

## Management Refuses to Hold Packages Due to Unexplained “Emergency” Situation

### Residents Hold Another Special Meeting

By Vi Mcfall

On March 3, an Emergency Meeting of the Residents Council was held in the Community Room. The purpose was to find solutions to the crisis created on March 1 when management began the policy of not holding packages for residents at the Front Office.

Residents came up with many ideas for how to deal with the problem:

“Contact Congresswoman Barbara Lee,” advised Eleanor Walden.

“Get ‘Seven On Your Side’ to champion our cause,” called out another resident.

“Have your doctor sign a Reasonable Accommodation form,” recommended still another. The form authorizes the staff to contact your doctor for confirmation that you are unable to go to the Post Office to pick up your packages. Forms are available from Saane in the Front Office.

However members of the Liaison Committee report that the Post Office will either deliver ALL packages to the Front Office (as it has done in the past), or it will return them ALL to the Post Office (which it is doing now).

In other words, if the Post Office cannot leave packages at the Front Office, then they will leave a note in a residents’ mailbox, and that person will have to pick up their package at the



**Above: The existing US Postal Service mail boxes in the lobby of Redwood Gardens. Management refuses to accept packages at the Front Office. Instead the carrier will leave a note in resident’s mailbox to indicate that a package is available at the Post Office, which is 3/4 mile from Redwood Gardens.**

Post Office. This is impossible and life-threatening for many elderly and disabled residents.

Other package carriers, such as Federal Express and United Parcel Service (UPS), will deliver packages right to a resident’s doors. If a signature is not required, they will leave a package at the door, which makes it vulnerable to theft. If a resident is unable to be home to sign for the package, that person can leave a note on the door authorizing a neighbor to sign for it.

#### Edicts and Eviction Threats

“What is the real reason CSI won’t accept our packages?” Hope Carroll asked.

“We asked Myra, but she

wouldn’t tell us,” answered Miriam Berg.

Someone said that a resident accused the Front Office of stealing their packages.

“I was told that some residents refused packages they had ordered,” said another.

“Alex Kakavas only knows two ways of dealing with things,” put in Barbara Haber. “He issues edicts or threatens eviction. He never tries to solve problems.”

“He did the same thing by cutting off the telephone list and the list of birthdays,” agreed Philomena Burkhardt.

“We either accept this latest edict from CSI or we fight hard,” Barbara Haber declared, as she led the heated discussion.

Stefen, who lived at Strawberry Creek Lodge prior to moving to Redwood Gardens, said that the residents went through a similar situation there. He said that the Tenants Association at Strawberry convinced management to resume accepting packages when this service was temporarily halted.

#### Liaison Committee Meets with CSI

As we reported in the previous Review, Barbara, Stefan, and other members of the Liaison Committee met with Alex Kakavas (CSI’s Senior Liaison Officer) and Darla Huttinger (California Regional Operations Manager) on February 17. At that time the Liaison Committee tried to negotiate the package problem, but Alex and Darla would not budge from their refusal to accept any more packages for residents. They had even brought their attorney Kenneth Schnur to the meeting.

“They came to put us in our place,” said Barbara. “There was no sign of working together.”

Jock Taft pointed out that Manager Myra Wallace has almost no power at Redwood Gardens. “In one of her monthly meetings, she even described herself as ‘a paper pusher and a puppet,’ he declared. “Alex Kakavas calls the shots and his

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boss Darla Huttinger backs him up."

**Residents Grateful for Julia Gilden's Research**

Resident Julia Gilden had undertaken some useful research on package delivery. For one thing, she had called other CSI Co-ops in Maryland and Massachusetts and discovered that they do not accept packages for their residents. Instead, resident volunteers manage the packages for their fellow tenants.

Julia also discovered that it is possible to have packages sent to Mail Boxes Plus at 2930 Domingo Street near the Claremont Hotel, which is closer than the Post Office. "I arranged with their owner to accept packages for us at a special senior rate of \$1.50 per package. They usually charge



**Julia Gilden**

\$3 per package.

"Mail Boxes Plus also rents large mail boxes," she went on to say. "A big box rents for \$250 per year, which calculates to about \$2 per resident if we were to rent one for Redwood Gardens."

**Getting Rid of CSI?**

"We've been battling CSI since they took back the management from the John Stewart Company," declared Alan Leavitt. "I say get rid of CSI. Let's get Congresswoman Barbara Lee to help us."

"I move we form a committee to get rid of CSI now," said Carol Levy.

Barbara interjected, "Getting rid of CSI is a painful process, I don't want to take on right now." She continued, "I'm on middle ground. Let's push as hard as possible to get what we can from CSI without getting rid of them."

"John Stewart tried to

unify Redwood Gardens when they were managers here," said Peni Hall, "but they failed the REAC exam which is the building inspection. That's how CSI took back the management." Peni has lived at Redwood Gardens since it opened in 1986.

Stefen said, "Alex and Darla questioned the legitimacy of the Residents Council and the Liaison Committee. They say we do not represent all the residents."

"We could go door-to-door asking each resident if he or she wants to belong to the Residents Council," suggested Miriam.

"That's what they want us to do, but I refuse to do it," declared Stefen. "HUD says that if the residents form an association, all tenants belong to it."

"Lots of folks here at Redwood Gardens are not involved in the Residents Council. Let's

not play CSI's game to prove that we represent all residents," agreed Barbara.

"They want us to pay our rent and shut up," said Jock.

"We need a list of all the people to write to about the package crisis," suggested Bruce Moody.

"The Liaison Committee will provide a list of all the people and places to write to objecting to CSI's new package policy," said Miriam.

Eleanor pointed out that there was a motion on the floor to throw out CSI.

Someone suggested that such a motion should be presented at the Residents Council, rather than at this Emergency Meeting.

Everyone seemed to agree to this solution and the meeting adjourned.

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**Front Office at Redwood Gardens.**

**EDITORIAL**

***CSI: Return to the Old Package Delivery Policy***

*By The Editorial Staff*

We feel compelled to say, emphatically, that management must take back its new policy of refusing to hold packages for residents.

Since last month, there have been several public meetings to discuss the situation. Management refused to explain anything about the "emergency situation" which they claim was the cause of the sudden change.

This publication strongly advocates for the immediate return to the long-standing practice of holding parcels for residents in the Front Office.

This has been done for over thirty years since the beginning of Redwood Gardens, and we reject management's idea that this crucial service is merely a "courtesy." To the contrary, it is a necessity for many elderly and disabled individuals who cannot easily travel or who can only travel with great difficulty. Most of us receive medications and other important parcels from the U.S. Post Office, which will not deliver packages unless the Front Office will hold them.

The local staff is not complaining. It is the corporate staff in Monrovia—400 miles away

in Southern California—who decided to do this.

Some things are so fundamental to our lives that they must be guaranteed. Convenient package delivery is one of those.

We are in danger of losing one of the real advantages of living here.

In the interest of all the tenant-residents, the Residents Council must take an unequivocal stand for the return to the long-standing policy of accepting packages for residents from all delivery services.

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## Myra Wallace's March 15 Meeting with Residents

# *Myra Caught Between CSI And Residents*

By Vi McFall

Property Manager Myra Wallace seemed reluctant to lead her scheduled meeting with residents on March 15. She took her seat at the head of the room looking very sad, but after sitting for only short time, she left the room.

She returned five or ten minutes later with Donna Miles and Saane Tuiono. Taking her seats at the head table, Myra opened the meeting by introducing two new residents, Anita Perman and Susan Runyan, neither of whom was present.

Next on the meeting agenda was the topic of fire drills. A number of pet-owning residents were upset because they'd made arrangements to take their pets off the premises for several hours while a fire drill was scheduled, only to learn that the fire drill had been canceled when they returned. Myra apologized for the inconvenience.

She then announced that the time had come to test the pull cords in residents' apartments. There was confusion among residents as to just where the pull cords ring. Myra assured everyone that the pull cords ring near the office and are monitored by office staff. When a resident said he'd pulled the cord and soon found the fire department at his door, Myra was uncertain just how the pull cords were connected to the fire department.



The hot topic of PACKAGE DELIVERY was the next item on the agenda. As of March 1, the office will no longer accept packages for residents. Myra said that most assisted housing facilities such as ours do not accept packages for residents. She announced that the staff was arranging to have a locker at Redwood Gardens so that residents could obtain packages from Amazon. She also pointed out that Federal Express and UPS can deliver to residents' doors, but that residents who desire this service need to arrange it with Fed Ex and UPS by phone or online.

A number of residents were disturbed that someone had taken down the BLACK HISTORY MONTH display just outside the front office. When someone asked Myra if she'd given the order to take it down, she said "Of course not!"

Jock Taft let everyone know that the order to dismantle the display had come from Darla Huttinger, CSI's Regional Operations Manager, during her recent visit from headquarters in Monrovia, California.

Charlie pointed out that even Trump acknowledged

Black History Month.

Stefen took the floor and told Myra that the Liaison Committee perceives that she wants to help the residents. "You meet with us once a month in this meeting, but the Liaison Committee wants to meet with you separately, and the Liaison Committee was elected by the residents to work with management to resolve their problems."

Myra seemed close to tears when she responded, "I can't do that."

Barbara objected to the fact that our manager, Myra, at Redwood Gardens "has no power and that all the power rests in Monrovia with Alex Kakavas and his boss Darla Huttinger."

At another meeting, Myra was even heard describing herself as a "paper pusher and a puppet."

Wyndy Knox-Carr then apologized to Myra for the residents who were challenging her authority.

Miriam Berg reiterated Stefen's request that Myra meet once a month with the Liaison Committee.

"Alex and Darla are not following HUD regulations

where package delivery is concerned," said Stefen. "If we can get CSI out as managers of this place, we'd like to keep you on."

"We're sorry you get hurt by our requests," put in Peni Hall. "There a difference between what you would like to do and what CSI directs you to do."

"Some people's tone is like an attack," said Tralee McGill.

Miriam asked how someone should go about getting REASONABLE ACCOMMODATION FORMS which authorizes the staff to contact a resident's doctor for confirmation that the resident is unable to go to the post office to pick up his/her packages.

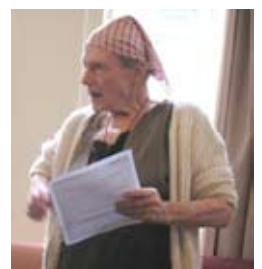
"You can pick them up at the front office," answered Myra.

"But no one's at the desk," objected Miriam.

"When staff are at lunch, I am in my office," Myra said. "Just because Saane's window is closed doesn't mean nobody's there. Knock on my door."

Time was up for the hour-long meeting, and the sliding doors had been opened to give people access to the Food Bank. Residents had other problems they wished to discuss, but the meeting adjourned.

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Residents spoke against the change in package delivery. From left, Peni Hall, Danny Dann, Liaison Committee members: Stefen, Barbara Haber, Jock Taft and Co-chair Miriam Berg.

# Earthquake Disaster Preparedness

By Diane Hira Rose

I attended a talk on Earthquake Preparedness recently with anticipation. It was only two years ago, that I experienced a wall of fire in my living room. I had a Fire Extinguisher, yet I didn't know how to use it. It was a terrifying experience. Jennifer Lazo of the Berkeley Fire Department, gave a talk on the basics of Emergency Preparedness in the Community Room on March 16, 2017.

**Here are some of the highlights of her talk:**

## **DROP, COVER, HOLD ON:**

**DROP:** means don't move from where you are. Drop to the floor or to a chair. If in a wheelchair, lock your wheels so you don't go on a more exciting adventure. Sit on a couch. Stay in bed. Drop only if you can get back up again.

**COVER:** Your body is precious, so protect your head and neck with your arms, or hold a book over your head. Go under a table.

**HOLD ON:** With the ground shaking and, if on a chair, put one hand on the chair and hold on with the other hand. If in a walker, lock the walker handles. In a wheelchair, lock your wheels. Do Not Move somewhere else.

Regarding doorways: In the 70's and 80's they said, "Get in a doorway." Do NOT do this. It is NOT safe. Old buildings were adobe and doorways held the buildings up, not now.

It is less likely that our building will collapse. We have good building codes. Inside buildings, people die from things hitting them. Beforehand, secure your TV, computers, books, statues and pictures.

Station yourself in a "VOID Space," away from things that can fall on you. A couch or bed can become a VOID space. Know where your VOID space is. Getting



## **How To Use A FIRE EXTINGUISHER**

1. Hall Fire Extinguishers are in a locked case in the hallways. Put your hand through the hole and pull up or down on the silver handle next to the Fire Extinguisher. This opens the door of the case. Take out Extinguisher.

2. Cut the plastic tie if it is still at the top of the Extinguisher. TUG HARD and PULL OUT the ROUND SILVER PIN at the top of the Extinguisher.

3. To release the hose, PULL HARD, at the bottom of the Extinguisher.

4. Point the hose toward the base of the fire. When you SQUEEZE THE HANDLES TOGETHER, a yellow chemical powder will be released. Move the hose back and forth, SWEEPING from right to left, left to right, at the bottom of the fire, until the fire is out and all the chemical powder is gone.

near a wall can be helpful, away from windows. Buildings generally don't collapse. In Napa's earthquake people got hurt by flying glass, glass on the floor, and falling objects.

## **BAG UNDER BED:**

Put a GRAB AND GO BAG under your bed with these things in it:

- shoes with thick soles in case you step on glass
- a flashlight
- a usable old pair of glasses
- a first aid kit
- a whistle
- a water bottle
- granola bars

A CROWBAR under the bed is helpful to open a jammed door.

After an Earthquake, you may have to wait for help. What do you need to do? Leave right away?

If there is fire, LEAVE. Knock on neighbors doors. If there is SMOKE, get out. If smoke detectors go off, get out.

If you are on upper floors,

elevators will NOT be working. They are meant NOT to work. Fire Alarms may be going off.

**IF DISABLED:** Contact your Floor Monitor. Go to the nearest exit or stairway. Wait there for help. Do not stay in your apartment. The Fire Department can help you get down. It's their job to come and help. They have a list of the disabled in the building who will be helped first.

If you need a First Aid Station, your Monitors will know where it is. Know who your Monitors are.

At Redwood Gardens, we have 3 nurses and 3 doctors who live here, and they will be present at our First Aid Station.

An AM/FM/Earthquake radio will be helpful to get the latest information. You may be asked to leave the building while it is being inspected. The first hour to 2 weeks can be an "EVACUATION" period.

Know where your Fire Extinguishers are and how

to use them. Check on your neighbors. Fires happen when something burns in the oven or on top of the stove. The white powder boxes over your stove, on either side of your stove light, should put out fires, yet know where your Fire Extinguishers are. If you have a fire, ask someone else to call the Fire Department. If the fire is bigger than a trash basket, DO NOT try to handle it by yourself. GET HELP. Don't open windows.

**HAVE YOUR OWN FIRE EXTINGUISHER.** Keep it under your sink as most fires start on the stove.

**SPRINKLERS:** The sprinklers in each apartment work. There is glass in the middle of the sprinklers; as it melts, the sprinkler releases water. If one goes off in one apartment, others won't go off in other apartments. Never hang anything off the sprinkler, as it can go off.

## **EARTHQUAKE SUPPLIES:**

**EMERGENCY WATER:** Get a thick, BP FREE, plastic water container, 3 gallon size, per person. Will last 5-10 years. Don't use milk containers.

**FOOD:** survival packets are designed for life rafts and don't taste good. Have food you like in a bag. For instance: Chef Boyardee Ravioli, soups, pre-cooked things you can eat cold, canned beans, energy bars. Honey and peanut butter are some favorites. Put in a can opener, or buy pull-tab cans. Plan to stay a week in your apartment using only the food you have. You want a GRAB & GO bag, in case you have to evacuate. Have a basket on wheels to carry your supplies.

**TOILET:** Have trash bags and kitty-litter to use when toilets will not work. Turn

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# Earthquake Preparedness

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the water OFF by turning the handle under the toilet 1/2 turn to OFF. Put a plastic bag in the toilet, put in some kitty litter. Do not flush kitty litter. After using, tie up bag and discard.

**THICK GLOVES.**

**DUCT TAPE** to use for windows if glass is broken. Use trash bags, or a roll of plastic drop cloths to cover broken windows.

**EMERGENCY BLANKETS:** Hardware stores carry them with Earthquake Supplies.

**FIRST AID KIT** for minor injuries and cuts.

**DUST MASK:** Protect your breathing and airways, especially if you have allergies. Don't use a fitted one; a "N 95" Mask is good.

**TOILET PAPER:** Have extra for your GRAB AND GO BAG.

**COMMUNICATION:**

**BENS** is the Berkeley Emergency Notification System. Sign up for BENS. Tune Emergency Radio to "1610 AM Updates" where you will hear about updates from the city; Emergency Centers and where to get water. Cell phones and land-line phones will probably be out.

**MEDS:** Have extra meds, and a list of your meds in your bag, so you know what you need to replace if you are evacuated to a Center. Do not run out. Have enough for two weeks. Get a print out of all meds you take, names, dosages and physician's name.

**PHOTOS:** Take pictures or a video record of everything in your apartment; open every drawer. (For insurance and for your own records.)

**CHANGE OF CLOTHES:** Have a change ready, with back pack or duffel bag, poncho in

case of rain.

**DOORS CAN JAM:** A crow bar can help open a jammed door. It gives you leverage.

**CELL PHONES:** If they get hot, unplug, turn off. Use oven mitt and take outside.

**POWER STRIPS:** Use the kind that are equipped with surge protectors, so they won't catch fire.

**STOVE:** Turn off immediately in an earthquake.

**PETS:** Prepare for your pets: 1 gallon of water for each. Leash for dogs, have a copy of rabies and all shots. Store in one place. Have a photo of your animal, med needs, with carrier or leash. Pets usually stay next door in a Center, not in the same place as people. You can visit. Have special food ready to go. Bowels get loose in emergencies, under stress, so have cardboard litter box to go for cats.

**DISASTER KIT SUPPLY LIST:**

- Water (1 gallon/person/day) for 3 days
- Non-perishable food and can opener
- Radio: battery or hand crank
- Flashlight and extra batteries
- Cell phone and extra batteries
- Medications/Vitamins
- First aid kit and over-the-counter medications
- Emergency blanket, extra clothing
- Work gloves
- Closed-toe shoes
- Cash in small bills
- Whistle to signal for help
- Personal hygiene products
- Toilet Paper
- Multi-purpose tool/crow bar
- Copies of important documents; prescriptions

For more info: [www/Cityof-Berkeley.info/EmergencyAlerting](http://www/Cityof-Berkeley.info/EmergencyAlerting). 510 981-5605

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## Memorial to Sally The Dog



When his dog Sally died, Paul Desfor created this memorial on the shelf outside his door, Apt. 106. Sally's collar circles the shelf and her toy bones sit on top with a blue candle in a delightful arrangement.

Here's a touching prayer to say at the loss of a beloved pet:

"Grieve not, nor speak of me with tears, but laugh and talk of me as if I were beside you .... I loved you so ... T'was Heaven here with you."

## Invitation to Meditation

By Peni Hall

Since we have so many new residents—Welcome! And it seemed like a good idea to introduce ourselves to all.

We are a group of people who like to meditate together in the early evening. We sit in silence for a half hour, then we may have some quiet conversation. There is no religion practiced.

We meet every day at 5:30pm and 7:00pm in the first floor northwest lounge, under the library.

Everyone is welcome.

Hope to see you there!

### CSI CORPORATE STAFF

Nancy Evans  
General Manager

Anne Sackrison  
National Operations Mgr

Mel Hudson  
National Construction Mgr

Tim Braunscheidel,  
Asst. Natl. Operations Mgr

Bob Kerns  
CA Regional Mgr

Darla Huttinger  
CA Regional  
Operations Mgr

Alex Kakavas  
Senior Liaison

Alan Davidson  
Facility Mgr

# Andrea Brown Wears Many Hats

By Diane Hira Rose

Andrea Brown, our Redwood Gardens Service Coordinator, wears many hats as her job covers many facets of helpful educational and health related programs of interest to the residents.

We spoke recently about her many responsibilities. I felt comfortable in her cozy office decorated artistically with pictures, decorations, dolls and statues. Many are gifts from residents, Andrea tells me. She is wearing a lovely grey knitted cap and not only does she wear many hats in her job, she is usually wearing a very becoming cap or hat to complete an attractive and fashionable outfit.

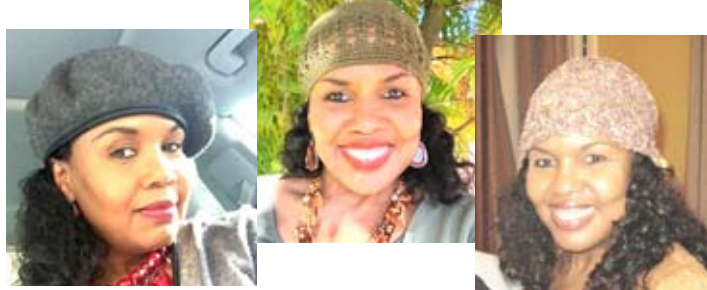
## Diane: Andrea, how do you decide the programs for the residents?

Andrea: I do educational programs related to aging, medical care, wellness and other services.

## What are some of the educational and health-oriented programs you are responsible for?

During 2016 we had a variety of events. I also provide information, referrals and coordinate services such as care giving. Some seniors experience health challenges. I work with agencies through Alameda County, such as In Home Supportive Services, IHSS, to get caregivers for residents.

I also get low-cost internet services for people and free cell phones. We do not have Wi-Fi everywhere here. You can get it in the Community Room and outside my office on the second floor, also in the Courtyard below my office. AT&T's ACCESS Program can bring your Internet Service down to \$5.00 a month if you meet the income qualifications of Food Stamps or SSI. Call: 1-855-220-5211, to discuss it with AT&T.



Andrea Brown always looks fashionable.

I have forms from many organizations to help our residents live more independently. I am especially interested in planning events to help people experience more social interaction. I have a strict confidentiality policy, so what people tell me, stays here with me.

Always call me for an appointment at: 510-549-9785. My schedule is very busy so I don't do drop-ins.

## Here are some of the programs Andrea coordinates and plans for residents:

AT&T: Free cell phones.  
AT&T's ACCESS INTERNET Program, as low as \$5 a month. (If you have Food Stamps or SSI). You can hook up your computer to your TV. Get SMART HUB from Netflix, Amazon, Hulu, Spotify, YouTube, AccuWeather.  
BERKELEY LIBRARY does adult story telling once a year, where staff act out a story.  
CHRISTMAS HOLIDAY FOOD BASKETS  
CHRISTMAS TREE TRIMMING: We had a potluck last year.  
CLUTTER or hoarding issues: Assistance for residents.  
EARTHQUAKE & DISASTER PROGRAM: Berkeley Fire Department speaker: Jennifer Lazo, March 16, 2017. (See Page 4)  
FIRE EXTINGUISHERS: How to use a Fire Extinguisher with Cesar Vallecillo, Maintenance, April 28, 2017, 10:30-11:30, in Community Room.  
FLUE SHOTS: Annual program.

FOOD BANK: The third Wednesday of the month, Community Room, from 12:00 - 1:00, April 19, 2017. Sign-ups at 9 am. Bring grocery bags and carts.

FOOD STAMPS: Help getting certified.

FOOT DOCTOR: Every second Thursday of the month. Sign up.

FRESH PRODUCE & FRUIT: April 11, 2017: No sign up necessary, Community Room, noon.

MEDI-CAL: Help with forms.  
MEDICAL EQUIPMENT: Durable Medical Equipment: free bath stools, walkers, scooters.

MEALS ON WHEELS: If a person can't cook, or shop.  
PGE HELP: Low-cost HEAP and CARE programs.

PROJECT VISION: November 29, 2016, put on by UC Berkeley's Optometry Dept. Recommendations: Affordable eye care, low cost eye exams and glasses.

RECERTIFICATION FORMS: If a resident is in the hospital or rehab, Andrea visits; helps residents with forms.

TRANSPORTATION: Free taxi coupons; free transport to doctor's appointments: Program, May 12, 2017, noon, Community Room.

UC CLARK KERR DINING: Spring Break, March 25- April 2, 2017. Meals paid by Vouchers. Ten vouchers:\$60; breakfast, lunch, brunch or dinner.

UPGRADES FOR APARTMENTS: Quality Conservation Service contacts tenants when service is due: weather

stripping, power strips, shower heads, free micro waves.

## CURRENT PROGRAMS:

HEARING SCREENING, April 13, 2017: 2-4 pm (free), Sign ups in front of Andrea's Office.

CLARK KERR DINNER WITH UC STUDENTS: April 18, 2017: 5:30 pm, (free), Sign ups in front of Andrea's Office.

TRANSPORTATION: Program: May 12, 2017, Friday, Community Room.

FOOD BANK: April 19 and May 17, 2017, Wednesday, noon to 1pm. Sign up at 9am, Community Room.

## IN THE WORKS AND PROJECTS BEING PLANNED

ALZHEIMERS ASSOCIATION: Program on Alzheimer's: ten warning signs of memory loss; how to avoid dementia.

BEAT THE BLUES: Depression screening; feeling blue affects health; by Lifelong Medical Care.

BEAUTY MAKE-OVERS: Walgreen's is sponsoring skin treatments.

CAREGIVER ISSUES: Scheduling house cleaning and caregivers.

MEDICAL: How to fill out forms.

PGE Assistance: HEAP and CARE applications.

QUARTERLY BIRTHDAY PARTIES

## I asked about Andrea's life outside of Redwood Gardens.

I love to travel and have visited Europe. I love jazz and classical music, dancing, and playing with my dog, Gracie, a six-year old Bichon/Poodle mix. I have a twin sister who shares my love of fashion.

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COMING SOON!

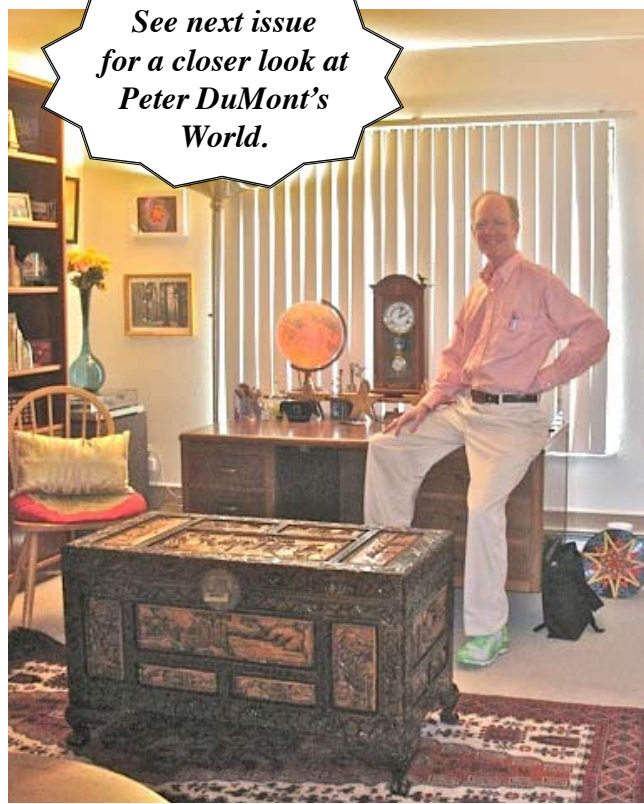
## *Peter DuMont's World*



Peter's bedroom: He is a teacher of Transcendental Meditation.



Peter's kitchen is as artistic as the rest of his home.



An exquisitely carved Chinese chest greets you when you walk in the door of Peter's apartment.

*See next issue for a closer look at Peter DuMont's World.*

## *Improv & Theatre Games – What A Treat!*

*By Bruce Moody*

Twenty happy Theatre-Gamers started out on this jolly journey, the first Sunday of April. April is the kindest month this year – because warm-hearted Marcia Kimmell led The Games.

Marcia Kimmell is the doyenne of Improv Training in California. She started her Theater-Games training with its pioneer, the renowned Viola Spolen. She has been teaching Improv and Theater-Games for years, giving classes to beginners, the disabled, children-at-risk, the elderly, business executives and professional actors.

Among the participants were newcomers to the training: Carole Levy, Doris Moore, Phyllis Maladra, Janet Lenihan, me, Charley Falk, and Shobi Schwebke – and other audience members – all strangers to us.

Marcia's launched us into a series of children's games, in one of which three of us had to model an elephant at command; then a giraffe; then a Royal Palm.



Marcia Kimmell led The Games.



Improv Workshop, April 2, was well attended and invigorating.

It sounds odd, but it triggered the instinct for common coordination toward focused agreement. What a relief!

Then three of us sat as strangers on a park bench. The one in the middle did not speak. The two on the outside talked to the one in the middle. It was a give-and-take practice as each talker gave a turn to the other talker – a badminton match with the silent one as the net.

Two hours later we found ourselves in a circle in our chairs, adding sounds to a beat. Once around the circle we were a full orchestra. Then we went the other way, removing the sounds, still holding the beat, until only the original beat remained.

A lot of fun! And a community builder, to boot! Everyone left grateful and happy. Theatre Games With Marcia Kimmell – one day forward on the path of a healthy mind.

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# Getting to Know Our Trees

## Flowering Pear

By Bruce Moody

Did you wonder what that series of a dozen or more courtyard trees is? They march around one after another, and here's how to spot them.

There's a one-elevator side to the courtyard; that's north. There's a two-elevator side to the courtyard; that's south. Face two-elevators. Then walk down to the grassy area and face two-elevators again. One after another, two storeys tall, planted on grass, there they are for you.

Pyrus is their name, but you and I and everyone else calls them Flowering Pear. Or Ornamental Pear.

Early in the spring or late winter, they bloom with small, dense white flowers. They bloomed this year, but the rains beat down the flowers. They produce inconsequential fruit, but they are the ancestor of the pears we eat.

They can grow 30 feet or taller and provide excellent shade.

We Redwood Gardeners are also ornamental, are we not? Like trees, many of us also have white hair. Say hello to our resident population of Flowering Pear.

And look also for *nemophila insignis* [or *menziensis*]—fondly called Baby Blue Eyes.

Gail found it growing quite happily in one the of the

garden boxes, and told me it's a California native. Gail, a former countrywoman and yurt inhabitant, knows about such things.

Baby Blue Eyes grows with thick fern-like leaves 6-12 inches above the ground. It has tiny blue flowers with white centers. It dies out with the heat but reseeds.

Seek it out and say "Hello" before it goes. Baby Blue Eyes grows, low to the ground, thick, and shy. And there's some of it in the east side plant boxes. The east is when you face the one-elevator building and hold out your left arm. Bend over, take a look, you'll find it

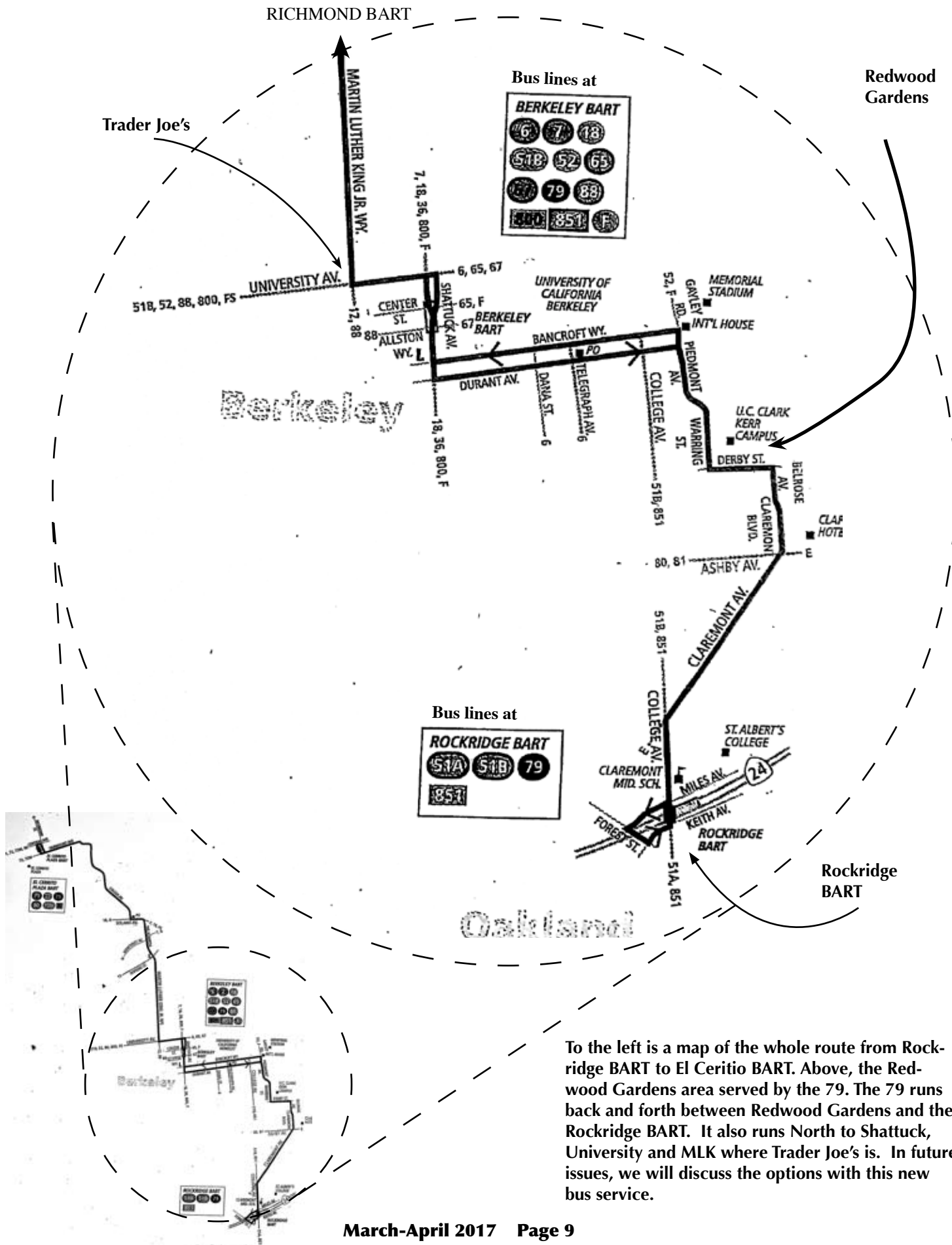
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**Pyrus or "Flowering Pear":  
One of several on the West  
side of the quad.**



# The beloved 49 is gone! Meet the 79.



To the left is a map of the whole route from Rockridge BART to El Cerrito BART. Above, the Redwood Gardens area served by the 79. The 79 runs back and forth between Redwood Gardens and the Rockridge BART. It also runs North to Shattuck, University and MLK where Trader Joe's is. In future issues, we will discuss the options with this new bus service.

# Wednesday and Thursday Film Shows

By Bruce Moody

You've noticed this.  
But you'd be wrong!

You've noticed, or thought you've noticed, that films of serious bent are played on Wednesdays and trivial fare on Thursdays.

Oh, wicked!

Because every fictional film and every documentary is by, or with, A Michelangelo Of The Movies. Every picture shown in your Community Room is a cultural treasure chosen to cover your soul in gold.

It may be the gold of laughter. But that means you've been treated to a series of the comedies of Ernst Lubitsch –

the most influential of all directors of American comedies. Just bed yourself down with *The Merry Widow*, and you'll begin to develop a taste for the tantalizing Lubitsch touch.

Why are Rita Hayworth and Cyd Charisse culturally momentous? Because they are Power Dancers. They are women of enormous physical beauty and skill. Watch them lead Fred Astaire in those four musicals. Watch Hayworth out-dance him. Watch Charisse dance him in the dark.

Take in Morgan Freeman in *Street Smart*. It's his breakthrough role, and he was already 49 when he got the

chance to do it. What does this sort of daring in an American actor do for us? What is its lesson, its liberty? How does it change you?

Is the cultural heritage of great black acting nothing to us, that not one black resident has attended the screenings?

Is great acting nothing?

Great acting shows the human soul as no other art form.

One after another the films of George Stevens proved to us how great and deep an American artist he was for us.

All these films have been well attended. None of us who attend are begging for seats to be filled. But life is short, and

you only live once, and here it all is for you at Redwood Gardens, served on a silver screen platter.

Thursday may seem light, but that lightness is keen in the heart. That light is delight. And no one is preaching at you in the great Documentary series shown on Wednesdays. What matters will warm you.

I'm sending to everyone on my Redwood email list a dance montage of Rita Hayworth: *Staying Alive!* Let me know if you want to see it. She's a gas!

brucemoody@mac.com

\*\*\*

## Cultural Pot Luck Feast!

By Bruce Moody

On Friday, 21 April from 11am to 2pm, Management invites all us residents to our own cultural open house and pot luck!

Where did we come from? What part of America? What part of the world?

Are we of Chinese extraction? And do we hold some

part of our culture dear to us, or some part that can tell others something key about that culture and about ourselves?

Are we of Hispanic ancestry? Do we possess some symbol, picture, or artifact of that culture that we can show others at Redwood Gardens?

I'm of English extraction on both sides, and I may

bring down some of my mother's handiwork – made from skills she learned in the old country.

Your origin is Russian, Japanese, Korean, African, Latino, Pilipino, European, Asian – so let us all enjoy that together.

Bring down your cultural mementos to the Community Room the day of the Cultural Pot Luck Feast.

Bring down your culture's food you love most. Let's taste it and be delighted and surprised by it.

Let's rejoice in the one thing that unites all of us Americans – our easy-going diversity!

\*\*\*

## Cushion Care

Until we get a volunteer to be responsible for the cushions, please follow these suggestions:

1. When you take a cushion from the Courtyard shed, bring its plastic bag.
2. Place its plastic bag under the cushion.
3. Before leaving, put the cushion back into its plastic bag to protect it from the night air dampness and cats. (Cats may sleep on cushions and may scratch them.)
4. Replace cushion in its bag to shed.
5. If it rains, put all cushions into their plastic bags, and back in shed.



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The Easter Bunny wearing his Yamaka says "Happy Easter and Happy Pass-over." (Cartoon by Julian Horowitz)

# *Further Tribute to Paul Taylor*



EVENING PRIMROSE  
by Paul Elias Taylor

We sit around the rock patio  
behind the house  
in the quiet of early evening.

The river canyon is gripped  
in the fist of dry heat exhaled  
from granite valley walls.

Below us the blue green  
Merced froths over boulders strewn  
along the trout pool in the river's elbow.

We talk, laugh, drink tea,  
smile into one another's eyes,  
after dinner, the dishes shelved

while our children laugh and scurry  
for moths fluttering out of reach  
over the hillside down among the oaks.

We stop for a moment and gather  
around the evening primrose  
that slowly unfolds before us

white blossoms in still air  
from emerald, pulpy stalks  
every summer day at this hour.

We cross back to our chairs  
our conversation stilled,  
so less important, so less eloquent now.

• • •

Sandy Barlow, right  
long-time friend of Paul's provided  
a couple of his chapbooks  
from which we chose  
this poem.  
Thanks, Sandy.



## **Welcome New Residents**

Elaine Green  
Gordon Loncz  
Akiko Williamson

## **REDWOOD GARDENS STAFF**

Myra Wallace  
**Manager**

Donna Miles  
**Assistant Manager**

Andrea Brown  
**Service Coordinator**

Saane Tuiono  
**Office Administrator**

Marcella Logwood  
Jason Thomas  
Rebecca  
**Night & Weekend Desk**

Fred Altamera  
**Emergency Response**

Cesar Vallecillo  
**Head of Maintenance  
and Janitorial**

Vernon Wallace  
**Assistant Head of Maintenance**

Fred Altamera  
Jason Thomas  
**Maintenance and Janitorial**

David Branco  
**Groundskeeper**

## Upcoming Events at Redwood Gardens Community Room

### APRIL 2017

- April 8: Saturday: 3–6pm: East Bay Musical Chairs.
- April 11: Tuesday: Noon: Fresh Produce & Fruit.  
2:30-5: Residents Council Meeting.
- April 12: Wednesday: 11-12: Manager Myra Wallace's Monthly Meeting.
- April 13: Thursday: 2-4pm: Hearing Seeing, sign up with Andrea Brown.  
7pm: Film: *The Merry Widow*, Maurice Chevalier, Jeanette Macdonald.
- April 18, Tuesday: 5:30pm: Dinner with UC Students, free, sign up with Andrea Brown.
- April 19: Wednesday: 12-1pm: Food Bank, Sign up 9am.  
7pm: Capitalism documentary.
- April 21: Friday: 11-2pm: Cultural Awareness Potluck. See below.
- April 22: Saturday: 3-6pm: East Bay Musical Chairs.
- April 26: Wednesday: 7pm: Film: *Capitalism* documentary.
- April 27: Thursday: 7pm: Film *Street Smart*, Maurice Freeman, Christopher Reeves.
- April 28: 10:30-11:30am: "How to Use a Fire Extinguisher," Cesar Vallecillo, Maintenance.
- April 30: Sunday, 5-7pm: Drumming.

### MAY 2017

- May 3: Wednesday 7-9pm: Film: *Capitalism* documentary.
- May 10: Wednesday: 7-9pm: Film: *Capitalism* documentary.
- May 11: Thursday: 6pm: Film: *You'll Never Get Rich*, Rita Hayworth, Fred Astaire.
- May 12: Friday: 12-2pm: Your Transportation Made Easier.  
2:30-5: Residents Council Meeting.
- May 17: Wednesday: 11-12: Manager Myra Monthly Meeting.  
12-1pm: Food Bank, .  
7-9pm: Film: *Capitalism* documentary.

May 18: Thursday:

6pm: *You Were Never Lovelier*, Rita Hayworth, Fred Astaire.

May 27: Saturday: 3-6pm: Bay Area Musical Chairs.

### APRIL WARRIORS GAMES

. April 8: Saturday: 7pm

. April 10: Monday: 7:30pm

. April 12: Wednesday: 7:30pm

Playoffs still to be scheduled; so keep your eyes open for changes in time for films.



What kind of tree is it?  
See page 8.

REDWOOD GARDENS REVIEW  
AND MONTHLY

#### **Editors**

King Collins  
Vi McFall

#### **Contributing Editors**

Diane Hira Rose  
Bruce Moody

#### **Reporters, Photographers, Poets, Writers, Artists, Activists**

Eleanor Walden  
Peni Hall

#### **Direct inquiries to:**

Redwood Gardens Review  
2951 Derby St. #214  
Berkeley 94705  
or email  
info@greenmac.com  
or web  
www.greenmac.com<sup>o</sup>