



May 2018

A Bit of Portugal in Downtown



If you have been in downtown Sausalito in April you no doubt noticed the green construction fences in front of the Bank of America. What is going on you may have asked?

Cascais, Sausalito's sister City in Portugal has donated to Sausalito a quantity of stones (15 tons) that will be used to create on the Praça a traditional pattern of a compass rose (more poetically called in Portuguese a "Rosa dos Ventos" – rose of the winds). The decorative design will measure 20 feet in diameter. Cascais' gift includes not only the design and the stones themselves, but also the underwriting and transport of two Portuguese "calceteiro" (a calçada artisan) from Cascais who will come to Sausalito to handle the finishing of the stones and to install the calçadas mosaic. It will be a rare opportunity to watch such a traditional artisan at work.

Sausalito's Sister City organization, working with the City of Sausalito, the Portuguese Consulate in San Francisco, other local organizations, and the City of Cascais, has been actively involved in developing an integrated construction, engineering and landscape plan for the project as well as raising funds for its implementation. Construction started with a ground breaking on April 3, with completion targeted for late May, and a formal dedication tentatively scheduled for June 13, 2018. It will be a very special occasion!

The location of the new Praça de Cascais in the center of town, it is also directly across the street from a group of buildings that were all over the years owned and/or occupied by members of Sausalito's Portuguese community, including two of IDESST Presidents. Among those buildings was the Lisbon House hotel.

To learn more, Sausalito Village will be hosting a field trip to the site and see the building in action. Check the calendar for the May date! Tentatively May 23rd.

Getting Started With Cannabis



Recreational cannabis is legal and many members are now openly talking about their experiences with the CBD creams for arthritis and pain (no 'high' involved) under the tongue tinctures and edibles. BUT....the cannabis of today is not the cannabis of yesteryear and there is much to learn and understand!

Did you know that many of the edibles take 1-2 hours from ingestion to feel the effects? This is a real problem if you enjoy a 'cookie' at someone's home and an hour later get in your car to drive home!

Be safe and educated about using cannabis. Start by coming to a presentation given by Octavia Wellness at the Sausalito Village Speaker Series on May 8th, 3pm at the Edgewater Room. Rides are available through CARSS by reserving two days ahead at 415-944-5474.

FOR SAUSALITO VILLAGE MEMBERS ONLY..... 30 MINUTES OF FREE HELP WITH YOUR IPHONE/IPAD/MAC

Kay Horne is a retired attorney who has been providing one on one help for the last several years to our members who have questions about their iPhones, iPads and laptops. Contact the Concierge at 415-332-3325 and she will put you directly in touch with Kay to set up a mutually agreeable time for your session. Kay will meet you at the Village Conference Room at 501 Olima Street.

Being Mortal: Workshops — and, well, just being mortal

The City of San Francisco recently conducted a hugely successful weeklong series of 175 events called "Reimagine the End of Life". Interest in the subject has deepened across age groups and cultures in the past several decades. It is dawning on us that contemplation of mortality helps us identify what really matters to us at any stage of life.

Sausalito Village is staying on the cutting edge of changing attitudes and

new information surrounding end of life issues — practical, philosophical, and spiritual. Our speaker series, “Being Mortal”, has addressed multiple aspects of this infinitely fascinating subject. For our debut, we showed the award winning documentary “Being Mortal”, based on Dr. Atul Gawande’s best-selling book. We’ve had workshops on hospice, palliative care, how to prepare an Advance Directive, and the new California law regarding physician assisted suicide. We put on a lively, stimulating Death Cafe at the beautiful “green” Fernwood Cemetery in Mill Valley. Frank Ostaseski, a co-founder of Zen Hospice, conducted a wide-ranging discussion based on his book “Five Wishes”. On May 10, we are conducting a workshop on obituary writing at 11:30 in the Edgewater Room in City Hall— and we promise that humor will be involved!

Stay tuned for upcoming “Being Mortal” events and join us!

Help Us Build A Future For The Past Sausalito Village Memoir Group



The Sausalito Village Memoir Group has been meeting on a monthly basis for the last six years providing an outlet for the creative process. Writing skills are honed as the group recaptures both traumatic and pleasurable past events they share with the group.

Over the years, the numbers have dwindled as members have moved and the Group is now ready for a **new INFUSION of energy....could it be you?**

The structure of the group is changing to offer different emphasis on alternating months:

Memoir Group Sessions - The focus of this session will be on storytelling and sharing - a format for learning about one another’s lives and affording the opportunity to connect and listen. Rick Seymour will continue to coordinate these sessions.

Memoir Workshop Sessions - The focus of this session will be more on composition skills, where members would give and receive helpful feedback on their writing. Judy Holmes will coordinate these sessions.

Participants will be welcome to attend both Group and Workshop sessions. With this new format it is important that we grow in number for both. We invite you to join our exciting exploration of what Marcel Proust called Recherche du Temps Perdu—or recapturing lost times. Contact Connie for more information 415-332-3325 . This all starts with a Workshop session on June 11th, 1pm, Chamarita Room. More info on the SV Calendar.

May Events - Call Connie at 332-3325 to RSVP or get more information
Every Monday - Chair Yoga, 10:15am, Campbell Hall
Every Tuesday - Bocce, 4pm, Dunphy Park
Every Wednesday (almost) - MahJong, times vary, Chamarita Room
Every Wednesday - Breathexperience, 10:30am
Every Thursday - Coffee Club, 10:30am, Taste of Rome
May 6th - Tales of the Trail, 7pm, travel talk at private home
May 8th - SV hosted Cannabis Presentation, 3pm, Edgewater Room
May 9th - Supper Club, 5pm, FULL unless you already have a reservation
May 10th - Write your own Obituary, 11:30am, Edgewater Room
May 12th - Caring for the Caregiver, 10am, Chamarita Room
May 16th - Book Club “Bobby Kennedy a Raging Spirit, 3pm, private home
May 17th - Trip on Smart Train to Santa Rosa, 11am
May 17th - Trip to Costco, 11am
May 21st - Piano Cabaret and Singalong, 3pm, Chamarita Room
May 22nd - Trip to Trader Joe’s, 11:30am
May 23rd - Tentative date for field trip to the Portugese Mosaic
May 29th - Trip to Dollar Tree/Sprouts, 10:30am
May 30th - Smitty’s Lunch About Town, 11:30am, Smitty’s Bar
May 30th - May Birthday Toast, 4pm, Chamarita Room

Special thanks to Sherrie Faber and First California Realty for printing and mailing the Sausalito Village Newsletter to members who are not on the internet, keeping them connected to our community! If you would like to discuss your real estate needs with Sherrie, she can be reached at 415-331-6100.