5/4	Katie Dunlap	5/16	Analee Nunan	5/24
Robert Mindelzun	5/5	Gretchen Hillard	5/16	Joy Rewick	5/24
Betsy Fryberger	5/7	William Agras	5/17	Jacques Fossourier	5/26
Anna Parks	5/8	Kaye Crawford	5/17	Yvonne Lenbergs	5/26
Lynne Stietzel	5/8	Harold Guthart	5/17	Lu Isaacs	5/27
Roslyn Bienenstock	5/10	Shelley Hatfield	5/22	Charles Holloway	5/28
				Wally McMillan	5/28

Member Birthdays—June

Brigid Barton	6/1	Mary Schaefer	6/4	Lorrie Walton	6/14
Sara Botsford	6/1	Suzanne Rankin	6/5	Gail Sredanovic	6/15
Sylvia Jeans	6/1	Henry (Ed) Karrer	6/6	Judy Goodnow	6/16
Terry Moore	6/1	Joe Rolfe	6/9	Bruce Ackermann	6/20
Narayanan Ramasamy	6/1	Bob Herriot	6/10	Gee-Gee Lenhart	6/21
Rob Robinson	6/1	Adelle Rosenzweig	6/10	Elizabeth Wolf	6/23
Susan Gould	6/2	Sandy Weiss	6/11	Elizabeth Lyon	6/24
Donna Silverberg	6/2	Fran Perry	6/12	Susan Owicki	6/24
Margaret Weil	6/2	Molly Agras	6/13	Jack Owicki	6/25
William Gould	6/4	Ginny Turner	6/13	Lowell Price	6/25
				Jack Thomas	6/27

Welcome New Members!

For more detail on new and long-term members, log into the Village members' website and access the member directory. Many members have added their personal information and photos so you can learn more about them! If you have not yet added your own bio and photo, please do so, or contact the Village office for assistance.

Welcome to...

Pam Page (Downtown/6)
Rick Kaplowitz & Geri Spieler (Midtown/4)
Margaret Clark (Mountain View/2S)
Connie Bowencamp (Mountain View/2S)
Marian Sanders (East Palo Alto/5)

Reason for Joining

Social connections, future planning
Social connections, vendor list
Resources, future planning
Social connections, new activities
Social connections, resources, peer support

In Memoriam: Gene Zukowski 4/2023 * Gerry Gilchrist 4/2023

Monday, May 8 & Monday, May 22 at 10:00 AM

Guided Meditation on Zoom led by Sabrina Huang

Join Sabrina for a 30 min guided meditation session. Relax and de-stress!

FREE—Register online or email dgreenblat@avenidas.org

Wednesday, May 10 11:30 AM—1:30 PM

Document Shredding Event sponsored by Nancy Goldcamp & Home Instead Senior Care

Village members and guests are welcome! See details on p.3

Covenant Presbyterian Church Parking Lot, 670 E.Meadow Drive Palo Alto

FREE—Register online or email dgreenblat@avenidas.org

Thursday, May 11 at 8:30 AM

IN-PERSON EVENT: SF Symphony Open Rehearsal “Hilary Hahn plays Brahms” at Davies Symphony Hall

Hilary Hahn performs Johannes Brahms’ ardent Violin Concerto. In his SF Symphony debut, Rafael Payare leads Richard Strauss’ Ein Heldenleben, an impassioned portrait of man’s successes and failures, told with a flair for the dramatic. And William Grant Still’s Darker America depicts Black Americans’ journey from sorrow to triumph. Concert followed by lunch at Hayes Street Grill (\$35-45/person). View menu: [Lunch » Hayes Street Grill](#)

*Meet at 8:00 AM at Cubberley Community Center Front Parking Lot
4000 Middlefield Rd, Palo Alto*

\$100/person includes Concert & Bus Transportation, 14 spots available—Register online or email dgreenblat@avenidas.org

Friday, May 12 & Friday, May 26 at 4:00 PM

Friday Happy Hour Social on Zoom

Pour a glass of wine or a cup of tea and toast your Village friends! Enjoy an hour of relaxed, casual conversation and perhaps a thought-provoking question or two. Afterward, members may gather at a local “watering hole” or member home for in-person Happy Hour!

FREE—Register online or email dgreenblat@avenidas.org

Tuesday, May 16 & Thursday, May 25 at 11:45 AM

(Please choose ONE date)

IN-PERSON EVENT—Lunch Bunch at Celia’s Palo Alto

Enjoy a tasty Mexican lunch on the patio with Village friends! View menu: [Lunch Menu - Celia's Mexican Restaurant \(celiasrestaurants.com\)](#)

3740 El Camino Real, Palo Alto

\$20-\$25/person, please bring cash!—Register online or email dgreenblat@avenidas.org

Wednesday, May 17 at 1:00 PM

Zoom Special Presentation “A Wonderland of Rocks” by Southeast Arizona National Parks

Explore the unique rock formations of Chiricahua National Monument! Learn how the rock pinna-cles at Chiricahua were formed and see other fun features one may find there.

FREE—Register online or email dgreenblat@avenidas.org

Friday, May 26 at 11:00 AM

Vistas Lecture Series—Zoom Webinar: “Birding: An Introduction to our Local Avifauna” with Matthew Dodder, Santa Clara Valley Audubon Society (Details p. 6)

FREE—Register online or email dgreenblat@avenidas.org

Tuesday, May 30 at 10:00 AM

IN-PERSON EVENT—Birdwatching Stroll at McClellan Ranch with Matthew Dodder

Join Matthew for a relaxing 1-mile walk from Audubon’s McClellan Ranch headquarters along the paved trail to Blackberry Farm and back. We will meet at the bird feeders in front of the Nature Shop and start identifying birds before moving on. The walk should provide us with views of roughly 20 species of birds as well as interesting facts and stories.

22221 McClellan Road, Cupertino

FREE, 12 spots available—Register online or email dgreenblat@avenidas.org

Please Note: Registration is Required for all In-Person Events

Tuesday, June 6 & Thursday, June 22 at 11:45 AM (please choose ONE date)

IN-PERSON EVENT: Lunch Bunch at Shoreline Lake American Bistro

Enjoy sandwiches, salads and more with a lovely view of the water! View menu: [Shoreline Lake - Bistro Menu](#)

3160 N Shoreline Blvd, Mountain View

\$25-30/person, individual order & pay—Register online or email

dgreenblat@avenidas.org

Friday, June 9 at 4:00 PM

Friday Happy Hour Social on Zoom

Pour a glass of wine or a cup of tea and toast your Village friends! Enjoy an hour of relaxed, casual conversation and perhaps a thought-provoking question or two. Afterward, members may gather at a local “watering hole” or member home for in-person Happy Hour!

FREE—Register online or email dgreenblat@avenidas.org

Monday, June 12 & Monday, June 26 at 10:00 AM

Guided Meditation on Zoom led by Sabrina Huang

Join Sabrina for a 30 min guided meditation session. Relax and de-stress!

FREE—Register online or email dgreenblat@avenidas.org

Wednesday, June 14 at 1:00 PM

Zoom Special Presentation: “A Malignant Tale: the 1793 Yellow Fever Epidemic” by American Philosophical Society Library & Museum

Learn how Philadelphian Caspar Wistar Haines and his family experienced the yellow fever epidemic in 1793. Discover the role of the Free African Society in taking care of Philadelphians during this time of need and the sacrifices they made. Through the personal letters of Philadelphians, we discover what people in 1793 did during a time not too different than our own.

FREE—Register Online or email dgreenblat@avenidas.org

Tuesday, June 20 at 11:00 AM

IN-PERSON EVENT: Hiller Aviation Museum with Docent Tour

The Hiller Aviation Museum, a Smithsonian Affiliate museum, was opened to the public in 1998 by helicopter designer and inventor Stanley Hiller Jr. and features more than 50 aircraft from more than a century of aviation history.

601 Skyway Road, San Carlos

\$10/person, please bring cash! 15 spots available—Register online or email

dgreenblat@avenidas.org

Friday, June 23 at 11:00 AM

Vistas Lecture Series—Zoom Webinar: “Behind the Scenes at Palo Alto Players” with Elizabeth Santana and Patrick Klein (*Details p. 6*)

FREE—Register online or email dgreenblat@avenidas.org

Friday, June 23 at 3:00 PM

IN-PERSON EVENT: Potluck Happy Hour Social on the Village patio!

Bring a snack or drink to share and enjoy an in-person Happy Hour with old and new Village friends!

450 Bryant St, Palo Alto

FREE—Register online or email dgreenblat@avenidas.org



Avenidas
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Village
Office
Closed
-
Monday
May 29
Memorial
Day

Tech Tips *by Eric Gee of AnewVista*

Is My WiFi Slow? How to Test Your Wifi

- Open a browser
- Type in the address bar www.speedtest.net
- Click "GO"
- Move your computer closer to your Router and re-test
- Note 1: Users will never get exactly what they pay for, but it should be within 25%
- Note: 2 if your modem is on the floor or in a cabinet, raise it higher and remove any barriers

Recognizing Fake e-mails

We can't avoid receiving fake e-mails—follow these rules:

- Is it from who it's supposed to be from? (Bank of America but sender is johnsmith@comcast.net)
- Reputable businesses will never have a spelling or grammatical error. If it reads wrong, it probably is SPAM
- Never verify or authorize your information (login, account numbers...) from a link or button inside of an email.
- If you don't do business with the company, don't call them