



## December 2017 Newsletter



Photos from some of last month's Art Show Opening

Click here to view photos on Smilebox: [View 64 photos from Opening](#)

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## Holiday Sing-along Celebration

Please join us on Monday, December 18th, 4-6pm



Our Annual Holiday Sing-along is a wonderful opportunity to meet other members and volunteers while singing (or just listening) to the songs of the season. Sausalito Village Board members will be providing a selection of finger foods and wine and sparkling water will be served.

This is a particularly special Sing-along as it marks the last of a monthly tradition hosted by member/volunteer Sue Dunlap. Sue has been hosting the Sing-alongs since the Village started, but **December will be her last**. Over the last few years, pianist Ariana Myers has joined Sue in playing the piano for the group and she too will be 'retiring' after December and returning to school full time. We thank them for their dedication - they will be missed!

On a good note, a new member and resident of Rotary Housing, Phyllis K, will be taking over as host and has a new pianist available to volunteer. Stay tuned for more information on the 2018 Sing-alongs.

**Please RSVP to Joyce at [joyalex108@yahoo.com](mailto:joyalex108@yahoo.com) so we know you are coming on December 18th!**

Need a ride to the event? Call Connie at CARSS: 415-944-5474 by December 16th.

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**Highlight: New Participating Merchant**  
**In time for your New Year's Resolution!**  
**SV/CARSS volunteer, Mike Witt, opening Anytime Fitness Gym**



Michael Witt has been an active volunteer driver for both Sausalito Village and CARSS, and is well-loved by the members who know him. Now he and his wife will be part of our Participating Merchant Discount List for members as well!

After almost 30 years working for large companies that involved extensive travel, Mike and Karen decided to start their own business and stay local. He wanted to provide support for his parents who reside in Novato and provide a service that allowed him to be involved with and help support a community. He and his wife have participated and coached in athletics their whole lives, and so after doing extensive research on several ventures they decided on **Anytime Fitness**. They both have a passion for customer service and sports - so this venture fit them perfectly. In addition to owning the gym, Mike is a certified personal trainer through the National Academy of Sports Medicine. Anytime Fitness has a motto of "Get to a healthier place". That means different things to different people, and they just want to help people get there!

Right now your mind may be on the holidays, but 2018 will be around the corner and so will your New Year resolutions. Anytime Fitness will be offering discounts before opening their doors in March, including a special rate for SV members as part of the Participating Merchant Discount Program. Click on this link to make a membership inquiry, and be the first to know about opening day: [Anytime Fitness Membership Inquiry](#)

Mike's holiday fitness tip: The "average" holiday meal contains around 3,000 calories....so how can you burn some of that off? An easy to remember gauge is rigorous activity for 10 minutes burns about 100 calories. What is "rigorous"? Well, as Michael says "if you can carry on a conversation during the activity, it's not rigorous!"

What is the Participating Merchant Discount Program? Many local businesses provide discounts to Sausalito Village members when they show their membership card. Discounts include restaurants, florists, hairdressers, etc. Click here to view the current list: [Discounts available with SV Membership Card](#)

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## **Think Home Sharing EXPANDED Program in Marin**



Home sharing is an alternative way of meeting housing needs that provides numerous benefits to homeowners and home seekers alike. Put simply, home sharing is an arrangement where two or more unrelated people share a dwelling, each having her or his own private space and sharing certain common areas.

People share for different reasons, some of which include: companionship, personal safety, added security, help with chores or to offset the rising cost of rents, taxes, utilities and maintenance. Homeowners may be finding it difficult to cope with all the responsibilities of maintaining their household alone. Home seekers may have recently lost housing due to a foreclosure or rising rent.

Home Share Marin, a community engagement program of Episcopal Senior Communities, provides a free service that connects homeowners with home seekers. Program staff interview and run background checks on both homeowners and home seekers and get to know the applicants as well as possible, in order to make effective

matches. Once a match is made, the program helps the parties to put together a “Living Together Agreement” (LTA) that outlines the terms of the arrangement and many of the details of how the home will be shared. Each LTA is unique and tailored to the needs and lifestyle of both parties. Often, home seekers will provide assistance with household tasks or chores in exchange for reduced rent. Once a match is set up, Home Share Marin staff is available for ongoing support for both homeowner and home seeker. The program strives to make the home sharing experience a positive and enriching one for everyone involved.

To find out more or to apply for the program, please call (415) 456-9068 or email Christine Ness at [cness@jtm.esc.org](mailto:cness@jtm.esc.org)

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## Secret to a long life? Bocce!

Reprinted from the New York Times (thanks Betsy)



“Against the ball, put the laser against the ball, kid! Madone.”

I was folded over on one knee at Boston’s North End bocce courts, trying to get the guys a measurement. Eyeing the distance between a bocce ball and a pallino often doesn’t work, so Sammy Viscione comes armed with both a tape and a laser measure, though his sciatica makes it impossible for him to bend. So he asked me to do the laser measurement. I’m inept with tools, and the guys kept hollering, “Against the ball, kid!” Someone else said, “Bocce, baby!” in that keyed-up way that meant he lives for this.

Bocce breathes in the oldest memories of Sammy and this clan of 40-plus men, most in their eighth decade, many of them veterans. My buddy Jimmy Pasto, who grew up in the North End, told me about these characters. There’s no other word for them. I was

eager to experience their bocce brotherhood, it's out-of-time aura, its connection to a living Italian-American history. And as someone who's written much about the compensatory bluster of manhood, I was intensely interested in witnessing what their masculine camaraderie looked like in our post-masculine age.

The guys call Sammy "the commissioner" because he presides over the bocce league through the Friends of the North End, a 45-year-old fraternity of paisanos with sacred memories. "This place is our rightful inheritance," Sammy told me. "Our fathers and grandfathers played here." Every Sunday morning, this ritual at the bocce court is their Mass.

"We play 95 percent by the rules," Sammy said. "We're really here just to be together." And for the artery-fouling doughnuts confected that morning in a bakery down the street.

Read the entire article by clicking on this link: [Full length article](#)

Sausalito Village's weekly bocce games will be back next spring! Watch the calendar for opening day.



## Finding resources in Marin County

**Community Resource Guide:** Marin County Aging and Adult Services Information and Referral. [Click here for Resource Guide](#) OR phone Monday through Friday 9am to 5pm 415-457-4636

**Whistlestop Directory** of Services: [Click here for online Guide](#) or phone the Help Desk at 415-459-6700. Office hours are Tuesday 11-3, Wednesday 1-3 and Friday 12-3.



**Choices For Living**, living options for older adults in Marin County. Produced by Aging and Adult Services: [Click to review Guide](#) OR phone 415-473-7185.

**Marin In Motion**, a guide to transportation in and around Marin County. Produced by Marin Access: [Click to review Guide](#) OR phone 415-454-0902 to request a guide.

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## Special Thanks to Colette Pratt

As she steps down as volunteer coordinator for Lunch About Town



Colette has been organizing the monthly lunches around town for the past several years - meeting with the restaurant managers to ensure that everything goes smoothly when our group of hungry revelers arrives. She has done a splendid job and we will miss her! It is not an easy task to negotiate separate checks with each restaurant and to consider places that will appeal to a large group. She has thought out of the box and included a Happy Hour at Seahorse, the holiday lunch at Spinnaker and of course the most popular ones at Smitty's and Sushi Ran. Three cheers for Colette!! And a fourth cheer for Liz Small who is stepping into her shoes!

The next Lunch About Town will be the annual holiday luncheon at Spinnaker on December 12th at 11:30am. For more information and to RSVP (by December 10th), please click here: [Spinnaker Lunch](#) or phone 415-332-3325.

If you need a ride, call CARSS by December 10th at 415-944-5474.

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# Digital Corner



## Have you ever watched a TED Talk?

A wide world of interesting talks are available to you through TED Talks. There are thousands to choose from, most are only 20 minutes or less in length and the topics range from health to technology to art. To give you an idea of what the website looks like, we have taken a photo of the 'homepage' below. You can easily filter your searches to find inspirational talks that are of interest to you.

The screenshot shows the TED website homepage. At the top, the TED logo is followed by the tagline "Ideas worth spreading". Navigation links include WATCH, DISCOVER, ATTEND, PARTICIPATE, ABOUT, and LOG IN. A search icon is also present. Below the navigation bar, the main heading reads "2600+ talks to stir your curiosity" with the subtext "Find just the right one". A search bar and several filter dropdowns (Topics, Languages, Duration) are visible. Below these, a "Sort by" dropdown is set to "Newest". The main content area displays a grid of 12 TED Talk thumbnails, each with a title, speaker name, duration, and rating. The talks include:

- Niti Bhan**: The hidden opportunities of the informal economy (7:26)
- Per Espen Stoknes**: How to transform apocalypse fatigue into action on global warming (15:00)
- Kayla Briët**: Why do I make art? To build time capsules for my heritage (5:56)
- Christen Reighter**: I don't want children — stop telling me I'll change my mind (14:36)
- Beth Malone**: How my dad's dementia changed my idea of death (and life) (7:01)
- Lloyd Pendleton**: The Housing First approach to homelessness (13:45)
- Jackson Bird**: How to talk (and listen) to transgender people (6:24)
- Teresa Njoroge**: What I learned serving time for a crime I didn't commit (12:23)
- Victoria Pratt**: How judges can show respect (16:03)
- Robert Muggah**: The biggest risks facing cities — and some solutions (17:10)
- Jon Bowers**: We should aim for perfection — and stop fearing failure (10:54)
- Ameenah Gurib-Fakim and Stephanie Busari**: An interview with Mauritius's first female president (18:50)

Click here to start enjoying, learning and experiencing: [TED Talks](https://www.ted.com)

FOUND A FAVORITE?



IF you find TED Talks you would like to recommend, please email [triciasmith58@yahoo.com](mailto:triciasmith58@yahoo.com) and we will publish a list of favorites next month. Perfect watching for the rainy days ahead (we hope).

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## Looking for a holiday event in Sausalito?

### Here are just a few...



December 1 - 31 - Chamber of Commerce's **Gingerbread House Tour**. This year over 50 businesses are participating. Here is a tour map: [Gingerbread House Tour Map](#)

December 2-3 - **ICB Open Studios** from 11am-6pm. Click here for more information: [Open Studios](#)

December 2 - **Annual Breakfast with Santa**, registration required. Click here for more information: [Santa Breakfast](#)

December 3 - **Sausalito Woman's Club Open House**, 3pm-5pm, More info here: [SWC Open House](#)

December 7 - **Caledonia Shopping Night Out**, 5pm-9pm most stores will be open!

December 9 - **Lighted Boat Parade**, begins at 6pm. Click here for more info: [Lighted Boat Parade](#)

December 16 - **SWC's Rising International's Marketplace**, 10am-5pm, see more information below under Community Events.

December 19 - **Mr & Mrs Claus will arrive** in Sausalito by seaplane (!) direct from the North Pole. Seaplane Adventures, 242 Redwood Highway, 3:00 to 5:00 PM.

Thanks to OurSausalito.com for their great holiday calendar of events, click here to visit the web site: [www.oursausalito.com](http://www.oursausalito.com)

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## **Member Share Area**

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

**Member Diana Ferrone** wrote the following note to all of us: "I am returning to Georgia to be near my one year old grandson after 4 glorious years here in Sausalito.

My time involved with SV has been a great addition to my life. To all that I have been involved with and members I have not even met - please keep up the support and good work for it is a real lifesaver for us older adults. I will miss you all. Keep passing the good around. Thank you and goodbye, Diana"

**Member Mariea Reybear** is moving to Opera Plaza in San Francisco later this month. She will be missed! She has two large half wine barrel pots that are filled with dirt and plants that she would like to give away. Please email her at [marbr34@gmail.com](mailto:marbr34@gmail.com) if you are interested.

## **Community Event**

If you have an event to share, send it to [triciasmith58@yahoo.com](mailto:triciasmith58@yahoo.com) to be published in next month's newsletter

**Saturday, December 16, 10am -5pm, Sausalito Woman's Club presents Rising International's Marketplace "Give a World of Good this Holiday"**. Holiday shoppers will find unique and meaningful gifts handcrafted by women survivors of war, extreme poverty, gender-based violence and human trafficking. Fairly traded jewelry, fashion accessories and home decor from over 20 impoverished countries. 5% of proceeds and all gift-wrapping funds benefit the SWC Scholarship Program. Open to the public. 120 Central Avenue. Event updates: [www.risinginternational.org/sausalito](http://www.risinginternational.org/sausalito)

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***Special Thanks to Sherrie Faber and First California Realty***  
*Sherrie and her staff 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 her when you see her in town! Sherrie can be reached for your real estate needs at 415-339-9200.*

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# EXTRA CARSS Rides in December 2017



RESERVE by 5pm 2 days ahead to 415-944-5474 OR  
[infocarss4you@gmail.com](mailto:infocarss4you@gmail.com) SIGN UP NOW!!

## New Program - **Sausalito Writers' Club**

3pm – 4:30pm in the City Hall Conference Room

Looking for a supportive group to share your writing with? Ready to tackle that story, novel or poem? Interested in providing feedback to others? Whether you're an aspiring writer, a seasoned veteran, or somewhere in between, come join us on Saturday, December 2<sup>nd</sup>. Your host is Sausalito resident, published author, and experienced workshop facilitator, Cindy Knoebel. If interested in attending, please join our Meetup group and RSVP.

## Met Opera Preview - **Hansel and Gretel by Humperdinck**

Tuesday, December 5<sup>th</sup> – 7pm in the Edgewater Room

Join Tom Wilhite for a preview of the upcoming Metropolitan Opera performance of the *Hansel and Gretel* by Humperdinck, including background information about the composer and the opera and a selection of audio and video clips from past performances. Tom's preview takes place on the Tuesday before the Saturday morning Live in HD simulcast from the Met.

## Special Program - **Moondrifter Reverie**

Thursday, December 7<sup>th</sup> – 7pm in the Council Chambers

Please join us for a reading by Sausalito waterfront poet Keith Emmons, author of the new poetry collection *Moondrifter Reverie*. A cum laude graduate of Harvard College, Keith lived for ten years in the Waldo Point houseboat community in the hippie days of the 1970's. Through poetry, haiku and free verse, *Moondrifter Reverie* describes a freewheeling group of dissenters from the social mainstream, determined to live by their own collective philosophy of peace and person freedom. Through mirth and tears, drumming, howling at the moon, and raising their children in "the natural way" the small community thrived until it ultimately succumbed to the antithetical values and raw hegemony of real estate developers.

## SV Speaker Series - **Seasonal Flower Design for the Holidays**

Tuesday, December 12<sup>th</sup> - 3pm in the Edgewater Room in City Hall

Paul Bonessi, Owner and Veronica Llave, Design Manager, of Nancy Ann's Flower Market share some fun flower design ideas to brighten your home or give as gifts

## Holiday Sing-Along Party for YOU!

Monday, December 18<sup>th</sup> - 4pm-6pm in the Chamarita Room, 501 Olima Street

Mark your calendar and call for your door to door ride to this fun event that includes food, drinks, raffle prizes and piano-accompanied group singing. Drivers and Riders invited!

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