



President's Letter

Spring has sprung but only the beautiful blossoms and spring flowers are aware of this. We are enjoying the rain. Well, maybe.

If you are receiving this for the first time, that means you are on our mailing list, perhaps from a long time ago, or you signed up just recently. Until now, we haven't been able to include you, but now we can! We hope you find it of interest, but if you don't wish to get this monthly email, please unsubscribe at the bottom of this page.



It's been another busy, exciting month for our members. Several of us visited San Francisco to attend performances from the San Francisco Symphony or went to the Palace of Fine Arts for the Egyptian Exhibition.

Thanks to Linda Barron and Carolyn Fallon for the delicious potlucks this month.

For exercise, we had the Friday walking group as well as the balance classes. The movie group was excited about the Oscars, the Mahjong Group was determined to win, we all stocked up on great food from Trader Joe's, and everyone felt relaxed after Janice's meditation classes.

Thanks to Cynthia for organizing so many events!

Don't forget the monthly talks in the library, always on the third Thursday. I will be hosting two coffee mornings this month, April 13th and 26th, from 10-12 pm. Come on over for coffee at my house and

learn just exactly who and what Carquinez Village is all about. Love to see new and old members as well as volunteers. It will be open to the public, so bring a friend.



I do hope you received the daffodils that the Village delivered to everyone. Thank you to the volunteers who put that together.

We celebrate Carquinez Village's 6th birthday on April 12th, as well as honoring our co-founder, Judie Donaldson. The celebration is from 1:00 to 2:30 pm at Highlands Park on Regents Park Drive in Vallejo.

Time to get those treasures out of the wardrobe and over to Gerry Forcier for our Annual Fundraiser in May.

Cheers for now,

Helen Hughes
President



Carquinez Village is Offering a New Course! 5-Week Brain Enrichment Course

**Monday, April 10–May 8
10:00 a.m.–12:00 p.m.**

Benicia Library, Doña Benicia Room
Capacity: 20 participants

Price for Participant Workbook:
Members \$15
Non-members \$25

Purchase tickets in advance to reserve your space no later than Friday, April 7.
[CLICK HERE](http://www.carquinezvillage.org/Events/Brain%20Enrichment) to register or Go to [www.carquinezvillage.org/Events/Brain Enrichment](http://www.carquinezvillage.org/Events/Brain%20Enrichment)
Payment may be made by credit card or check

BRAIN ENRICHMENT, a 5-week course that will help us appreciate the complexity of this all-important organ. Challenge yourself and each other, share experiences, and have fun learning and participating in exercises to keep your brain active. All participants will receive a Participant Handbook.

Our Newest Members

By Susan Nuehaus

Thomas Chock

Thomas grew up in Hawaii and owned his own nursery in the islands. He moved to Vallejo about seven years ago. He is an avid rose grower and cook. You may have already seen him around the Village as he attended our March potluck, and he is one of our new volunteers.

Joy Lerner

Joy has lived in Benicia for many years since moving from Jackson. She has been active in many art media and says her favorite activity is teaching art to children. Now that her grandchildren are getting older, she is joining the Village to make new friends and share in our educational and cultural activities.

Wanda Anderson

Wanda already knows some of our members, as she was a longtime teacher in the county. She retired from teaching 5th grade at Mary Farmer. She is interested in getting involved in our activities and is considering becoming a volunteer as well.

Bocce Ball

By Barbara Feth



Do you want to play Bocce Ball? Benicia has great courts next to the library. We are putting together a team for the spring once the weather gets warmer.

No experience is needed!

The time will be Wednesday mornings at 10:15 beginning in May.

If you want to know more or sign up to play, contact Barbara Feth fethbarbara@gmail.com or call (602) 740-8642.

Need a Name Badge?

If you don't have a Carquinez Village nametag and you'd like one (pin or clip back or lanyard), please call or email Village Member Pat Plant at (408) 702-0785, pat.plant@gmail.com.



Coffee Time



When: Pick one: Thursday, April 13 OR Wednesday, April 26

Time: 10:00 a.m.–12:00 p.m.

Location: Helen Hughes' home: 214 Chadwick Way, Benicia

Come to learn about Carquinez Village: How it runs, what committees do, and services available to members and volunteers. Bring your ideas about what you'd like to do with the Village in the future.

EVERYONE IS WELCOME, especially those folks who have joined in the last year, or are thinking about joining, or are interested in volunteering or forming new groups.

RSVP: Call Helen Hughes at (707) 766-4717

Wine and Lite Bites Fundraiser on May 7

By Diane Choquette

Now that Spring has arrived, it's time to make plans to come to our fabulous fundraiser! We already have a few great items for the auction. In addition to seven nights in a condo on Maui, we will be offering a six-night stay in a condo in Kona. Fine wines, art glass, and golf are also on our list, along with Taste of Benicia restaurant gift certificates. Do you have something you would like to donate? Please give Gerry Forcier a call at 707-315-2140.

Your \$35 ticket will include delicious appetizers to eat and fine wine to drink. As usual, we will have a silent auction and a live auction. All you need to do is to go to our Events calendar online at www.carquinezvillage.org, register, and pay for your ticket online. You may also pay by check at the door, but we are limited to 100 attendees, so it is important that you register online.

We look forward to seeing you on May 7, 4:00 pm to 7:00 pm at the Benicia Veteran's Memorial Hall at the top of First Street. We will have a grand time!

Classifieds

Senior gentleman seeking roommate to share two-bedroom home in Vallejo.
Call (707) 631-8808 if interested.

CMSU Tour Recap: Ahoy Mateys!



By Jack Weaver

Our Carquinez Village Senior Men's group had the privilege of touring Cal Maritime State University (CMSU) in Vallejo on March 22. Arguably one of the best tours taken by our group, it was certainly the best one of 2023. Lars said this has been on his bucket list for many years, so thank you very much for setting this up, Lars, and Armand Seguin, too.

After arrival at the CMSU campus, we saw a presentation extolling the values of a CSMU education and encouraging our senior group to do the same. It is an extremely good deal, both tuition wise and job placement wise.

Our next stop, which was possibly the highlight of the tour: the Ship Bridge Simulator. A small, dark room contained a live practice control console and helm (wheel) that are used to "steer" a ship under "simulated" weather and location conditions. These faux conditions are projected on the wall by computer systems.

The projected images are so realistic that the feeling of sea-going movement is conveyed to the brain despite the room being completely stationary!



Following that dizzying experience, we took a walk to a real ship, the USS Golden Bear. We boarded the Golden Bear and descended multiple flights of steep stairs into the engine room and the machine shop. Some large engine components were being overhauled in the machine shop. How did they get these several hundred-pound parts from the engine room, through tightly cramped passageways, and into the tiny machine shop and back again?

There were also many colorful, hand-painted, and signed murals depicting previous voyages going back decades. They were sort of like "organized graffiti."

Last, the hungry tourists backtracked to the school cafeteria for lunch. While chow was downed, the group discussed the opioid crisis, documentary films, Cold War submarine and spy drama novels/movies, guitar playing/collecting, Meyer lemons, and Kaiser medical appointments.

A shout-out to the student cadets that paid for at least two of our meals with their CMSU meal card, because their cards are time stamped and their deadline was approaching. It was a generous thing to do and thank you very much!

We should have been the ones paying for them, given their quest to make right what we have wrought in the world. And on that note, I bid you "fair winds and following seas"... you salty tars! Yo Ho Ho

Independent Living Resources

By Barbara Engdahl

An amazing presentation at the library by staff from Independent Living Resources told us about all the services they provide and showed us slides of the assistive devices they stock. Among the free services they offer are hearing assistance and visual help tools, grab bar installation, advocacy in your community, housing assistance, independent skills training, and peer support, as well as loans of canes, walkers, and wheelchairs. Going to the website info@abilitytools.org will get you a complete listing of everything they offer. You can ask about your personal needs by calling Jim Burnett, our Solano County rep, at 707-435-8174, or by emailing him at JimB@ilrsc.org.

Alan Plutchok

By Greg Plant

Alan Plutchok is many things: retired doctor, traveler, great storyteller, creative entrepreneur, clever wood worker, and a loving husband, father, and grandfather.

He is also one of the early supporters of Carquinez Village and one of our leaders. “Gerry (Forcier) and I did some research on other Village organizations early on, and I was on the board for a while,” Alan said.

He has been a presence ever since, hosting potlucks with his wife Alice; leading excursions to such places as the di Rosa Center for Contemporary Art in Napa; and leading educational events at the library (until Covid).

One library event was his talk on dealing with medical relationships, something Alan knows very well. He graduated from Georgetown’s medical school after going to Rutgers, where he met Alice.

“We met on a date—Rutgers men and women from Douglas, a local women’s college,” Alan remembered. They married while he was still in medical school—“like a lot of my friends!” he added.

The Plutchoks made their way west in 1970 to Mt. Zion Hospital in San Francisco. Alan then worked at Broadway Hospital in Vallejo, then spent 14 years

with Family Doctor Medical Group in Benicia and Vallejo, and on to Kaiser for outpatient practice until retiring.

After living many years in a remodeled Victorian in Vallejo, they moved to Benicia, into the interesting house on East G Street that was our former city library.

“We had to make some renovations, but now it’s comfortable,” he said. The library-turned-home looks like an art gallery—“many family donations,” Alan said modestly.

The Plutchoks travel to vacation homes in Maine and Russian River (soon to be replaced with a San Diego home near their son’s family). Their daughter and her two boys live in Oakland.



Alan pursues many retirement activities—including making wine-barrel staves into high-end food-serving trays—and hiking with Alice and a group going

back 30 years. This year he and Gerry will be making wine... “Old Guy Wine”?

“And,” Alan added, “I’m so impressed with how Carquinez Village has progressed!”

From the Editor:

Two events you shouldn't miss in April. First, on Thursday, the 20th from 10:30 to 11:30 am at the Benicia Library we will listen to Joy Rund, owner of Benicia Fitness. She's also a personal trainer and nutritionist. With her, yoga instructor Laura will demonstrate techniques of chair yoga.

Next, I hope you'll come to the celebration of our 6th birthday as an organization on Wednesday, April 12th at Highlands Park on Regents Park Drive in Vallejo. It's also a time to pay tribute to our cofounder, Judie Donaldson. There's more information at our website, carquinezvillage.org.

On March 25th we attended the Celebration of Life for Judie. Her last words were: "I think that death is a lesson to all of us. I hope that you can use my death as an opportunity to check in with yourself and make certain you are living your life just as lovingly, joyfully and fully as you can."

Lois Requist



The flyer is enclosed in a pink border and features a festive design. At the top left is the Carquinez Village logo, which includes a green and yellow banner with the text 'CARQUINEZ VILLAGE' and a small illustration of a boat on water. To the right of the logo is the text 'HAPPY BIRTHDAY!' in large, colorful, bubbly letters, surrounded by a garland of multi-colored flowers. Two red balloons with the number '6' are positioned on either side of the 'HAPPY BIRTHDAY!' text. Below this, the text 'Carquinez Village is officially 6 years old!' is written in a purple, bold font. Underneath that, the date and time 'Wednesday, April 12, 2023 1:00 - 2:30 pm' are listed in a pink font. The next line of text, 'Join us for cake and coffee to celebrate the occasion at Highlands Park, on Regents Park Drive in Vallejo.', is in a purple font. To the right of this text is an illustration of a birthday cake with purple frosting, white icing, and several lit candles. Above the cake are several balloons in various colors (green, purple, pink, blue) with the number '6' on them, along with confetti. At the bottom left, the text 'We have reserved several pavilions for Carquinez Village close to the parking lot and they are walker and wheelchair accessible, with bathrooms nearby.' is in a black font. Below this, the text 'Call our Information Member if you need a ride: 707-297-2472' is in a black font. At the very bottom of the flyer, there is a decorative horizontal line of small, repeating patterns.

CARQUINEZ VILLAGE

HAPPY BIRTHDAY!

6

6

**Carquinez Village
is officially 6 years old!**

**Wednesday, April 12, 2023
1:00 - 2:30 pm**

**Join us for cake and coffee to celebrate the occasion
at Highlands Park, on Regents Park
Drive in Vallejo.**

We have reserved several pavilions for Carquinez Village close to the parking lot and they are walker and wheelchair accessible, with bathrooms nearby.

**Call our Information Member if you need a
ride: 707-297-2472**

APRIL ACTIVITIES 2023

For information or to register for an event by phone – (707) 297-2472
Village Support Services, rides, chores, etc. -
(707) 741-1656

NOTES:

1. **Calendar format!** As we've grown as an organization, so have our activities! And some of our best events are offered weekly. To make the calendar easier to read (and shorter) we've grouped repeating activities together. These items will be printed in a color (this month: **Purple**)
2. **Zoom:** Many of our February activities will be LIVE, but some activities will be happening over the computer, tablet, or Smart Phone using "ZOOM" meeting software. You can call our Information number 707-297-2472 and ask for help if you need it. We want to help!

April 3, 10, 17, 24 – Movie Club Discussion on Zoom, every Monday, 11:30 - 12:30 pm. A Zoom call discussion on this week's film. Contact Helen Hughes 707-766-4717 for movie to watch and to get Zoom link for this fun online discussion. Member Event

April 3, 10, 17, 24 - Monday Chat, Monday, 1:30 - 2:45 pm. Do you miss having regular, casual conversations? In a time when we need to be connected, we're all separated. So, how would you like to "get together" once a week and talk? Register online or call our Information number: 707-297-2472 and a Zoom password will be sent to you. Member Event

April 4,11,18, 25 - Carquinez Café LIVE, Tuesdays, 10:00 – 11:00 am at Raley's Market.
Call Sally Radigan at 707-318-0802 for more information. Register online or call our Information Registration phone number: 707-297-2472. Open to all

April 6,13, 20, 27 - Meditation on Zoom, Thursday, 3:00 - 4:00 pm. Call Janice Magner at 707-747-9228 to sign up. Beginners welcome. Member Event

April 7, 14, 21, 28 - Friday Walking Group, Friday 11:00 am - 12 noon. Friday is the designated day for the weekly Vallejo Waterfront Walking Group. Please meet at the Front Room on the Wharf at the parking lot side, next to the Ferry Terminal. There is 2-hour free parking in the lot, right there.

April 10 - May 8 - Brain Enrichment, Mondays 10:30 - 11:30 am. Carquinez Village is offering a new course! Brain Enrichment is a 5-week course that will help us appreciate the complexity of this all important organ. Challenge yourself and each other, share experiences, and have fun learning and participating in exercises to keep your brain active. All participants will receive the Participant Handbook. To register, please call Carquinez Village at 707-297-2472 by April 7 to register. Please pay in advance; we cannot guarantee your space if you don't. The charge is for all five meetings, and includes a workbook. Checks should be made payable to Carquinez Village and sent to Carquinez Village, 77 Solano Square No. 279, Benicia, CA 94510 . Classes begin Monday, April 10 and run consecutive Mondays through May 8 from 10:30am-12:30pm. Additionally, classes will be held at the Benicia Public Library, in the Dona Benicia Room. Light snacks will be served. Open to the public

April 5 - Carquinez Village Board Meeting, Wednesday 3:30 pm. All members and volunteers are invited to join the monthly Board Meeting by Zoom. Call our Village information number 707-297-2472 to register and a link will be sent to you. Members and Volunteers



April 9 - Easter!

April 11 - Trip to Trader Joes, Tuesday 12:00 - 2:00 pm. We will meet in the 9th Street Parking Lot at 12 pm, carpool over to Concord, do some shopping, and return by 2:00 pm. Call our information number 707-297-2472 in advance of this shopping trip so we can be sure to have enough cars and drivers. Member Event

April 12 - Happy 6th Birthday Carquinez Village! Wednesday, 1:00 - 2:30 pm. Carquinez Village is officially 6 years old! Join us for cake and coffee to celebrate the occasion at Highlands Park, on Regents Park Drive in Vallejo. We have reserved several pavilions for Carquinez Village close to the parking lot and they are walker and wheelchair accessible, with bathrooms nearby. Member and Volunteer Event

April 13 - Coffee Time with CV President, Helen Hughes, Wednesday (this event is repeated on Thursday, April 27), 10:00 - 12:00 pm. Join us for a discussion about getting involved in our Village as a member or volunteer. Come to Helen Hughes's home at 214 Chadwick Way, Benicia. RSVP by Helen at 707-766-4717 so we will know how many people to expect. Member and Volunteer Event

April 15 - Benicia Parkinson's Awareness Event, Saturday, 8:30 am - 2:00 pm at the Veterans Hall, 1150 First Street, Benicia. \$5.00 Admission. The Benicia Parkinson's Support Group invites you to walk to raise awareness of Parkinson's Disease in honor of community member Bill Cawley. After the walk they invite you to join the informational program on what is now the fastest growing neurodegenerative disease in the world. Learn about the support and services available from the 20+ exhibitors and vendors who will be participating. Light snacks will be provided by local Benicia restaurants.

April 19 - Vallejo Member Group, Wednesday, 1:00 - 2:00 pm. Join your Vallejo friends for our monthly get-together. Join your Vallejo friends for our monthly get-together LIVE at the Highlands Park in Vallejo. For more details or questions, please call Marty Stockard, 707-553-1866. Member Event

April 20 - Speaker Series: Fit Over 50 - Strength Training and Chair Yoga, Thursday, 10:30 - 11:30 am. Please join us at the Benicia Public Library for our monthly Speakers Series which will feature popular local personal trainer and nutritionist Joy Rund

from Benicia Fitness. The effervescent Joy will share with us the importance of strength-training and other exercises targeted to older adults, and Yoga Instructor Laura will demonstrate techniques of chair yoga! Call our information number 707-297-2472 if you need a ride. Light snacks and coffee will be served. Open to the public.

April 22 - Monthly Potluck Dinner, Saturday 5:00 - 7:00 pm. Join us for our monthly potluck at the lovely Casa de Vilarrasa Senior Apartments, 921 E. 4th St. Benicia (Park in the lot at E. J and E. 4th, or on the street close to that corner, walk down to the trash cans in the parking lot and turn left and follow the signs to the Community Room). Always fun, always great to see people you know, and meet new folks. Bring a dish to share and register by calling our information number 707-297-2472 so we will know how many people to expect. It's especially important to register in advance if you need a ride! Member Event

April 26 - CV Men's Group: Lunch at Bella Sienna Restaurant - Wednesday, 12:00 - 2:00 pm. Bella Sienna is located at: 127 E. First Street, Benicia. Please contact Lars Ekdahl to RSVP, as well as for questions and rides. You can reach him at lnekdahl@gmail.com (or if you don't use email, call him at 707.745.0840). CV Men's Group is comprised of welcoming, supportive Village men who get together once a month to talk and connect with each other, build relationships, and have fun in the process. We usually meet every 4th Wednesday of the month. Member Event

April 27 - Coffee Time with CV President, Helen Hughes, Thursday, 10:00 - 12:00 pm. Join us for a discussion about getting involved in our Village as a member or volunteer. Come to Helen Hughes's home at 214 Chadwick Way, Benicia. RSVP by Helen at 707-766-4717 so we will know how many people to expect. Member and Volunteer Event

April 29 - Wildflower Train Trip - Saturday, 9:30 am - 2:00 pm. Climb aboard the Scenic Limited Wildflower Special for an hour-long train ride through beautiful hills and fields to view seasonal wildflowers. After the ride there will be time to visit the Western Railway Museum's extensive collection of historic electric streetcars, have a picnic lunch, and receive a beverage

and treat at the Visitor Center. We have 15 tickets so be sure to sign up early! Meet at 9:30am in the 9th Street parking lot to carpool. Register by calling our information number 707-297-2472; please let us know if you need a ride or are willing to drive. We have senior tickets and are asked to PLEASE BRING PHOTO ID and a bag lunch. Members and Volunteers

APRIL 2023							TODAY	<	>
Sun	Mon	Tue	Wed	Thu	Fri	Sat			
26 Monthly Potluck - 4:00 PM	27 Movie Club Discussion - 11:30 AM Monday Chat - ZOOM - 1:30 PM	28 Tuesday Cafe - 10:00 AM	29	30 Meditation Group - 3:00 PM	31 Excursion to Charles M. Schulz Museum - 9:30 AM Friday Walking Group - 11:00 AM	1			
2 Movie Club Discussion - 11:30 AM Monday Chat - ZOOM - 1:30 PM	3	4 Tuesday Cafe - 10:00 AM	5 Carquinez Village Board Meeting - 1:00 PM	6 Village Writers Group - 1:00 PM Meditation Group - 3:00 PM	7 Friday Walking Group - 11:00 AM	8			
9 Grief Group - 10:00 AM BRAIN ENRICHMENT - 10:30 AM Movie Club Discussion - 11:30 AM Monday Chat - ZOOM - 1:30 PM	10 Tuesday Cafe - 10:00 AM Trader Joes Shopping Group - 12:00 PM	11 HAPPY 6TH BIRTHDAY CARQUINEZ VILLAGE - 1:00 PM	12 Morning Coffee With Helen - 10:00 AM Meditation Group - 3:00 PM	13 Friday Walking Group - 11:00 AM	14 Benicia Parkinsons Awareness Rally - 8:30 AM	15			
16 Sunday at the San Francisco Symphony - 2:00 PM	17 Movie Club Discussion - 11:30 AM Monday Chat - ZOOM - 1:30 PM	18 Tuesday Cafe - 10:00 AM	19 Vallejo Member Group - 12:00 PM	20 Speaker Series:Fit Over Fifty--Strength-training, Chair Yoga, Oh My! - 10:30 AM Village Writers Group - 1:00 PM Meditation Group - 3:00 PM	21 Friday Walking Group - 11:00 AM	22 Monthly Potluck - 5:00 PM			
23 Movie Club Discussion - 11:30 AM Monday Chat - ZOOM - 1:30 PM	24 Tuesday Cafe - 10:00 AM	25 Morning Coffee With Helen - 10:00 AM Mens Group - 12:00 PM	26 Meditation Group - 3:00 PM	27 Friday Walking Group - 11:00 AM	28 Scenic Wildflower Train Ride at the Western Railway Museum - 9:30 AM	29			
30 Movie Club Discussion - 11:30 AM Monday Chat - ZOOM - 1:30 PM	1 Tuesday Cafe - 10:00 AM	2	3	4 Meditation Group - 3:00 PM	5 Friday Walking Group - 11:00 AM	6			