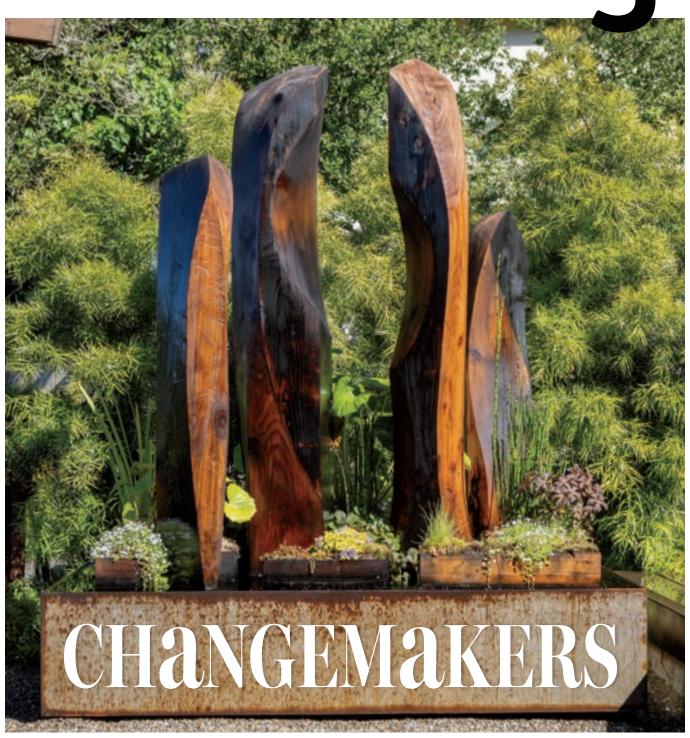
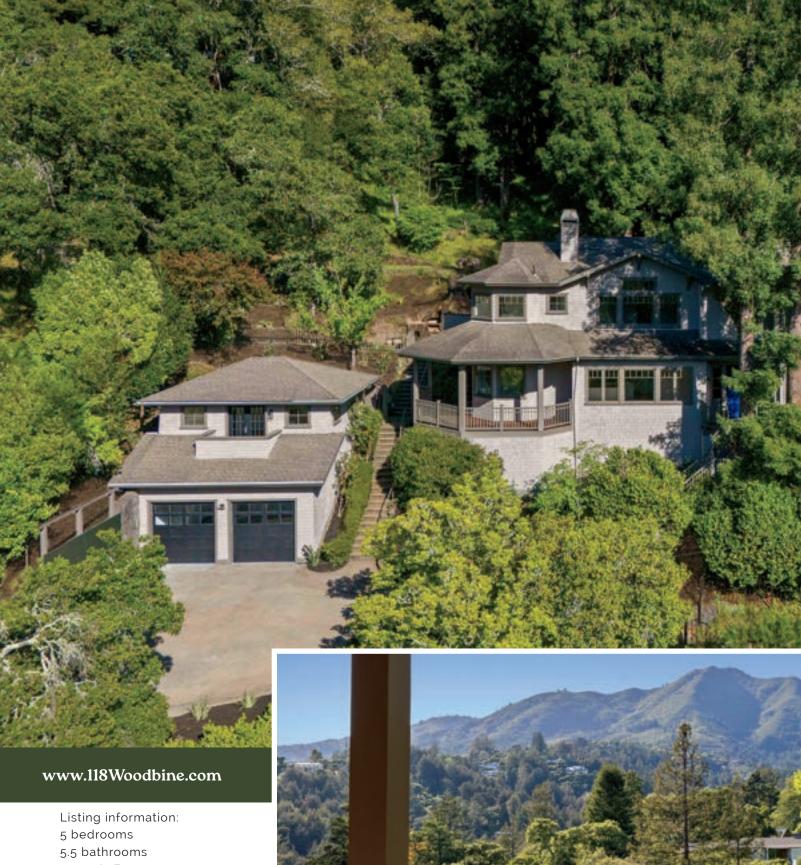
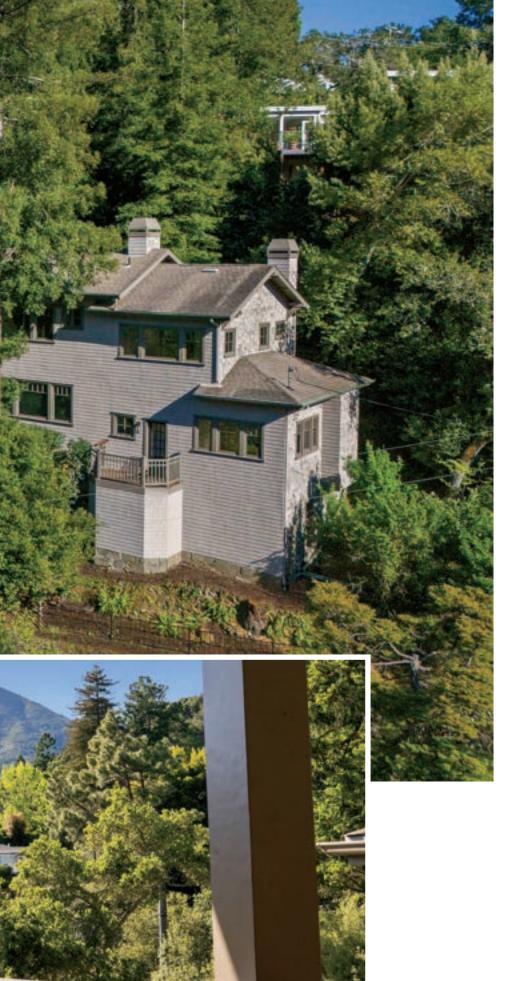
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What came easily and naturally to them, to me seemed above and beyond

"Bowman Real Estate Group assisted me in selling my Mother's house in Marin County after she passed. My brothers and I do not live nearby, so we leaned heavily on the team and they were fantastic! What came easily and naturally to them, to me seemed above and beyond. Jen explained the best way to proceed, laid out options, expertly predicted how it could go and executed perfectly. Elliott was the foreman on extensive work that needed to be done on the house to prep for sale and was enthusiastic and thorough all along the way. Kris provided essential support for our project that did not go un-noticed. For me, the greatest compliment that I can give is that the team helped me to go through the process of selling the house calmly and without worry. The team made the whole process very easy to manage. I would highly recommend Bowman Real Estate to anyone looking to buy or sell a home in Marin County."

-John M.

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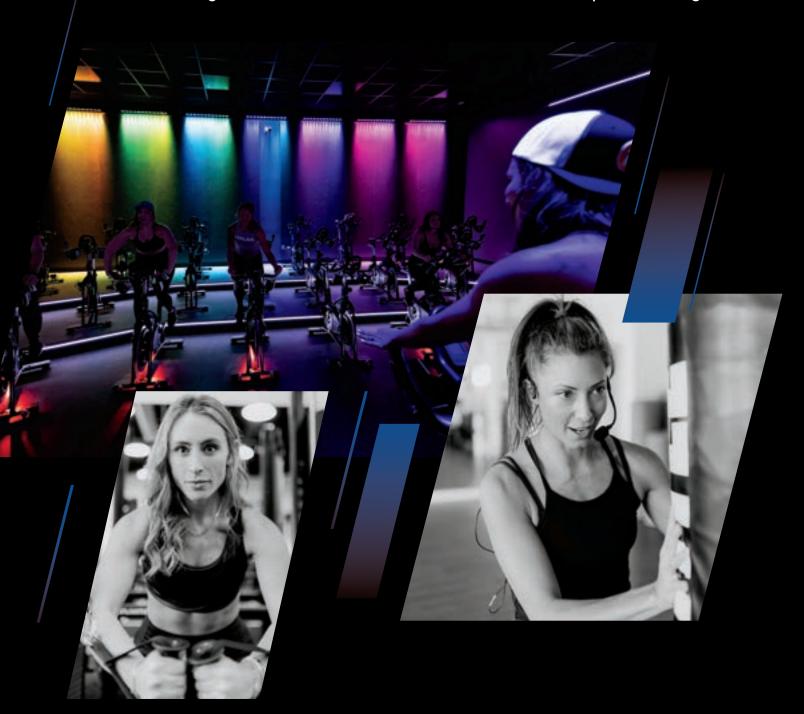
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When Michael Heacock designs, it's always with an eye toward the future.

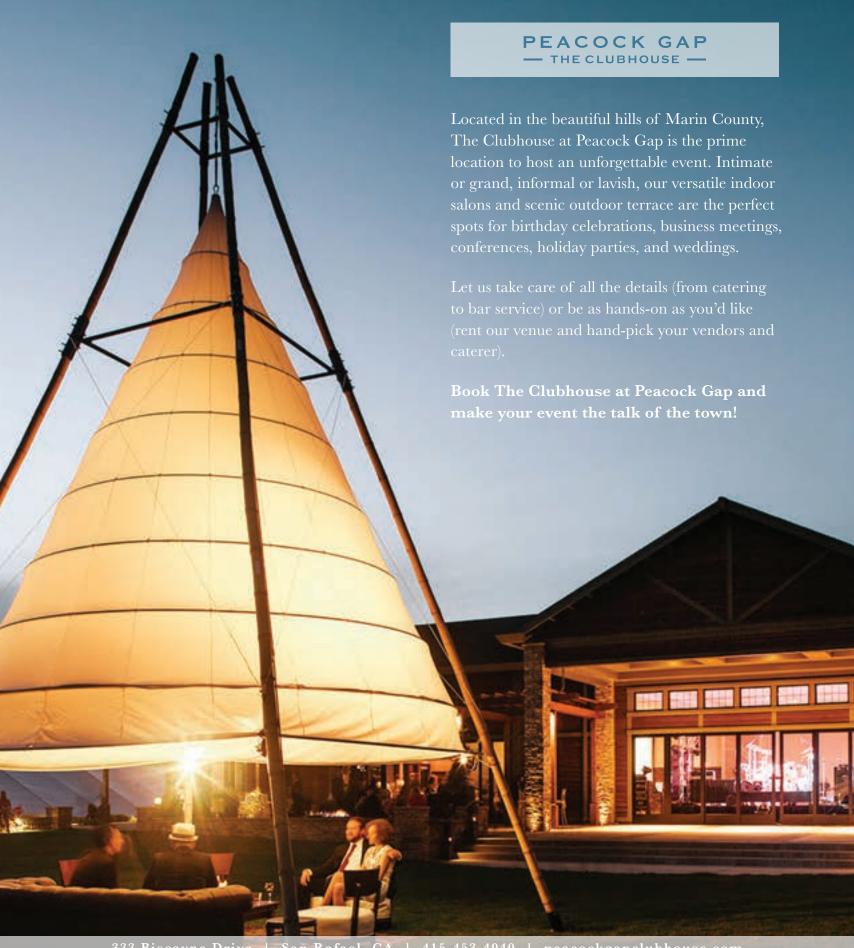
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Four incredible locals who are making our community — and the world — a better place.



On the Cover

The sculpture pictured on the cover is called "Generations" by Yorgen Q Kvinsland at Artstruct and can be found at architect Michael Heacock's home. www.artstruct.com



Jave Zahrobsky for Drew Altizer Photography

from the TEAM

Jessica Cline, Dan Jewett, Carrie Moler and Mario Canela



A TIME FOR CHANGE

FOR THOSE OF YOU who love reading the "from the desk of" letters (we know you're out there), we've got something new that we think you are going to like. Going forward, check this space for updates from the entire Marin Living team — it will feature behind-the-scenes intel, a look at some editorial highlights and much more.

As our own Kim McGinnis said recently, "good things happen when we go out and meet new people." To that end, we had a busy month, attending the opening of the "new" Fairfax Brewing Company; celebrating our Visionaries on a sublime sunset cruise aboard the Angel Island-Tiburon Ferry (see photos on page 90); talking business at the San Rafael Chamber Business Showcase; meeting new friends at our Larkspur Wine Stroll booth and, of course, rocking out to all the bands at the amazing San Rafael PorchFest.

This month we are all looking forward to hosting an event in the San Francisco Design District honoring the talented designers, makers and archi-

tects featured in our Bay Area Design section (page 63) — these innovators never stop making this region the beautiful and forward-thinking place that it is.

And of course October means Halloween and the beginning of fall, which invites cozy evenings and the start of holiday season. With all that in mind, we found a creative Petaluma couple who knows the real spirit of Halloween — taking over their town to make a campy werewolf movie (page 42). When it comes to warming fall cocktails, turn to page 30 to find everything you need to make sure your bar is well stocked.

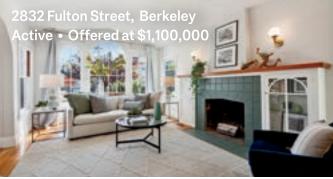
Finally, we leave you this month with a thought on our annual Changemakers feature (page 54). We were truly inspired to feature this group who range from the first African American woman to complete a westbound circumnavigation in a sailboat to an addiction recovery doctor who is speaking out against nuclear proliferation. They teach us that the power to do great things is within each of us.

The Marin Living team

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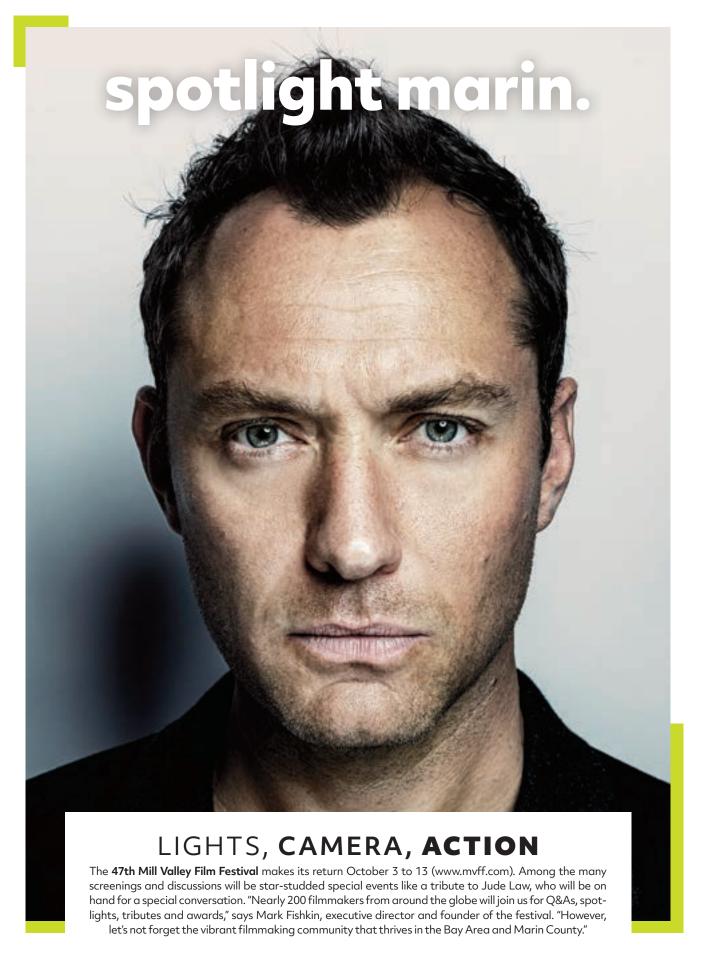


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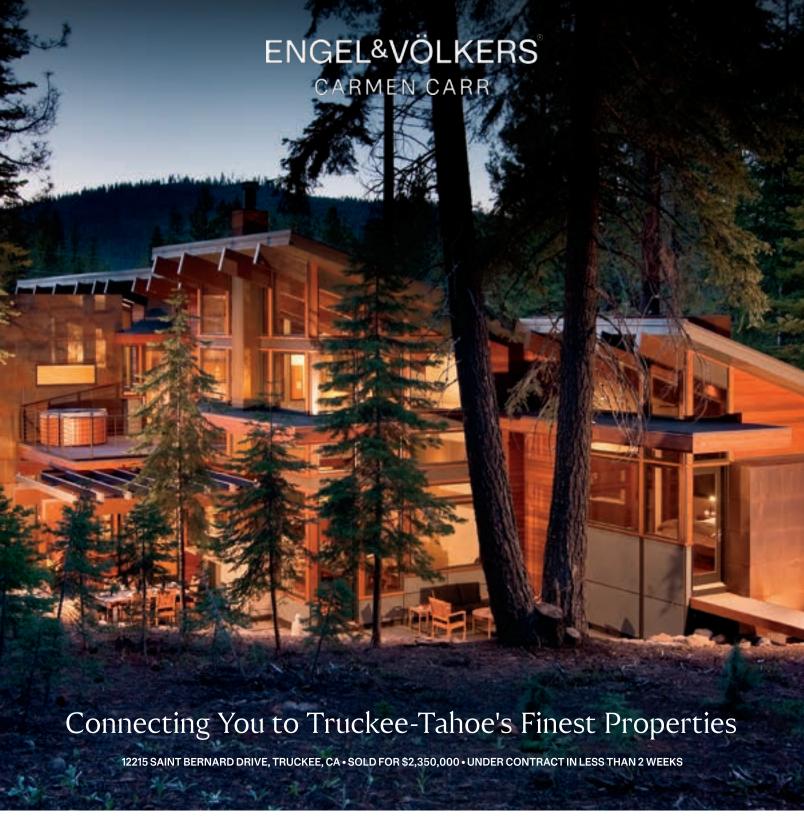
BOOKED AND BUSY

Hillary Rodham Clinton will be making her way to San Francisco's Davies Symphony Hall on October 7 as part of her book tour (www.broadwaysf.com). The politician and former first lady will discuss her new tome, Something Lost, Something Gained: Reflections on Life, Love, and Liberty, which was released in September.



SUPPORTING YOUTH MENTAL HEALTH

Three Marin school districts (www.marinschools.org) are setting up a pilot mental health support program thanks to a two-year grant from the state that is part of a 2022 initiative to improve youth mental health. The grant funds the hiring of certified wellness coaches at the schools who will be prescreened by the California Department of Health Care Access and Information.





Carmen Carr Private Office Advisor

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The longest-running art, antiques and design fair on the West Coast, the **San Francisco Fall Show**, returns to Fort Mason October 17 to 20 (sffallshow.org). This year's show celebrates the timeless color combination of black and white, as explored through decorative arts, fashion, photography and other mediums. The opening night gala, which helps support Fine Arts Museums of San Francisco, takes place October 16.

Designed by Lauren Santo Domingo with de Gournay wall covering.

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VOLUME UP

Music lovers will be descending upon Golden Gate Park again for another year of **Hardly Strictly Bluegrass** (www.hardlystrictlybluegrass.com). The free music festival returns October 4 to 6, with artists like Mavis Staples, Emmylou Harris, Sleater-Kinney, headliner Patti Smith and many more taking the stage.



OVERDOSE PREVENTION UPDATE

Additional **free naloxone vending machines** and NaloxBoxes have been placed throughout Marin County to address the ongoing opioid overdose crisis. "Our team offers a network of substance use services, and widespread availability of naloxone is a key strategy to save lives from overdose in Marin County," says Dr. Todd Schirmer, director of Behavioral Health and Recovery Services for the County of Marin. Residents can find the free naloxone locations on an online map (www.odfreemarin.org/naloxone).



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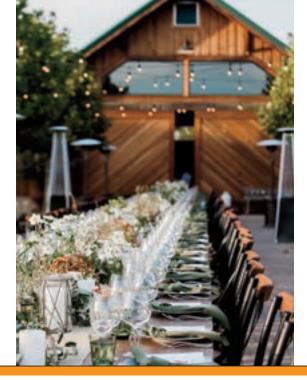
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news. by Caitlin Hamer



Bricoleur Vineyards' Halloween dinner (left); Psycho at the S.F. Symphony (below)

HAPPY HAUNTING

This month, celebrate spooky season your way. From October 4 to November 3, Terror Vault (www.intothedarksf.com) presents Fatal Abduction, an immersive experience at the San Francisco Mint. The alien-themed production involves theater, 4D effects and mazes, with VIP upgrades available. In Santa Rosa, Benovia Winery (www.benoviawinery.com) invites guests to come carve pumpkins October 18 to 20. Pumpkins and carving tools will be included with your ticket. On October 25, Bricoleur Vineyards (www.bricoleurvineyards.com) is holding a Halloween-themed dinner for all ages. Dogs are welcome and costumes are encouraged. Round out the month with the San Francisco Symphony (www.sfsymphony. org), which will perform the score of Psycho alongside a screening of the classic film on October 31. The evening performance takes place at Davies Symphony Hall.



INNOVATIVE MATCH



Cassie Zampa-Keim offers her thoughts on how to overcome the fear of dating.

What is the number one thing that stops people from dating and how do you help them overcome it?

There are many reasons why people claim they have little interest in dating. The excuses range anywhere from the effort it takes to the expense (time and money) and includes everything in between. You name it, I've already heard it. But once you scratch the surface, the reason usually comes down to one – fear. Once I open my clients' eyes to what's at the root of their hesitation, we get to work on facing what's scaring them most. Then, instead of fear, they have hope.

Why does one develop a fear of dating?

The biggest reason I've found why my clients fear dating is the likelihood of being rejected. Because of online dating, there is a much stronger emphasis on what a person looks like when choosing matches. Also, there appear to be so many

more options, the idea that if you don't like one match, you can just swipe and get another. But it's an illusion. I've had so many clients still say to me there's no one out there to date. I help my clients limit the pool by helping them make informed choices. I help them pick people who would likely also pick them and who they may not pick themselves.

Do some people have a fear of dating?

I admit dating can be daunting at first, which is why people fear it. It can be hard to put yourself out there, be scrutinized and judged by others, and risk being hurt, especially if you've been hurt before. It's not easy. And I get why some people would want to avoid it. But what I remind my clients is that the reward can far exceed the risk.

How can one overcome a fear of dating? The best way to overcome a fear of dating

is to get to the bottom of what's making you afraid. I like to get to know my clients. Communication is key. We discuss whatever they're comfortable with that will give me added insight into not only who they're looking for but, even more importantly, who they are. These discussions can include their past relationships, childhood, whatever makes them tick. Often, my clients learn something new about themselves in the process.



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WIND IN YOUR SAILS

The Sausalito Boat Show (www.sausalitoboatshow.com) returns October 4 to 6. Held at Clipper Yacht Harbor, the event showcases a variety of boats, live music and local food. "This grassroots community event is celebrating its second year, featuring even more boats, charters, gear, food, music and family fun," says show manager Mitch Perkins. "Attendees can also look forward to a special meet and greet with Bravo's Below Deck stars, Fraser and Daisy."



FRUITS OF OUR LABOR

For one night only, celebrate the season's bounty at the **Sonoma County Harvest Fair** (www.harvestfair.org). Taking place October 12 at the Sonoma County Fairgrounds, this year's gathering includes bites from local restaurants in addition to an up-close look at the region's farms, food and wine.

The Barefoot Contessa herself, Ina Garten, has written a long-anticipated memoir, *Be Ready When the Luck Happens*, and in celebration of its release she is coming to San Francisco's War Memorial Opera House on October 28 (www.broadwaysf.com). The intimate evening will find the beloved cookbook author and television personality sharing the story of her culinary journey.





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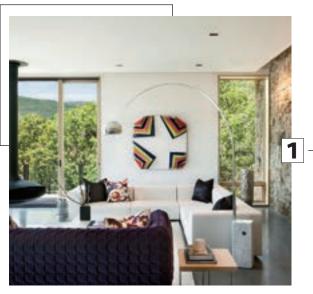
Alfresco Heating is Marin's national outdoor heating company. They provide expert advice, high quality permanent, portable, gas, and electric patio heaters, plus installation and repair services.



theLIST

A look at special offers and new products from some of Marin's favorite businesses.

By Caitlin Hamer



STUDIO CM

Constance Mueller's interior design company has expanded to the West Coast with its new Santa Rosa office. Studio CM just completed work on a midcentury house in the area and your home could be next — a dedicated team is ready to provide a variety of interior design services and contractor recommendations. www.studiocmllc.com



BARTLETT TREE EXPERTS

Early autumn is one of the best times to have your trees inspected ahead of winter storms, and Bartlett Tree Experts can help you with that. Their board-certified master arborists offer complimentary inspections, giving your trees the attention they need to stay beautiful, healthy and safe from pests and bad weather. www.bartlett.com



THE STILL COLLECTIVE

Lovers of this local interior design studio must head to Fairfax, as its largest location just opened there: STILL at The Ranch. The Still Collective's new space features furniture, outdoor furnishings and vintage finds in the studio's signature California cool aesthetic, as well as the works of talented Marin artists. www.thestillcollective.com



Experience:

Homa Rassouli is a licensed Reverse Mortgage Specialist at Mutual of Omaha Mortgage with over 38 years of experience in the reverse mortgage field, including 22 years in the financial services and mortgage industries at Wells Fargo Bank and Mutual of Omaha. Homa has been the recipient of the prestigious "President's Club" honor for the past 16 consecutive years and is a trusted name in the industry, known as a reliable resource for retirees.

She has been honored with providing numerous trainings, seminars, and panel discussions to deliver matter of fact information and learning knowledge to groups ranging from Novato and San Rafael Chambers of Commerce, Financial Planning Association, The National Association of Insurance and Financial Advisors, and the Marin Bar Association to name a few. Homa is also actively engaged with The Marin Realtors, North Bay Realtors, Women Council of Realtors, CAL CPA, and Section on Aging.

She additionally serves on the board of Novato Chamber of Commerce, Marin County Estate Planning Council, San Francisco Financial Planning Association, Marin Realtors Government Affair Committee, San Rafael Women on Industry Committee, and Women's Club of Marin.

Homa enjoys educating and working with mature homeowners, their families, and their trusted advisors to secure long-term sustainable retirement solutions.

Education + Family:

Homa holds a Bachelor of Business Administration in Management and Finance from Gannon University, PA. She spends much of her free time with her family, especially her three grandchildren, Sofia (age 14), Ellie (age 10), and Sebastian (age 8).

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- 1. The Stevey Black Pitcher by Leanne Ford is nothing if not a statement piece. Hand-finished and supremely versatile as a serving pitcher, piece of decor or vase (Morticia Addams would be proud), it's a wonderful investment for fall. Available at Crate and Barrel (Town Center Corte Madera) and www.crateandbarrel.com, \$49.95
- 2. Sausalito Liquor Co's. Unsinkable **Rye** is what unforgettable Manhattans are made of — and this Kentucky rye aged in Napa port wine barrels has just the right amount of sweetness (explore the website's blog for recipes). Available at Vintage Wine & Spirits (82 Throckmorton Avenue, Mill Valley), \$54.99
- 3. Halloween is just around the corner and what better way to celebrate than by having a few friends over for drinks. Surprise and delight them with these

RAISING

BAR

A few delightfully dark accoutrements that will make your at-home gatherings the talk of the season.

By Casey Gillespie

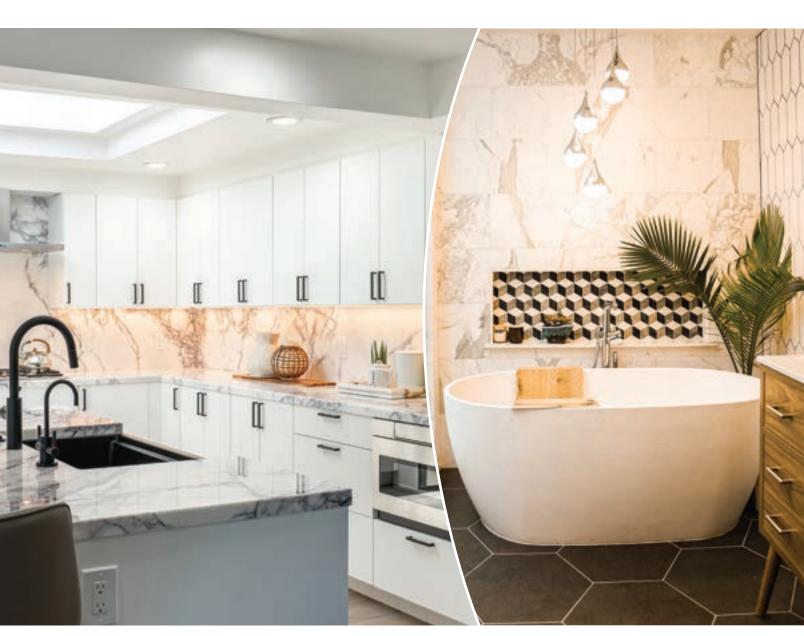
darkly-fun-but-not-too-ghoulish Halloween Double Old-Fashioned Glasses. Available at Sur La Table (Montgomery Village, 2323 Magowan Drive, Santa Rosa) and www.surlatable.com, \$39.95

- 4. Those looking for a relaxed evening sans alcohol will love De Soi's Purple Lune, our new favorite go-to. While it has the consistency of a full-bodied red wine, it's a booze-free mixture of ashwagandha, tart cherry and botanicals formulated to fight off fatigue and promote stress relief. Available at Total Wine & More (71 Tamal Vista Boulevard, Corte Madera) and www.drinkdesoi.com, \$25
- 5. Everyone's favorite Nancy Meyers star, Diane Keaton, has been immortalized on Hudson Grace's quirky cocktail napkins and they will make the perfect hostess gift this Halloween (and beyond). Simple, honest, irresistible — just like the star herself. Diane Keaton + Hudson Grace "It Wasn't Pretty" Cocktail Napkins, available at Hudson Grace (Marin Country Mart) and www.hudsongracesf.com, \$22



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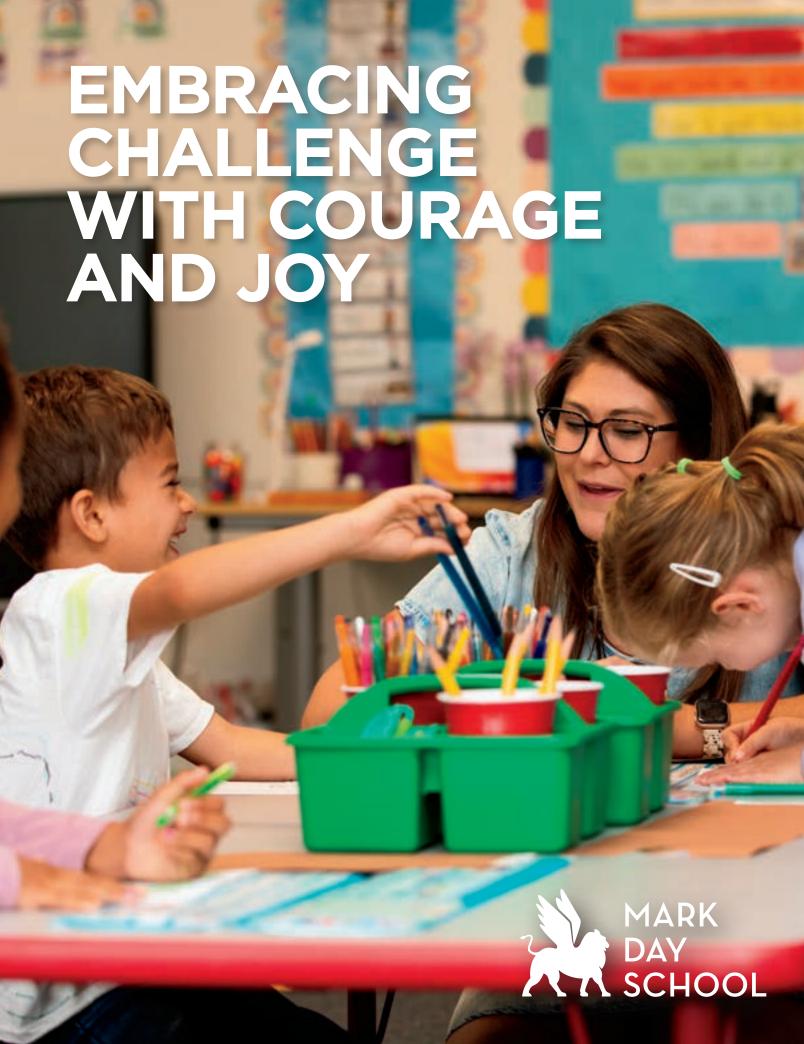
By Caitlin Hamer





WHEN CHEF CASEY THOMPSON first appeared on Top Chef: Miami in 2007, she took the culinary world by storm. Her skills and personality won her admirers around the country as she finished as a runner-up in the competition and was voted Fan Favorite. Her television

journey didn't end there; she went on to compete on Top Chef: All Stars, Top Chef: Charleston and Tournament of Champions. But her Bay Area fans can count themselves lucky enough to have a chance to actually taste her food if they make the quick jaunt over to Sonoma.



Chef Casey Thompson in her element.

As executive chef at the four-time Michelin Bib Gourmand-awarded Folktable Restaurant (www.folktable restaurant.com), Thompson experiences a decidedly different day-to-day life than what we've seen on screen. First, she's not competing against anyone there. Second, she's commanding a kitchen staff rather than operating on her own. But that doesn't mean she's not getting her hands dirty.

"It's a chef's dream to be able to work together with a farm, and literally cross the road to pick something if I need it," Thompson says, referring to Folktable's neighbor and partner, Tank House Farms. "We have the fresh factor here, and this beautiful Sonoma sunshine and it's so chill, so country."

Located in Cornerstone Sonoma, the harvest-to-table restaurant is quite a leap from the Texas kitchens where Thompson got her start. Her post-Top Chef path led her to a variety of international destinations, but she eventually made her way to California, working in both San Francisco and Rancho Santa Fe in SoCal before finding the call to Wine Country too strong to resist. And while Folktable was established in 2020, a decidedly tough time for the restaurant industry, it has flourished, becoming a favorite not just for Sonoma locals, but for day-trippers from Marin, Napa and beyond. Many are likely drawn there for a chance to try the food of a famous chef, but the restaurant's methods and menu are certainly speaking for themselves (fun fact: the spot also offers a menu just for pets). Folktable has its own chickens,



raised in Dixon, and a slaughterhouse in partnership with Tank House Farms. And given the collaboration between the restaurant and the farm, the shareables, salads, soups and larger plates served are naturally seasonal and just about as fresh as you can get.

"What is so unique about the climate here is we have some crops that come in much later than normal," Thompson says. "So we have a melon salad late into the fall, and since our squash barely starts to come in until the fall, it carries over into our winter dishes."

Keep an eye out for the venerated chef next time you're there: "I'm in the kitchen most of the time, but when I'm not, I'm crossing the floor and talking to guests or I'm at the farm," she says. "I'm all over the place." 📵

It's a chef's dream to be able to work together with a farm, and literally cross the road to pick something if I need it."



It's on!







AUTUMN INDULGENCE

From legendary Michelin-starred cuisine to the best sparkling wine in the valley to a chic new Champagne-infused spa — Yountville is the ideal place to indulge all your hedonistic desires.

By Casey Gillespie



CHANDON

1 California Drive www.chandon.com

A classic Wine Country mainstay, the winery with its recent refurb has breathed new life into both the surroundings and the offerings. You can now book a Sparkling Sunday Brunch (yes, please) or the seasonal Oysters & Sparkling pairing (October 6) while enjoying the startlingly sleek reimagined spaces. And if you aren't a Club Chandon member already, the exclusive lounge should be enough to entice you. The food is even better than we remember.

THE FRENCH LAUNDRY

6640 Washington Street www.thomaskeller.com

Speaking of Wine Country institutions, this world-renowned eatery has just been awarded three Michelin stars for the 17th consecutive year. This year also marks Chef Thomas Keller and crew's 30-year anniversary in Yountville, no small feat. Seems like the perfect time to make a reservation, no?

KOLLAR CHOCOLATES

6525 Washington Street www.kollarchocolates.com

As if you need a reason to pop into this unassuming (yet to-die-for)

Bright Futures

The Campaign for North Bay Children's Center





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NBCC's Bright Futures childcare facility will serve 176 infants, toddlers and preschoolers' in full day programs, year round. It will also house our Garden of Eatin'® Learning Lab which will serve the broader community of early childhood educators. However, we have a way to go before this vision turns into reality.

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\$250





chocolate shop — the approaching gift-giving season is certainly a good excuse. And while anyone on your list would love the almosttoo-pretty-to-eat chocolates here, don't forget custom orders are also available.

NORTH BLOCK HOTEL AND RESTAURANT

6757 Washington Street www.northblockhotel.com

With so much eating and drinking to do, the wise option is to spend a night in Yountville. The rooms here are the

very definition of quiet luxury and another tempting dining choice will be right at your fingertips. The on-site restaurant has just launched a new "From the Valley to the Coast" tasting menu (\$100 pp, or \$169 with drink pairing) and it is as inspired as it is attractively priced.

6725 Washington Street www.rh.com

One of the prettiest restaurant settings possibly ever, RH has been a local favorite for a long

Can't-miss Yountville eateries include The Restaurant at RH.

time. And with the newly reworked menu (the first significant update in more than a decade), it's well worth the drive to experience the magic again. Mini lobster rolls, grilled avocado with caviar and the shaved rib-eye dip sandwich are just a few of the delectable highlights.



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415-456-9062 999 Third Street, San Rafael vivalon.org



RO RESTAURANT & LOUNGE

6480 Washington Street www.rorestaurantandlounge.com

The newest concept from Chef Thomas Keller, the restaurant offers Asian-inspired cuisine with a touch of what California gastronomy is known for simplicity and seasonality. With Chef Jeffery Hayashi at the helm — and interiors by Ken Fulk — it is a Yountville experience like no other. Expect shareable plates and a wine list fit for this eatery's pedigree.

RENDEZ VEUVE SPA

6481 Washington Street www.theestateyountville.com

The on-site spa for the 22-acre Estate Yountville resort, Rendez Veuve Spa, is the first of its kind. The spa's menu is a dream with Champagne-inspired treatments and experiences. For the ultimate indulgence book a spa suite with an oversize soaking tub and fireplace. But even à la carte treatments offer access to the eucalyptus-infused steam rooms, dry saunas, Swiss experience showers and outdoor Jacuzzis. This has fall getaway written all over it.

FALL SHOW

SFFALLSHOW.ORG



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UNDER THE FULL MOON

A husband-and-wife filmmaking team turned the streets of Petaluma into the stomping grounds for a newly made werewolf who has embraced his transformation with a little humor.

By Daniel Jewett

FOR DAEDALUS HOWELL the idea to make a campy, low-budget, indie werewolf movie started as middle age began to creep into his life.

"You ever wake up and have hair growing out of your ears and suddenly it's a very pliable metaphor for any kind of change?" asks the multihyphenate writer, filmmaker, performer and media professional (you may know him as the editor of The North Bay Bohemian and Pacific Sun). "I was on the eve of turning 50 and it was time to do another movie. I wanted to do something that was relevant to me."

Luckily Howell's wife, writer, artist/ designer and filmmaker Kary Hess, was on board — in fact Werewolf Serenade (www.werewolfserenade. com) would be the couple's second feature film. She just had one request for scriptwriter Howell: make it less Steppenwolf and more Teen Wolf.

While Howell writes the scripts, Hess is there to give advice she knows will be important later like "don't kill that guy off yet, we'll need him in the third act." For the Petaluma couple, who first met when Hess did Howell's makeup for a high school production

(they would reconnect later in life, get married and start a family), nothing beats filming in their hometown.

"It's a movie town and the omnipresence of Hollywood here (think American Graffiti and many more) really makes it apparent that this is a beautiful, picturesque place to shoot a movie," Howell says, adding that Petaluma is very generous when it comes to allowing film production. "We were able to shoot anywhere we wanted and even use the police station with the police."

Despite that, the couple's MO was to run a lean and mean team and





Clockwise from left: **Emily Keyishian** and Daedalus Howell make their escape; Daedalus Howell transforms: movie poster

mostly try to not draw attention to themselves. The one exception was when Howell ran through the restaurant at the Hotel Petaluma in full werewolf makeup. "We got some pretty good reaction shots," he says, laughing.

A big part of the film is the music and for that, the couple got lucky on a couple of fronts. Howell was explaining to his musician friend Sean Hayes that he was having difficulty licensing songs when Hayes made a generous offer. "He looked at me and said, 'Just take mine,' " Howell explains. "He opened up his catalog and just said, 'Cherry-pick what you want." The soundtrack was filled out by Marin's own Rebecca Roudman on cello and composer Jason Eckl, who worked up the cello parts you hear in the film, and even Howell's brother, Shannon Ferguson, who produced the original score. "I got a deal on that dude, because

he's my brother," Howell says of Ferguson, who wrote the perfect theme for the movie (even if it took some input from Hess to convince her husband that it was a great fit).

When it came to making the film, it was a true family affair. "Our kids got involved and they're both in the movie, and they were carrying equipment around or modeling makeup," Howell says. "If you are going to have a family business, I think the movie business is a great one to be in. There's so much to do and there's always a contribution to be made."

Hess couldn't agree more: "One reason we like each other is because we have similar interests and we just want to work together. We love it, and it's part of our relationship, it's our thing."

See Werewolf Serenade on October 3 at Cinelounge Tiburon. It is also coming soon to streaming. 📶



If you are going to have a family business, I think the movie business is a great one to be in."







FRIEND REQUEST

If it's time for the plans to actually make it out of the group chat, this new app makes that seemingly impossible goal a whole lot easier. By Annie Gieser

VARSHA RAO, co-founder at Zeal, has had a busy career with an impressive resume (head of global operations at Airbnb and COO of Clover Health are just some of the titles she's held). But while eyeing her next venture — and on the brink of becoming an empty nester Rao looked inward.

"As I go into this next phase of life, I really want to spend time building out more friendships, hobbies, things that are really important but I hadn't had the time to really invest in," says Rao. With time finally on her side, she was ready for intentional connections and, admittedly, some fun.

She started with a book club that communicated over email, which she says "was just chaotic." So they pivoted to WhatsApp, but no one seemed to keep up with the messages. Other

friends had similar issues in their social lives, like wanting to play pickleball without a partner or starting a run group without knowing how to begin. Rao had the moment all founders do: "I kept thinking, 'There has to be a better way to do this."

Zeal (www.getzeal.co) is the antidote to endless streams of texts and emails that yield no outcome. Within the app, members can join or start groups, get events on everyone's schedule, and find folks nearby with similar interests. "We aim to be best in class at group scheduling," says Rao, whose book club is now a raging success.

"Zeal is all about doing activities you're passionate about in groups with people that you have a shared interest with, as well as some type of affinity be it a friend of a friend, somebody you went to the same school with, somebody who is close by in your neighborhood," says Rao, emphasizing the importance of commonalities on Zeal. "So you're not in a group with a bunch of random people, which nobody really likes."

The mission is for anyone on Zeal to grow friendships — whether new or old. Members can join groups centered around activities they are already interested in with people they know or with people in their network whom they may not know (yet) who share those interests. Having an activity or shared interest is an easy icebreaker — what humans have in common with one another can create an immediate bond.

This makes Zeal an app for members of all ages, from fresh college grads moving to a new city to retirees who suddenly have more time on their hands. Regardless of demographic, people benefit from making a new friend or re-engaging with old ones.

"Zeal helps making plans and spending time with people a lot more intentional," says Rao. "I have deeper friendships; I also have more friendships. And to be honest, I'm just having more fun." Empty nester goal, accomplished. 📶



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Challenging TIMES

How parents can talk to their children about hard topics.

BY COLLEEN MARSHALL. LMFT

rom the upcoming election and political anxiety to unresolved feelings about the war in the Middle East and from gender identity and transgender rights to the impacts of social media and bullying: kids have a lot on their minds these days and they sometimes need support to help them process it all.

We feel protective of our children and it's hard enough seeing that they're stressed and not knowing how to help them – and on top of that, many of us are feeling our own anxiety over the state of our world today.

If you're feeling this way, here are a few tools that can help you so you, in turn, can help your kids.

FOUR WAYS TO COPE WITH YOUR OWN ANXIETY

Set boundaries. This can look like setting boundaries around conversations or being mindful of where you're putting your attention, and how often you consume information. A lot of what we see in the media is trying to stoke fear, and it can be helpful to focus your attention elsewhere or to limit your social media or news consumption.

Channel stress and anxiety into action. It's so easy to feel helpless and guilty that we're not doing enough, but we do have some level of control, especially in local communities. Try organizing an event to increase voter turnout, or join the Parent Teacher Association at your kids' school.

Don't forget about your well-being. Make sure you're keeping your own wellness at the forefront and stay engaged in activities that bring you joy. Practice things that help you reduce stress, whether it's going for a walk, taking a long bath or singing loudly to music in the car — it's important that we model self-care for our children, so let your kids know what you're doing and why.

Try therapy. If your anxiety around these issues is getting in the way of your life, therapy can be a helpful tool for learning skills to help you manage it. There are lots of ways therapy can help, including understanding stress and anxiety triggers and learning grounding techniques. You can also work on mindfulness, effective communication and how to challenge your automatic negative thoughts.

TIPS FOR TALKING TO YOUR KIDS ABOUT TOUGH SUBJECTS

While you're trying to cope with your own stress, not knowing how to talk to your children about topics like social media bullying or global conflicts can make anxiety even worse. Here are a few conversation tips to help your children grapple with these difficult topics.

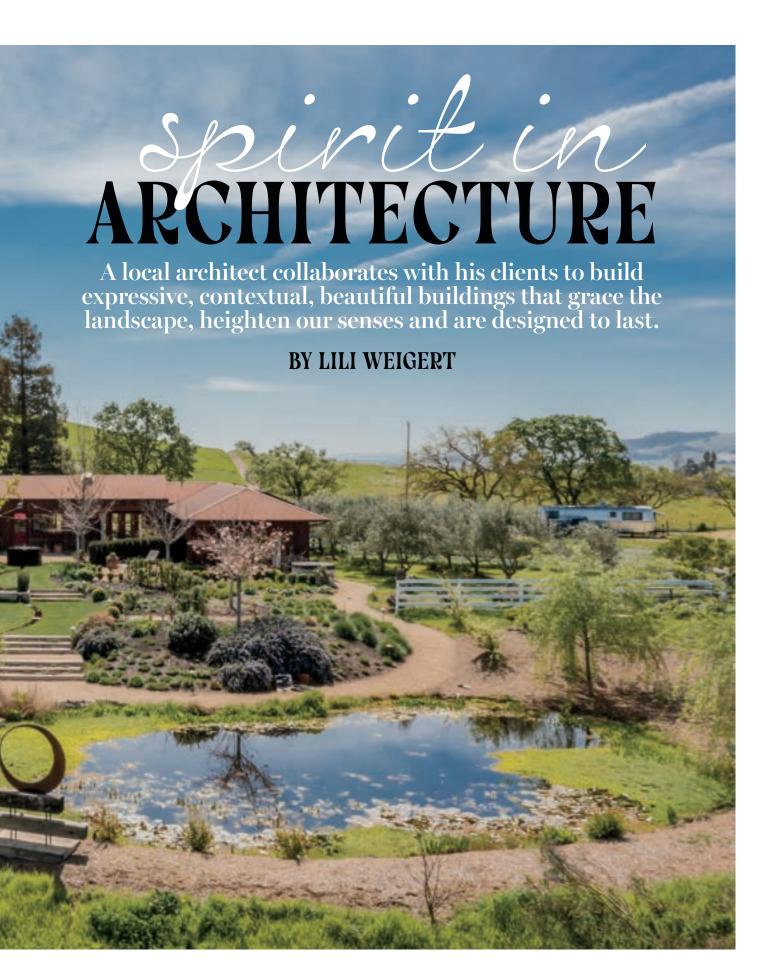
- Consider your children's ages. The level of detail you get into will often depend on how old your kids are. For instance, with a 10-year-old you might stay surfacelevel and ask them what questions they have, while with teenagers you might share more details and teach them some of the things you're doing to manage your own anxiety and stress.
- Take a deep breath and focus on your child. It's important to be able to separate your own anxiety from their questions and experience. If you notice they appear stressed or concerned, feel free to ask them how they are feeling and initiate a conversation rather than waiting for them to come to you. You could say something like, "I noticed you seem stressed about things you're seeing on social media, would it be OK if we talk about that for a few minutes?"
- Remember it's OK to keep the conversation casual and in a comfortable setting, like over dinner. While these are serious topics, we don't need to add pressure by making the conversations super-serious. Even having a casual regular dinner check-in is a good way to bring up important conversations in a lighter way.

The world we're living in right now can be scary. Remember that you're doing the best you can, and by simply taking care of yourself and being a safe sounding board for your children to have these conversations, you're doing more than you think you are. 🐽

Colleen Marshall, LMFT, is the chief clinical officer at Two Chairs, a San Francisco practice that provides evidence-based mental health care with a focus on the ideal client-therapist fit in a hybrid setting. Call 415.202.5159 or visit www.twochairs.com/san-francisco-therapy for more.

A LOT OF WHAT







"DESIGN IS TIMELESS WHEN IT'S **AUTHENTIC," SAYS MILL VALLEY** ARCHITECT MICHAEL HEACOCK, WHO FOUNDED HIS OWN FIRM IN 2004 AND WAS AN EARLY PIONEER IN GREEN BUILDING.

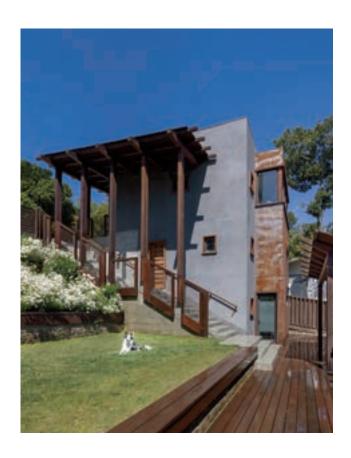
In 2018, when he helped transform the town's 1892 lumberyard into a vibrant and popular commercial hub, the firm maintained much of the property's original historic character. "It was a functioning lumberyard for more than 100 years," Heacock says. "When you see the railroad crossing sign, that's literally where the train stopped.

"Design is timeless when you can't tell when it was built," Heacock continues. As an example, he cites the work of Los Angeles architect John Lautner, whose iconic glass and steel homes were featured in early James Bond films. "The movies show their age," Heacock says, "but if you walked in the homes today, you wouldn't know when they'd been built.

"It's the opposite of the modern farmhouse," Heacock adds. "Every flipper paints the house white with black trim and calls it a farmhouse. Once the neighborhood gets saturated, people want something different."

Heacock defines his own style as "regionalist," an architectural term for buildings that reflect the context in which they're built. "It's a design sensibility that comes from the land, the people and the other buildings around it," he says. "It's an expression of place and spirit in architecture." In 2014, Heacock renovated a Mill Valley house designed by famous regionalist architect John Marsh Davis and built in 1969. Davis constructed the house with redwood and other local materials. "The first time I walked in the house, my jaw fell on the floor. There's a feeling of connection with nature," Heacock says. "An intimacy with the land and natural environment."

In the late '90s Heacock worked for Sausalitobased architect Sim Van der Ryn, considered one of the most important green building pioneers of the 20th century. Since founding his own firm (www. michaelheacock.com), Heacock has worked on



more than 20 LEED-certified projects, including five of the first LEED Platinum pilot projects. "I was into organic architecture and sustainability before people called it green building," he says.

Every project Heacock designs, whether homes, schools or commercial, incorporates many sustainable elements, such as renewable energy, water

Opener: Burndale Residence & Barn in Sonoma. Opposite page: The iconic Mill Valley Lumber Yard. This page, from top: Mill Valley art studio and ADU; Burndale's custom steel truss and reclaimed redwood interiors

efficiency and green materials. It is not unusual for Heacock to mill his own lumber from naturally fallen trees or reclaimed wood.

Given the option, Heacock prefers to remodel existing building. He says that ultimately, the ecological footprint is the embodied energy of constructing the original building followed by the operational energy of running the building. "Above all," Heacock

explains, "the most sustainable thing we can do is to build a beautiful building. Beautiful buildings are cared for and maintained, greatly extending their life and reducing our ecological footprint." 📵



Doreen Gounard TOWN OF RESIDENCE:

TOWN OF RESIDENCE
SAUSALITO
OCCUPATION: AIDE
TO MARIN COUNTY
DISTRICT 3 SUPERVISOR STEPHANIE
MOULTON-PETERS

CHANGEMAKING WORK: FIRST AFI

WORK: FIRST AFRICAN
AMERICAN WOMAN
TO COMPLETE A
WESTBOUND CIRCUMNAVIGATION ON A
33-FOOT SAILING
CATAMARAN WHILE
HOMESCHOOLING
TWO CHILDREN

MEET THE S3-FOOT SAILING CATAMARAN WHILE HOMESCHOOLING TWO CHILDREN. Changemaker Consumption of the Consumption of the Catamaran while Homeschooling Two Children.

THESE
FOUR
MARINITES
ARE MAKING
OUR COMMUNITY
BETTER, ONE
INTENTIONAL
ACTION AT A
TIME.

BY AMBER TURPIN





WHEN DID YOU KNOW YOU LOVED BOATS? I was born and raised in Springfield, Massachusetts, and started going to a sleep-away camp when I was 9. At Camp Mishnoah I was on the lake for hours a day, six weeks a summer, swimming, row-boating and canoeing. I loved any and every opportunity to be in or on the water.

WHAT IS IT LIKE LIVING ON A **CATAMARAN?** I love living aboard our cat IMANI and can't imagine living any other way. Our homeport is Galilee Harbor, a cooperative, affordable, live-aboard community of maritime workers and artists. My husband and I built the boat behind the West Oakland flat we rented during a four-anda-half-year period from a pile of western red cedar planks and two 55-gallon drums of West System epoxy.

MOST MEMORABLE ADVENTURES FROM CIRCUMNAVIGATING THE **GLOBE?** Our first landfall after 21 days at sea, crossing directly from San Francisco to Hiva Oa island in French Polynesia, is definitely one. The island appeared as a small hump on the horizon as the moon illuminated its existence. We watched the land grow before our eyes as the scent of ylang-ylang, frangipani and Tahiti tiare flowers tickled our senses. We sailed into the new millennium on January 1, 2000, and our circumnavigation had officially notched its first country.

HOW IS YOUR COMMUNITY, AND YOUR ROLE WITHIN IT, BREAKING BOUNDARIES? By sailing more than 60,000 nautical miles over the last 20 years and having sailed through over 25 countries, I show my greater community what is possible and encourage all who want to do the same.



Howard Kornfeld, MD

TOWN OF RESIDENCE: MILL VALLEY
OCCUPATION: DIPLOMATE IN PAIN MEDICINE
CHANGEMAKING WORK: ADDICTION MEDICINE
AND PAIN MEDICINE SPECIALIST, WITH A
BROAD INTEREST IN INTEGRATIVE APPROACHES
TO PHYSICAL AND MENTAL HEALTH.

WHAT IS YOUR BACKGROUND? In 1979, after the Three Mile Island nuclear accident, I became aware of the risks to humanity of the nuclear fuel cycle and the escalation of nuclear armaments. I became part of a medical movement and delivered 70 talks on the medical consequences of nuclear war. I was a delegate at the First Congress of the International Physicians for the Prevention of Nuclear War in 1981, and the organization's efforts led to a Nobel Peace Prize in 1985. The following decades witnessed a welcome de-escalation of the nuclear cold war that has unfortunately been dangerously renewed. I then accepted the invitation of Dick Price, co-founder of Esalen Institute, to become a visiting physician in residence at the beautiful Big Sur retreat. There I met numerous visionaries including Ann and Sasha Shulgin, who had become the godparents of the emerging science of psychedelic medicines. With their network, I co-convened the Pacific Symposia on Psychedelic Drugs, which led to the groundbreaking work at Johns Hopkins 10 years later, and eventually to Michael Pollan's influential and more recent bestselling books. As a practitioner of addiction medicine at that time, I was immersed in the response to the growing problem of opiate misuse, as well as poorly managed chronic pain. I became an early adopter and published author regarding the medication called buprenorphine (or Suboxone) and built our Mill Valley practice Recovery Without Walls to address these needs.

IN ADDITION TO YOUR ADDICTION RECOVERY WORK, WHAT ARE SOME OF YOUR HUMANITARIAN INTERESTS? During

the 1990s, when the state of California resumed using the gas chamber for capital punishment, I teamed up with a leader at the S.F. poison control center to highlight the inhumane nature of this practice. The ACLU and others took up the case, mounted a heroic effort, and within a year a federal judge ordered the California attorney general to immediately cease the practice.

WHAT ARE YOU CURRENTLY DOING TO RAISE AWARENESS

ABOUT NUGLEAR WAR? I see the emergence of psychedelics now as linked to the regrowth of the nuclear arms race, but also with the intense sentiment that these weapons need to, once and for all, be banished. Recently, military leaders have stepped forward to advocate for the FDA approval of MDMA for the treatment of PTSD, ever growing in our veterans, first responders and survivors of sexual, and other, trauma. I plan to reach out to military leaders around the prevention of the ultimate trauma.

WHAT YOU WOULD TELL YOUR 30-YEAR-OLD SELF? You are on the right track, stay in tune with your spiritual foundation and keep integrating the various parts of yourself in service to the people you love and to your community.

aptly termed the "Final Epidemic" that would

follow a nuclear war.

Leigh **Weinraub**

TOWN OF RESIDENCE: MILL VALLEY OCCUPATION: FOUNDER OF HUMANLEIGH AND GET YOUR MIND IN MOTION

CHANGEMAKING WORK: "WHAT CHANGES A LIFE MORE THAN ANYTHING IS A DEEPLY HUMAN RELATIONSHIP AND THIS IS AT THE HEART OF ALL I DO."

HOW DID YOU GET INTO YOUR LINE OF

WORK? It all started when my parents handed me my first tennis racket when I turned 4 years old. I couldn't get enough of smacking yellow fuzzy tennis balls and began to discover what it felt like to find a flow state. I ultimately became fascinated with human motivation. I decided to take my passion for studying human behavior to the next level and pursued a graduate degree in counseling psychology at Northwestern University. But along the way I lost sight of that simple but profound truth I learned as a kid: Moving your body in nature is the most powerful way to calm the mind. This epiphany led me to pioneer the idea of "walk and talk therapy."

WHAT IS YOUR FAVORITE THING ABOUT WORKING SO CLOSELY WITH PEOPLE?

The mysteries of human nature

will always intrigue me. When my clients begin to open up to me about their life experiences, it ignites the most profound sense of purpose. The humans I work closely with amaze me, challenge me, inspire me and make life more meaningful than I could ever put into words.

WHAT IS THE BIGGEST CHALLENGE?

Deep growth is a process that is often slow and uncomfortable. It can be challenging to be so passionate about helping people help themselves, and also to accept that they might not be ready to do the consistent work necessary to evolve.

WHAT IS ONE THING WE CAN DO TO BE

BETTER HUMANS? Two simple tools that are always available to all of us: practice gratitude and generosity.





Omar **Carrera**

TOWN OF RESIDENCE: CORTE MADERA
OCCUPATION: NONPROFIT EXECUTIVE
CHANGEMAKING WORK: "AS CEO OF CANAL ALLIANCE, I CULTIVATE STRONG PARTNERSHIPS TO
LEAD STRATEGIC INITIATIVES THAT ADDRESS THE
CRITICAL NEEDS OF MARIN'S LATINO AND IMMIGRANT COMMUNITIES AND RESULT IN A MORE
EQUITABLE AND THRIVING COMMUNITY."

HOW DID YOU GET INTO YOUR LINE OF WORK? Limmigrated to Marin County in 2002 due to political and economic instability back home. Despite a professional background as a CPA in the corporate sector in Ecuador, once here in Marin I had to rebuild my career entirely. Because I did not yet speak English, this included enrolling in ESL classes at Canal Alliance and working at a local pet food store stocking shelves and cleaning floors. This experience of career rebuilding is not unique to me but, rather, often the norm for immigrants arriving in this country. While I studied English, I also volunteered for Canal Alliance, discovering a passion for the organization's mission and for the social sector work more broadly. Becoming CEO in 2016 was the culmination of a journey marked by personal resilience, professional growth and a deep commitment to serving the Latino and immigrant community.

what is your favorite thing about your Job? The unique opportunity it affords me to catalyze positive change while working at the intersection of community needs, government policy and capital. What truly sets apart my role — and the approach we take at Canal Alliance — is the intentional

process of collaborating with residents and community leaders to drive change from the ground up. What is the biggest challenge? Keeping up with the rapid pace of change while making sure that low-income residents have a strong voice in shaping our future. We face monumental challenges. My biggest worry is that we will not have enough time or resources to make sure that the voices of low-income community members are included as we plan for these changes.

WHAT IS YOUR ULTIMATE GOAL FOR THE NEIGHBORHOOD VISION PLAN? To create a road map that empowers Canal residents to shape the future of their community. We believe that strong, complete neighborhoods are essential to breaking the cycle of generational poverty, which is ultimately Canal Alliance's mission.

WHAT ARE SOME OTHER THINGS YOU ARE DOING WITHIN THE MARIN COMMUNITY THAT YOU FEEL STRONGLY ABOUT?

The lack of affordable housing. It is a problem that affects everyone. I believe we need a new approach to address this crisis, which is why I'm working with other nonprofit leaders to build a cross-sector housing coalition.

Community Minded

Making a Difference in Marin

The Bowman Real Estate Group had the opportunity to work alongside Vanguard Properties Marin to assist the UC Marin Master Gardeners at the Falkirk Cultural Center. The gardens are a partnership between UC Marin Master Gardeners and the City of San Rafael. Our agents spent the day working in the gardens by building landscape walls, placing gravel and weeding. After much hard work we left the Falkirk Cultural Center with a true appreciation for the beauty of the amazing gardens in our community.

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Bringing Veterans Home Through Community Partnership

Hand-in-hand with community partners, Homeward Bound of Marin this year opened 24 new apartments for unhoused veterans. Marin County now stands on the brink of ending veteran homelessness. It's just the latest chapter in our 50-year history of opening paths to new futures — one veteran, one senior, one family, one individual at a time. As veterans move into their homes, we stand ready to support each person's progress to create a thriving community that honors their service and our freedoms. We remain dedicated to advancing these vital services together for years to come.

Homeward Bound of Marin www.hbofm.org | 415.382.3363





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Bay Area Design

This month we celebrate the Bay Area's foremost designers, architects, realtors, construction professionals and home goods providers — this is an exclusive look at the Bay Area's design industry leaders. We're honored to spotlight their distinctive qualities and highlight their exceptional talents, projects, services and products.





LEI ANN WERNER // THE WERNER GROUP | REAL ESTATE ADVISORS

Personalized service that maximizes your home's potential.

Why is good design important?

A good design transforms a house into a home. It enhances the living experience, improves property value and ensures long-term satisfaction. It's not just about aesthetics; it's about creating spaces people love and are eager to invest in.

What sets you and your business apart from the pack?

My extensive experience and commitment to personalized service is what sets me apart. I offer a comprehensive approach that includes expert advice on design, renovation and maximizing a home's potential, built on trust and long-standing client relationships.

What's the most interesting new innovation that you offer?

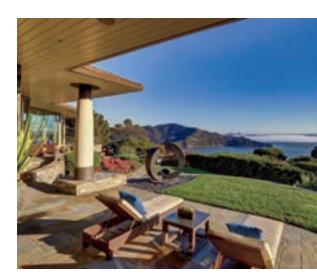
I integrate advanced market analytics with personalized design recommendations, helping clients make informed decisions to enhance their home's value. This service maximizes both the emotional and financial returns on their investments, blending datadriven insights with my decades of experience.

What are you doing to stay connected with the local community?

I'm passionate about helping people find their perfect home, a place of comfort, safety and security. I'm proud to support organizations like Homeward Bound and Make It Home. These groups are committed to making 'home' a reality for those in need across Marin County and the Bay Area.

What advice would you give to firsttime homebuyers in Marin County?

Start early, save diligently and work with a trusted agent. Understand your budget, timeline and desired lifestyle to make informed decisions. Be prepared to act quickly in Marin's competitive market to secure the perfect home.







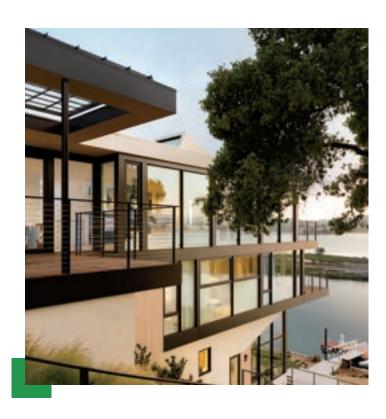
THE WERNER GROUP | REAL ESTATE ADVISORS 415.710.0117 | Lwerner@ggsir.com DRE #00994572

What makes you a great design choice for clients?

As opposed to offering a signature architectural style, our designs are always in response to the individual client as well as the specific site conditions of each project. We have found that our most successful projects are ones where we can offer our expertise right from the start.

How do you stay on top in the design industry?

We continue to stay on top of the shifting trends in the design world and do partake when it fits the style of the home and the client, but we never let trends drive our projects. Sustainability and climate-aware considerations, which are not trends but a clear direction for our industry, are something we take seriously and incorporate into our projects.



// SUTTON SUZUKI ARCHITECTS

True collaboration allows this firm to put clients first while delivering exceptional design.



SUTTON SUZUKI ARCHITECTS 39 Forrest Street, Ste. 101, Mill Valley, CA 94941 415.383.3139 www.suttonsuzuki.com

@/@sutton_suzuki_architects

What's the most interesting service that you offer?

Our clients have always benefited from our proactive, and free, initial consultation. We come prepared with specific property details and applicable zoning codes. We confirm the jurisdiction and all related zoning info to know as much about the property as we can before meeting with folks.

What do you want people to know about your business?

While we are based in Mill Valley, we have designed projects in San Francisco, Napa/Sonoma, Tahoe, Atherton, Portola Valley, Malibu, Kauai and more. If you are fortunate enough to have a home outside of Marin County, we are prepared to help you there, too.





LORI SPERLING & ASHLEY RUIZ // THE STILL COLLECTIVE, LLC

Creating spaces that feel lived-in, timeless and uniquely yours

What makes The Still Collective an ideal choice for clients seeking great design?

Our approach is centered around curated vintage and high-end, sustainable products from local vendors. We provide a clear, thoughtful direction that cuts through the overwhelming number of options out there, allowing clients to move past decision fatigue and focus on what truly matters. Our designs marry beauty and practicality, transforming spaces to not only reflect your aesthetic but also accommodate the rhythm of daily life.

Have you introduced new services in the design industry?

We're excited to offer a new, curated sourcing package, where we can take a project from concept to installation in as little as 6 to 8 weeks. This means clients can enjoy a fully curated design without the extensive wait. Having expanded to three retail spaces in the past year, we've created a system where clients can shop directly from our carefully selected pieces, all while benefiting from our deep network of local artisans and suppliers.

How are you staying connected to the local community?

We recently opened our third retail location, along with design studios and office spaces for our team, at The Fairfax Ranch. This project has been a true labor of love, where we've partnered with artists and a local property investor to transform one of the oldest properties in Fairfax into a vibrant community hub. At The Fairfax Ranch, visitors can browse unique design pieces, explore the beautifully revitalized grounds, and enjoy art from local creators.



THE STILL COLLECTIVE, LLC 415.360.5265 hello@thestillcollective.com www.thestillcollective.com @/@ the.still.collective

CITA ROJAS-SILA // CRS DESIGN STUDIO AND CASA CITA RUGS

Receive a personalized experience that guarantees you'll love your living space.





What is it about you that makes you an excellent choice for clients seeking great design?

To me, the relationship between designer and client is paramount. Design is an intimate thing. Every decision I make as a designer impacts my clients' experience of their living space for years after our collaboration takes place, and I don't take that lightly. I take a very personalized approach to all my projects and my creative process is over-the-top detail oriented. I will always say approachable



CRS DESIGN STUDIO AND CASA CITA RUGS
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@crs.design.studio | @therugfinder

luxury is best. I love layers of texture, beauty, pieces with impeccable craftsmanship that create an atmosphere of quiet luxury.

Why is good design important?

Well-designed interiors can enhance functionality, making spaces more efficient and comfortable, while also reflecting the personality and needs of the people who use them. Thoughtful design improves well-being by creating environments that promote relaxation, productivity, or inspiration, depending on the purpose. Moreover, good design can increase the value of a property, foster inclusivity and support sustainability by using materials and layouts that are both durable and environmentally conscious. Ultimately, interior design shapes how we live, work, and feel in our everyday environments.

Have you introduced new products?

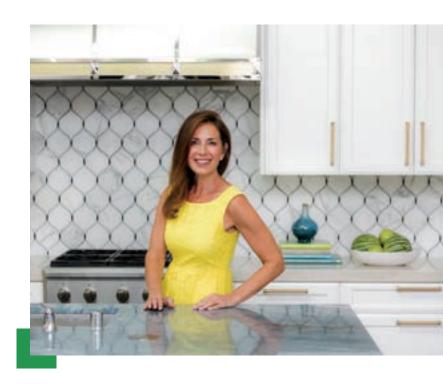
In the spring of 2024, I launched Casa Cita Rugs, a project that is incredibly close to my heart. It marked the beginning of a creative awakening that I felt compelled to share. My passion for pre-Columbian art, ancient Mayan and Aztec patterns, and my love for art history, combined with a desire to showcase the beauty of Latin America, were major inspirations.

What is it about you, that makes you an ideal choice for clients seeking great design?

I've been in the business of interior design for over 25 years. In that time, I've accumulated the knowledge and experience to create beauty that exists in parallel with feasibility. We balance a highly professional process with a deeply felt, collaborative approach to the creative process.

Why is good design important?

In designing the homes of our clients, we are tapping into their history and passions. Great design tells their story, enveloping them in an environment that enables them to live their best lives. We are also



PAULINA PERRAULT // PAULINA PERRAULT INTERIORS

Meet your new favorite design collaborator.



passionate about the process, and our deep understanding of architecture and construction enables us to work closely with architects to bring those stories to life in a holistic way.

What sets your business apart from the pack?

We are truly wired for relationships. We simply cannot do what we do without knowing our clients on a deep level, forming relationships based on trust that, more often than not, lasts far beyond the duration of the project. My clients know that I am truly with them, and I hear them. It's one of my most deeply held values.

PAULINA PERRAULT INTERIORS 85 Liberty Ship Way, Ste. 112, Sausalito, CA 94965 415.941.4222 info@paulinaperrault.com www.paulinaperrault.com @paulinaperraultinteriors

What is it about your firm that makes it an ideal choice for clients seeking great design?

At MurphyMcKenna Construction, we don't just build homes — we craft them with precision, care and the kind of expertise that comes from a lifetime in the trades. Founded in 2011 by Anthony Murphy and Sean McKenna, two master carpenters trained at Bolton Street College in Ireland, our firm brings decades of high-end finish carpentry experience to every project. From the grand estates of David Geffen and Phil Collins to the most refined residences in the Bay Area, we have a track record of excellence. Our founders are personally involved in every project, ensuring meticulous attention to detail. Whether it's



// MURPHYMcKENNA CONSTRUCTION

Refinement at every stage, from start to finish.



MURPHYMcKENNA CONSTRUCTION
125 Park Place, Ste. 200, Point Richmond, CA 94801
info@murphymckenna.com
510.778.9964
www.murphymckenna.com
@murphymckenna_construction

making sure tile layouts are flawless, wood floors align perfectly with architectural elements or solving complex structural problems, we take pride in delivering results that exceed expectations.

What sets your business apart from the pack?

We self-perform many critical trades — from excavation and pier drilling to framing, waterproofing and the finish carpentry that defines a truly exceptional home. We also have our own architectural metal shop which allows us to fabricate intricately patterned metalwork for a variety of custom designs. This hands-on approach means tighter control over quality, schedule and budget. We work closely with our clients and suppliers to ensure that every element, from custom European windows to structural steel and concrete work, fits together with precision.





CONSTANCE MUELLER // STUDIO CM INTERIOR ARCHITECTURE SANTA ROSA

Impeccable design that fits your lifestyle and personality.

What sets you apart from the pack?

With offices in Santa Rosa and Chicago and with an international client base, we bring a diverse perspective and wealth of experience to every project. It is the goal of our team of talented designers to deliver exceptional work. We pride ourselves on our ability to listen closely to our clients, understanding their vision and translate it into stunning and functional spaces that reflect their lifestyle.

Why is good design important?

Design impacts our lives in numerous ways. When it is good it can create a harmonious and balanced environment that promotes productivity, relaxation and positive emotions. The best design reflects the personality and lifestyle of the clients, making the space personal and inviting.

What is it about your business that makes you an ideal choice for clients?

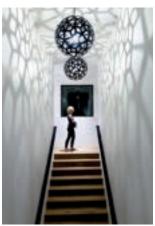
Studio CM is a seasoned and passionate design firm with an eye for detail and a dedication to creating exceptional spaces that reflect our clients' personalities. What sets up apart is our ability to listen to our clients' needs and translate their vision into reality while ensuring each

design detail is tailored to their unique style and preferences.

What do you want people to know about you and your business?

As an established business, we are excited to announce the opening of our second office in Sonoma County, servicing the Bay Area and beyond.





STUDIO CM INTERIOR ARCHITECTURE SANTA ROSA constance@studiocmllc.com 312.925.8438 www.studiocmllc.com

@/@constancemueller

McCAFFREY DESIGN GROUP

Experience and strong industry relationships help you realize the house of your dreams.







What is it about you that makes you a great choice for clients seeking great design? I have been in the interior design industry for over 25 years. This wealth of experience provides our clients with an unmatched expertise and seasoned approach in all facets of the process including project management, budget awareness and management, material knowledge as well as top-quality sourcing, along with all the complex details that go into a custom-built home or major remodel. This experience has allowed me to forge meaningful relationships with architects and builders throughout the industry and accumulate in-depth knowledge of what they need to keep all elements of the project running smoothly.

Why is good design important?

Good design is so much more than just making things look beautiful. Good interior design informs the way you live and can affect your day-to-day activities and even your psychological well-being. If you live in a well-designed space that was curated for you, your life will flow more smoothly and feel more pleasing. Good design takes into account the architecture and surroundings, the way a client lives or wishes to live, and it takes comfort and function just as seriously as luxury and beauty.

What's the most interesting new innovation that you offer? Recently, we have been embracing AI tools for the creation of renderings. Renderings are a wonderful way to help us convey our vision to our clients however, up until now, renderings have been very time consuming. We are very excited by AI as it will speed up the process and will provide our clients with considerable cost savings.

McCAFFREY DESIGN GROUP 4000 Bridgeway, Ste. 404 Sausalito, CA 94965 415.931.8060 www.mccaffreydesigngroup.com

JOHNNY MAAS // ANDREW MANN ARCHITECTURE

Bringing joy and beauty back to inspirational design.





What is it about your business that makes it an excellent choice for clients seeking great design?

At AMA, we have a core mission to create a joyful design experience yielding solutions which embrace connection. We aim to connect people and place — both directly and indirectly, intentionally and unexpectedly. We also value the relationships connecting the owner, the design team, and builder.





ANDREW MANN ARCHITECTURE 360 Langton Street, Ste. 302 San Francisco, CA 94103 415.863.4134 info@andrewmannarchitecture.com www.andrewmannarchitecture.com @/@andrewmannarchitecture

Why is good design important?

Good design presents as a simple solution with underlying beauty. This mimics the natural world and brings a sensible balance and harmony to the built environment, which by extension, is passed to its occupants and users.

How can your business approach help clients love their home or office?

We begin our projects as fact-finders, providing homeowners all of the information they need to make educated decisions. We are mindful of developing designs that are responsive to both budget and an owner's program and personal taste. We weave a narrative through the project to amplify those things which are most important. This may be style, or serenity, or celebration of a distant view.

What do you want people to know about your business?

We approach our work with thoughtfulness and care, creating buildings characterized by rich spatial relationships, highlighted by crisp details and a sophisticated use of natural light. We are intentional in how our buildings engage with the natural surroundings, and we strive for honesty in articulation of structure and material selection.





PAMELA LASTIRI // PAMELA LASTIRI | INTERIOR DESIGN STUDIO

This firm provides sophisticated, timeless design tailored to your needs.

What is it about your projects that makes you an ideal choice for clients?

We specialize in delivering distinctive, high-quality interior design services by seamlessly merging timeless architectural principles with contemporary needs. Our portfolio demonstrates a refined grasp of design aesthetics, highlighting sophisticated and practical spaces tailored to each client's unique vision and lifestyle. This approach guarantees a design experience that is both exceptional and personalized.

Why is good design important?

Good design is important because it enhances the functionality, comfort and aesthetic appeal of a space, making it more enjoyable and livable. It reflects a careful balance between form and function, ensuring that spaces are not only beautiful but also practical and tailored to the needs of their occupants.

How can your business approach help clients love their home?

Our approach helps clients love their homes by focusing on creating spaces that are both aesthetically pleasing and highly functional. Through a collaborative process, we ensure that every design element resonates with our client's vision, enhancing the overall living experience and creating a home that truly reflects their personality and lifestyle.

What are you doing to stay connected with the local community?

We connect with the Marin community by offering personalized in-home consultations, participating in local events, collaborating with nearby businesses and staying involved in neighborhood projects. The Bay Area has many skilled artisans and workrooms for all trades that can make our drawings come to life.

PAMELA LASTIRI | INTERIOR DESIGN STUDIO 480 Gate 5 Road, Ste. 238, Sausalito, CA 94965 415.289.9379

@/@pamelalastiri

What is it about your business that makes it a wise choice for clients seeking great design? Janzen Design delivers design that is smart, cohesive, thoughtful and a little unexpected, while also checking all the boxes of the client needs. I'm wild for color, pattern and great art because of the joy they can bring into a client's home. Clients are often encouraged to use color with me, when they see my ease with it.

Why is good design important?

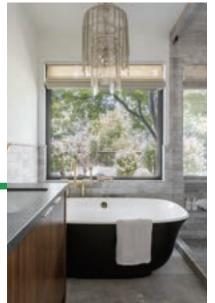
These days the most important role of our home is that of well-being. The design of a home is comprised of the home's flow, function, aesthetic, color



JODI JANZEN // JANZEN DESIGN

Discover how a space with positive energy can enhance well-being.





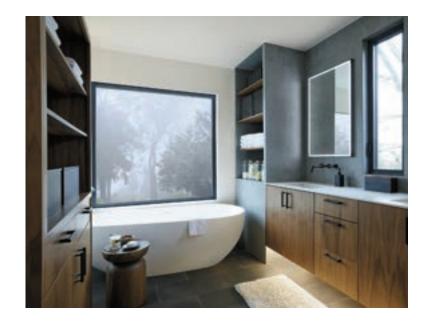
and comfort that all have an effect on the mental and emotional well-being of its residents. Spaces that foster relaxation, creativity and social interaction contribute to our positivity and overall happiness.

What's the most interesting new innovation that you offer? I covet products that are made with renewable and natural materials. These products made from rattan, raffia, shells, jute, sustainable wood fit naturally into the aesthetic of our California homes. They add so much to these interiors by connecting them to nature and giving the relaxed living vibe we all want in our homes.

What do you want people to know about you? I just became a Certified Interior Designer by CCIDC where I studied building and fire codes, accessibility standards, environmental considerations and lighting standards in design. This content gives a complete view of world of interior design and I'm proud to be acknowledged in this significant level of the profession.

ANDREA HALKOVICH // SONOMA INTERIORS

Thoughtful interior design that can improve your well-being now and in the future.



How are you thinking outside the box?

I take the time to get to know my clients and discover their unique needs, creating a home that tells their story. I have a knack for helping partners seamlessly blend differing styles while creating a cohesive design that ultimately brings them together in a space they will enjoy for many years. When designing, I am always considering the owner's present and future needs. Designing for the future now can save substantial money down the road.

What recent recognition have you received?

I was honored by the American Society of Interior Designers (ASID) California Peninsula with a Gold Award in Modern/Contemporary Kitchens, Gold Award in Universal Design, Gold Award in Modern/Contemporary Corporate, and the prestigious Platinum Award for Modern/Contemporary Bathrooms.

Why is good design important?

Design has such a physiological effect on our overall well-being impacting every area of our lives. Living with a pain point greatly impacts our moods and can cause physical pain. A creative design solution can provide an immediate sense of peace. I aim to create connections with nature through light, views and materials which are scientifically proven to have real and tangible effects on our physical and mental well-being.

What sets your design approach apart?

I really listen to the client's needs and wishes. I enjoy balancing the very technical side of design with artistic expression, marrying luxury with function. Having a background in business, I understand the significance of being mindful of the budget. This allows for transparent communication without sacrificing the design. Our priorities are to stay on budget and improve the client's quality of life, while delivering that wow factor.



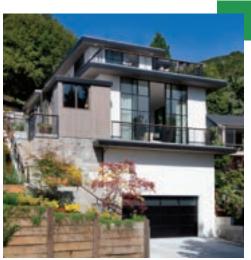


SONOMA INTERIORS 707.322.6719 hello@sonomainteriors.com www.sonomainteriors.com

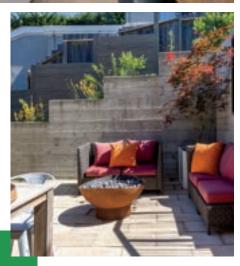
@ /@sonomainteriors

// DORMAN ASSOCIATES

We design environments that blend authenticity with immersive experiences, grounded in the collaboration between our clients and design team to create lasting, meaningful spaces.







What is it about your projects that makes them a great choice for clients?

We strive to create original designs that directly reflect the uniqueness of our clients — their taste, family structure, regular activities, holidays shared and more. We also take full advantage of the natural surroundings, optimizing lighting, views and the overall connection to the environment. Every project is a personalized reflection of those who live in the space, ensuring it feels truly their own.

What sets your business apart from the pack?

We believe in service and strive toward collaboration with the client and contractor to achieve the best design possible. This commitment to teamwork and personalized service is what makes us stand out.

How can your business approach help clients love their home or office?

We create environments that are a natural extension of our clients, making their homes or offices places they're proud of and can enjoy fully. Our designs are rooted in the essence of who our clients are, leading to spaces that feel uniquely theirs.

What do you want people to know your business?

By truly listening to our clients, we create designs that not only meet their practical needs but also enhance their quality of life, exceeding their expectations. We're dedicated to turning our clients' visions into spaces they love and cherish.

DORMAN ASSOCIATES 415.380.7914 office@dormanassociates.com www.dormanassociates.com @dorman_architects

JACLYN CHRISTENSEN // JACLYN CHRISTENSEN DESIGN

Your partner in superior, liveable design.

What is it about your projects that makes you a great choice for clients seeking great design? By collaborating with us, you're not only engaging a designer but also welcoming a partner who genuinely values your preferences, desired aesthetics and financial constraints. We accommodate various budget levels because we understand the value of every penny. Count on us to

be your sounding board whenever you need support, and rest assured that we strive to make the entire experience a fun one.



Good design plays a crucial role as it influences our daily routines. At JCD, we take pride in collaborating with our clients to craft not just visually appealing homes but spaces that seamlessly align with their lifestyle, enhancing convenience. From designated areas for shoe storage to customized cabinetry for organization, good design transcends mere furniture purchases; it revolves around imbuing each space with meaning and integrating it into daily life's rhythm.

What sets you and your business apart from the pack? What distinguishes me and my business from others is our grounded nature, genuine passion for our work and unwavering attention to even the smallest details. As designers, our intense passion motivates us to become a trusted partner you can rely on.

How can your business approach help clients love their home or office? We tackle each project uniquely. Some clients may not want a complete home overhaul; they might prefer a refresh or smaller changes — and we embrace that. We are dedicated to helping people improve their lifestyles through the creation of beautiful interiors.







JACLYN CHRISTENSEN DESIGN 28 Princess Street, Ste. 7 Sausalito, CA 94965 415.640.5780 jaclyn@jaclynchristensendesign.com www.jaclynchristensendesign.com @/@_jaclynchristensendesign_

JUDI + NATALIE COOPER // KITCHENS INSIDE OUT

Bespoke interiors designed to enhance your everyday.



KITCHENS INSIDE OUT www.kitchensinsideout.com hello@kitchensinsideout.com 415.505.8708



What is your design philosophy?

We love to create spaces with surprising elements that visually elevate them to the next level. We take our clients through a very particular interview process that helps us identify all that makes them who they are, from their history, moments of travel, impactful memories and unique stories from their lives. We then use this information to create entire rooms based on the stories they share with us, thus giving them spaces that are truly designed just for them.

What is one thing you try to bring into every room you work on?

We love the idea of creating moments of art whenever possible. That could look like a surprising detail on the pane of a bar cabinet glass panel, a hand painted wallpaper area as you walk past the transition into a new room or using tile in unexpected ways to give our clients little moments of joy as they move about their new spaces.

DOUG COOMER // NORTH BAY CANDLEWORKS

Candles uniquely crafted with the Bay Area in mind.

How do you ensure your design is always fresh?

Our team is innovative and always looking for new and better ways to improve our products. We immerse ourselves and get constant feedback through artisan craft fairs and farmers markets, which can lead to new products like our laser engraving service.

What new product or gift sets you apart?

We are now incorporating custom engraving into some of our candle vessels, some which allow the light to pass through as a lighted image on the vessel.

What makes your products speical?

Our candles will fit into any decor, will fill your home with beautiful fragrances and they make a perfect gift — especially for those with a Bay Area connection.

NORTH BAY CANDLEWORKS 757 Lincoln Avenue, Ste. 19 San Rafael, CA 94901 615.540.9331 www.northbaycandleworks.com

@/northbay_candleworks



ROXANNE ALBIN, MBA // APPLIED FINANCIAL SERVICES, INC.

Reaching your financial goals starts with the right team.



What sets your business apart from the pack?

At Applied Financial Services, we take a team approach to working with our clients. We always have capacity to take on new clients or to expand with our current clients. A client should not feel the absence of their work getting completed if a staff member is out on vacation.

What's the most interesting service that you offer? We are very fortunate where we work with a variety of clients from nonprofits, for-profits and high-wealth individuals. One unique service

we offer is consulting with Roxanne. Roxanne meets one-on-one with clients to discuss how to overcome obstacles to new paths business owners desire to take. In the one-on-one meetings, follow-up action and direction is pointed out to target the end goal in mind. This has been instrumental in business growth.

What are you doing to stay connected with the local community? One core value is to give back to our community. We stay connected by providing pro bono services to some nonprofits to help them clean up their finances, and we periodically accept donations for other nonprofits (fire donations, diaper supplies, etc).

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@/appliedfinancial

marin living. Tell Your Story

NOVEMBER ISSUE: Health, Wellness + Beauty Innovators

In the November issue, *Marin Living* is recognizing the Bay Area's innovators in health, wellness, fitness and beauty.

This advertorial feature will give insight into individuals and businesses shaping these fields with cutting-edge practices, treatments and products, and highlight the players making a significant impact locally.

Whether you're a practitioner, cosmetic provider, fitness establishment owner or advocate of holistic well-being, this advertorial feature is your opportunity to showcase what sets you apart as a leader in your industry.

Marin Living will further support honorees with a comprehensive added value marketing package, including a sponsored article on our website for one year, promotion through our newsletter reaching nearly 16,000 opted-in email subscribers as well as social media coverage.

Contact Jessica Cline for more info: jessica@marinlivingmagazine.com

follow us on social @marinlivingmag + subscribe to our newsletter at www.marinlivingmagazine.com/newsletter

www.marinlivingmagazine.com

Celebrate with Us!

3 to 5 p.m. - Tuesday, Nov. 19

The Key Room 1385 N. Hamilton Parkway in Novato

Join us for a free community celebration marking **50 years of solving homelessness** and the opening of new housing!

- · Live music
- A 50-foot cake made by our very own Fresh Starts culinary team!
- Tours of our new Sweeney Place apartments, which will house families and others overcoming homelessness.
- Remarks by Supervisor Eric Lucan

Parking for the event will be at the SMART Train station, 10 Main Gate Road, with free shuttle service for a 5-minute ride to our campus.

Everyone is welcome!



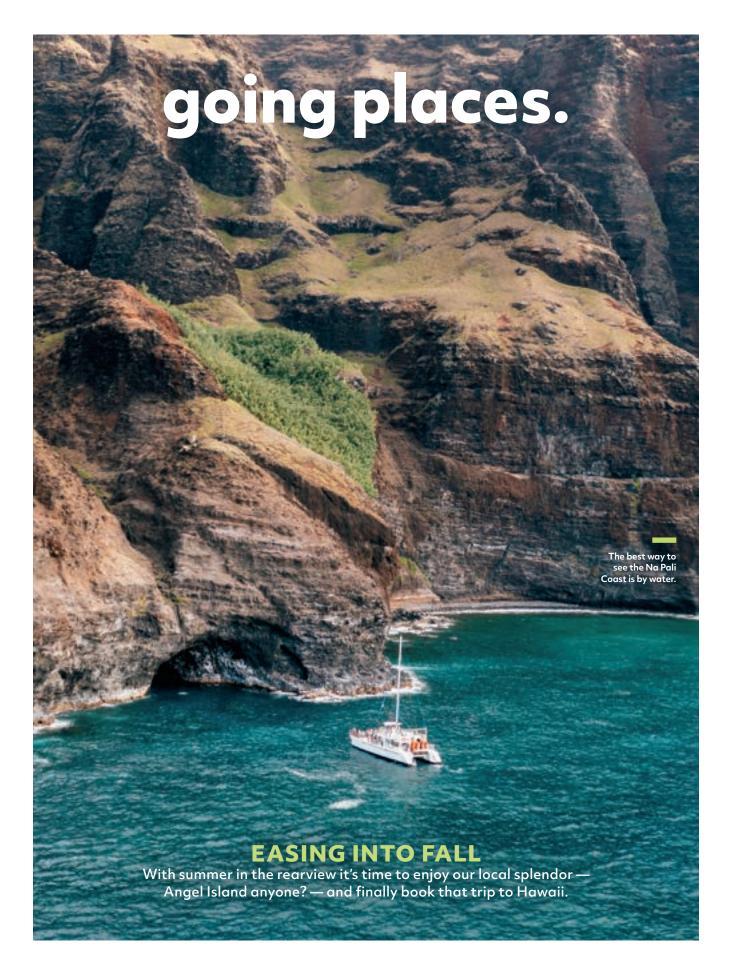


Scan the code to send your RSVP or visit hbofm.org. We look forward to seeing you!











IF YOU'RE A TIBURON NATIVE, you probably know who Captain Maggie McDonogh is. Or maybe you knew her late father, Milton, who was operating boats to and from Angel Island before it was a state park and then started the Angel Island–Tiburon Ferry Company (www.angelislandferry.com), as it is known today. And if you've never partaken in the joys of this uniquely Marin service, what are you waiting for?

"I've never had the same trip across," says the well-known captain. "Things are always different, especially the wildlife. On one recent trip, we saw little thresher sharks jumping out of the water."

It's an understatement to say that McDonogh loves her job. And it's not just because of the sights she sees when she's on the water; she loves connecting with her passengers, calling what she does "the ability to make people happy for a living." Whether that's ushering them to and from Angel Island, guiding them on sunset cruises around the bay or even hosting weddings onboard, she's played an intrinsic part in the joyful experiences of locals and tourists alike.

"I think about all these people I get to meet, and the stories they tell me — those are like little nuggets of memory that keep you warm," she says.





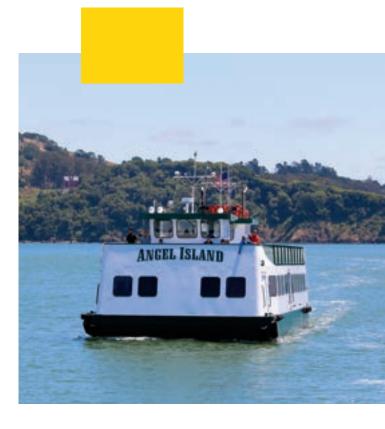
Many of her own memories are tied to the company, too, from spending plenty of time on the boats as a child with her father. And yet it wasn't a given that she'd end up in the same role he occupied; she thought she might become an attorney or a veterinarian. But by the time she was in her early 20s, she'd already attained her captain's license. And even though the maritime industry has always been a particularly male-dominated one, McDonogh was anything but intimidated to be one of only a few women on the water. These days, however, things are changing, and you can see that in McDonogh's own team, which includes her daughter, Becky McDonogh, who works as a deckhand and is working toward getting her own captain's license when she isn't fishing commercially.

"Usually, you just hear about fatherand-son businesses getting passed down through generations," Becky says. But this microbusiness is different — it is woman-owned and woman-operated and will be inherited by a woman, too.

And if the future is female, it's also electric. Just this year, the Town of Tiburon was awarded a \$24 million grant from the California Air Resources Board to electrify the ferry company's fleet. Bay Area-based ZeroMar will work first on two existing vessels, and a company out of New Zealand called EV Maritime is also designing a plug-in hybrid electric vessel



Everything we do here on the coastline affects everybody inland."



for the operation. The prime minister of New Zealand himself came to San Francisco for the contract signing ceremony, a big moment for a big step forward.

"Everything we do here on the coastline affects everybody inland," says McDonogh. "If you're burning up a lot of gas, you see that effect inland. It's part of our moral responsibility to clean up what we do on the coast."

Many things have certainly changed since McDonogh's great-grandfather first arrived in Tiburon following the Northwestern Pacific Railroad, But that's the nature of progress, and McDonogh is more than ready to steer us all into the future. 📵



New hotels and activities on the islands of Hawaii and Kauai offer innovative approaches to sustainable hospitality.

By Casey Hatfield-Chiotti

IT WAS JUST AFTER SUNRISE at Kona Village, A Rosewood Resort, and the surface of the blue sea, clear enough to see iridescent teal and orange parrotfish swimming below, shimmered in the sunlight. I was paddling a traditional wa'a (Hawaiian canoe) with my guide, Kalani, who told me how Hawaiian villagers would have used these simple-but-sturdy boats to go on all-day excursions between islands. Kalani also told me about the coral restoration project that was going on just below us bringing back abundant sea life to the bay.

Kona Village, A Rosewood Resort (from \$1,122 per night; www.rosewoodhotels.com/en/kona-village), just 15 minutes

north of Kona International Airport, may be a luxurious resort with a spa built around lava rock and stand-alone hale accommodations, many with both outdoor and indoor showers, but it has a much larger mission, including preserving the environment and local culture.

The resort, which opened in 2023, is the rebirth of a beloved retreat built in the 1960s but destroyed by a tsunami in 2011. To respect the sacred landscape — the shores of Kahuwai Bay were first discovered by Polynesians around 1000 AD and became a thriving fishing village — builders kept most of the lava ground intact and protected archaeological sites.

Kona Village, A Rosewood Resort (opposite and below)



This highelevation rainforest was grass-covered ranchland until the '80s when a visionary man decided to return it to its once wild state."

Reverence for the ocean weaves through all water activities, from sunset sails to snorkeling adventures. The developers re-created many of the things guests loved about the original resort, like a bar in a shipwrecked boat and accommodations close to the water. Even artworks by Hawaiian artist Pegge Hopper were salvaged from the wreckage and repaired, but there are even more thoughtful amenities and activities than before, like a program where guests fish for invasive species in an ancient pond; the fish are fed to monk seals at a rehabilitation center on the island.

I wanted to explore beyond the comfortable confines of the hotel, so I visited the Kona Cloud Forest Sanctuary (www.konacloudforest.com) in the misty mountains above Kailua-Kona. This high-elevation rainforest was grass-covered ranchland until the '80s when a visionary man decided to return it to its once wild state. Island visitors can arrange guided hiking tours of the sanctuary, which features a dazzling array of native and non-native trees, such as blue marble with buttress-like roots, Hawaiian palms and rainbow eucalyptus. Bringing back endemic species with no natural defenses is a challenge, but the forest shows how life finds a way. The sanctuary has created a haven for birds and other wildlife.

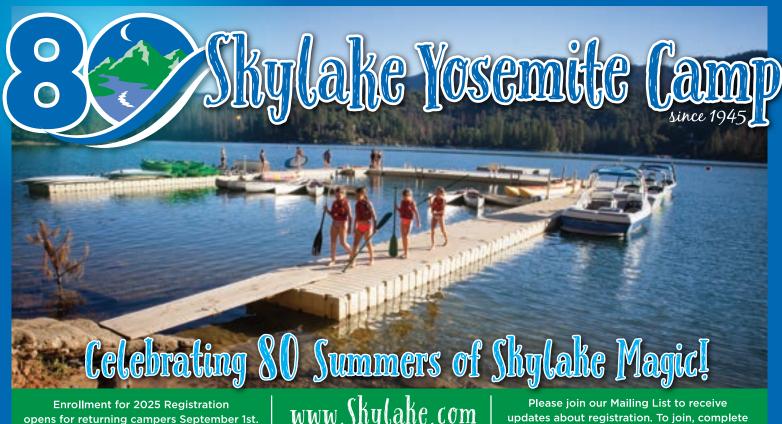


Back at Kona Village, I continued to be impressed by the resort's sustainability efforts. Hales look like they're topped with traditional thatching, but the material is recycled plastic. My meal one evening featured sustainably farmed kampachi raised in the ocean a few miles from the hotel. Even the scales of the fish were used to flavor the rice.

I wanted to see another new hotel in Hawaii earning praise for respecting the environment. Formerly the St. Regis Princeville, **1 Hotel Hanalei Bay** (from \$1,200 per night; www.1hotels.com) opened on Kauai's North Shore

in 2023 as 1 Hotels' flagship. The hotel showcases the brand's ethos of hospitality as a vehicle for doing good and changing industry norms. Architects kept the original structure, but designers changed the paint color to a subtle sage green that blends into the hillside.

The resort features 252 rooms decorated with woven willow walls and reclaimed teak furniture and includes water-bottle-filling stations. There are multiple green walls and 1 Hotel Kitchen serves a bright breakfast buffet overflowing with fresh fruits and other ingredients from local farms and



opens for returning campers September 1st. New camper applications begin November 1st.

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Courtesy of Blue Dolphin Charters

growers. Activities are often centered around giving back to the island through tree plantings and beach cleanups with local organizations. The hotel's Bamford Wellness Spa offers innovative treatments incorporating Hawaiian practices and the latest technologies like hyperbaric oxygen therapy, which I tried for the first time.

As the oxygen level in the chamber, which felt like being in a private plane, increased, I felt so relaxed that I almost fell asleep. After the treatment, I experienced a boost of energy. My mind was sharper than it had been in months.

The 1 Hotel Hanalei Bay drips down a steep hillside, offering dramatic views of crescent-shaped Hanalei Bay, a renowned surfing destination. And one of the world's most stunning coastlines, the Na Pali Coast (www.gohaena.com), isn't far. A new system has been implemented to protect the state park and trail system and give locals greater access to the highly coveted area. Travelers must buy permits online in advance, and unless they get a parking pass, they must take a shuttle with several pickup and drop-off points.

From Haena State Park, I did the four-mile out-andback hike to Hanakapiai Beach, marveling at dramatic views of emerald cliffs disappearing into turquoise seas along the way. To be a responsible traveler, I realized, I needed to tread lightly on the fragile landscape and explore with the utmost respect. 📵



OTHER THOUGHTFUL HAWAII

GREENWELL FARMS

Founded in 1850, Greenwell Farms has produced Kona coffee since the late 1800s and still has some original coffee plants. The family-owned farm also grows pepper and rare fruits like sour Surinam cherries. Visitors can learn everything they want to know about Hawaii's prized export and the finer points of coffee tasting during immersive cupping experiences. www.greenwellfarms.com

KONA BOYS

This locally owned outfitter offers stand-up paddleboarding and guided snorkeling experiences that depart from Kamakahonu Bay, the historic residence of Kamehameha I. His personal temple, a national landmark, still sits offshore, and there's a museum on the ground floor of the Courtyard King Kamehameha's Kona Beach Hotel. Excursions are also offered from Kealakekua Bay, home to one of the world's most pristine reefs. www.konaboys.com

CJM STABLES

Ranching runs deep in Hawaii; it came to the Hawaiian Islands in 1793 before it really took hold in California. Many towns on Kauai have rodeo grounds. CJM Stables offers an adventurous trail



ride. Riders get to splash through the shoreline and see Kauai's stunning and sunny south shore, a onetime sugar plantation that is now a sanctuary for native plants and turtles. www.cjmstables.com

BLUE DOLPHIN CHARTERS

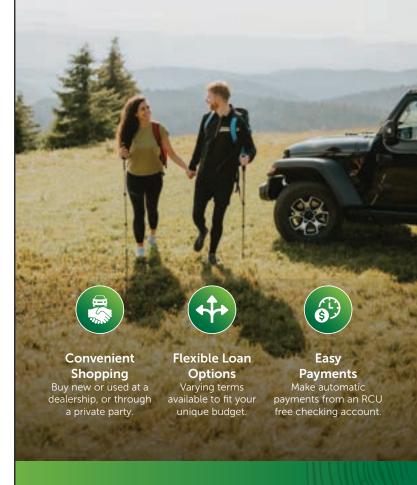
Another way to see the Na Pali Coast is by boat. Blue Dolphin offers raft adventures, including visits to sea caves, boating with dolphins and snorkeling among green sea turtles. www.bluedolphinkauai.com

LIMAHULI GARDEN AND PRESERVE

Located in one of the most biodiverse valleys in the Hawaiian Islands, this native forest gives visitors who walk through a glimpse of what Kauai looked like centuries ago. www.ntbg.org

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ABOUT LAST

Marin Living guests set out aboard the Angel Island–Tiburon Ferry for an evening of adventure and the celebration of our Visionaries partners. Perfect sailing weather and a gorgeous sunset were made even better with wine from Stag's Leap Wine Cellars and bites from Left Bank Brasserie.



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01. Paulina Perrault, Robin Merwin, Cita Rojas-Sila, Courtney Ferry, Justin Pace, Alice Cumming, Jane Larette and Aryan Devachi 02. Cara Warren, Holly Ko and Paul Warren 03. Amira Iskander and Jennifer Brierley 04. Left Bank nibbles 05. Dane Moler, Mark Machado, Beverly Shwert and Tyler Grossman 06. Nate Cartwright 07. Liz Lavoy and Allison Zweig **08.** Adele Cooke and Carri Jones





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ABOUT LAST

San Francisco Opera opened its 102nd season with a festive event that benefited the organization's artistic initiatives and education programs. The evening started with a reception and dinner at city hall as well as a surprise performance. After dinner, quests enjoyed Giuseppe Verdi's Un Ballo in Maschera at the War Memorial Opera House and an after-party.



NIGH1

OPERA BALL 2024: A MASKED BALL SEPTEMBER 6, 2024



01. Dinner at city hall 02. Dede Wilsey and John Gunn 03. Dream 04. Alex Chases, Maria Manetti Shrem and Jack Calhoun 05. Romana Bracco, Matthew Shilvock and Valerie Crane Dorfman **06.** Betty Yu











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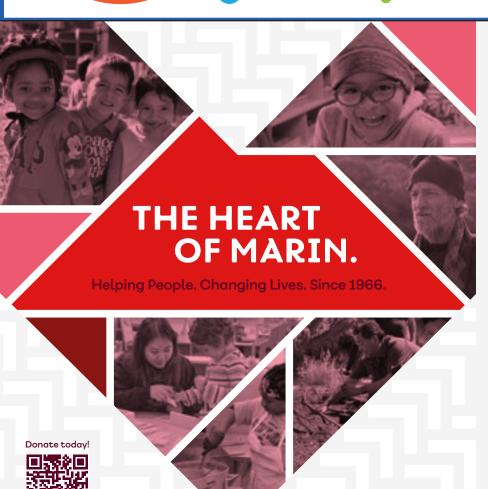
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MARK LAMMERS, a retired health care executive who first brought openand weight-bearing MRI to the Bay Area, tells people he only wants one thing from them these days: "give me your money, give me your time, or give me your dog."

That's because Lammers, certified in crisis, hospice and memory care, has taken on a new role in retirement — one that involves his many fourlegged canine friends. "I reinvented myself into something meaningful and purposeful, which to me meant doing the three things that no one wants to do," the part-time Sausalito houseboat resident says about his trifecta of care skills. "It's hard and it doesn't pay well, but I have a passion for it."

One of the things that keeps Lammers busy is bringing his service dogs to the San Rafael Healthcare and Wellness Center (www.sanrafaelhc. com), where he is director of activity and wellness and has built a sensory garden. "The dog is the master of empathy, and they are the element that brings joy," he says. "There is nothing better than to sit in a garden with a wind chime and a water feature and everything there you can touch, see and smell, and you have a dog, and you have a guy like me who can shut the hell up once in a while."

It's all about bringing people back into the present moment, he says, especially when they might forget where or even who they are after a few minutes. One technique he uses is to ask the patients if they can help him teach the dog something. "There was this brilliant moment when I finally got there — I had a trail of grandmas with walkers waiting to teach the dog," he says. "It turns out that people with Alzheimer's who might be at severely declining cognitive levels know how to tell a dog to sit and give me your pawit gives them agency."

Lammers started out on this journey with an animal-assisted therapy organization called Buddha and Me (www.buddhaandme.com) and is now setting up Golden Paws, Silver Whiskers in Sausalito which will give seniors a place to meet, have coffee and pie, and interact with dogs.

People can bring their own dogs, and others will be provided using a novel approach — Lammers has handpicked local dogs that are stuck at people's homes during the workday. "Marin people have some of the best dogs in the world and I realized they are a resource, needing to get out and be shared," he says about the plan to combine senior daycare with doggy daycare. "It's a way for the owners to participate in my program; it's just a great big cycle that feeds itself."

As for how to keep the dogs on track, Lammers says his border collie Molly is more than up to the task. "She's like the office manager, always on her second cup of coffee," he says, laughing. "Every dog trusts her as soon as they see her."

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