



President's Letter

Hey Everyone,

We all had a very busy month, as May was Older Adults Month. I accepted the proclamations from Benicia Mayor Steve Young and Mayor McConnell of Vallejo.

Thank you to all who came to the council meetings and supported Carquinez Village.

We also had a couple of picnics for both members and volunteers. Luckily, because of the wind, it wasn't too hot.

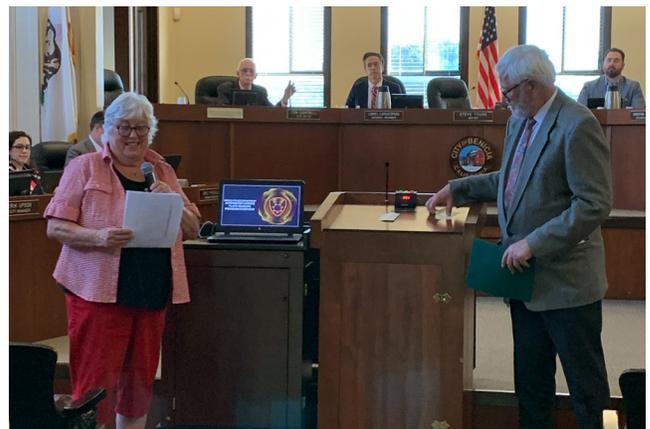
The month of June brings coffee mornings at my home from 10-12 am. That's our regular Tuesday coffee group, but I am extending it to all volunteers and members.

We have a couple of exciting programs coming up soon. I need your assistance organizing them, so come to coffee and I will tell you all about it. Also, bring your own ideas about things you would like to see or do with the village.

Our potluck had such great food this month that we are thinking about producing a cookbook of these recipes. Do sign up for the next potluck and bring your recipe with you to share.

As the weather heats up please keep out of the heat! Make sure you have protective lotion on, sunglasses and hat at the ready!

See you all soon, I hope.
Helen



Helen Hughes Accepts Proclamations from the Cities of Benicia and Vallejo on Behalf of the Carquinez Village in Celebration of Older Americans Month

Busy Retirement

By Greg Plant



Cynthia Helmuth was having a nice Benicia retirement after 40 years of nursing service when her friend Linda Barron called.

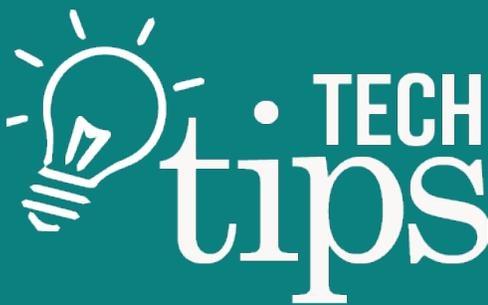
“Help!” said Linda.

“Okay,” responded Cynthia...and five years later she is still helping with Carquinez Village, and specifically the Program Committee that puts together events, the mail-out calendar, and all the fun things we do!

Linda was the first Program Chair back at the beginning, and she, Cynthia, and a committee have planned events, educational opportunities like our speaker series, and social gatherings like pot-lucks—which are now back! Carquinez Village just formally celebrated five years, and founders Judie Donaldson and Lois Requist have enjoyed continued support throughout, from Linda and Cynthia and many others.

Cynthia is used to supporting others from her years working as a nurse. She grew up in Orange County, in Fullerton, living for a while in Los Angeles before moving to San Francisco. There she met her husband Gary, settled down, and eventually raised a family in Benicia.

Now she has time to enjoy a quick cup of java at Dianna’s Bakery, support the Giants (yea, Scottsdale spring training!)...and plan the next month of Carquinez Village activity!



Hyperlinks – also known as Links

Basically hperlinks are clickable pointers to a resource. A hyperlink, or link, can be a piece of text, an image, an icon or graphic that when you click on it, points to and navigates you to a different webpage, document, a specific location in a document or allows you to send an email. ***You should only click on links from known sources***, like the Carquinez Village newsletter!

How many links can you find in this newsletter? Answer on page 4.

Ask the Village

By Jeanne Ekdahl

Periodically, this column answers questions for members or gives helpful hints about the Village website, membership, or operations. If you have not yet signed in to the Carquinez Village member / volunteer site, just go to the main webpage, at the top, and click the orange link “CLICK HERE FOR A NEW PASSWORD.” Follow the instructions.

Remember you can always get just about any type of help by either emailing info@carquinezvillage.org, choosing “contact” in the top menu of the Website, or calling 707.297.2472 for a callback for a specific issue!

****Hint:** While you are signing in, you can choose “remember me.” This allows the site to keep you signed in for some time, usually for days.

Now for today’s helpful hint: Did you ever wonder what the little picture of a person in the upper right corner of the member web page (after you sign in) means? Click on the little arrow to the right of it, and you will be able to choose Profile, Agenda, Change Password, or Sign Out.

On this menu, you can manage many aspects of your membership. Alan Plutchok, a Village member and original board member, suggests that if you pay monthly, you should give particular attention to the Member tab on the profile, where you can update your credit card.

Profile—There are four tabs in this section. At the bottom is an Edit button.

Contact tab: Here you will find your contact information and emergency contacts. If you see anything that needs to be changed, scroll to the bottom and click the red edit button to update this page.

Member tab: Here you can see your membership and payment info, update your credit card for monthly payments, and other things.

Volunteer tab: Here volunteers can look at their information and even change availability dates.

Agenda tab: Here you can see a list of events and services you are registered for.

My Agenda—This is a calendar showing your upcoming events and services.

Change Password—Just be sure to write it down in a secure place!

Sign out—You will want to do this particularly if you share your device with another member! We encourage you to get acquainted with your member/volunteer website; it can be both interesting and useful!

**Did you know that we have a
Facebook page? We do!
Log on to share photos and comments
about all your favorite CV Events!**

CLICK HERE!
facebook
join our group +

Raising Funds and Fun!

By Diane Choquette

The afternoon was warm, with a strong waterfront breeze, as people entered the Benicia Yacht Club for our first fundraiser auction since 2019. A cheery atmosphere developed as over 60 attendees mingled, perused the auction items, and partook of tasty appetizers donated by board directors. We had bottles of white wine left over from the Holiday Party and Jeremy Forcier, the son of our Treasurer, Gerry, donated a sumptuous red wine, enjoyed by many.

Due to the generosity of our donors and our attendees, all the live and silent auction items were snapped up! Our Chair of Volunteers and Services, Kathy Monroe, secured us an excellent contract with the Yacht Club. We are very pleased to tell you that we netted approximately \$10,000! As we work through our strategic plan in 2023, we will be determining our needs for paid staff, and these funds will help us to reach that goal, enhancing the stability of Carquinez Village. Many thanks to all who made this event such a success!



Lois Requist, Editor

We've been doing this for a while now. Members asked for a newsletter. Now, I'm asking of members: Is the newsletter serving you? Do you get what you wanted? What would you do differently?

Please send me an email at lois@requist.com answering those questions.

Answer to Tech Tip question. There are 5 hyperlinks in this edition of the newsletter. 1 on page 1, 2 on page 3 and 2 on this page. Did you find them all?

Never Miss an Episode of the Speaker Series

All of our recorded events can be found on our YouTube Channel.

Click the button below to go there. Once there, subscribe to the channel and you'll be automatically notified each time a new video is posted.

