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MAY 2017 Newsletter



CARSS celebrates 2 years!



CARSS (Call A Ride for Sausalito Seniors) was developed by Age Friendly Sausalito, a City of Sausalito Task Force that has created a plan of action for all Sausalitans as we age. The City contracted with Sausalito Village to manage this free transportation program. CARSS has grown over the years and currently boasts 32 vetted and trained volunteer drivers and an average of 170 rides per month. Rides are available Monday through Friday between the hours of 10am and 2pm and can be requested anywhere in Sausalito, the Floating Homes and Gateway Shopping Center. The unique feature of CARSS is that you can request a ride up to a week ahead or on the Same Day.

Last year evening rides were added - up to 10 rides to citywide free events such as the Library Speaker Series.

Check out the website for more information and to download an application to Drive or Ride at www.carss4you.org. You may also call for more information: 415-944-5474.



A Class in the Oral Interpretation of Shakespeare



By Fred Juul

This Sausalito Village weekly class focuses on selected passages from Shakespeare's plays in order to facilitate students' reading from them aloud. The instructor, Judy Holmes, an experienced actor and director in both England and the eastern United States, creatively

guides and coaches oral readers in the appropriate emotional reactions of each character. This teaching and practice helps students to both better understand characters and their interactions more clearly, and to express the characters' realistic feelings in the dramatic context.

In this acting-style study or, performance-oriented reading of poetry aloud, the students learn much about the character's depth of feeling and subtlety of motivations. This learning and broadening of awareness adds richness and sensitivity to one's understanding and enjoyment of these characters as well as these great plays—along with a fuller appreciation, yet again, of this author's human wisdom, unique power, and brilliant dramatic art.

The process of this course's interactive dynamic, and its bringing a subject literally alive, is guided by the instructor, Judy's, experience and passion; her consistent enthusiasm for the meanings and feelings in the plays is encouraging and often inspiring to participants.

We loyal students of her Shakespearean language and world and characters can scarcely imagine anything finer than to be in her class on our Tuesday afternoons!

NOTE: Sausalito Village has many events and classes each month, most open to the community. This particular class is for SV Members only and does have a waiting list. If you would like to be added to the waiting list, contact the Concierge at concierge@sausalitovillage.org.



An Interview with....

Have you been following the interviews that our Sausalito Village member, John Oppenheimer has been writing for the City of Sausalito's Newsletter? Our SV Board Member, Jackie Kudler, was the subject last month. Below is a reprint of the interview. All of the completed articles can be found on the Age Friendly Sausalito web site at www.agefriendlysausalito.org.



Jackie Kudler is sitting on the sofa in her living room on Prospect Avenue, her feet casually propped up on the coffee table. Behind her sits a magnificent view of San Francisco and the surrounding beauty that drew her and her late husband, Joel, to Sausalito over fifty years ago.

The year was 1962. Jackie and Joel were spending a few days in San Francisco and crossed the bridge to have lunch at the Alta Mira Hotel. Jackie said to Joel, "This is amazing!"

They returned to New York, loaded all of their belongings into their Austin Healy and headed out to California from the East Coast. "It was a gut move," says Jackie.

She and Joel had met at a summer camp in the Berkshires in Massachusetts and fell in love. Jackie graduated from Brooklyn College with a B. A. in English Literature, minor in Education, and then transferred to NYU, where she enrolled in the high school English teacher program and was awarded an M.A. in English Literature.

There was a welcome wagon waiting for them when they arrived in Sausalito. A newcomers' group met every other Wednesday for coffee to discuss current events and help those newly arrived. "Francis Shin welcomed me to town with open arms."

"Joel was just out of the Air Force, and at our first coffee, I wore high heels and Air Force wives' attire. I was so happy to see jeans and long hair. I knew I was in the right place. I met all of my closest friends there."

Jackie and Joel had two sons, and all their long-term friendships began at the Sausalito Nursery School. "The Cooperative Nursery School was like no other school. It was the sixties, after all — sex, drugs and rock and roll were the forces driving the times. It was a crazy, wonderful admixture of people," Jackie recalls.

She remembers the old movie theater on Caledonia Street. She and Joel would go to see sneak previews, where you could smoke cigarettes and watch movies. Joel was a dentist, with his office across the street from the theater. When movies were being screened, they would go into his office and turn on the lights so that moviegoers could see the sign on the door of his office.

"Joel loved to race boats and I loved to hike," says Jackie. For many years, she and her sister, Arlene Stark, wrote hiking columns for the *Pacific Sun*. A collection of their hikes, *Walking from Inn to Inn*, was published in 1986. Jackie also published two books of poetry: *Sacred Precinct* (2003) and *Easing into Dark* (2012). "My poetry is an integral part of my life."

Joel died suddenly of cancer ten years ago. "I always thought that I would never survive losing Joel, but realized right away that I had," Jackie reflects.

Jackie loves that the beauty of Sausalito draws amazing people. "I am so proud of this community," she says. "Diversity meets madness."

"I love that I was able to volunteer as a young mother many years ago, and today that same energy is directed toward helping fellow seniors through the activities of [Sausalito Village](http://www.sausalitovillage.org)."

In her early days teaching, Jackie was active in efforts to integrate schools. She campaigned hard for progressives to remain in office and create open schools for all.

Jackie is still an avid hiker. Her favorite hike starts on the Matt Davis Trail at the Pantoll Ranger Station, then loops through the varied terrains and microclimates of Mount Tamalpais. When you see her on the mountain, it's likely her hiking partners are "eating her dust" somewhere behind her on the trail.



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36 Homes in 18 Countries: Travels with Friendship Force Since 2002

By Karen McCready



friendship force
SAN FRANCISCO BAY AREA



"Experience different views. Discover common ground." Friendship Force International, celebrating 40 years this year, recently adopted this slogan. The FFI concept, based on home hospitality, enables club members to travel as a group to stay with club members in other countries and even other US cities. Of course, most clubs return the favor by hosting at least one group each year. Since President Carter helped launch this organization from the White House in 1977, Friendship Force has expanded to more than 60 countries, with at least 400 clubs, including 100 in the United States.

Remarkable insights have emerged when members have shared their home and their lifestyle for a week, forming lasting bonds. Most recently, the Bay Area club hosted a language immersion program for guests from Sapporo, Japan. Next year, FFSFBA members will be hosted in Nairobi, Kenya.

You are invited to learn how this hosting program furthers intercultural understanding and provides many social activities and cultural programs in locations throughout the Bay Area by attending a presentation on June 22nd, 7pm in Sausalito City Council Chambers.

Two members of Friendship Force of the San Francisco Bay Area (FFSFBA) will describe how FFI has enriched their lives since retirement in 2002.

Learn more now at www.friendshipforce.org



Gardening Can Be a Lifelong Obsession



As we grow older, some of the physical tasks required to manage our garden can become more strenuous and taxing on our body. But there are many ways we can alleviate or reduce some of the physical challenges that come with the territory, regardless of whether we suffer from arthritis, back pain or are confined to a wheelchair.

Learning about Adaptive Gardening is one of many lectures that Marin Master Gardeners offer to the public. Fay Mark, President of [Sausalito Beautiful](#) and a Master Gardener, approached Abbot Chambers, Sausalito City Librarian, with the idea to start a series of talks about gardening, in conjunction with the the University of California Cooperative Extension Marin Master Gardeners. Master Gardeners deliver research-based programs on a variety of topics from the world of gardening and horticulture, sustainable practices and more. Programs are presented by Marin Master Gardener volunteers who are trained to deliver lectures about the subjects on which they either specialize or are enthusiastic about.

Recently, Gary Bartl, an incredible "edu-tainer" and UCCE Marin Master Gardener for over 25 years, lead two lectures; in March, on Succulent Gardening and in April, on Pruning. The talks are presented in the City Hall Council Chambers and typically last one hour.

The subject for the June 1 lecture will be on *Microclimates, Climate Change and the Gardener* and the subject for June 29 is Gardening with California Natives.



Member Share Area

If you have something to share - a poem, an idea, a request....send it to triciasmith58@yahoo.com for submission in next month's newsletter.

SV Member Deb Phelan is looking for new board members for her non profit called 2050kids which engages and empowers youth and communities in sustainable solutions to adapt to and reverse the progression of climate change. Click here to learn more: [More about 2050kids](#)

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.



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