



Avenidas
Village

VOICE

AVENIDAS VILLAGE

450 Bryant Street

Palo Alto, CA 94301

650-289-5405

www.avenidasvillage.org

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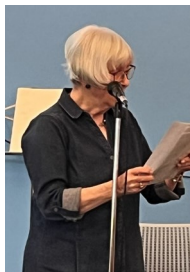
The First Annual Village Variety Show—a Huge Hit!

By Organizer Sue Dinwiddie



When I got the idea to have a talent show with Avenidas Village members, I had no idea it would become such a big production nor be so much fun for me. I expected just ten or twenty audience members, so I was totally overwhelmed by a full house of sixty-five plus twenty-five or more viewing on Zoom. I have been truly gratified by the many Villagers who have told me how much they enjoyed the show.

None of this would have happened without the volunteers who agreed to share their talents. **Jane Stone** delighted us with her Standup Comedy about "What It's Like to Be Me," while **Dick Smallwood** had us all laughing as he regaled us with one joke after another. **Inge Crozier** added



to the fun with her two Rhymes of a "Nonvitation to a Ball" and "A Reluctant Nonvitation to The Zoo". **Richard Glendening's** rendition of "The Turtle Dove" and later "If I Loved You" captivated the audience, and **Letitia Lai** charmed us as she sang the aria "Voi Che Spate" from Mozart's *Marriage of Figaro*. And as though all that was not enough, we all got to hear **Bob Shaw** play "Take Five" on his Saxophone. Of course, Ken and I were happy



to have an audience for whom to perform our favorite Andrew Lloyd Webber medley on harp and flute. To top it all off, we ended the show with a singalong, led by Bob Shaw.

Many thanks go to Erika Thomas and Kay Evans for handling all the logistics and arranging for the champagne reception afterward provided by The Redwood Cafe. Thanks to **Curt Weil** for helping with harp hauling - a bigger effort for me in this decade of life than in years past. And most of all I want to thank our audience, for without you, there really wouldn't have been much of a show!



Photos by Kay Evans

Vendor Committte Updates *by Judy Goodnow*

The Vendor Scrub is Finished!

Every two years, the Vendor Committee, along with other Avenidas Village volunteers, call all the vendors listed in our screened vendor list. This involves about 150 vendors. We do this to make sure our information for each vendor is accurate. Now that our crew has contacted all the vendors, we will be updating the list with any changes that we've learned about.

The Committee also looks at the member reviews and may even remove a vendor from the list if they receive only negative feedback. This is why your input is so important—it helps us keep our list current and useful for everyone. So please leave an online review after using one of the vendors. Not sure how to do that? Contact the Village Office at 650-389-5405 and they will help you learn how!

We believe that our extensive list offers many services you may find helpful. For example, there are 13 different vendors offering financial services, eight different agencies who specialize in home care, along with many vendors to help with home maintenance. These companies are recommended and screened! For example, I recently hired Tom Rawson at Z-Best Window Cleaning. WOW! He did a terrific job and the cost was reasonable.

Using our online vendor list is EASY. On the opening Avenidas Village Web page, look in the top right section for "Find Vendors." Click the link and it will take you to the different vendor categories. If you need help finding a vendor or have trouble using the online list, call the Village office! Village staff can also guide you to possible service providers.

We are always trying to improve our vendor list—and your experience with the list. Don't hesitate to make suggestions. You can contact the Vendor Committee or the Village office with your ideas. Most important: USE THE LIST! Also: Leave a review!

Special Event: Document Shredding Sponsored by Nancy Goldcamp—March 20, 11:30 am—1 pm

**Covenant Presbyterian Church Parking Lot
670 East Meadow Drive, Palo Alto
Wednesday, March 20, 11:30 am - 1 pm**

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

- Do not bring junk mail or magazines, non-sensitive materials, old utility bills, etc...
- How much can you bring? 4 - 6 grocery size bags from any one person or household is about average.
- Plastic bags? You can bring stuff in plastic, but will be asked to take the plastic home with you.
- It is not necessary to remove staples from documents.
- 3-Ring binders are not acceptable.
- No phone books, paperback books, etc.
- If you bring items in a cardboard box, you will take the box back with you. The shred truck can not take boxes.
- Paper bags can be shredded - we can assist you with emptying bags if you wish to reuse them.

FREE—Register online or email Kay Evans at kevans@avenidas.org

Village-Sponsored Film Screenings: “Join or Die”

by Chuck Sieloff, Marketing Committee Chair



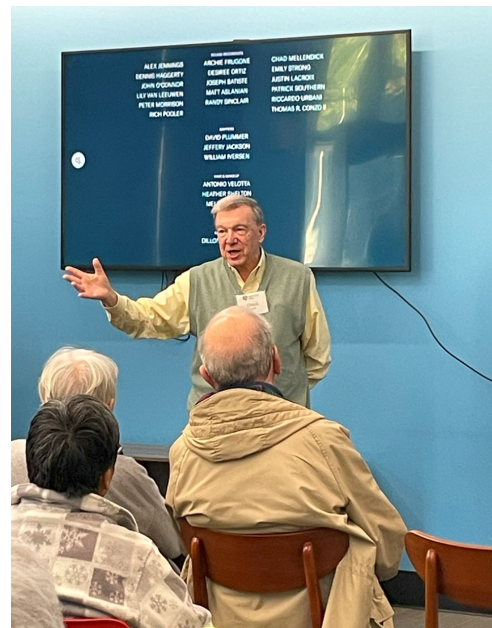
Many of you probably noticed that Avenidas Village recently sponsored and promoted two special screenings of an award-winning documentary called “Join or Die”. The film highlights the work of Robert Putnam, a distinguished social scientist who has spent his entire career examining the root causes of what makes a civil society successful and what can cause it to fail.

Best known for his book, “Bowling Alone: The Collapse and Revival of American Community,” Putnam emphasizes the critical importance of small-scale community connections and social capital as the key elements in a healthy society and democracy.

Because the film’s message is very supportive of organizations like Avenidas Village but is not yet available through public channels, we decided to organize a couple of private screenings at Avenidas. Working very closely with Michelle Shinseki, the Avenidas VP of Marketing and Communications, we promoted the screenings through a carefully planned outreach campaign that included such things as a weekend and a weekday screening, extensive coverage in Avenidas’ widely distributed emails, print ads with QR codes for

registration in the Palo Alto Weekly and the Daily Post, boosted Facebook postings, and flyers distributed to numerous local churches.

The two screenings attracted an audience of about 70 people, including interested Village members. Although the screenings were not used to actively “market” the Village, our hope is that many of the attendees will want to learn more about the ways in which Avenidas Village can provide many of the benefits of rich community connections to its members. All non-Village members who registered will be invited to attend one of our upcoming social gatherings for prospective members, which are held every few weeks.



Photos by Michelle Shinseki

ICYMI: Village Social Events in January & February

Village Annual Meeting, January 8

Celebrating community spirit, the Avenidas Village Annual Meeting was a resounding success! Drawing over 80 members both in person and via Zoom, it was a vibrant gathering filled with valuable insights. Attendees were treated to informative presentations from various interest groups, providing a glimpse into the diverse activities available within our Village. Following the engaging discussions, the wine and cheese social hour fostered connections and camaraderie, making it an enjoyable and enriching event for all.



Ceramic Workshop with Kathleen Gordon, January 9



We extend a warm thank you to Kathleen Gordon for bringing us this delightful event! Kathleen's guidance made the experience even more enjoyable, allowing us to unleash our creativity and reconnect with our inner child.

Attended by: Kathleen Gordon, Karl Schmidt, Arlene Leslie, Carol Kenyon, Christine Holt, Richard Glendening



Lunch Bunch at Mama Coco Cocina, January 23

Special thanks to Katie Dunlap for orchestrating such a delightful outing and introducing us to this charming venue. The quaint and peaceful patio provided the perfect ambiance for our gathering, enhancing the flow of conversation and making it a truly enjoyable experience.



Attended by: Kayleen Miller, Richard Johnsson, Bonnie Packer & Bob Raymakers, Kathleen Gordon, Katie Dunlap, Chuck Sieloff, Lois Cardinal, Miriam Jacob, Miriam Teeter, Judy Morley

Photos by Kay Evans

ICYMI: Village Social Events (continued)

Lunch Bunch Chinese New Year Banquet at Chef Chu's, February 1 & 15

February Lunch Bunch followed our annual tradition of a festive Chinese banquet at Chef Chu's to celebrate the Lunar New Year!



February 1: Len & Sandy Weiss, Richard Johnsson, Kathleen Gordon, Mary & Jacques Fossourier, Christine Holt, Miriam Teeter, Carol Kenyon, Judith Waserman, Rick Kaplowitz & Geri Spieler, Judy Morley, Peggy McCurdy, Carmen Jevons



February 15: Chuck Sieloff, Diana Collins, Deborah Plumley, Chris Holombo, Bonnie Packer & Bob Raymakers, Marcie Brown, Katie Dunlap, Cindy Patrick, Rimma & Saul Gutnik, Bonnie Stein, Donna & Jerry Silverberg, Richard Glendening

San Francisco Day Trip, "Swan Lake" Ballet and lunch, February 24

Before the show, we savored a delectable lunch at Doppio Zero, where the fantastic food and impeccable service set the stage for a perfect afternoon. Then, we were treated to the mesmerizing performance of Swan Lake, where the dancers brought forth delicate emotions of happiness, sadness, and love with stunning grace and precision. Our day was filled with enchantment and left us with cherished memories to treasure.



Attended by: Penelope Bowen, Alice Kozar, Shelley Hatfield, Marc Abramson, Nancy Martin, Peter Danner, Jane Stender, Richard Smallwood, Donna and Jerry Silverberg, Kathy Adams & guest, Merele McClure, Gee Gee Williams, Patricia and Tom Sanders, Barbara and Ron Lambert, Miriam Teeter, Carol Kenyon, Robert Ruether

Photos by Kay Evans

Vistas Lecture Series—March & April Webinars!

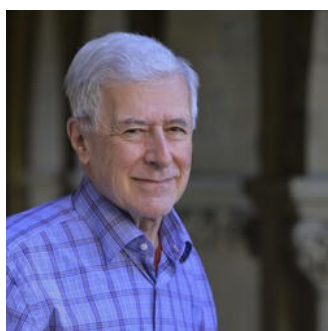
March 22 Vistas: “What Nature Wants You to Know About Play” with Villager Tony Christopher

Play is any activity that brings you joy or deep satisfaction. Play and being playful is not at all frivolous; it is certainly not solely the domain of children and the more we play the better our lives can be. Regardless of one's age, play is important to our well-being – physical, social and emotional. Scientifically, when someone plays, their brains “light up” – establishing neural pathways that activate the pursuit of intrinsically motivated actions which in turn create authentic pleasure and joy. Over time this leads to increased self-esteem, emotional resilience, and communal belonging while also mitigating the build up of stress, and fostering physical activity.



***Tony Christopher** has a deep, passionate belief that play is important in every stage of life. He has often been playful as he led teams in developing virtual communities, knowledge management and other online services for Fujitsu, Apple Computer, Cisco, NASA, the FAA and Stanford University. Early in the personal computer era, he was the founding product manager for AppleLink, Apple Computer's visionary extranet service that connected its employees with its dealers and developers. He retired from salaried work to devote his time to the role of executive director of the National Institute for Play.*

Friday, March 22 at 11:00 AM on ZOOM—Register online or email Kay Evans
kevans@avenidas.org



April 23 Vistas: “Preventing the Spread of Nuclear Weapons: A History ” with Villager Leonard Weiss

This talk provides a narrative history of the background, development, and timeline of some of the laws and institutions surrounding the effort to prevent or contain the spread of nuclear weapons. Briefly covered, in addition, are the discovery of nuclear fission, the development of the Atomic and Hydrogen Bombs, and the status of nuclear programs in a few countries that currently drive the news cycle on this issue.

***Leonard Weiss** is a visiting scholar at Stanford University's Center for International Security and Cooperation (CISAC). He is also a national advisory board member of the Center for Arms control and Non-Proliferation in Washington, DC. For more than two decades he worked for Senator John Glenn as the staff director of both the Senate Subcommittee on Energy and Nuclear Proliferation and the Committee on Governmental Affairs. He was the chief architect of the Nuclear Nonproliferation Act of 1978 and legislation that created the Defense Nuclear Facilities Safety Board.*

Friday, April 26 at 11:00 AM on ZOOM—Register online or email Kay Evans
kevans@avenidas.org

Member Birthdays—March

Kathleen Elkins	3/1	Chris Holombo	3/14	Mary Ashley	3/24
Kenneth Tucker	3/2	Leonard Weiss	3/14	Merele McClure	3/24
Evelyn Richards	3/2	June Miles	3/16	Linda Thomas	3/24
Richard Pering	3/5	Rita Mundis	3/16	Roxanne Reeves	3/25
John Page	3/9	Rosalind Creasy	3/19	Lesley Samuels	3/25
Richard Bialek	3/10	Richard Johnsson	3/19	Phyllis Snow	3/25
Jessie Holombo	3/10	Judith Wasserman	3/19	Barbara Holland	3/26
Scott Pearson	3/13	Arthur Bienenstock	3/20	June Schiller	3/28
				Linda LaCount	3/29

Member Birthdays—April

Letha DiLauro	4/2	Charlotte Galina	4/9	Rudolph Dyck	4/17
Betsi Carey	4/3	Edel Young	4/12	Alice Kozar	4/19
Jerry Silverberg	4/5	Nancy Moss	4/13	Mary Murphy	4/21
Mary Shaw	4/5	Barbara Bonini	4/13	Catherine Cerny	4/22
Sharon Ingle	4/6	Sophie Stallman	4/14	Carolyn Curtis	4/22
Elizabeth Whalley	4/6	Betsy Bechtel	4/15	Carl Jacobson	4/24
Byron Brown	4/7	Barbara Klein	4/15	Jeff Salzman	4/24
Barbara Carlitz	4/7	Jeff Gray	4/16	Bev Benson	4/27
				Jim Madison	4/27
				Curt Weil	4/29

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...

Betsi Carey (6/Downtown)
 William & Ofelia Harrison (5/Duveneck)
 Mike & Mary McCusker (1/Los Altos)
 Jeff Salzman & Gail Price (2N/Green Acres)
 Rimma & Saul Gutnik (2S/Mountain View)
 Jeffrey Moore (9/Stanford)
 Barbara "Boo" & Jim Bullis (2S/Sunnyvale)
 Gordon & Carol Cruikshank (8/Menlo Park)
 Kirk & Pamela Fry (4/Midtown)

Reason for Joining

Connect with neighborhood cluster, new friends
 Resources for aging-in-place
 Social opportunities, future planning
 Future planning, resources, social connections
 Social connections and activities
 Social connections, neighborhood cluster
 Social opportunities, future planning & support
 Social opportunities, resources
 Social connections, trusted service providers

In Memoriam:

Lee Kanner 1/2024 * Mary Schaefer 1/2024

Sunday, March 3 at 3 pm

IN-PERSON EVENT—Peninsula Symphonic Band Concert

Established in the 1960s, this community concert band is a powerhouse of seasoned musicians, skillfully mastering woodwinds, brass, and percussion instruments. From classical masterpieces to the latest chart-toppers, they've got your musical cravings covered! After the performance, members can meet and socialize at Gott's Roadside in Town and Country Village!

Palo Alto High School Performing Arts Center
50 Embarcadero Road, Palo Alto

Dinner is individual order and pay, concert is FREE—register online by March 1 or email Kay Evans at kevans@avenidas.org

Tuesday, March 5 & Thursday, March 28 at 11:45 am

(Please choose ONE date)

IN-PERSON EVENT—Lunch Bunch at Village Pantry, Los Altos

The Village Pantry Coffee Shop has been serving up good food and good times in Los Altos since 1947. They specialize in preparing old fashioned, freshly prepared American breakfasts and lunch.

View menu: https://thevillagepantry.com/menu_breakfast.php

184 Second Street, Los Altos

\$20-\$30/person, CASH ONLY PLEASE, no credit cards accepted!—Register online or email

Kay Evans at kevans@avenidas.org

Wednesday, March 6 at 1 pm

Zoom Special Presentation “American Indians” by Smithsonian American Art Museum

Explore the histories and cultures of some American Indians as captured by both Native and non-Native artists. Discuss the influence of geography, tradition, and tribal affiliation on contemporary Indian artists.

FREE—Register online or email Kay Evans at kevans@avenidas.org

Friday, March 8 & Friday, March 22 at 4 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.

FREE—Register online or email Kay Evans at kevans@avenidas.org

Monday, March 11 & Monday, March 25 at 10 am

Guided Meditation on Zoom led by Sabrina Huang

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

FREE—Register online or email Kay Evans at kevans@avenidas.org

Thursday, March 14 at 10 am

IN-PERSON EVENT: Bird Stroll with Matthew Dodder of Santa Clara Valley Audubon Society

It's a lovely time to see some wintering waterfowl and shorebirds! Join Matthew at the Palo Alto Baylands for an approximately one-mile stroll. The preserve has a substantial resident population of birds as well as being a major migratory stopover on the Pacific Flyway.

Meet at the Lucy Evans Nature Center, 2775 Embarcadero Rd, Palo Alto

A \$10 donation per person is requested, please bring cash

14 spots available—Register online or email Kay Evans at kevans@avenidas.org

Friday, March 15 at 11 am

Village Book Group on Zoom: “Unraveling” by Peggy Orenstein

This is a DROP-IN BOOK CLUB, Village members can come to any meeting. There are no dues, no requirement to participate. We hope those interested in joining will read the book beforehand and be ready to engage in a lively discussion.

FREE—Register online or email Kay Evans at kevans@avenidas.org

Wednesday, March 20 11:30 am—1 pm

IN-PERSON EVENT: Document Shredding Event sponsored by Nancy Goldcamp

Village members and their guests are welcome! See details on page 2

FREE—Register online or email Kay Evans at kevans@avenidas.org Covenant Presbyterian Church Lot
670 E. Meadow Drive, Palo Alto

Friday, March 22 at 11 am

Vistas Lecture Series—Zoom Webinar: “What Nature Wants You to Know About Play” with Villager Tony Christopher (Details on page 6)

FREE—Register online or email Kay Evans at kevans@avenidas.org

Wednesday, March 27 at 2 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 Kay Evans at kevans@avenidas.org

Please Note: Registration Is Required for All In-Person Events

Monday, April 8 & Monday, April 22 at 10 am

Guided Meditation on Zoom led by Sabrina Huang

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

FREE—Register online or email Kay Evans at kevans@avenidas.org

Tuesday, April 9 & Thursday, April 18 at 11:45 am (please choose ONE date)

IN-PERSON EVENT: Lunch Bunch at Vida Tapas, Mountain View

Featuring a pre-fixe menu with a variety of exciting Spanish dishes for everyone to sample. For more detail, check the online listing!

110 Castro Street, Mountain View

\$45/person, please bring cash! Register online or email Kay Evans at kevans@avenidas.org

Wednesday, April 10 at 2 pm

IN-PERSON EVENT: SLAC Guided Tour

Enjoy an educational and historic visit to the Stanford Linear Accelerator Center and Laboratory with a guided tour! The tour generally includes a visit to the lab's 2-mile long linear accelerator and to the X-ray laser facility now powered by it. Availability of these operational research facilities is subject to change. The tour lasts 90 minutes and involves walking and climbing stairs.

2575 Sand Hill Road, Menlo Park

FREE, 15 spots available—Register online or email Kay Evans at kevans@avenidas.org

Friday, April 12 at 4 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.

FREE—Register online or email Kay Evans at kevans@avenidas.org

Wednesday, April 17 at 1 pm

Zoom Special Presentation: "The Lure of the West" by Smithsonian American Art Museum

Part geography and part mythology, the American West retains a powerful allure in popular culture. Explore depictions of the people, lifestyles, and landscapes of the 19th-century West to better understand this dynamic period of history.

FREE—Register online or email Kay Evans at kevans@avenidas.org

Friday, April 19 at 11 am

Village Book Group on Zoom: "Death by Puffin" by Jennifer S. Alderson

After a nasty fight with her boyfriend, tour guide Lana Hansen takes a week off work to get her head straight. Fate brings her to Iceland and the Hotel Puffin where she hopes the magnificent natural surroundings will help heal her heart and point the way forward.

This is a DROP-IN BOOK CLUB, Village members can come to any meeting. There are no dues, no requirement to participate. We hope those interested in joining will read the book beforehand and be ready to engage in a lively discussion.

FREE—Register online or email Kay Evans at kevans@avenidas.org

Wednesday, April 24 at 2 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 Kay Evans at kevans@avenidas.org

Friday, April 26 at 11 am

Vistas Lecture Series—Zoom Webinar: "Preventing the Spread of Nuclear Weapons: A History" with Villager Leonard Weiss (Details on page 6)

FREE—Register online or email Kay Evans at kevans@avenidas.org

Friday, April 26 at 3 pm

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

Bring a snack or drink to share and enjoy social time with old and new Village friends!

The Village Patio at Avenidas, 450 Bryant Street, Palo Alto

FREE—Register online or email Kay Evans at kevans@avenidas.org

**450 Bryant Street
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650-289-5405**

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**Daylight
Saving
Begins
Sunday
March 10**

**Turn Clocks
Ahead
One Hour!**

March-April 2024

NEW—Weekend Lunchers Special Interest Group

The new WEEKEND BRUNCH/LUNCH special interest group had a successful beginning in February with two Saturday lunch dates at Dinah's. Each month, lunchers will gather on the first and third weekend with two tables of six people, a great size for engaging conversation. March events are already full. Look for the dates and location for April in a mid-March email to all Village members. Space is limited to 12 per lunch, so respond promptly to reserve a seat. Miriam Jacob and Peggy McCurdy look forward to hosting you!



Photo by Jeannie Siegman