

[Control Panel](#)[Welcome, Gale](#)[Renew](#)[Profile](#)[Logout](#)[Home](#) + [About Us](#) + [Members Only](#) + [Get Involved](#) + [CARSS](#) + [Event Calendar](#)[Home](#) > [Emailing](#)

Date: 11/1/2016

Subject: Sausalito Village November Newsletter

From: Sausalito Village

**SAUSALITO VILLAGE**

## November 2016 NEWSLETTER

[SV Website](#)[CARSS Website](#)[Donate to SV](#)[Volunteer](#)

### *Special Thanks.....*

*Special thanks to all who participated in and/or attended the Sausalito Village 4th Annual Art Show Opening on October 30th - YOU made it a major success! The art will be on display at the Sausalito Library through December 4th.*

### **VOTE November 8th!!**

***Need a ride to the polls? Call CARSS 415-944-5474***



***COME HEAR MAYOR JILL HOFFMAN SPEAK  
on her year as Mayor***



**WHEN:** Election Day, November 8th, 3pm-4:30pm

**WHERE:** Edgewater Room, City Hall

**CARSS RIDES AVAILABLE: 415-944-5474 to reserve a ride (call by Nov 6th)**

## **SAME DAY Rides with CARSS**

**FREE Rides Around Town for Residents 60 and Older**

As a Sausalito Village member, you are automatically eligible to ride with CARSS - BUT it is not only open to members. Everyone else in Sausalito and the Floating Homes who is 60 and older just need to fill out a simple application/waiver to start riding.

Once your application is on file, you can call anytime between the hours of 10:00am and 2:00pm Monday through Friday and request a ride anywhere in Sausalito, the Floating Homes (up to Gate 6 1/2) and Gateway Shopping Center (CVS). When you phone during these program hours you will be automatically forwarded to the Driver on Duty who will arrange a time to pick you up with FREE Door to Door service.

TRY IT!! You will get hooked! The drivers are all vetted and trained volunteers from the area.

You can also request rides up to one week ahead, but in case you don't know how you will be feeling, or what your schedule will allow, just call for a SAME DAY RIDE. The Drivers almost always have time in their schedule to get you where you need to be.

PHONE 415-944-5474 or visit [www.carss4you.org](http://www.carss4you.org) for more info

Start Riding TODAY! Click Here: [CARSS Rider Application](#)

Interested in Driving? Click Here: [CARSS Volunteer Application](#)

**EVENING RIDES FOR NOVEMBER:**



### **CARSS Rides Available In November To Sausalito Library Events!**



#### **Speaker Series**

#### **Is There a Water Crisis in the Western U.S.?**

Thursday, November 3<sup>rd</sup>

7pm in the Council Chambers

#### **Election Day – November 8<sup>th</sup>**

Voting Polls at City Hall - Edgewater Room

Rides from 10am -2pm and 3-4pm

#### **Mayor of Sausalito Jill Hoffman**

Highlights of her year!

Tuesday, November 8<sup>th</sup>, 3pm -4:30pm

Edgewater Room, City Hall Building

#### **Sausalito People**

#### **David Gockley in Conversation**

Friday, November 11<sup>th</sup>

7pm in the library

Co-sponsored by the Sausalito Woman's Club

#### **Docent Talk**

#### **Danny Lyon: Message to the Future**

Tuesday, November 15<sup>th</sup>

2pm in the Council Chambers

#### **The Sausalito Players Present - *Death by Chocolate***

Wednesday, November 16<sup>th</sup> at 7:30pm

Sausalito Woman's Club

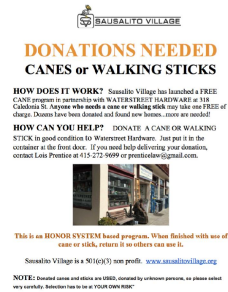
Call 415-944-5474 to reserve a ride. RSVP by two days before the event.  
CARSS is a City of Sausalito Age Friendly Program.

## MORE RECYCLED CANES ARE NEEDED!

Please keep the Cane Program in mind if you have any canes or walking sticks that are in good working order in your home that you no longer need. Drop them off at Waterstreet Hardware on Caledonia Street and they will be made available to others in the community who are in current need of one! Thanks so much and if you have any questions about the Village sponsored program, contact:

**Lois Prentice** at [prenticelaw@gmail.com](mailto:prenticelaw@gmail.com)

Click on the picture of the flyer to the left to enlarge it.



## Legal Questions? Marin seniors are eligible for a FREE 30 minute consultation

Seniors in Marin County are lucky enough to have access to a free 30 minute legal consultation thanks to the partnership between Whistlestop and Legal Aid of Marin. The appointments can be scheduled for either Mill Valley at the Community Center or San Rafael at Whistlestop. Clients must be 60 years of age or older, and reside in Marin County to qualify for the service.

The program provides general advice and if appropriate, refer seniors to attorneys who have expertise in certain areas of law. To schedule an appointment, call the Help Desk at 415-459-6700.



## Report from the front lines – 8th Annual National Village Gathering The Village Movement: Making your Future a Good One by Hillair Bell, SV Board Member who represented Sausalito Village at the Conference



**HEADLINE:** Tricia Smith is named one of 4 runners up for Volunteer for the Year on her first try (Mary Flornoy is the winner). Not nearly enough attention was given to this announcement. Hope it will be better next time.

Over the course of 3 days, October 17-19, I enjoyed the company and the experience of men and women from Villages around the country for the 8th annual Village to Village Network National Gathering. Luminaries addressed us imparting wit and wisdom.

Colleagues shared insights into the persistent questions of board and volunteer recruitment and development, member engagement, the structures that work for the myriad models in practice and lesson learned in a failed start up. I attended a session on innovative housing options that drew a large crowd, as well as a panel discussion about the natural and mutual benefit to communities with both Villages and Age Friendly Cities. Much to share from all of the above.

Among the keynote speakers were:

**Elizabeth Isele**, founder and CEO of The Global Institute for Experienced Entrepreneurship, a lifelong entrepreneur, researcher, consultant to countries and corporations, extolling the inspiring achievements senior entrepreneurs. Stunning. Check her out on the web.

**Ashton Applewhite**, activist, writer and author of This Chair Rocks: How Ageism Warps Our View of Long Life, peeled back the onion about elder ageism with humor and stories supported by research (facts) that will give you great hope about what is in store for us.

And as if these two talented and accomplished women weren't inspiring enough, **Dr. Bill Thomas** took on the way language messes with our perceptions and potentially robs us the extraordinary value we bring to everything we do. Atul Gwande writes about Dr. Bill in Being Mortal, Chapter 5 – A Better Life. We were privileged to hear from him twice - in a keynote address and again in a performance

of his Age of Disruption Tour. He and his collaborator, the musician Nate Silas Richardson, use stories, songs, games and memories to upset the applecart, so to speak. It was one of the most delicious and moving performances I have seen.

[Read the rest of Hillair's report by clicking on this link](#)

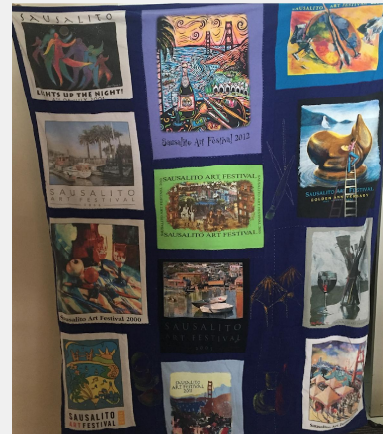
## SULU NADKARNI is in town!!

This quilt is made from many years of Sausalito Art Festival tee shirts which Mary Ann Griller gave Sulu the year before she moved.

Sulu brought the shirts to India with her when she permanently moved back to her homeland and recently finished this beautiful quilt. She said it was a 'Labor of Love' and is planning on hanging it in her home.

Sadly, Sulu's husband, Vinay, passed away on Thursday, October 6th. Her daughter will be bringing her back for a visit to Sausalito from October 25 till the middle of November.

Sausalito Villages is planning a luncheon at Spinnakers in her honor. If you are interested in attending, contact Betsy Stroman at [betsystroman@gmail.com](mailto:betsystroman@gmail.com)



## PEDESTRIAN FLAGS at these intersections:

- Litho and Bridgeway Streets
- Santa Rosa and Bridgeway Streets
- Second and Main Streets

*Pedestrian flags are monitored by CARSS Drivers, Age Friendly Sausalito and Sausalito Village*

## What is Breathexperience? by Margot Biestman



**SV Member and Volunteer, Margot has been generously giving the gift of breath to our Village. Here is a description of Breathexperience written by Margot:**

Breathexperience was developed by Professor Ilse Middendorf in Berlin, Germany and further developed by her close associate Juerg Roffler, in the U.S, Canada, and Europe.

We call this simply breathexperience because breath is in everyone--and the practice is available for people who have an interest in exploring how to:

- 1) allow our breath to come and go on its own without trying to regulate, or manipulate it to be what we think it should be;
- 2) be present in the moment to the ever-changing movement of breath;
- 3) physically sense how the breath moves in and through our body into life itself.
- 4) Participate by being in the experience of these three principles.

Breathexperience is a healing art, which includes our wholeness —our emotions, sensations, thoughts, soul-spirit, and more,

We learn to accept and care for ourselves as we relate to others around us.

We can be in this practice in our everyday life—recognizing and accepting what is in the moment, e find a beautiful sense of simplicity in the process.

We learn to identify our own unique breath rhythm that changes in each cycle. We don't need to look for it as it is already here in us and in the universe.

To begin, I ask myself, with my generous presence, to receive and to sense an offer from the universe—the gift of breath that

breathes me, and much more ...

I sit comfortably on a stool or a straight-backed chair, and sense my feet on the ground. I wait ... I am supported by the floor and the earth underneath. I sense a solid base. What do I sense that comes up through my body from the earth below me ...?

Can I receive gifts from above, below, and all around me—a physical sensation of breath movement that includes my feelings—emotions, and allows thoughts—as long as they are not dominating my senses.

I place my hands on my core just under my breastbone—a soft triangle. Something moves. Could that be breath movement?

Can I sense a gift from a Divine source that lives in my body? Sensing it begins here—and expands more and more if I let it be on its own.

This is how I come to sense myself in my unique breath rhythm, as it spreads through my whole body and being. When I am full of breath, I feel good, I love to be at ease with a sense of well-being. I sense how breath that I allow and sense, comes from the essence of who and what I am—my truths—my authenticity. This is my home—where I live. I want to offer what I sense in myself from my experience of breath to others from this place and accept them from who and what they are. Everyone is unique, and different and we come to respect and celebrate our fellow beings.

Fall **Breathexperience** series is happening now. Click here for the link: [Breathexperience Flyer](#)

## Sausalito WEATHER and DISASTER ALERTS via email

Sign up for the City's Currents and you will receive the latest weather and disaster alerts



Click **HERE** to sign up for the Currents Weekly News from the City of Sausalito

## Thanks to the Lions Club for Heating Up the BBQ! in appreciation of our great volunteers and members







Photos from October event

## Check out the latest photos from the 4th Annual Art Show Opening and news of Sausalito Village on Facebook



Even if you are not on Facebook, you can view postings and photos. Here is the link: [Sausalito Village Facebook Page](#)

## Sausalito Village Adventures in the Works....interested in helping them get off the ground or have some ideas? Let us know!



- Trip to the Sake Factory in Berkeley
- Ferry and City hike to Coit Tower, lunch in North Beach
- Met Opera at the Lark Theater, Larkspur
- Architectural walking tour in SF
- Luther Burbank Gardens
- Muir Woods at Night
- Hike cliffs by Sutro Baths
- Walking tours of SF
- Tour of the Matthew Turner tall ship in Sausalito
- Muir Woods at night
- AND MORE!

Contact Tricia at [triciasmith58@yahoo.com](mailto:triciasmith58@yahoo.com)

## Member Share Area

Email [triciasmith58@yahoo.com](mailto:triciasmith58@yahoo.com) if you have something to add next month

**Connie Latch**, Sausalito Village Member wrote to share an article in the SF Chronicle about the IRS Scams that have been plaguing many of us.

Several hundreds of scammers have been booked in India for targeting Americans. Read the article by clicking here: [SF Chronicle Article](#). What should you do if you receive a call from a scammer? Read what the IRS recommends by clicking here: [What to do if you receive a call from the 'IRS'](#)

**Joan Proctor**, Sausalito Village Member loves the opera and is interested in going to the upcoming Larkspur Theater Met Opera live series. She can drive but would love the company! Please contact her directly if you are interested: [joaniep3@gmail.com](mailto:joaniep3@gmail.com)

**Dorothy Gibson**, Sausalito Village Member has typewritten a book on the history of the Sausalito Parks. She now needs to have it transcribed onto the computer so that she can have it published. It is approximately 100-120 pages. If you would like to help Dorothy, please let Tricia know at [triciasmith58@yahoo.com](mailto:triciasmith58@yahoo.com).

**Don't Miss The Calendar of Events, Click Here:**



---

*SPECIAL THANKS TO FIRST CALIFORNIA REALTY AND STATE FARM*



*Every month, Sherrie Faber of First California Realty (415-339-9200) and Jon Lam of State Farm (415-331-1002) print and mail this newsletter to Sausalito Village members who do not have computers. This helps to keep all of our members connected to our community. Don't forget to say a special THANK YOU to them when you see them in town.*

---

Sausalito Village is a 501(c)(3)  
PO Box 208, Sausalito, CA 94966  
[415-332-3325](tel:415-332-3325)

---

---

[Return to Previous Page](#)