



Golden Gate Village

Golden Gate Village  
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## Winter 2016-17 Newsletter

### Let's Party!

Golden Gate Village members are invited to our annual festive **Holiday Party**, to be held on Wednesday, December 21, from

5:00-8:00 pm at the Richmond Senior Center. Join us to celebrate the season and end the year with sweet music, delicious food, and good company. Our buffet will be catered by Angelina's Deli, with wine courtesy of Grocery Outlet, as well as cider, mulled wine, coffee and tea. Chanteuse Vivian Perry will present songs of the season from 6 pm-7 pm, accompanied by the very talented Walter Bankovich on piano. We will also be raffling off prizes throughout the evening. All registered guests will receive one raffle ticket upon entry (and more can be purchased at the event).



*Vivian Perry will perform at our Holiday Party (photo by Ctein)*

Reservations are absolutely **required** for this event, and must be received by Wednesday, December 14th as we will need to place our food order in advance. Please call us at (415) 752-6444 to RSVP.

## Upcoming Events

### Senior Choir Performance

**Tuesday, December 13, 1:00-2:00 pm**

Hear holiday tunes performed by the Richmond Senior Center Choir and enjoy light refreshments.

### Street Smarts Advocacy 101

**Friday, December 16, 2:00-4:00 pm**

Presenter: Cathy DeLuca, WalkSF

### Holiday Party

**Wednesday, December 21, 5:00-8:00 pm**

Our annual holiday celebration, with live music, catered food, presentations, raffle, and more!  
**RSVP Required!** Call (415) 752-6444 to RSVP.

### All Our Ducks in a Row

**Facing terminal illness and end of life planning**

**Tuesday, January 24, 11:00 am-12:00 noon**

Presenter: Teri Hutcheon

An informal group discussion about navigating the difficult path of terminal illness and end of life planning, presented by Teri Hutcheon, Hospice and In-Home care provider. Come learn the various options, needs and resources that we or our loved ones might face when dealing with dying. This is the first of a series of presentations to launch a new Village Hospice Volunteer team and to support our members, neighbors, and friends at the end of life.

### Lunar New Year Celebration

**Friday, February 3, 1:00-3:00 pm**

Join us to celebrate the Year of the Rooster.

Dancers, games, good food and more! More details to be announced.

### Tax Aid: Free Drop-in Tax Help

**Thursday, February 9, 12:00 noon-1:00 pm**

Learn about the free tax services available to seniors in the Richmond and other nearby locations.

For the most updated event information please visit our online calendar at [ggvillage.org](http://ggvillage.org).

## Golden Gate Village Newsletter

Issue #5: Winter 2016-2017

**Editor:** Eleanor Farrell

**Contributors:** Holden Aust, Kathryn Gilson, Cheryl Mar, Kaleda Walling

**Photos:** Eleanor Farrell, Eric Mar, Karen Nichols, Kaleda Walling,

Share your story! We want to hear your experiences as a senior living in San Francisco's Richmond district. Please submit your articles or ideas to [info@ggvillage.org](mailto:info@ggvillage.org)



## de Young Museum Access Day

The de Young Museum offers the option of attending art exhibitions on designated **Access Days**, with reduced numbers of visitors, extra seating and other access features. We have arranged entry for a small group on Monday, January 30, 2017, at 11:00 am, to view the current featured exhibition:



### Frank Stella: A Retrospective

Frank Stella has been one of the most important and influential figures in the evolution of modern art, expanding the definitions of art and challenging its conventions. Exploring pictorial space—how paintings can seem to expand or contract, lie completely flat or envelop the viewer, suggest movement or foster stillness—has led to some of Stella's most significant innovations. This exhibition considers Stella's long-standing interest in the picture plane, presenting early paintings that reference the spaces where he lived and worked; his groundbreaking use of color, shape, and volume to map new possibilities for abstraction; and finally his use of advanced technology to evoke new conceptions of space.

Limited to 12 participants; please call us at (415) 752-6444 to RSVP. Tickets are \$5; free for Golden Gate Village members. Transportation to the museum will be arranged if needed.

## Gardening 101

GGV member & volunteer Anna Chou's workshops on plant propagation have been very informative for choosing plants that are easy to grow, both indoors and outdoors, and are also safe for children



Anna Chou studies her plant cuttings

and pets. Anna is a member of several local horticulture groups, including the San Francisco Gesneriad and Succulent and Cactus Societies. She has also been a docent for the Botanical Garden in Golden Gate Park, and she really knows her plants! Anna is particularly interested in California natives, and brought cuttings of Yerba Buena mint and other local species to share.

In the first two sessions, Anna provided cuttings from her own garden, as well as substrate and containers for propagation. She also shared her extensive knowledge of local sources for plants, pots, and miscellaneous useful utensils for the budding gardener. In the final workshop, attendees will be using plant cuttings to create colorful holiday gifts.

Anna will lead another series of gardening workshops in the spring. Contact us for details!

## Ongoing Programs

(weekly, bi-weekly, or monthly)

### Community Meetings

Wednesday, January 25, 4:00–5:30 pm

Saturday, February 11, 10:00–11:30 am

Join other village members and interested neighbors to learn how Golden Gate Village works, what we can do to grow, and how you can join. Light refreshments provided. RSVP required: [info@ggvillage.org](mailto:info@ggvillage.org) or call (415) 876-3333.

### Cooking Cooperative

Every 3rd Wednesday, 5:00–7:00 pm

#### Upcoming dates:

Jan 18: Linda Lewin: Vegetarian Shepherd's Pie

Feb 15: Kaleda Walling: BBQ Cauliflower & Chickpea

Tacos with Creamy Lime Slaw

Bring a dish to share and enjoy a meal with friends and neighbors.

**Space is limited so call now to reserve your spot.**

or RSVP: [info@ggvillage.org](mailto:info@ggvillage.org)

### Senior Walking Group

Every Tuesday, 10:00–11:00 am (sometimes longer)

Meeting locations vary and are posted on the door to the Richmond Senior Center. More info:

[walking@ggvillage.org](mailto:walking@ggvillage.org)

### Sing Along with Eloise

1st & 3rd Wednesday, 2:30–3:30 pm

**\*Special event: December 21: 2:30–4:00pm:**

Enjoy watching a DVD holiday performance by Peter, Paul, and Mary, followed by singing Christmas and Hanukkah songs. Join us for some really fun music making!

### Film Club

Every 4th Wednesday, 5:30–8:00 pm

#### Upcoming films:

Dec 28: *Hud*

Jan 25: *Persepolis*

Feb 22: *Nebraska*

Info: [filmclub@ggvillage.org](mailto:filmclub@ggvillage.org)

### Book Discussion Group

Every 3rd Thursday, 3:00–4:30 pm

Share your current reading and favorite books, and get suggestions from other avid readers.

#### Upcoming themes:

Dec 15: *Children's Books (ideas for holiday gifts)*

Jan 19: *It's Raining: Curl Up with a Good Book*

Feb 16: *Jane Austen*

Info: [books@ggvillage.org](mailto:books@ggvillage.org)

## Member Spotlight: “Iris E.”, Poeta(C.M.K.)

Surely one of the most enthusiastic of our Golden Gate Villagers, Iris Kent (aka Iris E., aka Catherine Iris Kent) has enlivened our community with her contributions and presence. A “war baby” and Autumn child born and raised in Boston — city of patriots, revolutionaries, poets, and baked beans — with three brothers, Iris found that the alphabet was “the key to the universe,” developing a love for the written word at a very early age. She likes to quote Jean Fritz: “When I discovered libraries, it was like having Christmas every day.”



GGV Poet Laureate Iris Kent

Several teachers, from elementary school through college, were an inspiration and encouraged her to appreciate poetry and literature. Her Irish heritage helped to turn her into a true storyteller.

After graduating from college, Iris became a high school English teacher. In 1968, she moved to San Francisco as part of a personal Eastertime “resurrection,” starting a new life on the West Coast. Here, she studied yoga and meditation, and developed her skills into becoming an expressive art therapist. And, at age 60 (now 72!), she finally realized who she really was and astonishingly said to herself, “That’s who I am!” Iris says that whenever someone asks her, “What’s with you and Poetry?”, she always whips out David Whyte’s magnificent poem, *The Lightest Touch*:

*In the silence that follows a great line  
you can feel Lazarus, deep inside  
even the laziest, most deathly afraid part of you,  
lift up his hands and walk toward the light.*

Iris is an active celebrant with [herchurch](#), a goddess-centered spiritual center, the purple church at the top of the hill just around the bend from Laguna Honda that welcomes a diversity of spiritual traditions and perspectives and that preaches compassion, creativity, and care for the earth and for all people. She has also been a member of the Older Writers Laboratory (OWL), a reading, writing, and poetry program that meets in the Bernal Heights branch of the public library, for ten years. In addition, Iris is very involved in creating books for younger readers, to counteract what she feels is a loss of a traditional childhood for this generation.

Within Golden Gate Village, Iris has been an active participant in our monthly Cooking Cooperative—which provides easy-to-make and healthy recipes in a lively social setting— and is a member of our monthly Book Discussion Group. Her main GGV “claim to fame,” however, is as our very own **Poet Laureate**. No matter what the occasion, Iris always creates a poem to share, both thoughtful and entertaining. (We are delighted to further share some of these poems here in our quarterly newsletter!)

Iris follows the example of Emile Zola: “If you ask me what I came into this life to do, I will tell you: I came to live out loud.” Next time you see her at a Golden Gate Village event, let Iris help you live your life loud, too.



Fellow Golden Gate Village member Kathryn Gilson shared some of her impressions of Iris, for our profile:

First, I always see Iris with a bejeweled brooch on her jacket which immediately makes me see her as a bright, jaunty very positive individual; I see her putting on that brooch as a statement that today will be special, further proof of that attitude toward the world is her greeting each new day by writing a poem, Iris’ own sun salutation. Iris is interesting because she is interested; she is engaging because she is engaged; she is loved because she is loving — toward the world, toward us humans, toward books and words and ideas.

If you were to follow in Iris’ footsteps (not a bad idea), you would get a road map of San Francisco because she is a well-traveled city woman, whether it be attending an author speaking at a local bookstore, participating in a local writing group, hanging out with the Buddha in the Japanese Tea Garden or bubble-blowing all her troubles away at Ocean Beach (cheap therapy!). She brings a poem to begin an evening of dining and communing with fellow seniors at the Golden Gate Village Cooking Cooperative. She is a lively member of the GGV book club with astute, sensitive, thought-provoking comments, no matter what genre of literature is on the table.

*Eleanor Farrell & Kathryn Gilson*

## Film Notes

### What makes a great film?

Everyone has their own preferences about what they like in a movie. Some people like gun fights, car chases and explosions, the more the better. Some people like battles between titanic monsters and superheroes. Some people like movies that make them laugh. Some people like movies that make them cry. Some people like movies that scare them.

I enjoy those kinds of movies, but the sorts of movies that I enjoy the most have these things in common:

- They are more than just pure entertainment, they make you think.
- The stories, the acting, the beautiful cinematography, and the music are exceptional.
- They take you back in history or forward into utopian or dystopian futures.
- They can be as realistic as documentaries or take you into incredible fantasies.
- They reveal cultures and social groups of which we knew little or nothing.
- They show us the beliefs of others and explain why they have those beliefs.
- They are as full as life is of unexpected surprises.
- They help us to understand our own lives by showing us the lives of other people.
- You want to watch them more than once and the more times you watch them, the more you learn from them and the more you appreciate them.

The German film director, Wim Wenders, made a documentary homage to the great Japanese director, Yasujiro Ozu, called *Tokyo Ga*. Wenders says that Ozu discovered the true purpose of cinema, which is that film lets us enter the life of another person for an hour and a half or two hours. For that period of time we are taken out of our lives and we experience another person's life. Wenders says that Ozu discovered this secret and that it was lost when Ozu died.

I agree with Wender's insight into Ozu's gift, although I don't think it was entirely lost when Ozu died. I think there are many directors who have made films that let us enter the lives and cultures of people who are very different from our own.

Many of the films that I show you will probably have not seen before. Many of them have never been shown on American television. Some of them may not have been shown in the United States. But, no matter what year they were made nor where they were made, each in its own way is a great film.

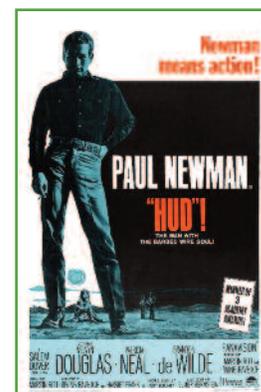
### Perfect Films

There are certain films that I call "perfect films." By that I mean, a film which I cannot imagine any way to improve, it is so good that it is perfect. The next three films I'll show are perfect films.

#### *Hud*

Wednesday, December 28

*Hud* is one example of a perfect film. From the gorgeous opening shot and the spare evocative music, you know that you are watching a great film. The acting, the dialog, the cinematography and editing, every aspect of the film is so perfectly done, it's hard to imagine any way it could have been improved. *Hud* is certainly one of Paul Newman's best performances and may well be his best. *Hud* won three Academy awards and was nominated in four other categories as well.



#### *Persepolis*

Wednesday, January 25

*Persepolis* is a magical film that begins with a spirited young girl growing up in the first years of the Iranian Revolution. Fearing for her safety, her parents send her to school in Europe where she comes of age in a very different culture and then returns to Iran.

#### *Nebraska*

Wednesday, February 22

*Nebraska* is a loving homage to family life in the small towns on the Great Plains. By helping his father follow his dream, a son comes to learn things about his father that he never knew and his father comes close to his son. It's a very funny and touching film.

© Holden Aust

## Our Mission

We are a community based organization dedicated to helping seniors and people living with disabilities to age in community, safely in the homes they love and in the neighborhoods they know. Our village provides the resources to meet the practical as well as the social, cultural, and educational interests of seniors living in San Francisco's Richmond District neighborhood.



## Sandra Fewer Elected as New Richmond District 1 Supervisor

The November election brought San Francisco's Richmond District a new Supervisor, Sandra Lew Fewer. A fourth generation San Francisco resident, Fewer was born in Chinatown. When she was three years old, her family moved to the Richmond district where Sandra attended Sutro Elementary School, Presidio Middle School, and Washington High School.

Sandra received her Bachelor's degree in Administration of Justice and her Master's degree in Public Administration from Golden Gate University. Not long after completing her education, Sandra became involved in public education issues in San Francisco.

As a mother of three children — each of whom attended SFUSD schools — Sandra has a long and distinguished record of service to our public school system. She served as a PTA President for twelve terms, Vice President for ten terms, and Executive Vice President of the San Francisco PTA for two terms. She also worked as a Volunteer Coordinator at Alamo Elementary School for two years.

In addition to these contributions, she has been a member of 10 School Site Councils and has served on several SFUSD committees including the Citizen's Advisory Committee on Student Assignment, the Weighted Student Formula Committee, the Career and Technical Advisory Committee, and in 2007, she served as the Chairperson for the Superintendent Selection.

Before her election to the School Board, Sandra worked as the Director of Education Policy and Parent Organizing at Coleman Advocates for Children and Youth for seven years. In this capacity, she analyzed the practices of public school systems throughout the nation in order to gain a better understanding of the policies that need to be brought forth to the San Francisco Board of Education. Her position also allowed her to train and educate



hundreds of parents every year, empowering them to be active participants in their children's education. Sandra's efforts led to the creation and implementation of the Parent Advisory Council to the San Francisco Board of Education. On April 22, 2008, Sandra and parents led the charge for the unanimous passing of the resolution by the Board of Education, "Closing the Achievement Gap in the San Francisco School District."

In recognition of her decades of work improving schools, Sandra received an award from Chinese for Affirmative Action at their annual Celebration of Justice in 2006.

### Fewer's Election Announcement:

It is with great appreciation that I announce my election to the SF Board of Supervisors to represent the Richmond District. My team and I worked hard to build an inclusive grassroots campaign based on the priority issues of Richmond District residents, and our commitment to affordability and community building resonated across the neighborhood. Thank you to all the supporters and volunteers who helped make this campaign a success. And thank you to all of the other District 1 Supervisor candidates who made the race lively and focused on real issues.

This victory is for our neighborhood. It's a win for seniors on fixed incomes, immigrant households, longtime residents, and young families trying to build a life together in the Richmond District. After eleven months of listening to the needs and aspirations of Richmond District residents, I am honored and humbled to serve as Supervisor. I pledge to be responsive to the needs of our constituents, and I will work hard to be an attentive and thoughtful steward of our neighborhood.

My colleagues and I will be sworn into office the second week of January, and I will share my new contact information with you as soon as I am able. In the new year, I will host a community meeting to hear from residents about their central priorities and to discuss implications of the national election for San Francisco. Stay tuned for details—I'm so excited about we can achieve together.

*Biography & statement source:*  
[Sandra Lee Fewer Facebook page](#)

## Tai Chi at RSC

I've had the pleasure of leading the first **Tai Chi for Arthritis for Fall Prevention (TCAFP)** class at Richmond Senior Center. This class is part of Dr. Paul Lam's **Tai Chi for Health** series, which are programs that are designed to be accessible, easy-to-learn, safe, and effective for health.



*Cheryl Mar's tai chi class in motion*

The TCAFP set is 21 forms (moves). In the first 12-class session, we learned forms 1-8. My enthusiastic students caught on quickly and were eager to continue their tai chi practice, so we held a second 12-class session to learn the remaining

forms. We will soon be practicing the entire TCAFP set. Congratulations to our first 11 graduates!

Interested in learning tai chi? This is a beginning tai chi class, suitable for all abilities. It helps improve flexibility, strength, stamina, posture, coordination, and mental concentration, which can ease arthritis symptoms and improve balance (preventing falls). It's also a lot of fun to learn and you get to do cool moves like "Wave Hands in the Clouds" and "Push the Mountain." Curious to discover what these are? Look for a new session to begin in early 2017!

*Cheryl Mar*

## RSC is Forming a Safe Streets Team

We will be taking the information learned from Street Smarts Advocacy 101 and other possible trainings to assess pedestrian safety issues in the Richmond neighborhood and create solutions that support seniors and persons with disabilities. Want to get involved? What are the hazards you encounter as a pedestrian? What will make you feel safer? We need your input! Involvement and time commitment are flexible and can be as simple as participating in a discussion/focus group. For more information, contact Cheryl at [cmar@ggsvillage.org](mailto:cmar@ggsvillage.org) or (415) 752-6444.

## Thank you, Supervisor Eric Mar!

All of us at Golden Gate Village would like to express our deep appreciation to Supervisor Eric Mar as he finishes his second and final term serving District 1. Supervisor Mar has been an incredible advocate for the Richmond District community, with attention to the concerns and needs of seniors, adults living with disabilities and families. Supervisor Mar has not only been an advocate was a sponsor of the successful Dignity Fund Initiative that sets aside dedicated funding for senior services for the next 20 years! He also sponsored a home healthcare initiative that will pilot in home care services for those who have too many assets to receive government aid but too little money to pay for private care. So many of the programs and services that we provide are directly tied to his authentic leadership and willingness to listen. Our village, one of the first to be launched by a senior center, continues to thrive due to his advocacy.



*Selfie with Eric Mar the fish*

*Linda Murley & Kaleda Walling*

## Grocery Delivery & Friendly Visitor Volunteers Needed

Looking to make a difference in your neighborhood? There are seniors living in the Richmond who are home bound and unable to make a quick trip to the grocery store or visit the local senior center. By volunteering just 30 minutes to an hour each week to deliver a bag of groceries, you not only help ensure food security but also serve as a link to the community and help prevent isolation and loneliness.

Find out more about how you can help seniors living near you. Call (415) 525-2571 or email [cwong@ggsvillage.org](mailto:cwong@ggsvillage.org).





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## Four Easy Ways to Join

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**Online:** [ggvillage.org](http://ggvillage.org)  
**Visit:** 6221 Geary Blvd. 3rd Floor
- Hours:** M-F 9 am-3 pm