

# San Francisco Village News - September 2011



## San Francisco Village

OUR GENERATION. OUR CHOICE.

### From the Acting Executive Director

Dear Members and Friends:

With summer coming to a close it's time to reflect back on a year of change for the Village. Some of the change has been sad and difficult, but some has made us a stronger organization too. I thank you for supporting us and keeping the Village dream alive and thriving in our beloved City. The year ahead looks bright. We will hold a major volunteer training soon, host Dr. Walter Bortz on Sept 15 and continue to provide the workshops and social events you'd like to see.

We will all miss Christabel and are sad that she will not return to her duties here at the Village. But of course we all know that she must do the best thing for her health and we respect her decision. We know it was not any easy one to make. The board is hard at work interviewing candidates for the Executive Director position and I have agreed to stay

on until the new Executive Director is hired and trained.

The SF Village office staff is really working well together. Keyatta Shade (Key) is quickly getting up to speed on our operations, designing the volunteer program, and scheduling a volunteer training. Cindy Chin, our Enterprise for High School student (she's a senior at Lowell) helps us twice a week with admin work and updating the website calendar. We thought you might appreciate seeing the faces of our staff -- the people who are ready to help you when you call.

Thank you all for your continued support and your commitment to Village life!

-Janis

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## Our Staff Team

### SF Village News

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SEPTEMBER 2011

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## 7. UPCOMING EVENTS

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### Members:

**Need a Village Volunteer to Help You?**

**Call 387-1375**

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### SEPTEMBER 14

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Lunch Bunch at Savor  
Read the SFV Calendar  
for more information

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### SEPTEMBER 15

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San Francisco Village, UCSF National Center of Excellence in Women's Health, and The Transition Network invite you, your friends, associates and members to attend a free program featuring acclaimed author Dr. Walter M. Bortz, MD. Dr. Bortz will speak on the importance

of women's role in family health, our nation's trajectory for the future of health care and what can be done about it.



Here are the faces that match the voices you hear whenever you call into our the Village offices. Click the READ MORE button for a brief description of each person:

[Read More](#)

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## Welcome to Our September Newsletter

Dear Villagers,

As we have reported earlier, we are in the process of refreshing our newsletter and apologize for any bumps along the road. As we build our volunteer network, we will be asking people to be part of the newsletter team, either on a continuing basis or by

submitting articles or calendar events on a one-time basis. Please share your ideas and talents with us – writing articles, editing, photography and most important, your thoughts on the role of our newsletter in communicating with our members. Please contact Kayette, our new Volunteer Manager

**Thursday, September  
15, 2011, 3:00 pm-  
4:30 pm**

[CLICK TO CALENDAR](#)

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### **Discovered Treasures**

The Village is planning a unique, first time, fun, fund raising event, **Discovered Treasures**, to take place at the St. Francis Yacht Club on Friday, November 4, 2011 from 6 to 8 PM. Get ready to discover the auction value of a possible treasure you own or have inherited from a great aunt. And most importantly, **SAVE THE DATE** for this exciting event.

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### **FORWARD**

[Click Here to forward this email to a friend](#)

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### **UNSUBSCRIBE**

contact Keyatta, our new volunteer manager, to discuss your interest: call 415-387-1375 or email [key@sfvillage.org](mailto:key@sfvillage.org).

We want to thank those members, volunteers and staff who have contributed already: Tom Benét, Barbara Hancock, Don Langley, Mary Moore Gaines, Fran Johns, Gayle Geary, Michael Lavigne, Marsha Robertson, and Janis Brewer. And special thanks to CitiScape Property Management Inc. for generously printing our newsletter for us.

Warmest regards,

Gayle Geary, Board President

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### **I Can Hear You Now!**

By Don Langley

Or at least I can hear better. I have new, much-improved hearing aids, thanks to a Village meeting about new technology presented by an audiologist recommended by other Village members.

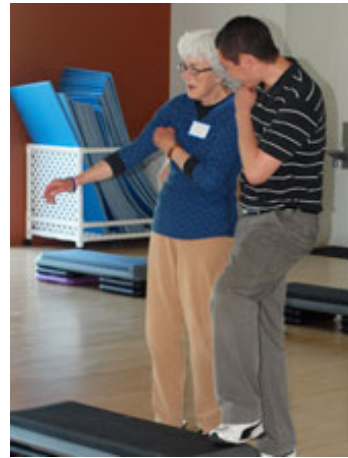
That was just one of the benefits of our membership in recent months. Earlier, my wife Judy and I attended the class on Advance Directives. We already had such documents, but the class caused us to consider many additional factors and provided the documents to record them. It galvanized us to find a new Health Advocate -- somebody we trust *in the next generation*, who will be available when we need him. At the second meeting our decisions were notarized.

[Read More](#)

## Balance Comes To The Village

balance | 'baləns |  
noun

*An even distribution of weight enabling someone or something to remain upright and steady.*



This is just one definition for balance. When we hear the word, balance, we may think about how to fit everything into our busy lives. For many of us, achieving balance is a goal - to find the best relationship between work and relaxation, to determine how to maintain our equanimity, to decide how much time to spend with our grandchildren and friends.

[Read More](#)

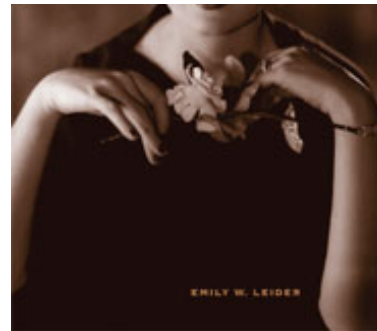
## Remembering The Only Good Girl in Hollywood

By Fran Johns

SF Village  
member and



acclaimed biographer Emily Leider's latest book, *Myrna Loy: the Only Good Girl in Hollywood* (University of California Press), will delight those who remember such films as *The Best Years of Our Lives* or *The Thin Man*, and surprise those who thought she was just a gorgeous movie star.



[Read More](#)

## Upcoming Events

### September Calendar and More

### Member Only Programs

#### Play Reading Group

**Wednesday, September 14, 2011, 5-7pm**

Continuing Beth Henley's "Crimes of the Heart"

At Liz Cormier's, 250 28th Avenue, please call to let Liz know you will be attending - 921-3092

#### Book Club

**Monday September 26, 9:45am**

Wallace Steamer's *Anale of Repose* or Erik Larson's *In the Garden of the Beasts*

At Margaret Johnson's, please call 673-7130

## **Lunch Bunch**

**Wednesday, September 14, Noon**

**Savor** (with patio in back), 3913 24<sup>th</sup> Street between Noe and Sanchez

To make a reservation, please call Vera Fields, 567-8991

(Friends are welcome)

## **Programs for Members and Non-members**

### **Yoga with Aurèle Carlat, on Thursdays and Fridays**

Please call 425-5086 for more information, \$7 per class

**Ongoing Yoga** – Thursdays from 9am-10:30am

**Beginning Yoga** – Fridays from 10am-11:15am

### **The Importance of Women's Roles in Family Health, with Dr. Walter Bortz, !!**

**Free Event Sponsored by San Francisco Village and UCSF, National center of Excellence in Women's Health**

**Co-sponsored by The Transition Network and the Older Women's League**

Please join us on Thursday, September 15th, 3-4:30pm at UCSF's Laurel Heights Auditorium, including a book signing and

refreshments after the presentation

Dr. Bortz , author of *Dare to be One Hundred* , *We Live Too Short & Die Too Long*, and his newest book, *Next Medicine: The*

*Science and Civics of Health*

[Wheel chair accessible, easy to get to via public transportation (#1, #2, #43 Muni), both paid and street parking available]

### ***Discovered Treasures: EAT, DRINK, APPRAISE***

#### **A fun, fund raising event to benefit San Francisco Village**

**Friday, November 4th, 6-8PM, at the St. Francis Yacht Club**

Join us for cocktails, refreshments, live music, silent and live auctions, and our main event – discovering the auction value

of your beloved treasures

**Sponsored by:** Charles Schwab & Co., Inc, Bonham's & Butterfields, CitiScape Property Management

Tickets on sale now by calling 415-387-1375:

Benefactor (4 tickets)    \$1,000

Patron (2 tickets)        \$ 500

Donor (1 ticket)         \$ 250

Individual tickets      \$ 100

For more information about the event, visit [www.sfvillage.org](http://www.sfvillage.org)

[View All Calendar Events](#)

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[www.sfvillage.org](http://www.sfvillage.org)

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