

Date: 4/2/2017
Subject: Sausalito Village April Newsletter
From: Sausalito Village



SAUSALITO VILLAGE

April 2017 NEWSLETTER

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Check out what happened last month around the Village!



Rotary/SV Chore Day volunteers assisted 25 seniors with some 'heavy lifting'!



37 attendees enjoyed the second annual Lunch About Town at Smitty's Bar with Driver's food

Check out more happenings at the Sausalito Village Facebook page by clicking on the photo below:



Come join our future!

Dear Members and Friends,

A few days ago you received an invitation in your email box inviting you to consider participating in the growth of our organization in a greater capacity. This letter was the result of many months of work by an incredible team of volunteers who have been looking towards the future of our Village.

As many of you know, Betsy Stroman was the driving force in creating Sausalito Village and was in the leadership role first as Chair of the Steering Committee and then President of the Board for many years before I took the role in 2015. Many of our Board Members were on the original Steering Committee and have now moved on to the Emeritus Board. Change is inevitable and healthy for an organization and now seems like the opportune time to encourage fresh participation.

Below is the email that was sent out....in case you missed it! We look forward to hearing from you.

Sincerely,

Tricia Smith, President of the Board

Happily morphing from a start-up into a well established non-profit, we are looking to the future and adding new leadership to Sausalito Village, a dynamic adult network within our beautiful city. A pioneer in the exploding national Village movement, Sausalito Village was founded by a small group of local volunteers in 2010 growing to its current membership of 230. Sharing a common desire to build a web of friendship and support among Sausalito's older residents, we are dedicated to enhancing the ability of our members to live independently, and to remain active and integral to our community as we age.

If you are interested in taking an active role in our ever-changing, ever-growing team, please let us know. We are specifically seeking potential board members and leaders for the years ahead. Be assured that whatever experience, skills and talents you possess will be put to good use, but more important is your desire to engage yourself in a groundbreaking, creative project that defines itself as it grows. Perhaps you are exactly the right person to add a new dimension to our thriving community?

Interested in learning more? Send an email with your name, email and phone number to conciierge@sausalitovillage.org with the subject "Interested". We'll be in touch with additional information. We look forward to hearing from you!

Protect yourself from current scams/hacks



Many of us know Sausalito Village Member, Richard Pavek for his beautiful bird photography BUT he is also technologically savvy and interested in keeping our members safe in this digital world. Richard has put together a very comprehensive report on the current scams and hacks that have the potential to plague many of us. Take the time to read through this report - it may just save you from being a target of the next scam.

Click on the link below to open the report.

Scam Report

Having trouble viewing the report? Email Richard for a PDF version: [Click here to email Richard](#)

SV Healthcare Advocacy Committee

When you became a member you received a packet that included a sheet about the SV Healthcare Advocacy Group. As a reminder, the purpose of the group is to facilitate and coordinate, on a short term basis, your medical and pre-post-surgery care. It also helps you to learn about tools and services that will help you maintain an independent lifestyle.

As this is a fairly complex assignment, the group will be sending out monthly Healthcare Advocacy Tips to remind you of what we can do to assist you.

Below is the first in this series.



Healthcare Advocacy Tip #1 (April 2017)

Going to Kaiser downtown San Rafael facility.

Do you or your passenger need wheelchair assistance when you get to Kaiser?

San Rafael, Call Security 415 444 6816. The guard, or one of the attendants will bring a portable chair to your car and help get you to your appointment. This will work both on the first floor and basement parking.

Northgate Mob 1. 415-444-2054

Northgate MOB 2. 415-444-2603

Got a tip to share? Email [with your ideas](#). [Click here to email Emily](#)

Golden Gate Computer Society



Last week there was a notice on Nextdoor.com that was very timely. One of our members had asked if we could sponsor a class on Social Media and I was working hard trying to find a teacher to no avail and then Babette Bloch posted about the upcoming monthly meeting of

GGCS. What is GGCS? She explained that it has been in Marin for over 30 years.. serving the SF Bay Area. It started out as a PC User Group (Windows) but now the activities include Windows related devices and iOS devices (Apple) GGCS also has a program that takes computers donated by individuals and businesses, repairs or upgrades them, and donates them to schools in Marin.

CCGS is a non profit organization, with an all volunteer Board, Steering Committee, and all who lead Special Interest Groups (SIGs), etc. SIGs are small groups (8-20 or so) covering such issues as Windows 10, Everything Apple, Digital Photography, Quicken and Personal Finances, The Internet, Tablets and Smart Phones, and a generalized Beginners SIG called "Wayne's Class".

Currently GGCS membership is about 250 and is comprised of people with all levels of tech skills, from beginners to professionals who help the beginners. More than half are older adults. Dues are \$48 a year (\$4 a month) and give members free access to all activities and the Newsletter delivered by Email, plus a lot of good fellowship and help. A non -member fee of \$5 is charged for any activity/meeting. GGCS holds a monthly General Meeting with a speaker on the Fourth Monday of each month, except December. Talks cover new developments in computing, use of mobile devices, computer privacy and security, etc., for both Windows and Apple systems. Many joined GGCS years ago as beginners, learned a lot from other members whose helpfulness was unbelievable, and became skilled enough to start helping others.

You can explore the website (www.ggcs.org) and read the Newsletter posted there to get a better idea of our General Meeting subjects and activities. Questions? Contact Babette at babette@ggcs.org or call 415-388-3864

TOMORROW!

Art Reception at City Hall celebrating our SV Member, Bill Kirsch

The Sausalito Foundation invites all to a wine and cheese reception marking the gift and exhibition in City Hall of art works by two noted Sausalito artists. Joining the City's public art collection will be a vibrant painting by abstract artist Bill Kirsch, "The Foot of Spring Street," and a historic photograph of the Sausalito waterfront by photographer Walter Van Voorhees. The reception will take place on **Sunday, April 2** at 3:30 p.m. on the upper level of Sausalito City Hall, following the Sausalito Foundation members' annual meeting.

City Hall Elevator CLOSED for maintenance work

From mid-March until early May, the Civic Center elevator will be out of service for much needed maintenance to address reliability issues and current code requirements. As such, mobility between floors inside of the building will be limited to the use of stairs. Those individuals that require the use of an elevator to transit between floors to access Civic Center services will need to enter the building from the entrance that provides access to the services that they wish to receive.

For those wishing to use the **Library, visit Admin or the Community Development Department, or attend City Council or Planning Commission meetings**, please use Litho Street entrance located on south side of building.

For those wishing to visit the **Historical Society or the Friends of the Library Bookstore**, please use the main parking lot entrance located at the southwest corner of the building.

For those wishing to visit the **Parks and Recreation Department offices and services**, please use the driveway entrance located along Bee Street.

For additional information about access to Civic Center offices and services, please call 415-289-4121 during normal business hours to receive additional information about access.



TWO Important flyers missed the Friday Calendar Update

Seniors in Motion

CONTINUES for 8 more weeks!

NOTE: NEW TIME 1pm-2pm



LET'S GET OUR BODIES MOVING!!

Join dance teacher Sylvie Minot, the executive director and founder of Syzygy Dance Project for a class that will get our bodies MOVING, no matter what our age.

Seniors in Motion is about connecting to our bodies, letting go of our stiffness and allowing our own fluid movements to emerge. This class will help us to be more relaxed, alert, and connected to ourselves and others.

WHEN: THURSDAYS, 1pm-2pm, April 6-May 25

WHERE: Dance Studio, City Hall, Downstairs

QUESTIONS?: Stella at 415-331-1888 or
shaolouying@gmail.com

Sausalito Village is a 501(c)(3) California non profit. Learn more at www.sausalitovillage.org



April Shopping Trips

RSVP to conciierge@sausalitovillage.org or 332-3325

Limited Space - Members ONLY

SAFEWAY in Strawberry

DATE: Monday, April 3rd
TIME: 1:00pm



Costco/Target

DATE: Wednesday, April 12th
TIME: 11:00am



Dollar Tree/Sprouts

DATE: Monday, April 17th
TIME: Noon



TRADER JOE's in Greenbrae

DATE: Tuesday, April 25th
TIME: 10:30am



We are so PROUD!!

And incredibly thankful.

We received the wonderful news that Sausalito Village received a grant from the Sausalito Art Festival Foundation to be used to enhance our 2017 Sausalito Village Art Show and Opening. The grant is one of several given out by the Foundation. Named after Leonard Kaprielian, the grants are intended to support art related projects throughout the local community.

[Visit SAFF Web site by clicking on this link](#)



THINK CARSS! Leave your car at home for these April events

EXTRA CARSS Rides in April 2017



RESERVE by 5pm 2 days ahead to 415-944-5474 OR infocarss4you@gmail.com SIGN UP NOW!!
www.carss4you.org

Chemicals and Food Allergies - Thursday, April 6, 7:00p.m. Council Chambers
Nour Bahgat, Integrative Health & Nutrition Coach and nutrition and detox specialist
Learn how the drastic rise in chemical use in the past decade is affecting reactions in our immune systems. And, yes, there are many things we can do to reverse those allergies and enjoy a healthy lifestyle.

Sausalito People Series - Friday, April 7, 7:00 p.m. inside the Library
Barry Tompkins, Sports Broadcaster
In this special program, Barry will take questions from the audience and share photos and stories from his 47-year career.

Sausalito People Series - Friday, April 14, 7:00pm inside the Library
Jennifer Robin Berry, Biologist - Coyotes of Sausalito
In her presentation, Jennifer will share images, videos, and sound recordings to tell the story of the Sausalito coyotes and her role as their resident biologist, with a focus on how we can learn to live in peaceful coexistence with these beautiful animals.

Poetry Night at Sausalito Woman's Club - Wednesday, April 19, 6:30-9:00p.m. SWC
This special gathering will celebrate some of the outstanding poetry of today. Hear readings from entrepreneurs, teachers, clergy, community leaders, along with special guest appearances by award-winning SLAM poets from local high schools and YouthSpeaks.org — brave new voices bringing the noise from the margins to the core.

Sausalito People Series - Friday, April 21, 7:00pm inside the Library
Mike Moyle - Cows in Sausalito?
With a particular focus on the many small dairies that dotted the countryside, most of them operated by Portuguese immigrants, Mike will accompany this talk with "then" and "now" photos to highlight the dramatic changes that have occurred in and around Sausalito.

Sausalito Players Performance - Wednesday, April 26, 7:30-10:00pm, Sausalito Woman's Club
'The Beauty Queen of Leenane' by Martin McDonagh, Directed by Leonie Denney. Set in a small village in Connemara, County Galway starring one of our CARSS Drivers!!
Free admission, light refreshments.

MEMBER SHARE AREA

SV Member Mariea Reybear thought some members may be interested in a new exhibition at the Presidio Officer's Club on 'The Presidio's Role in World War II Japanese American Incarceration'. Click here: [Presidio Officer's Club Special Exhibition](#)

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
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