



San Francisco Village

Monthly Newsletter September 2018

From The Executive Director: Kate Hoepke

Dear Members and Friends:

Later this month we're offering a program called *Agents of Our Own Change -Exploring Personal Narratives*, which is born out of a conversation a few of us started last spring. Since then, I have been contemplating my own personal narrative: the stories I tell myself and others about my history, my aspirations, and my worldview, shaping who I think I am. I'm discovering that these stories are often too small for the life I currently live. Based on ancient history and relationships that no longer nourish me, these internalized scripts have real power to cause dissonance until I bring them out into the light of day.

They're often stories originating in my childhood with my parents and siblings playing supporting roles. Although I left my family home more than 45 years ago, I recognize how my story archives shape my current relationships and create patterns that repeat. Not until I examine them do they reveal themselves as constraining and outdated. With curiosity and compassion, I'm discovering that I have the power to change them.

I'm inspired by the questions being asked by the Change Agents group. What were the major turning points, or big events, that changed your life irrevocably? How do we each think about ourselves today? Who are we at this time in our lives?

Sometimes major turning points are not big events at all, but rather an insight that has been gestating for decades; a relatively small moment that gives way to an enormous truth. Suddenly the puzzle pieces all snap into place and a new story emerges – one with present day characters and a context that reflects reality, not history or illusion. A new sense of agency breaks through! I see that I'm in charge and I can choose to write a new story that reflects my life today: my values, the relationships I want to invest in, and the beauty I want to create.

This is the gift of San Francisco Village – it offers us unique opportunities to explore new relationships with others, and the one we have with ourselves. With this trusted band of fellow travelers we're creating a community



In This Issue:

From the E.D.

Around Town

September Events

Le Cercle Français
Legislative Update
Effects of Climate Change
LGBT Film Series
Art With Elders
Giants vs. Braves
Chair Dance Exercise
Joe's Ice Cream Shop
The Apothecarium Tour
HomeMatch
Digital Device Drop In
Meditation Mini-Retreat
Agents of Our Own Change
Josh Kornbuth

Recurring Events

Neighborhood Circles

Member to Member

Save the Dates

New Members in August

Kathleen Phillips &
Elizabeth Dunn, 94110

Alison Wood, 94110

Bruce Johnson &
Laura Bresler, 94110

Sara Hemphill, 94103

Janet Lawrence, 94121

Ida Shen, 94118

grounded in the ethics of care. Join us for any one of 35 programs this month that will energize and uplift you. And then give thanks.

Hope to see you soon!

Kate

Around Town

The Eighth Annual Legacy Film Festival on Aging

September 14-16

New People Cinema, 1746 Post St.

Purchase tickets at the Box Office or online at <http://legacyfilmfestivalonaging.org/tickets.php>



The 8th Annual Legacy Film Festival on Aging in San Francisco is an international range of dramas and documentaries aim to educate, entertain, and inspire intergenerational audiences about the issues and challenges of the rapidly aging Baby Boom, and even the Oldest Old, as gerontologists have so named them.

This year's festival features: shorts from Serbia, Bulgaria and Sardinia, and longer documentaries and dramatic features reflecting cultural experiences of 90s Cuba, and two films from the Czech Republic, as well as homegrown products from the USA. Many of these superb and stirring films have not been shown before in the Bay Area.

September Events



Le Cercle Français

Mardi le 4 et le 18 septembre de 2:00 à 3:00 de l'après-midi
SFV, 3220 Fulton St. at 8th Ave.

RSVP à (415) 387-1375 ou à: info@sfvillage.org

Attention Francophones! C'est avec un grand plaisir que nous vous invitons à vous joindre à notre nouveau groupe français. Le but de ce groupe est de parler et discuter en français pour célébrer

et conserver notre héritage.

Cependant, nous vous demandons de ne pas assister à ce groupe si vous n'êtes pas bilingue.

Legislative Update with Assemblymember Phil Ting

Wednesday, September 5, 2:00 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org

Assemblymember Phil Ting will present a state budget and legislative update. Is there an issue you are especially interested in? Let us know and we'll make sure he addresses it. In addition, he will take time for questions.





Effects of Climate Change

Thursday, September 6, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org

Join us for a lively and informative discussion about the effects of climate change. These will include the obvious, like natural disasters and their costs, but also the less obvious, like the impact on refugee and immigration crises around the globe and the impact on health issues.

Carol Vollen was trained at Al Gore's Climate Reality Project (CRP) last October in Pittsburgh. She is also an active member of Elders for Climate Action (ECA), an organization whose members are concerned about the planet they are leaving to future generations. It is ECA's goal to engage elders in sufficient numbers to make Congress and other elected officials take note. Elders vote in larger numbers than most other demographic groups. If we can make our voices heard, we will not be ignored. Find out what you can do.

LGBT Film Series

Friday, September 7, 1:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org

This series started in August and you are welcome to join at any time



What a nice way to spend the summer—watching films—especially those with a message. The film series has journeyed the changing landscape of LGBT films: beginning with the classic film *Boys in the Band* (1970) and concluding with *Call Me by Your Name* (2017). We will continue to talk about how the films move from self-loathing to self-acceptance over a span of fifty years. This film series was curated by SFV member and Film Group host Ralph Beren.



Art With Elders (6-session series over the course of 12 weeks)

Mondays every other week, September 10, 24 & October 8, 10:30 AM – 12:30 PM

SFV, 3220 Fulton St. at 8th Ave..

RSVP to (415) 387-1375 or info@sfvillage.org

This series started in July

Art With Elders (AWE) uses the power of art, creativity, and community to enrich the journey of aging. In this six-session series, we will venture into watercolors, acrylics, pencils, pastels, collage and possibly 3D art.

AWE provides 2,000 art classes each year for more than 400 seniors throughout the San Francisco Bay Area. AWE is distinctive in its program quality; these are not craft activities, but instead the focus is on skill-building — ranging from color and composition to perspective and background. Each year,

artists submit their work for an annual, juried exhibit. After an opening reception for artists, family, friends, and caregivers, the exhibit then travels to several locations in the Bay Area, where it is viewed by an estimated 30,000 people.

The series will be taught by the esteemed artist instructor Yvette Brown. Her own artwork is about the deep psychological and physical responses people have to motion. She finds doing art brings light to the recesses of the brain that rarely get tapped into. Once you start, there is this zone similar to meditation that is reached. While she doesn't have the science behind this, she does have the experience!

Giants vs. Braves

Wednesday, September 12, 12:45 PM

AT&T Park, 24 Willie Mays Plaza

RSVP to (415) 387-1375 or info@sfvillage.org

RSVP required for a complimentary ticket



Take me out to the ballgame, take me out to the crowd ... join your fellow San Francisco Village members and volunteers in cheering on our home team at the ball park for a mid-afternoon game against the Atlanta Braves. BYO peanuts and crackerjacks.



Chair Dance Exercise

Thursdays, September 13, 20, and 27, 10:30 – 11:30 AM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org

A fun, stimulating and supportive class that combines fitness, yoga, and dance for all abilities and skill levels! Chair Dance Exercise is designed to help you build your strength, confidence

and independence.

By linking breath to movement, participants have found improved physical functioning and self-confidence. Other benefits include improved memory, focus and coordination, joy, reduced anxiety and depression, increased stamina, engagement of mind and body and a sense of community with others in the class.

Dina Lisha has a Bachelor of Arts degree in Dance from SFSU. She completed a 200-hour Yoga Teacher Training program from Yoga Tree Works and is trained in Dance for Parkinson's.

Joe's Ice Cream Shop

Friday, September 14, 2:00 – 3:30 PM

5420 Geary Blvd (between 18th and 19th Ave)

RSVP to (415) 387-1375 or info@sfvillage.org

San Francisco's family-run Joe's Ice Cream has been serving its award-winning homemade ice cream flavors to locals and visitors alike since 1959. Joe's famous ice cream is known for its texture, a delicate balance



of creaminess, sweetness, and flavor that has stood the test of time.

Join us in learning how they make their ice cream. We'll get a back room tour, try a few flavors and enjoy an ice cream treat together!



The Apothecarium Marina Tour and Education Session

Monday, September 17, 11:00 AM – 12:30 PM

2414 Lombard Street

RSVP to (415) 387-1375 or info@sfvillage.org

Have you wanted to know more about cannabis but been hesitant to step into a pot shop? Join us for a tour and conversation with the store manager of the Apothecarium, the dispensary the SF Chronicle called “an international model for safe, professional access to medical cannabis.” The family-owned cannabis dispensary is focused on patient education and helping customers find the right cannabis for their needs. They offer a broad selection of cannabis products, including flowers, edibles, topicals and concentrates.

HomeMatch: A Panel Discussion

Thursday, September 20, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org

Living with others improves your overall health and independence according to Harvard Medical School and multiple other studies. A housemate contributes extra cash to the household and can help with chores such as changing lightbulbs, grocery shopping, pet care, or transportation. Most importantly, however, is the sense of community that comes with sharing your home with someone else.



This panel discussion will feature the unique perspectives of both homeowners and housemates who are living the experience. In addition, meet staff and a home seeker from the Home Match SF program. Find out how this program works with you every step of the way from identifying the right housemate through conducting background checks, signing a Living Together Agreement and supporting you even after your housemate has moved in.



Digital Device Drop In Clinic

Monday, September 24, 1:30 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org

San Francisco Village volunteers are available to assist with your iPhones, Androids, laptops, Fitbits, and other digital devices. Bring your devices, your questions, your struggles and be ready to learn something new! Don't know what you don't know? Volunteers will also be able to show you a few common tricks and apps.

Please let us know what device you'll be bringing and what you want to learn so we can pair you with the appropriate volunteer. Be prepared to spend 30 minutes to an hour with the volunteer.

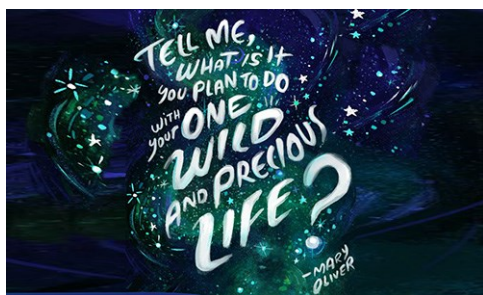
Mindfulness Meditation Mini-Retreat

Friday, September 21, 11:00 AM – 3:00 PM

SFV Office + Golden Gate Park

RSVP to (415) 387-1375 or info@sfvillage.org

Explore the spacious ease of mindfulness practice with our SFV community, through a mini-retreat with guided instruction, silent and walking meditation, gentle standing yoga, and discussion. As weather and group mobility allow, we'll cross the street into Golden Gate Park for mindful walking, so please bring appropriate outdoor layers. Also bring your own food for lunch, as we will take a break to eat together. Led by Rachel Lanzerotti, who guides the weekly meditation group at SFV.



Agents of Our Own Change—Exploring Personal Narratives

Tuesdays, September 25, October 9 and 23, November 6 and 20, 10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org

Poet Mary Oliver asks “Tell me, what is it you plan to do with your one wild and precious life?” What were the major turning points, or big events, that changed your life irrevocably? How do we each think about ourselves today? Who are we at this time in our lives? We will explore these questions in this six session series - using TED talks, videos, stories, poetry, books, articles, discussions, writing, and personal sharing.

This series has been planned by and will be facilitated by SFV members. The six sessions are progressive, so each one builds on those that came before. For this reason, it is best if you can plan to attend all six sessions.

Brain Improves with Josh Kornbluth

Friday, September 28, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org

Josh Kornbluth has spent over a quarter century as a theatrical monologist, performing autobiographical tales for diverse audiences around the United States, Poland and India. Now he is applying his passion and skill for storytelling to the subject of dementia with three new projects—a theatrical monologue, a feature film and a series of videos—about the connections between brain science and social justice. He is completing a residency as an Atlantic Fellow for Equity in Brain Health at the Global Brain Health Institute, a collaboration between the Memory and Aging Center at UCSF and Trinity College, Dublin, Ireland.



Josh develops his monologues via improvisations in front of audiences, which he then crafts into a

full-length, touring, one-man play. These shows are fundamentally comedic, but they often deal with very serious subjects. Josh plans to deliver a series of improves on the subject of dementia that he will shape into a finished show designed to be performed on stages around the United States and elsewhere. He intends for this piece to educate audiences about the exciting research being done on brain disease and to help remove the stigma that society often attaches to people with dementia and their caregivers.

Recurring Events



Longevity Explorer Circle

Tuesday, September 4, 2:00 – 3:30 PM

The Franciscan Room, The Sequoias Continuing Care Community, 1400 Geary Blvd. (between Laguna and Gough)

Tuesday, October 2, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

Join an intimate group of your peers to discuss new & emerging solutions to the challenges of growing older.

- Find out about new products that can help postpone the day when growing older starts to get in the way of living life to the fullest.
- Share your ideas about what works and what does not work well with others from your community and members of other circles.
- Add your ideas for “solutions someone needs to develop” to the Longevity Explorer’s growing list of new product ideas.
- Hear what your peers from other circles of older adults have to say.

Facilitated by Dr. Richard Caro, co-founder of Tech-enhanced Life, PBC & Longevity Explorers. Dr. Caro’s work focuses on the intersection of healthcare, aging and technology.

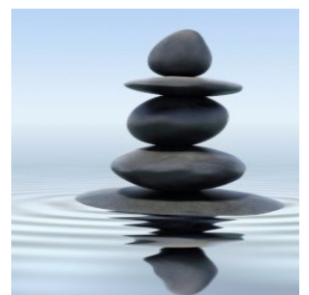
Aging Well with Meditation

Wednesdays, September 5, 12, and 26, 11:00 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

No RSVP required

Meditation is a mind-body training that improves your ability to pay attention to the things that matter. Mindfulness meditation – paying attention purposefully and non-judgmentally in the present moment – is associated with lower stress, improved self-awareness, positive brain changes, more compassion, and better sleep. So why not give it a try?



Led by Rachel Lanzerotti, Certified Yoga Therapist, a long-time practitioner and teacher of yoga and mindfulness meditation. Come learn to practice meditation together. All levels of experience are welcome for this drop-in group.



September Birthday Social

Thursday, September 13, 2:00 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org

Come gather with fellow members and friends! We'll wish the birthday folks a happy birthday and enjoy a sweet treat together.

Discussion Group

Friday, September 14, 3:00 PM

Home of Eva Auchincloss, call SFV for address information

RSVP to Eva at (415) 563-7519 or eva3auch@gmail.com

We will meet on Friday, September 14th at 3 PM to discuss *The Birth of a New Aristocracy* from the June 2018 issue of the Atlantic. It is a fascinating look at those who fall in the 9.9% of people who hold the most wealth in the U.S.



Knitting Circle and Crafting Hangout

Monday, September 17, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org

Knitters and crafters alike, bring in your projects at any stage. Jill Ellefsen, our resident knitter, will host and help answer questions as well as share insights that she continues to pick up along the way. If anyone is interested in learning how to knit or working on a beginner scarf project, you are welcome to join too!

Beginners, please ask for a supply list when you RSVP. A few members of the group will be making scarves that they can provide to the homeless community for the cooler months ahead – if you're interested in joining them, let us know!

Film Group

Wednesday, September 19, 3:00 PM

Home of Ralph Beren, call SFV for address

The movie group will view *Lost in Translation*, a fun filled movie about two people who meet in Japan and carve out a unique relationship. The movie was the winner of two Academy Awards and stars Bill Murray and Scarlett Johansson.



Bunch for Lunch

Friday, September 21, 11:30 AM

Garibaldi's Restaurant, 347 Presidio Ave

RSVP to Marci Fogg (415) 821-6333 or mjfogg@hotmail.com

We'll be meeting at Garibaldi's Restaurant, 347 Presidio Ave, between Sacramento and Clay. The restaurant's phone number is (415) 563-8841.



Let's Play Games!

Thursday, September 27, 1:00 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org

Plain and simple - let's have fun! We play cards and board games and love when you introduce us to a new game. Join us!

Neighborhood Circles

94117

The 94117 Neighborhood Circle will meet Friday, September 14th, from 2:00 to 4:00 pm, at the home of Karen and David Crommie to socialize, and to further deepen our relationships as neighbors and friends. We will enjoy first sharing what is going on in our lives, and then we will discuss: (1) the emotional and physical challenges of "downsizing"; and (2) our increasing awareness of plastic in our lives and when/where we have other alternatives to its use. Finally, (3) Philip Snyder will explain how a sanitary landfill operates. If you have any questions, please contact Bill Haskell at bhaskell@sonic.net or at 415-661-2670. Please contact Jill Ellefsen at SF Village for address information.



94131

Our Circle will meet on Saturday, September 15, 1:00 – 3:00 PM at the Goldmine Hill Clubhouse.

94123

We will have a cocktail/potluck reception 5:00 to 7:00 p.m. Monday September 17 to discuss the Circle's plans (tours, events, etc.) for the group for the next several months. Everyone is asked to participate and bring a nibble and or drink of choice. Some hors d'oeuvres and drinks will be provided so there will be plenty to eat if anyone wants to make it their supper, but this is not a sit down dinner.

Anyone interested is encouraged to join us. Please call or email Eva Auchincloss at eva3auch@gmail.com and/or 415-563-7519

94102/94103

We will gather on Tuesday September 25 from 2:00 – 3:00p.m. at Books Inc. at Opera Plaza. Members are invited to consider these topics: In what areas of your life do you trust your own guidance and wisdom? In what ways are you opening to the guidance and wisdom of others? Any SF Village member is welcome. Please call or e-mail if you have questions: Lynn Davis (415) 377-9999 or Treebarque@aol.com.

94118

By request our next meeting will be pot luck supper on Tuesday September 25 at 5 PM at Gabie Berliner's house. We'll have lots of getting-to-know-you time. Come prepared with ideas for outings and in-home topics that are San Francisco-ish. RSVP to Gabie at 415-359-3669 and leave a message

or email to gberliner@comcast.net. If you can't come but have suggestions contact Gabie.

94109/94133

Our circle will have an outing to the Mission District on Wednesday, September 26 to explore local arts and culture, and have lunch. Details to follow via e-mail. Please RSVP to Bobbie Rothman, rrothman2174@gmail.com or Juliet Rothman, rothman@berkeley.edu for further details.

Sunset Circle (94122, 94116)

The Sunset Circle will meet on Wednesday, September 19 from 3:00-4:30 and will continue the tradition of lively conversation and getting to know each other better through stories. New members are always welcome. Please RSVP to jill@sfvillage.org 415-387-1375 x2 to receive address information.

West of Twin Peaks Circle

Join us for a lunch bunch gathering on Thursday, September 20 at 1:00 PM at Savor Restaurant, 3913 24th Street. RSVP to Elaine Mannon at (415) 469-9832 or elaine@mannon.com.

LGBT Circle

Please join us for Ralph Beren's LGBT Film Series on Friday, September 7, 1:00 – 3:00 PM. We will be watching *Call Me By Your Name*.

Member to Member

Trustworthy Gentleman Will Provide Home Assistance in Exchange for Reduced Rent

(Come hear him speak about the benefits of this kind of arrangement at SFV's home-sharing panel discussion on September 20. See event listing for time and place.)

Mid-60s gentleman will happily provide wide-ranging home maintenance, repairs, computer help, errands and much more, in exchange for reduced rent. A trustworthy 40-year SF resident, educated, employed, healthy, and capable. Long-time volunteer and employee with several non-profit community organizations. Superior references available. Background check, written agreement, and ongoing support provided free by Home Match SF, if desired. Contact Mary Moore Gaines to connect with him and explore possibilities: gainesmarymoore@gmail.com or (415) 387-7774. You are also welcome to talk with him at the September 20 event.

Save the Dates



Roof Gardens and Open Spaces in Downtown San Francisco

Thursday, October 4, 10:30 AM –12:30 PM

Meet at 343 Sansome

RSVP to (415) 387-1375 or info@sfvillage.org

Rooftop gardens open to the public? Waterfalls in Downtown San Francisco? Yes, to both questions! One percent of the funds spent on any private building in San Francisco must go toward public spaces. Sometimes

this is an art exhibit in the lobby BUT sometimes it's an open space park or a waterfall or a rooftop garden (with a great view). Many are unknown to the general public.

Join your guide, On The Level Marilyn Straka, for a walking tour of downtown San Francisco to see these hidden treasures. Over 12 blocks of walking, you can see five rooftop gardens and several water features as well as a myriad of public open spaces. You also receive a map showing the best gardens and open spaces in downtown SF. After the tour, people may get lunch together at the Ferry Building!

Litquake Elder Project

Fridays, October 12 – December 14 (8 week series + performance. Will not meet 11/23), 11:00 AM – 12:30 PM

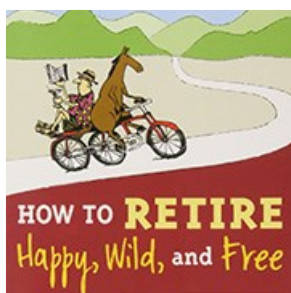
SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org



This eight-part series is focused on common strategies to write and present poetry. Explore sound patterns, repetition, music, strategies of emphasis, and how reading our work aloud is unlike writing or reading alone. We will use examples of Spoken Word and traditional poetry reading. At the end of the series, there will be a printed anthology and a live reading.

Litquake sparks critical conversations and inspires writers and readers of all ages to celebrate the written word with diverse literary programming, interactive workshops, and a ten-day festival. The Litquake Elder Project consists of weekly generative writing and reading sessions combined with music, photographs, headlines, and hands-on creative exercises facilitated by professional teaching writers. Participants get to know each other in new ways that foster socialization and bonding. Creative projects and collaboration give way to conversations about life, art, and philosophy.



How to Retire Happily/Be Happily Retired

Thursday, October 11, 10:30 – 11:30 AM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org

This mini-class is both for those considering retirement and for those who are already retired.

Are you considering retirement, and are you concerned about whether or not you will be happy in retirement? Are you already retired, and would you like to enjoy it more?

Steve Abensohn is a San Francisco Village member who has been happily retired for over one year. He will lead a mini-class and discussion designed to help increase your satisfaction, happiness, and enjoyment in retirement.

This mini-class is based on the book *How to Retire Happy, Wild, and Free: Retirement Wisdom That You Won't Get from Your Financial Advisor* by Ernie J. Zelinski (Visions International Publishing, 2013).

There will be a small amount of writing involved.

San Francisco Village Singers

Thursdays starting October 18, 10:15 – 11:45 AM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org

Do you love to sing? San Francisco Village is thrilled to partner with the Community Music Center to bring together members who shyly sing in the shower, people who have decades of experience and everyone in between! Singing with others provides many personal, social, artistic and quality of life benefits and is pure joy inducing.



Beth Wilmurt has worked at CMC since 2000. She is the Children's Chorus Director and Older Adult Choir Director leading choirs at Richmond District Choir at the Richmond District Neighborhood Center and at Aquatic Park and OMI Senior Centers. Alongside singing instruction, she is an actress, singer, and theater director. Beth teaches a delightfully diverse repertoire including 40s 50s 60s pop, jazz standards, Broadway tunes, folk and international music with an emphasis on songs that lend themselves to harmony.

The Community Music Center was founded in 1921 with the mission of making music accessible to all people, regardless of their financial means. CMC serves more than 23,000 people each year, including more than 2,600 students of all ages, ethnicities and income levels who enjoy music lessons, programs and concerts at no or low cost. www.sfcmc.org



Volunteer and Member Festus

Thursday, October 25, 5:00 – 7:00 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org

San Francisco Village invites all of our volunteers and members to our annual fall party (usually known as the Volunteer Appreciation Party). Join us in celebrating abundance—we'll share stories of connection and appreciation in our generous community with plenty of treats and drinks!

Copyright © 2018 | San Francisco Village | All rights reserved.

3220 Fulton St., San Francisco, CA 94118 | (415) 387-1375

www.sfvillage.org | www.facebook.com/sfvillage | www.twitter.com/SF_village