



President's Letter

Hope you are all well and enjoying this wonderful spring weather after all the rain!

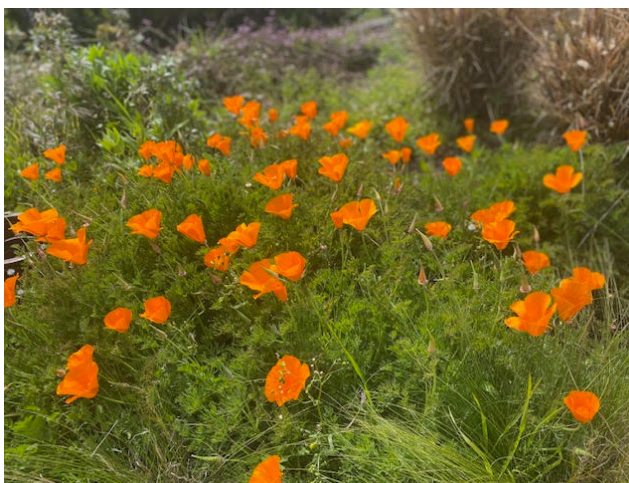
These wild poppies look amazing in my garden. I love it here in Benicia, but I am in the throes of selling my home and looking for another, which is very stressful, as I need to downsize. It seems everyone wants a two-bedroom, two-bath house on one level with a view in Benicia. I will keep you all informed as to what I find for me and my very old adorable dog, Charlie.

Carquinez Village has had a very busy month. We all attended a wonderful memorial for Judie Donaldson, coming away with the motto she left for us which is "loving kindness." We had the opportunity to talk about her at our 6th birthday celebration in Regents Park in Vallejo.

It was also a pleasure to talk about Carquinez Village and, especially, about Judie at the Parkinson's Day event in Benicia. It was interesting to meet so many dedicated people dealing with Parkinson's Disease. Judie was honored there as well.

Our potluck in March was hosted by Cindy and Amand Seguin at their lovely home in Vallejo. The dinner was very well attended, and all the dishes were incredible. The chocolate pie was so delicious that I hope the recipe made it into this month's newsletter. April's potluck was hosted by Pat and Greg Plant, who were excited to be hosting.

Twenty-four of us, consisting of members as well as the general public, started a five-week course on Enhancing the Brain, which certainly is very stimulating and extremely interesting. Teachers are Susan Neuhaus and Jane Keene.



Our major upcoming event is our annual fundraiser on May 7th from 4:00 to 6:00pm at the Veterans Memorial Hall here in Benicia. We invite you to join us! Spread the word to your family and friends. Enjoy both a live and a silent auction, while sipping wine and nibbling on small bites. There is plenty of parking behind the building and an elevator to take you

upstairs.

Don't forget to sign up for our trip to Trader Joe's. Monthly picnics are beginning again, so I hope to see you all there. If you need a ride to events, please call us so we can make sure you make it to our functions. We would hate for you to miss these events.

We have a very active men's group, led by Lars Ekdahl. They have a fantastic outing every month.

I am hosting the potluck here at my house on May 21st, and I look forward to seeing you all. Go to EVENTS on the website and sign up now.

Cheers for now,
Helen Hughes

Wine and Lite Bites Fundraiser

By Diane Choquette

It's time to register for our Wine and Lite Bites Fundraiser! All you need to do is to go to our Events calendar online at www.carquinezvillage.org, or [CLICK HERE](#), register, and pay for your ticket online. You may also pay by check at the door, but space is limited, so it is important that you register online. 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.

Three of our great guys—Gerry Forcier, Alan Plutchok, and Greg Plant—will be auctioning off bottles of the wine they made. Get together with a friend or two and plan how you can snag seven nights in a condo on Maui, a six-night stay in a condo in Kona, or a week at a resort in Cabo San Lucas! Jewelry, art glass, and golf are on our list, along with A 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.

We look forward to seeing you on **May 7, from 4:00 to 6:00 pm, at the Benicia Veteran's Memorial Hall at the top of First Street**. Entrance to the parking lot is on East K Street, just off First Street. We will have a grand time!

APRIL SHOWERS BRING LOTS OF NEW MEMBERS

By Susan Neuhaus

Can you be a buddy to a new member?

Do you remember when you first joined the Village? Did you jump right in and come to activities and figure out how everything worked? No?

We would like to start a core group of buddies for new members.

Are you interested in finding out more?

Call Janice Magner for details 707-980-1781.

Thank you in advance!

Our Newest Members

By Susan Nuehaus

Catharine Way & Brent Taylor

Catharine and Brent relocated to Benicia about nine years ago from Florida. Brent was an attorney for the Florida State Senate and Catharine had an overseas position with UNICEF, among other things in her career. They moved here to be closer to friends and family. They are joining the village to make new friends and enjoy our social and cultural activities. Catharine intends to also become a volunteer.

Sandra Plate

Sandy's introduction to the Village was through our Matter of Balance class. She has been an active volunteer with the Lindsay Wildlife Center since her retirement from the Social Security Administration

in 1995. She specializes in fawn rescue and baby raccoon relocation. You might see her out on the trails with her dog Charlie.

Maxine Matus

Maxine just moved out from Florida to be with her family. She has a flair for fashion, having worked for Lerner's for years designing their display windows. She is interested in making new friends and participating in our events. She has jumped right in and is attending our inaugural Brain Enrichment class.

Aud Olsen

"Audie" is originally from Norway. When she moved from Danville to Benicia, she said it reminded her

of the small town where she grew up in Norway. She loves gardening and cooking, and her home is adorned with her lively watercolor paintings. Her car gave up the ghost, so she is hoping for help with transportation.

Lesley Ward-Gow

Lesley is an avid antique collector and seller. She has pursued that passion in SF, Santa Monica, San Bruno, and Vallejo. She has lived in Benicia for the last 10 or 12 years. She was a Village member, but dropped off during the pandemic. She is rejoining and is looking for a small cottage or other reasonably priced lodgings in Benicia.

Do You Have Documents You'd Like to Shred?

By Alan Plutchok



Created by Marcel Boer
from the Noun Project

On **Saturday, May 6th from 9:00 am to 1:00 pm at St. Dominic's church parking lot**, CV members can bring documents for shredding. A donation to St. Vincent de Paul in the name of Carquinez Village makes this possible. All Carquinez Village members are

invited to bring their shredding, and the charge will be covered by Jeannie's donation.

Volunteers will be on hand to take the documents, so you don't even have to get out of your car! If you want the boxes back, you can have them back. If you want the boxes disposed of, that can be done as well.

What can be shredded: all paper, file folders, and blueprints, any color—no need to remove rubber bands, paper clips, alligator clips, or staples.

What cannot be shredded: plastic (sleeve protectors), batteries, cardboard, metal items, hard drives, computers and accessories, electronics, magnetic media, X-Ray film, glass, perishable items, CDs, DVDs, hazardous materials, food, or liquids.

This detailed information was sent to us from Kristine Passalacqua of the Society of St. Vincent de Paul, St. Dominic's Conference. If you have any questions, call 707-373-4329.

Thank you, Jeanne!

Celebrate with that person in the mirror!

National Older Americans Month

By Linda Chandler

The month of May is “Older American’s Month.” This designation began around since 1963, when the National Council of Senior Citizens met with John F. Kennedy to advocate for the needs of older adults. During this month we encourage all of us to honor and acknowledge the many contributions our generation has made and continues to make. We recognize and support the diverse older members in our communities. This year, the national theme is AGING UNBOUND.

As we did last year, we have written a Proclamation for the City Council to sign for us, formally declaring May “Older American’s Month.” Our President, Helen Hughes, will receive it on behalf of Carquinez Village at the upcoming Council meeting.

I love this year’s theme, as we all have taken different and intriguing paths to get to this place in life. Every time I attend an event, I meet someone who is nothing short of amazing! We hope to raise awareness of

this fact. Carquinez Village is spotlighting some of our members each week in the newspaper. Watch for it! Greg Plant will be interviewing and photographing several among us with the expectation that you and all our community members will celebrate with us this month and in the future.

As many of you know and recognize in yourselves, we live life full-out. We travel, read, lead groups, invent things, teach, share, and support, even continue to raise our children and their children. We do this for ourselves, our families, and each other. Remember that each of us brings our special talents. Someone sitting next to you at the next potluck just needs your smile, your ability to sew on a button, or your company to share a good hard laugh. Carquinez Village applauds each of you—each of us—as we volunteer for each other, share our successes—as well as our struggles—and find joy in May with the rebirth of nature. Check it out for yourself. Look out the window. Then look in the mirror. YOU are living full-out! You are AGING each in your own self-defined way. You are AGING UNBOUND!

Classifieds

From Holliday Cullimore:

I know some excellent caregivers I use and can recommend.

Please email me at hcullimore@gmail.com for more details and contact info.

From Laura Dorais:

I am a CV member. I have lived in Benicia for 25 years. I am searching for a one-bedroom detached cottage with garden space to move into by June 30. I can afford \$1850 maximum. Please call me if you have such a situation at 707-246-3437.

Member Spotlight: Leonard Caves

By Greg Plant

Leonard Caves sailed the Pacific Ocean with the Merchant Marine to support America's fight against the Axis powers. He was seventeen. That was 79 years ago!

Leonard, with his wife Helen, sat in his backyard retelling the story, a real-World War II veteran and a cherished member of Carquinez Village. He has many stories about the war. He recalls two close calls: "One time our ship broke down off Okinawa but, luckily, no Japanese submarines discovered the wounded ship," he said. Another time Japanese "Kamikaze" airplanes flew overhead but didn't dive-bomb them.

One morning he remembers clearly: "I heard shouting," he said with a smile. "I thought, 'They're celebrating my birthday!'" It was his birthday—but, also, the Japanese had just surrendered!

After the war, Leonard continued his service in the Merchant Marines, traveling to the Philippines, Suez Canal, and Calcutta. He resigned in 1947, went to school, married, and started a family, and eventually found work at Standard Oil (now Chevron).



Unfortunately, Leonard lost his wife after 30 years of marriage, but later met Helen at a widowers' group and they married.

"I retired from Chevron in 1986," Leonard says, "but they kept calling me back to consult!" Leonard also kept busy volunteering for the Benicia Community Action Council, helping people do taxes, and even working as a school crossing guard.

Now, he says, "Helen and I attend many Carquinez Village events." Leonard also goes out with the CV men's group (see him staffing the "ship" on the Cal Maritime simulator!). "We enjoy meeting new people," he adds.

Transportation Discounts

By Kathy Monroe

Carquinez Village has a robust system whereby volunteers give rides to our members.

Volunteers do not accept any pay for these rides because it is considered part of their service. CV does reimburse the volunteer gas money directly if the ride is over 60 miles round trip. Members are asked to pay for any tolls or parking lot fees.

What can a member do if the need for a local trip comes up suddenly, such as realizing that a funeral for a friend is in a matter of hours or the next morning, and there is not

enough time to get a ride through Louis? Or perhaps an emergency medical appointment, when you cannot get a family member or neighbor to drive you?

SOLANO MOBILITY offers several options that could help, but you need to apply in advance.

The Benicia 5 Lyft program has had some changes. One change is that the price is lower: now it is \$4 per ride to or from any place in Benicia or the Springstowne Center in Vallejo (or \$3 for income-qualified seniors.) Call Solano Mobility (800-535-6883) and they will help you to submit proof of being age 65+ and assist you in downloading the Lyft app to your smartphone or make alternative arrangements.

For ADA Paratransit certified individuals in both Benicia and Vallejo, there is a local taxi card program which can save you significant money. Call 707-541-7184 for the details.

Also, medical rides to facilities all over Solano County are discounted 60 to 80% with Solano Mobility working with GoGoGrandparent. Call Solano Mobility for details (800-535-6883.)

Many of our members already have Senior Clipper Cards for discounts on the Bay Area's buses, ferries, and BART. Call 800-535-6883 for the hours and locations of the nearest place to buy a card when you show your proof of age.

Wine on the way

By Greg Plant

A year or so ago I wrote about making wine—how easy it was. Well, Alan Plutchok and Gerry Forcier joined me last fall to make wine—and to prove how NOT easy it is...but how fun!

In August we gathered equipment, like fermenting containers, and bought 300 pounds of grapes from a company that sells grapes (Oak Barrel Winecraft in Berkeley). The grapes, Cabernet Sauvignon from Solano County, arrived suddenly in September—so we three “old guys” got together and hauled the crushed grapes to Gerry's garage (thanks to his son Chris and his truck!).

We got the grapes fermenting by adding yeast, punching the grape skins into the juice to add color (and filling the garage with the wonderful smell of that

magical grapes-to-wine process).

In ten days, the juice was wine, ready to press into five-gallon jars (called carboys). Gerry showed great strength cranking the wine press! (It really was a lot of work for us old fellas!) Alan and I cheered him on (OK, we helped).

Finally, we got the wine into the carboys, added some oak chips, then drained the wine into an empty carboy to get rid of all the dead yeast that had drifted to the bottom. We did this over and over! Alan brought a filter to keep the wine clean.

Now the wine rests. Soon we will bottle the wine, slap on labels (“Old Guys Wine #1”?) and get ready for fun this fall.

May Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MAY						
	1 Monday Chat - ZOOM - 1:30 PM Afternoon Movie Club Discussion - 4:00 PM	2 2023 Virtual Senior Rally Day - 9:00 AM Tuesday Cafe - 10:00 AM	3 Carquinez Village Board Meeting - 1:00 PM	4 Meditation Group - 3:00 PM	5 Friday Walking Group - 11:00 AM	6 SHREDDING FOR SHELTER: Fundraising Event for the St Vincent de Paul Society - 9:00 AM
7 Wine and Lite Bites Fundraiser Returns! - 4:00 PM	8 Monthly Grief Support Group - 10:00 AM Movie Club Discussion - 11:30 AM Monday Chat - ZOOM - 1:30 PM Afternoon Movie Club Discussion - 4:00 PM	9 Tuesday Cafe - 10:00 AM Trader Joes Shopping Trip - 12:00 PM	10 Monthly Picnic - 12:00 PM	11 Village Writers Group - 1:00 PM Meditation Group - 3:00 PM	12 Friday Walking Group - 11:00 AM	13
14 Movie Club Discussion - 11:30 AM Monday Chat - ZOOM - 1:30 PM	15 Tuesday Cafe - 10:00 AM	16 Vallejo Member Group - 12:00 PM	17 Speaker Series: BFD Division Chief Carl Littorno Presents - 10:30 AM Meditation Group - 3:00 PM	18 Friday Walking Group - 11:00 AM	19	20
21 POTLUCK AT PRESIDENT HELENS HOUSE - 5:00 PM	22 Movie Club Discussion - 11:30 AM Monday Chat - ZOOM - 1:30 PM	23 Tuesday Cafe - 10:00 AM	24 Mens Group - 12:00 PM	25 Village Writers Group - 1:00 PM Meditation Group - 3:00 PM	26 Fields of Lavender at Araceli Farm, Dixon - 10:30 AM Friday Walking Group - 11:00 AM	27
28 Movie Club Discussion - 11:30 AM Monday Chat - ZOOM - 1:30 PM	29 Tuesday Cafe - 10:00 AM	30	31 Meditation Group - 3:00 PM	1 JUNE	2	3
4 Movie Club Discussion - 11:30 AM	5	For information or to register for an event by phone – (707) 297-2472 Village Support Services, rides, chores, etc. - (707) 741-1656				

NOTES:

1. 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 on a color (this month: **PURPLE**) We think this will help... if you disagree, please speak up!
2. Many of our May activities will be **LIVE**, but some activities will be happening over the computer, tablet, or Smart Phone using "ZOOM" meeting software. **Ask for help using Zoom if you need it.** You can call our Information number **707-297-2472** and ask for help if you don't know how to get on Zoom. We want to help!
3. To register for events call our Village Information number 707-297-2472.

May 1, 8, 15, 22, 29 – 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*

May 1, 8, 15, 22, 29 - Talking and Connecting like Normal People, Mondays, 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*

May 2, 9, 16, 23, 30 - Carquinez Café LIVE, Tuesdays, 10:00 – 11:00 am. Call Sally Radigan at 707-318-0802 for the location of this month's Cafes. Register online or call: 707-297-2472. *Open to all.*

May 4, 11, 18, 25 - Meditation on Zoom, Thursdays, 3:00 - 4:00 pm.

Call Janice Magner at 707-747-9228 to sign up. Beginners welcome. *Member Event*

May 2 - Virtual Senior Rally, Tuesday 9:00 am - 4:00 pm.

Join us virtually from the comfort of your home or office as we meet with Legislators and CA Department on Aging officials for an update on the status of the Master Plan for Aging and the State Budget. Additionally, we will have a panel focused on the Equity Initiative. The afternoon advocacy session will provide an opportunity to meet with Legislators and staff on important aging bills and budget

requests. All attendees must be registered in advance to participate. To register click the link below: <https://4csl.org/senior-rally-day/registration/> Questions or concerns can be sent via email to jbailey@seniorleg.ca.gov. *Open to all*

May 3 - Carquinez Village Board Meeting via Zoom,

Wednesday 6:30 - 8:30 pm. Members and volunteers can attend. Call our Information number: 707-297-2472 to RSVP, and a Zoom password will be sent to you. *Member Event*

May 6 - Shredding for Shelter: Fund raising event for the St. Vincent dePaul Society, Saturday 9:00 am - 1:00 pm

The St. Vincent de Paul Society is holding a paper shredding fundraiser in the parking lot of St Dominic's church. All Carquinez Village members are invited to bring their shredding documents to be disposed of free of charge thanks to a generous donation to the St Vincent de Paul's fundraiser by Jeannie Hamman. You can take your documents down yourself, or you can register here to have your documents picked up and delivered to the shredding event for you. If you deliver your documents yourself, just tell them you are a member of the Carquinez Village. *Open to all*

May 7 - Wine and Lite Bites Annual Auction/Fund Raiser for our Village, Sunday 4:00 - 6:00 pm.

With the arrival of spring, we invite you to join us for our grand fundraising event, and encourage you to spread the word to all your family and friends. We will be providing appetizers, wine, and both silent and live auctions on May 7 at the Veterans Memorial Hall on First Street in Benicia. There is convenient parking

behind the building with an elevator to take you upstairs. **Please register by May 5** on the events calendar where you can pay online. If you need help registering for the event, please call our information line at (707) 297-2472. Tickets are \$35.00 per person. Please pay in advance, by credit card or check. Checks should be made out to Carquinez Village and sent to 77 Solano Square No. 279, Benicia, CA 94510. We have some wonderful items for the auction, but if you have something to donate, please let us know! Think in terms of gently used items such as jewelry and art work, and also experiences, such as vacation homes or sail boat rides.

Members, Volunteers, and Guests

May 8 - Monthly Grief Support Group: "Grieving: Life's Greatest Challenge," Monday 10:00 - 11:30 am.

This is an on-going grief support group which has space for a couple more people. This is a safe space for discussion and the expression of grieving. This will be led by our own board member, Janice Magner, MA, MFT, who has over 40 years of experience leading groups. For location, to register or to ask questions, call Janice Magner, 707-747-9228. *Open to all*

May 9 - Trader Joe's Trip, Tuesday 12 noon - 2:00 pm

Whether you are a TJ's regular or just curious, you are welcome to join us for our monthly excursion to Trader Joe's in Concord. We will meet in the 9th Street Parking Lot at noon, carpool over to Concord, do some shopping, look around and be back by 2:00 p.m. give or take a few minutes. You must register online in advance for this shopping trip so we can be sure to have enough cars and drivers. *Members and Volunteers*



**May 10 - Monthly Picnic,
Wednesday, 12 noon - 1:30 pm.**

Hello Spring, at last! Now that there seems to be some consistent sunshine, please join us for the first CV picnic of 2023. We will meet at the City Park, on First Street in Benicia, on the K Street side under the big trees. There's picnic tables, restrooms, and shade. Look for the colorful Carquinez Village banner. Bring your lunch, wear your hat and join us for an informal opportunity to kibitz with other village members! Please register for this event if you need a ride! *Members and Volunteers*

**May 17 - Vallejo Member Gathering,
Wednesday, 12:00 - 1:00pm.**

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. *Members and Volunteers*

**May 18 - Monthly Speaker Series:
Chief Carl Littorno of the Benicia Fire
Department,
Thursday, 10:30 am - 11:45 pm.**

Register online or call our Information number: 707-297-2472. Please join us at the Benicia Public Library to welcome Division Chief Carl Littorno of the Benicia Fire Department to our monthly Speaker Series. Chief Littorno will talk about the many ways the BFD supports local senior citizens. He will present basic

information on performing CPR, use of Automated External Defibrillators, or AEDs, which are life-saving devices now commonly located for use in the event of a cardiac arrest in public buildings, and medical alerts. Chief Littorno joined BFD as a firefighter/paramedic in 2009. He promoted to Engineer in 2012, to captain in 2018, and to his current post as Division Chief in April of 2022. His areas of responsibility include Operations, Emergency Medical Services, and Hazardous Materials Liaison. Bring your curiosity and your questions to meet Chief Littorno. *Open to all*

**May 21 - Potluck Dinner at
Helen Hughes' home,
Sunday, 5:00 - 7:00 pm.**

This month's Potluck will be held in the home of Helen Hughes at 214 Chadwick Way, in Benicia. It's always fun and always great to see people you know, and a wonderful opportunity to meet new people from the Village. What I like best about the potlucks is they provide an informal, low-key space in which to sit with other members, break bread together, and get to know them better. Just bring a dish to share and your preferred beverage. Water will be provided. Please register online so we will know how many people to expect, and it is especially important to register at least a day or two in advance if you need a ride!

**May 24 - CV Men's Group
Wednesday, 10:30 - 1:30 pm.**

In May we will be going to the Benicia Wastewater Treatment Plant, at 614 East 5th Street, 10:30AM. Park in their parking lot on 5th Street. We will be going to lunch at Aung May LiKa's patio area, 333 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).

Member Event

**May 26 - Fields of Lavender at
Araceli Farm, Dixon,
Friday 10:30 am - 3:00 pm.**

June is the height of the Lavender Season in Northern California so we decided to go to Dixon to see for ourselves. At the end of May we should be able to revel in the glory of fields full of blooming lavender. Araceli Farms is a family owned and operated lavender farm specializing in natural and 100% pure lavender products. We will meet in the 9th Street parking lot at 10:30am to car pool to Dixon. We'll have a docent led tour followed by a picnic lunch at the tables provided so make yourself a sandwich or snacks of your choice and join us for some fabulous springtime fun!

Member event