
Sausalito Village August 2019 Newsletter

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August 2019 Newsletter

Katy Butler is Coming!



**KATY BUTLER, 'Knocking on Heaven's Door and The Art of Dying Well'
Co-sponsored by SAUSALITO LIBRARY and SAUSALITO VILLAGE**

Dying well starts with living well. You can thrive in later life (even if coping with a chronic medical condition); adapt successfully to change; get the best from our fragmented health care system; and make your own “good death” more likely. Join us to hear bestselling Mill Valley author Katy Butler discuss her new handbook of step by step preparations—practical, communal, physical, and spiritual— all designed to help you make the most of your remaining time, be it months, years, or decades.

Sharing her groundbreaking insights and inspiring true stories, this dynamic speaker will offer ways to age in place successfully, to deepen your passions and community connections, to marshal a “tribe” to support you or a seriously ill friend, and to seize the power to make any death a sacred rite of passage rather than a medical event.

You can live as well as possible for as long as possible, and age—and even die—with comfort, joy, and meaning. Come take part in a freewheeling discussion of the promises and pitfalls of the last third of life. Books will be available for purchase and signing.

“Katy Butler shows how, and I am profoundly grateful.”

—Barbara Ehrenreich, author of *Nickel and Dimed* and *Natural Causes*

“A book to devour, discuss, dog-ear, and revisit. Wise counsel for the final decades of our ‘wild and precious’ lives.”

—Lucy Kalanithi, MD, widow of Paul Kalanithi, and editor of *When Breath Becomes Air*

—“Surprisingly comforting. *The Art of Dying Well* belongs on the same shelf as Atul Gawande’s *Being Mortal*. You will want to read it and keep it handy.”

—Michael Dirida, Washington Post.

Katy Butler's first book, *Knocking on Heaven's Door*, was a New York Times bestseller and Notable Book of the Year. *The Art of Dying Well* drew record-breaking crowds to her national book tour and was an Amazon bestseller. An award-winning science journalist and former reporter for the SF Chronicle, she is a past finalist for a National Magazine Award and a former Sausalito houseboat resident.

Friday, September 13th, 7:00pm
Sausalito Library

Call CARSS for a ride by September 11th



PLAN TO AGE IN YOUR HOME?
Check out this new publication from AARP

Click on the link below to download the full guide entitled: "Here To Stay: Home Upkeep For All" published by the AARP Foundation. In it you will find practical tips on what to do, when to bring a professional in, how to find a professional and budgeting.

NOTE: This is a 75 page publication you will be downloading. It is meant to review online and NOT print.

[CLICK HERE TO DOWNLOAD PUBLICATION](#)



Our first Sausalito Village Resilient Neighborhood Team

Graduated! Want to Join a Team?

On Monday, July 23, 2019 the Carbon Cutting Board Team graduated and lost nearly 100,000 pounds! What does all of this mean? The team was made up of Board members of both Sausalito Village and the Floating Homes Association committed to losing at least 5000 carbon pounds per household.

Are you interested in learning more about how you can reduce your carbon footprint? Consider joining Resilient Neighborhoods. Taking simple actions like trimming energy and waste, conserving water, and making smarter transportation choices can not only reduce your carbon footprint but it can save money too. You'll see the positive results of your actions and help build a stronger and safer community by joining a Resilient Neighborhood Team.

Nearly 1,000 people have reduced 5 million pounds of CO2 pollution through Resilient Neighborhoods. All you need to participate is a computer, access to your utility bills, and a desire to join with other community members to create a better future.

There are teams forming all around the county. Maybe your Church or book group would be interested in forming a team?

Contact Dara at Resilient Neighborhoods to learn more: noutreachassociate@gmail.com

IN MEMORIAM

In July we lost two Sausalito residents who gave much to the City and to Sausalito Village and CARSS during Wohlshaeger and Herbie Weiner.



Norm's memorial will be held at the Spinnaker on September 15th. Time is still to be determined. It will be on the calendar when it is posted.

Read this beautiful article about Norm and his beloved wife, Gloria published in the Currents: [Click here](#)



Herbie's memorial is still being planned, we will keep you posted as we hear more. Here is his obituary post: [Click here](#)

INTERESTING ARTICLES



If you haven't watched TED Talks before....beware, you may get hooked! There is a lot to learn in the enorm that are mostly under 20 minutes. This one is entitled: 'What Almost Dying Taught Me About Living' by Sule the link: [Click Here To Watch](#)



If you take any medications, read this article by AARP about the side effects and interactions. [Click here to r](#)

SAVE THE DATE



PG & E Outages AND Fire Preparedness

Fred Hilliard, Division Chief, Fire Marshall and others will talk with us about PG&E outage prepared with the latest on Wildfire safety and evacuations.

EMERGENCY GO BACKPACKS - If you want to pre-order Emergency GO Bags with 3- supplies, contact Flo at flohoy@gmail.com BY TODAY. IF you bought them through Sai previously, you do not need to replace anything at this time.

September 8th, 10:30am
Edgewater Room, Downstairs, City Hall



Time to take a Hike!

Join hike leader Jackie Kudler for a scenic walk through woods and along ridgetops on I climbs just above Mountain Home from “Four Corners,” affording glorious views of bay a

Meet at 10 AM at Bayview Drive, Mill Valley, on the Panoramic Highway

Plan for a 4 1/2 mile hike with moderate uphill and downhill. This should take approxin hours.

We will cancel in case of rain.

Pack water, snacks, and a light lunch.

Contact Jackie at j77prospect@sbcglobal.net to RSVP, sign up for a carpool, and get sp for meeting place.

If you think you only will join us for part of the loop, bring your own wheels, so you can tu whenever you choose.

August 27th, 10am

Meet at Bayview Drive, Mill Valley

RSVP to Jackie



Chair Yoga - Make it part of your Monday morning routine

Chair yoga is a wonderful, relaxing yet energizing way to start your day. Rayner Needleman is a certified yoga teacher and therapist and has been teaching in Marin for over 26 years. The teaching is shared on alternate months with EV Gilbreath.

Gentle breathing exercises, stretches based on yoga poses in the chair, and some standing with chair support for balance and strength are included in this hour long class. It always ends with a relaxing meditation.

This is suitable for everyone as it is a very safe and stable way to practice yoga.

Everyone works at their own pace, and besides the physical benefits, it also creates a sociable and friendly community. Many members of SV have been attending since its inception. Wear comfortable clothing and shoes and bring a towel and yoga mat if you have one.

Balance, flexibility and posture are very important as you age and the Chair Yoga class works on them all.

No more excuses...just do it!

Mark your calendar and call CARSS for a ride (944-5474).

Questions? Contact Rayner Needleman at rayner667@gmail.com

Mondays, 10:15am-11:15am (note: no class on August 12th and Labor Day)

Campbell Hall is located at the intersection of San Carlos and Santa Rosa Avenues



BIRTHDAY TOAST AND SINGALONG

Raise a toast and sing happy birthday to our members celebrating August birthdays. Andy Dudnick will be playing the piano and hopes to be accompanied by...you! Here who is celebrating!

**Carole Angermeir - Mardi Brayton - Sandra Bushmaker - Larry Clinton
Joan Creed - Ninfa Dawson (90th) - Jeanne Fidler - Jennifer Flynn
Carolyn Ford - Rhonda Friedberg - Tyke Glaser - MaryAnn Griller
Rita Kahn - Benfer Kaltreider - Phyllis Kinimaka - Karen Moeller
Sharon Seymour - Susan Shea - Shelby Van Meter**

**August 19, 2019, 3:00pm-4:30pm
Chamarita Room, 501 Olima Street**

Around the Village Last Month



Gillean and Jeanne marched with Sausalito Village and CARSS in the 4th of July parade



Picnic in Gabrielson Park thanks to the Chamber and Venice Gourmet Deli





We love pictures of our members at events and around town. Have pictures to share? [Email Us!](#)



Special Thanks to Sherrie Faber and First California Realty for printing and mailing this newsletter to Sausalito Village members who cannot receive email. If you would like to discuss your real estate needs, Sherrie can be reached at 415.331.6100

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