



Sausalito Village Newsletter

February 2016

Click On The Calendar To View Events In February



From Church to Smitty's....say, *what?*



Lunch About Town (LAT) is traditionally a time for SV members and CARSS Riders to try different restaurants around town and enjoy a good meal in a group setting. In January, nearly 30 LAT attendees enjoyed something totally different - a scrumptious vegetarian meal prepared by chef Joe Silverman, partner of Reverend Paul Mowry, in the comfort of the Sausalito Presbyterian Church dining room!

AND NOW.....we veer off course one more time to have the February LAT at Smitty's!

Carol Keller is a dedicated CARSS volunteer driver who also happens to be the owner of Smitty's with her husband Chuck. As the story goes, one day when Carol was driving Thelma O. they laughed about the idea of Smitty's hosting LAT. What started as a joke around the table month after month over luncheons gelled into a viable fun event.

Really....when was the last time you were at Smitty's?

Volunteer Colette Pratt has made all of the arrangements. Make It Yourself Sandwich Fixings and Salads. Charge will be \$10 per person. Drinks, chips, jukebox, pool and shuffleboard are on Smitty's!

RSVP to Liz Small at lizsmall@mac.com or phone 415-336-6038.

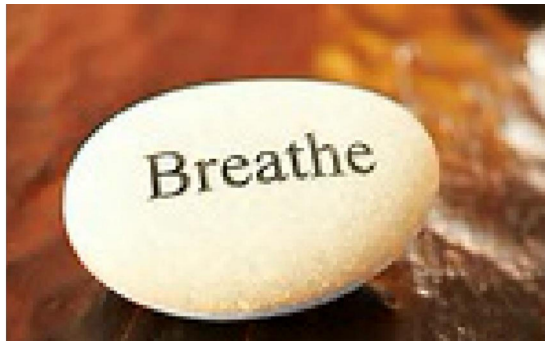
Plan to carpool or take CARSS by reserving with Connie at 415-944-5474.
Enjoy the photos below from January's LAT.





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[Sausalito Village Facebook Page](#)

ahhhhhh - Take A Breath - With Margot's Winter Breath Class



Sausalito Village is so fortunate to have internationally recognized teacher and trainer of Middendorf Breathexperience (Somatic Healing), Margot Biestman, as a member. Margot is sharing her expertise during February and March with a weekly Breath Class on Wednesdays 10:30-Noon. Email Margot at margot1@biestman.com or call 415-722-8683 for the schedule or

Click here to learn more: [Winter Breath Class](#)

Being Mortal Presentations Continue

On January 27th, Carol van Aelstyn from Compassion and Choices spoke about the new End of Life Options Law. This is the second in a series of presentations that are based on the ideas expressed by Atul Gawande in his book and documentary entitled *Being Mortal*. If you missed our presentation of the powerful PBS Frontline documentary.

View the full length documentary by clicking on the photo to the right.



Villages - Bay Area, California and Nationwide



*I am part
of a Village because...*

I like to do my own shopping



The Village concept originated in Beacon Hill, a neighborhood of Boston, but over the last decade it has grown into a national movement. In the Bay Area, there are over 30 Villages currently in existence or in the planning stages. Quarterly, a Bay Area peer group (called BRAVO) meets to share best practices and provide support to one another.

Archstone Foundation is providing funding to two Bay Area Villages (SF and Ashby) to create the statewide coalition. In January the first meeting of this group of Villages came together in Oakland. Stella Shao, former SV Board Member, represented our Village.

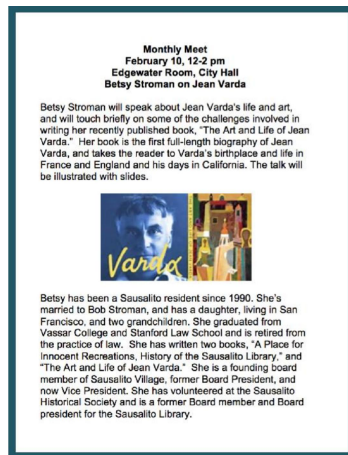
On a National level, the Village to Village Network has helped to bring all Villages together with an annual conference and an interactive web site.

Villages can ask questions of other Villages nationwide and solicit assistance and ideas that will keep them from reinventing the wheel. The Village to Village Network has been of great assistance to Sausalito Village and as one of the longest running Villages in the Country, we hope that we have added to the organization as well.

To learn more, visit the web site at <http://vtvnetwork.org>.

Varda's on the Calendar for February

Don't miss this opportunity to hear founding member Betsy Stroman speak on the life and art of Jean Varda. Writing a full length biography about this interesting artist and one-time Sausalito resident has been a passion of Betsy's that she brought to completion in 2015. The event will be held on February 10th at noon in the Edgewater Room. Click on the flyer below for full details:



In Memoriam

If you attended a Lunch About Town in 2015 then you were welcomed by Sausalito Village member, Elizabeth O'Conner. After attending the first LAT, Elizabeth volunteered to coordinate the remainder for the year. She chose the restaurants and coordinated all details to ensure that a good time was had by all guests. This lovely woman will be missed. Elizabeth passed away on January 6th after a battle with cancer. She is photographed here at the December LAT at Spinnaker.



Special Thanks to SWC



The Sausalito Woman's Club has a long history of giving, particularly to local organizations and scholarships. In December, both Sausalito Village and CARSS were the recipients of their generosity when each organization was gifted \$500. Thank you so very much to the Donations Committee and all of the members of SWC!

Volunteer Spotlight - Thank You, Sharon Seymour!

Sharon Seymour was a founding member of Sausalito Village and served on the Steering Committee for five years. All through those years, Sharon has given mountains of hours to creating and preserving programming that has provided great memories for many of our members.

Currently Sharon is the chair of two important monthly programs: Monthly Meets and Monthly Trips.

We appreciate all that Sharon does for Sausalito Village and its members and are in awe of all that she gives to other organizations in town, especially the Sausalito Historical Society.

Next time you see Sharon and her husband Rick on their daily walks around town, please give her the big "Thank YOU!" that she very much deserves.



**Finally - Something For The Men of Sausalito Village
Coffee and Checkers - Every Friday Morning**



Thanks to Poggio owner Larry Mindel, tables will be reserved every Friday morning from 10:15 am-11:30ish for a game or two or more of checkers. It has long been a standard way for men to gather - dominos in Cuba, chess in NYC and checkers in Sausalito! No purchases required.

Worried about driving or parking? Let CARSS do it for you. FREE door-to-door rides will be available for you by calling 415-944-5474.

Contact host Richard Melnick at rm415mail@gmail.com or 415-289-0949 for more information about this new Friday happening.



To our Members, Volunteers, Friends and Supporters:

We need your help with outreach!

If you know of people in our community whose health situations have taken a negative turn due to such things as a fall, a new diagnosis, a recent hospitalization, or a noticeable physical or cognitive decline, *please let us know at your earliest convenience.*

Call or email the Sausalito Village Concierge, Connie Captanian: 415-332-3325 or concierge@sausalitovillage.org

ANNOUNCEMENT: SV Annual Meeting February 12th, 3pm Mark Your Calendar!

The Board of Directors of Sausalito Village invites you to attend the SV Annual Meeting in the Chamarita Room, 501 Olima Street on Friday, February 12th from 3:00-4:00pm.

This Annual Meeting is open to all members and no RSVP is necessary. Light

refreshments will be served.

Click on the button below to view the Agenda for the meeting:

[Annual Meeting Agenda](#)

CARSS February Library Event Rides



CARSS will be providing FREE Door-To-Door rides to the following Library Events in February:

February 4: Noel Coward Soiree (Speaker), 7pm

February 5: Phil Frank's Secret Sausalito (Film), 7pm

February 9: Pierre Bonnard: Painting Arcadia (Speaker), 2pm

February 12: Jan Wahl Presents Oscars: Who Should Have Won, 7pm

February 18: Story Hour for Adults, 7pm

Call the CARSS Coordinator at 415-944-5474 to reserve a ride. RSVP by two days prior to the event.

Simple application required if you are not an SV Member. CARSS is a City of Sausalito Age Friendly Program managed by the Village but open to everyone 60 years and older who lives in Sausalito or the Floating Homes (up to Gate 6 1/2) and is able to get in and out of the volunteer's automobiles without physical assistance. Applications can be downloaded and more information found at www.carss4you.org.

iPad and iPhone Classes a Big Hit!

Interested in learning more about your iPhone or iPad? Join in one of the upcoming classes in February: iPhone/iPad Basics I or Managing Your iPhone/iPad Photos.

Call Sharon to RSVP at 331-1362.

Click below for full details:

[iPhone/iPad Basics Class](#)
[Managing iPhone/iPad Photos](#)



Do you have something to add to the SV Monthly Newsletter - photos, prose, share?

Please email the Editor at editor@sausalitovillage.org.

SPECIAL THANKS to Sherrie Faber of First California Realty and Jon Lam of State Farm Insurance for printing this newsletter and mailing it to members who are not connected by computer.

You have received this message from the mailing list of Sausalito Village. If you would prefer not to receive these

emails in the future, go to the [opt-out page](#) and press the 'Remove Me' button.