



Avenidas
Village

VOICE

AVENIDAS VILLAGE

450 Bryant Street

Palo Alto, CA 94301

(650) 289-5405

www.avenidasvillage.org

July-August 2023

Village Advisory Council Updates—Meet Our New AVAC Members

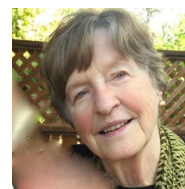
The Avenidas Village Advisory Council is the governing body for the Village. It meets regularly to discuss Village needs, issues and challenges, and works to propose and plan Village programs and benefits. We're excited to welcome four new members to the Advisory Council, who will serve 2-year terms ending July 2025.

Sue Dinwiddie and her husband Ken joined the Village in September 2021. Since joining, they have become active in their neighborhood cluster and frequently attend Zoom social hours. Sue also leads one of the Writers' groups. Sue has had an active career in early childhood education, and she is also an accomplished harpist who performs with Ken (on the flute), currently also serving as Secretary of the Silicon Valley Chapter of the American Harp Society.



Richard Glendening came to Palo Alto in 1966, teaching at Gunn High School until 1982. He then went into computer hardware sales distribution with local entrepreneurs, then entered the world of finance at Aetna Financial Services as a Chartered Financial Consultant for over 20 years. All his life he has been a singer in cathedral choir, choruses, musicals, and for the last 23 years and continuing, a bass in the San Francisco Symphony Chorus. In retirement he has volunteered at Stanford Lively Arts and at Stanford Bechtel's English in Action program as conversation partner for visitors from abroad. Richard joined the Village in July 2022.

Peggy McCurdy settled in Berkeley in 1967, taught in the public schools, and had a child. After a divorce she enrolled in graduate school at UCB, transported a language lab to mainland China, and taught English there for a few months while her son went to a Chinese school. Finished a doctorate in linguistics at Cal, taught in the graduate program at San Jose State, then found a tenured spot at CCSF teaching English. She left Berkeley for Palo Alto in 1999 to live with her second husband, who passed away in 2020, and joined Avenidas Village in December 2021. Peggy enjoys many Village social activities and helps with her neighborhood cluster.



Regina "Reggie" Silbert is a retired geriatric social services professional, originally from northeast Ohio. She moved to Portland in the early 90s. After working in the health/social services nonprofit sector in Portland, she went back to grad school at the age of 50 and got her Master's. A job offer with the American Society on Aging brought her to San Francisco. As an "elder orphan" without children or siblings, she's always on the lookout for new opportunities for social interaction and intellectual stimulation. She facilitates "brain fitness" groups in retirement communities and is involved in community service projects with the Palo Alto Kiwanis Club. Regina joined Avenidas Village in December 2022 and is active in her cluster and the Geriatric Healthcare discussion group.

More AVAC Updates: Marcie Brown and Ed Hillard take over as Co-Chairs in July, with Debbie Clark stepping in as Vice-Chair. Chuck Sieloff will "retire" from his service as Chair and remain on the council as a former Chair, while continuing his leadership of the Membership and Marketing Committee and the Geriatric Healthcare discussion group.

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The Village Email Group: A Vital Tool for Connections, Help & Advice!

When you joined the Village, one of the first things you probably noticed was that you had been added to our email communication network, the Village Google Group. There are several of these groups used by the Village, including groups for each neighborhood cluster and for the various interest groups. The Village members' email group is a major way of communicating with all Village members. It's used for two main purposes: for the Village to share information with members (Village updates, upcoming event reminders, etc.), and for Village members to share information and resources with each other. A member may have a need or question, that by sending one email can be seen by all and can receive numerous helpful replies. A member may have something to give away and can use the Village email to let others know it is available. Here are two examples of ways members have recently used the group to find needed solutions:

- Villager Susan Rosenberg's 92-year-old Aunt Ruthy was looking for a recumbent exercise bike. Susan posted to the Village's Google email group the following: *"My 92 year old aunt asked for help picking out a stationary recumbent bike without too many bells and whistles. Any advice is welcomed."* Another Villager read Susan's email and replied to her. She had a recumbent bike that was no longer needed. Susan came to see the bike, tried it, thought it would work, and since the bike came apart into two pieces, it fit in her car, and she drove off with it. The bike was delivered to Aunt Ruthy and she's been pedaling away!
- Another Village member emailed that he was looking for help with his irrigation system. After receiving numerous replies from Villagers of who they had used for their own irrigation issues, he compiled the list of suggestions and shared this with the group, so everyone who might have a similar need would see the resources that were shared.



Villager Susan Rosenberg's Aunt Ruthy pedals her "new" recumbent bike all because Susan posted to the Village's Google email group!

While the email group is an important communication tool which helps us stay connected, it can sometimes become too busy.

Please remember that when you are answering someone's question, you should reply directly to that person and not to the whole group, to avoid extra unnecessary email traffic in everyone's inbox. A compilation of responses shared by the person originally asking the question is a great idea which we encourage you to do.

If you're not sure how to use the Village email group, it's very easy! Send one email to the address village-members@googlegroups.com and it will go to all Village members, who will then be able to send their replies back to you.

The FunShop on “The Art of Good Conversation”: What We’ve Learned by Dick Smallwood

Several weeks ago a group of Villagers started a FunShop on “The Art of Good Conversation.” Here are some of the items we discussed and some tentative conclusions.

Stories: In a good conversation the ball is passed around rapidly with no contribution lasting more than two (or occasionally three) sentences. Stories are out, absolutely, especially ones about personal medical problems.

Questions: The best questions invite others to add content to the conversation (no “yes/no” questions). Notice that questions give the questioner the power to direct the flow of the conversation subject. Use this power wisely, unselfishly, and often.

Subjects: Clearly, we should aim for conversation topics that are of interest to all the participants. One way to characterize conversation topics is:

- Historical events
- Current events
- Ideas
- Feelings

I have observed that conversations tend to migrate downward. For example, if we are talking about some idea and someone mentions that the idea played a role in a recent movie, the conversation will tend to move to a discussion of recent movies. (I think that this has something to do with the relative riskiness of various conversation topics.)

I hope that we can continue to have more Village FunShops in the future. Give me a call if you have an idea for one.

Village Website Tutorials Are Back! Learn How to Navigate the Members’ Only Website

The Avenidas Village Members’ Website is your portal to Village resources and activities!

How often do you visit the Avenidas Village Members’ website? Do you know if you even have your password set up to log in?

Our interactive website has now been active for about four years, but we know many Villagers have still not accessed it. Getting online to view the member directories, vendor listing and events makes keeping up with the Village so much easier and we encourage everyone to give it a try if you haven’t already done so. Villagers do receive printed copies of many important resources when they join, but those will go out of date. The information you can access online is always going to be current.

We do understand that with the proliferation of passwords and an increasingly tech-focused way of life, having to learn a whole new website can be challenging. But Villagers who use it regularly can tell you that it is set up to be easy to understand and navigate. All you need to do is take the plunge and get started!

The Village is here to help you do that! Join one of our Website Tutorials on Zoom to get an introductory tour of the Village website and learn all the ways it can help you stay connected and current with the Village. Or, if you have a specific question you’d like answered, join the tutorial and we can help.

Village Website Tutorial on Zoom

Wednesday, July 19 at 2:00 pm
Wednesday, August 16 at 2:00 pm

[Click here to register](#)
[Click here to register](#)

ICYMI: Village Social Events in May & June

Lunch Bunch at Celia's, May 16 & May 25

May 16th (right): Terry Moore, Ed & Gretchen Hillard, Miriam Jacob, John & Anita Mitchell, Sandy Weiss, Richard Johnsson, Bonny Packer & Rob Raymakers, Larry Phelan, Chuck Sieloff, Peter Danner, Jane Stender, Peggy McCurdy, Bruce & Ellie Heister



May 25 (not pictured): Chris Holt, Ed & Pearl Karrer, Diana Collins, Barbara Franklin, Richard Glendening, Ginny Turner, Marilyn Smith



San Francisco Symphony, May 11



Our SF Day Trip included the Symphony Open Rehearsal and lunch at Hayes Street Grill!

Attended by: Len & Sandy Weiss, Nancy Martin, Shelley Hatfield, Peter Danner, Jane Stender, Ginny Turner, Richard Glendening



Audubon Society Bird Stroll at McClellan Ranch, May 30



A group of 13 Villagers joined Audubon Society Director Matthew Dodder for a mid-morning birdwatching stroll at McClellan Ranch, Cupertino. Attended by: Carolyn Curtis, Bonnie Packer & Rob Raymakers, Mary & Roger Ashley, Geri & Don Albers, Carl & Leitha Spetzler, Bill & Marilyn Bauriedel, Chuck Sieloff

Photos by Kay Evans

ICYMI: Village Social Events (continued)

Lunch Bunch at Shoreline Lake American Bistro, June 6 & June 22



June 6: Barbara Franklin, Kathleen Gordon, Rick Kaplowitz, Geri Spieler, Bonnie Packer & Rob Raymakers, Len & Sandy Weiss, Diana Collins, Richard Glendening, Alice Kozar



June 22: Bente Palouda, Chuck Sieloff, Peter Daner, Jane Stender, Cindy Patrick, Barbara Carlitz, Carolyn Curtis, Richard Johnsson

Hiller Aviation Museum, June 20



13 Villagers enjoyed a guided docent tour of this local gem showcasing an amazing collection of aircraft and rich aviation history. Jacques & Mary Fossourier, Carol Schultz, Jeannie Siegman, Don & Geri Albers, John & Anita Mitchell, Bob Raymakers & Bonnie Packer, Rita Mundis, Sarah Pribble, Stewart Brewster



Happy Hour Social on the Village Patio, June 23



25 Villagers gathered for food, drink and conversation on the Village patio for our first outdoor Happy Hour Social of 2023!



Vistas Lecture Series—July & August Webinars!

July 28 Vistas: “The Lowdown on Lawn Bowls” with Villager Peter Danner

There’s no bowling green in Bowling Green, Kentucky, but there is in Palo Alto. How come?

Once reserved as a status symbol by nobility, but now perceived as mainly for senior citizens, “bowling on the green” to this day continues to be a game of contradictions and misconceptions. Join Village member Peter Danner, historian of the local lawn bowls club, to explore the rich lore and logic of a game that just might be more intriguing than you thought it was. Many images will accompany the journey and provide context.

***Peter Danner** is a historian with a doctoral degree in musicology from Stanford University. He is past president of the Lute Society of America and a founding member of the organization that represents the interests of classical guitarists nationally. For over 20 years he was editor of its highly regarded journal. He is also a retired member of the Menlo College faculty. He is a member of the Bay Area Music Critic’s collective, the California Historical Society and the Palo Alto Historical Association. He joined the Palo Alto Lawn Bowls Club in 2005 to enrich his social life, which also gave him a new outlet for his historical curiosity.*

Friday, July 28th at 11:00 AM on ZOOM—Register online or email kevans@avenidas.org



***An in-person Lawn Bowling day at Palo Alto Lawn Bowls Club is scheduled for August 11th as follow-up to this lecture!
16 spots available! Register [here](#) or email kevans@avenidas.org***

August 25 Vistas: “All About ADU’s” with Tom Ginsberg of ADORE Homes ADU’s

Tom Ginsberg of ADORE Homes ADU’s will explain the new CA State legislation now allowing homeowners to build a backyard home (aka ADU-accessory dwelling unit). We’ll explore several use cases applicable to seniors and share some stories of how clients benefited from the addition of an ADU.

ADORE Homes is one of the leading ADU Builders in the Bay Area with projects across the entire region, supporting family dreams by enabling unity and togetherness, with just enough separation. As the Head of Household, you may be navigating family-needs that require housing for an older relative, an alternative to expensive dorm life for your college student, or close-proximity living for family with medical needs. ADORE ADUs personifies your solution.

Friday, August 25th at 11:00 AM on ZOOM—Register online or email kevans@avenidas.org



Member Birthdays—July

Zita Zukowsky	7/5	Ann Varady	7/14	Chris Constantinou	7/21
Walter Cannon	7/6	Keith Kvenvolden	7/16	Bob Aulgur	7/22
Deborah Clark	7/8	John McGuire	7/16	John Morgridge	7/23
Deborah Rosenberg	7/10	Leitha Spetzler	7/16	Ralph Adams	7/24
Sue Dinwiddie	7/11	Gwen Whittier	7/16	Don Albers	7/25
Miriam Jacob	7/12	Marilyn Bauridel	7/17	Ruth Foley	7/28
Kevin Wheaton	7/12	Pearl Karrer	7/17	Jan Murphy	7/29
Judy Kramer	7/13	Leticia Lai	7/20	Alma Phillips	7/30

Member Birthdays—August

Peggy McCurdy	8/1	Susan Rosenberg	8/11	Maie Herrick	8/24
Dieter Scherer	8/2	Larry Phelan	8/12	Barbara Foley	8/25
Diana Collins	8/3	Jim Fisher	8/13	Carol Marshall	8/27
Sandra Pearson	8/3	Edgar Williams	8/13	Robert Rosenzweig	8/27
Stephen Walton	8/3	Marcie Brown	8/14	Mary Fossourier	8/28
George Bechtel	8/5	Chris Holt	8/15	Harley Stallman	8/28
Rachel Vasiliev	8/6	Jane Stender	8/19	Betty Dyck	8/29
Dolores Thompson	8/7	Philippa Strahm	8/20	Dana Del Norte	8/31
Inge Crozier	8/10	Ralph Cahn	8/22	Judith Lookabill	8/31
Carl Finrock	8/11	Kayleen Miller	8/23		

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...

Judy & Tony Kramer (2S/South Palo Alto)
 Beverly Brockaway & Robert Healy (5/Crescent Park)
 Barbara Holland (2N/Barron Park)
 Martha Chan (2S/Mountain View)
 Bob & Sandra Lehman (9/Stanford)
 Marilyn Benefiel (2S/Mountain View)
 Lou Fried (3/Palo Verde)
 Marc & Sophia Abramson (5/Crescent Park)
 Kathy & Ralph Adams (1/Los Altos)
 Carmen Jevons (1/Los Altos)
 James Eaton (6/Downtown)
 Michael & Wendy Kirst (9/Stanford)
 Leticia Lai (9/Stanford)

Reason for Joining

Future Planning
 Vendors & Resources
 Social connections—new to PA
 Social connections, resources
 Peer support, resources
 Social activities, resources
 Resources, social connections
 Home maintenance, resources
 Community
 Social connections, resources
 Social connections
 Peer support, resources
 Social connections, activities

In Memoriam:

Jefferson Bender 3/23 * Joan Hancock 5/23 * Ted Carlstrom 5/23

Please Note: Registration is Required For All In-Person Events**Friday, July 7 & Friday, July 21 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 kevans@avenidas.org**Monday, July 10 & Monday, July 24 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 kevans@avenidas.org**Wednesday, July 12 at 1:00 PM**

Zoom Special Presentation "Human Rights in Central Asia" by Inner Asian & Uralic National Resource Center (Indiana University) *Learn the human rights situation in Central Asia and the causes of and solutions to human rights violations. The program explores a number of areas of human rights policy and practice in Central Asia.*

FREE—Register online or email kevans@avenidas.org**Wednesday, July 19 at 2:00 PM****Village Website Tutorial on Zoom**

Join a Zoom session to learn about the Village website—from logging in for the first time to updating your member profile!

FREE—Register online or email kevans@avenidas.org**Thursday, July 20 & Thursday, July 27 at 11:45 AM****(Please choose ONE date)****IN-PERSON EVENT—Lunch Bunch at Local Union 271**

Experience the delight of locally sourced, organic food that is healthy, sustainable, and delicious! Prix fixe menu includes 2 course lunch, non-alcoholic beverage, tax & tip.

271 University Ave, Palo Alto

\$30/person, please bring cash!—Register online or email kevans@avenidas.org**Tuesday, July 25 at 10:00 AM****IN-PERSON EVENT: The Foster Museum with Orientation & Audio Tour**

British artist-explorer Tony Foster's work includes nineteen watercolor "Journeys"—painting projects based on a wilderness theme—that often involve multiple expeditions and can take years to complete. Some Journeys are specific to a particular place while others span entire regions or global concepts. The Foster Museum is currently showing three complete watercolor Journeys, and a lobby orientation highlights his plein air process, art materials, and 40-year career as an artist-explorer.

940 Commercial Street, Palo Alto

FREE, 15 spots available—Register online or email kevans@avenidas.org**Friday, July 28 at 11:00 AM**

Vistas Lecture Series—Zoom Webinar: "The Lowdown on Lawn Bowls" with Villager Peter Danner (Details p. 6)

FREE—Register online or email kevans@avenidas.org

Friday, August 4 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 kevans@avenidas.org

Tuesday, August 8 & Thursday, August 24 at 11:45 AM (please choose ONE date)

IN-PERSON EVENT: Lunch Bunch at Fambrini's Café

Indulge in the "slow food" experience—delicious, wholesome dishes made with care and love using quality ingredients. Everything is prepared from scratch on the spot!

View Menu: https://www.fambriniscafe.com/en_EN/index/menu

4500 El Camino Real, Palo Alto

\$25-30/person, individual order & pay—Register online or email kevans@avenidas.org

Friday, August 11 at 11:00 AM

IN-PERSON EVENT: Lawn Bowling at Palo Alto Lawn Bowls Club

Looking for a fun and engaging activity to enjoy with friends? Look no further than the fun game of lawn bowls. Challenging, but not physically taxing, it can be played by anyone who can hold a three-pound bowl. Club members will be on hand and will have you in a game within minutes, even if you don't know a rink from a jack. After a delightful time, indulge in a tempting light snack. Join us for an unforgettable experience at one of Palo Alto's hidden treasures!

474 Embarcadero Rd, Palo Alto

\$50/person, please bring cash! 16 spots available—Register online or email

kevans@avenidas.org

Monday, August 14 & Monday, August 28 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 kevans@avenidas.org

Wednesday, August 9 at 1:00 PM

Zoom Special Presentation: "My Iran: 6 Women Photographers" by National Museum of Asian Art at Smithsonian

The works featured in My Iran: Six Women Photographers explore the complexities of life within and outside their home country. The images offer nuanced views of Iran while shedding light on each photographer's identity as an artist.

FREE—Register online or email kevans@avenidas.org

Wednesday, August 16 at 2:00 PM

Village Website Tutorial on Zoom

Join a Zoom session to learn about the Village website—from logging in for the first time to updating your member profile!

FREE—Register online or email kevans@avenidas.org

Friday, August 18 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 kevans@avenidas.org

Tuesday, August 22 at 2:00 PM

IN-PERSON EVENT: Gamelandia!

Join us at Gamelandia, Palo Alto's premier tabletop game store, for a fun and inclusive gaming experience. Created by our very own Village member, Shelley Hatfield's son, Berry Hatfield, Gamelandia offers a fantastic opportunity to meet like-minded friends, engage in friendly competition, exercise your mind, and have a fun afternoon!

290 California Ave, Palo Alto

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

Friday, August 25 at 11:00 AM

Vistas Lecture Series—Zoom Webinar: "All About ADU's" with Tom Ginsburg of Adore Homes (Details, p. 6)

FREE—Register online or email kevans@avenidas.org



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**Village
Office
Closed**

**Monday
July 3 &
Tuesday
July 4**

Show Your Support for Dawn—Send Her a Birthday Wish!

As most Villagers now know, Dawn, our Member Services Manager, is currently on leave to focus on her cancer treatment. Yet while she's away, she is in all of our thoughts and hearts. Many have asked what kind of support they can give her over this incredibly difficult time, and one of the best ways is just to let her know you are thinking of her!

Dawn's birthday is coming up on July 24, and although this may be a hard one to celebrate, your thoughts and wishes will mean a lot to her. All Villagers are welcome to send a card or note to her address below:

**Dawn Greenblat
1077 Lupin Way
San Carlos, CA 94070**