

NEWSLETTER



Serving members in Belmont, San Carlos, Redwood City, and Redwood Shores



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WELCOME 2017!

This new year, mend a quarrel. Seek out a forgotten friend. Dismiss suspicion and replace it with trust. Write a letter. Give a soft answer. Encourage youth. Manifest your loyalty in word and deed. Keep a promise. Forego a grudge. Forgive an enemy. Apologize. Try to understand. Examine your demands on others. Think first of someone else. Be kind. Be gentle. Laugh a little more. Express your gratitude. Welcome a stranger. Gladden the heart of a child. Take pleasure in the beauty and wonder of the earth. Speak your love and then speak it again.

Howard W Hunter, 14th President of the Church of Jesus Christ of Latter-day Saints

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Contact Sequoia Village at: 650-260-4569 or info@villagesofsmc.org

Sequoia Village and Mid Peninsula Village are two local villages under the umbrella 501(c)(3) nonprofit called Villages of San Mateo County

COFFEE CONNECTION

Join us for an opportunity to socialize with other Sequoia Village members and to hear an intriguing and informative talk on printmaking, digital imaging and photojournalism. Open to all SV and MPV members, volunteers, and guests. Light refreshments will be provided.

DATE: Wednesday, January 25, 2017

TIME: 10:00 am—12 noon

LOCATION: Redwood City Veterans Memorial Senior Center
1455 Madison Avenue, RWC 94061

RSVP: Villages of San Mateo County Office no later than January 18, 2017 at 650-260-4569 or send an email to info@villagesofsmc.org



*** Please indicate if you do or do not need a ride**

**** Fred will be raffling off three color prints of his work. You will need to be present to participate in the raffle.**



"Flying Fish" photographed by Fred Gerhauser

GUEST SPEAKER

Fred Gerhauser, an award-winning Bay Area artist, will present some of his photographs and describe the varied techniques associated with them. After training as a Commercial Artist and after a career as a senior executive at Varian Associates, Inc., in Palo Alto, Fred reestablished his presence in the art world by taking up printmaking in his home studio. His work has received numerous awards at juried exhibitions, including a one-year scholarship at The Academy of Art University (2005) and the 2007 Diamond Award given annually to outstanding artists of San Mateo County.



FOUR TIPS FOR KEEPING YOUR NEW YEAR'S RESOLUTIONS

Each January 1, millions of people make New Year's resolutions. A new year, a new you. It's a pleasing, hopeful thought that most of us cling to after two months of high-calorie consumption with friends and family. Unfortunately, most of these fail.

Almost always, our resolutions are aligned to improve our physical health in some way: eat healthier, exercise more, get better sleep. We might also make resolutions to benefit our emotional and intellectual needs: never miss a grandchild's soccer game, or read a book a month. Here are a few tips that may serve you well along your way:

1. **THINK SMALL:** It's always tempting to make a resolution that will transform you by the end of next year. But the reality is that it's much easier to say you will get up at 5 a.m. each morning to hit the treadmill than it is to actually do it. Only make a resolution that is attainable. Otherwise, you are setting yourself up for failure.
2. **GIVE YOURSELF A BREAK:** If you cheat on your diet, or skip a day of exercise, go easy on yourself. Keep in mind that this is a personal goal. If you really want to see progress, you'll dust yourself off and get back on the wagon. Resist falling into a defeatist mindset and throwing in the towel after a small setback.
3. **VISUALIZE, FOCUS, AND COMMIT:** Understand that any resolution requires constant dedication to achieve. First, visualize yourself doing what you set out to do (or not do). Focus every day on your behavior and remind yourself why you chose to do this. It's a daily commitment of energy and will, but stay positive and you can absolutely stick to your resolutions.
4. **DON'T GET DISCOURAGED:** If you fall short on your goal at some point, pick yourself back up and try again. The important thing is that you're striving to make positive changes in your life.

HAPPY NEW YEAR, SENIOR VILLAGERS!

**SEQUOIA VILLAGE
CHAIRS AND
COMMITTEES**

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*Victoria Kline
Scott McMullin*

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NEWSLETTER

*Nancy Grandfield
Michel Onstein
Nancy Winningham
Wani Wynne*

VENDOR

Lisa Sharek

**VOLUNTEER SERVICE
COMMITTEE**

*Randi Kutnewsky
Irene Liana*

MEET LIAM SHAREK: GIVING BACK TO THE COMMUNITY

When he sat down for a SV newsletter interview, Liam Sharek asked, "Who will be reading this? It would be cool if Obama read it." That goes for everyone, because this 16-year-old volunteer is one of the "coolest" young people I've ever met. He is gentle, humble, and gracious; values learned from his loving family. His father, Paul, is a pediatrician at Lucile Packard Children's Hospital at Stanford who, when he isn't practicing medicine, travels around the country helping to improve the qualities of needy hospitals. His mother, Lisa, is a hand therapist ("we have lots of toys around the house that she uses in her work"). His brother, Ryan, is a sophomore at Santa Clara University.



Liam became a Sequoia Village volunteer through his high school curriculum that requires a minimum of fifteen hours of service each year. When he was a freshman, he worked with young children with disabilities. This year he is helping SV members with household chores, painting, yard work, whatever is requested. He says, "it makes me feel good, giving back to the community." Born in Sequoia Hospital, Liam's home is in San Carlos. He is grateful for the basketball court at Burton Park where he is a point guard in games "for fun" rather than competition. He loves all sports, and recently enjoyed the football homecoming game at St. Francis High School in Mountain View.

"My school is very diverse, with high academic standards that require us to study hard. I don't like to study for tests, but we all try to maintain high academic standards for our school. I worry about getting a high SAT score. It has tricky, confusing math questions. Reading comprehension is my best class. We just finished "Macbeth" in English class that gave me an appreciation for

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Shakespeare. Right now I am interested in a business profession."

"St. Francis High School is protective of personal opinions so I get most of my news from the internet." I asked him about several initiatives on the recent San Francisco ballot.

Regarding marijuana use, Liam said marijuana use doesn't impact his friends' lives but he thinks it is okay when used for medical purposes. "I think it is a lot less damaging than when people drink alcohol to excess. That really hurts society."

Travel is a high priority in his life. Last summer the family had a house swap and went to Ireland, London, France and Italy, staying two weeks in each locale. Speaking Spanish, Liam wants to go to Spain next year, and in the future he wants to go on a cruise "to every single country, as long as it takes."

"I recently lost a friend in a car crash. After that, it has given me a new look on the world, and how I should cherish my relationships. I see how I will spread love by showing everyone I am there for them. I am learning how important it is to cherish life."

Reading Liam's story, whether it is ever read by President Obama or not, is one that is a blessing to all with whom it is shared.

by Nancy Grandfield

THE NEIGHBORHOOD GROUP PROGRAM IS UP AND RUNNING!

It all began in October with the launching of the Neighborhood Group Program. Many thanks to the wonderful organization and planning by Clare Gardella, Cynthia Ford and Linda Thomas.

So far, we have established six Groups. Each initial gathering took place in restaurants located in Belmont, San Carlos and Redwood City. At these luncheons, new friendships were made and old connections were reestablished. The purpose of these Groups was to enable members to meet in a small setting just to socialize, either in someone's home and/or engage in whatever activities in the community that interested the particular Group.

Everyone agreed the idea for Neighborhood Groups was a wonderful addition toward community togetherness and all were eager to continue these get-togethers monthly. Many of the Groups have had their second activity already and some are working on their third.

Sequoia Village was the inspiration behind this neighborhood concept and will be available to consult with members as needed. **It's all about Neighbors Helping Neighbors and enjoying each other's company!**

"I found this activity meaningful and fun— watching people come out of their shells and gradually interact with each other, responding positively to suggestions [for future group activities] and more..."

Linda T.

SAN FRANCISCO SOIREE

It was one fine day in early December where members from Sequoia Village boarded a bus for San Francisco. There were smiles, continuous chatter and laughter galore as we drove to our destination in front of Grace Cathedral. We were warmly greeted by an amicable docent who was eager to guide us around the Cathedral and share the wonderful stories connected to this great San Francisco landmark.

Afterwards, we walked to the Fairmont Hotel to gaze our eyes on the huge Gingerbread House and Christmas tree that filled their lobby. As our stomachs alerted us to "it's time for lunch," we ended up at the fine French Cuisine, L'Olivier.

Between the ambiance of the restaurant and graciousness of the meal and staff, we all returned home feeling fulfilled with beautiful memories of the day. We were so grateful to Clare Gardella, member and volunteer, who organized this special day for us!

*"I had the best time—
Sequoia Village plans such
wonderful gatherings for us
members--when can we do
this again?"* Chris I.



SAVE THE DATE!

(Invitation Will Follow)

All Sequoia Village and Mid Peninsula Village

Members and Volunteers are invited to:

HIGH TEA LUNCHEON

Date: Saturday, January 28, 2017

Time: 12 noon to 2 pm

Place: San Carlos Adult Community Center, San Carlos



SEQUOIA VILLAGE DONORS

Sequoia Village extends its sincere appreciation for the generous financial support and in-kind gifts received from the following individuals and organizations:

- *Sequoia Healthcare District*
- *Trinity Presbyterian Church of San Carlos*
- *Rotary Club of San Carlos*
- *Howard & Martha Girdlestone Foundation*
- *Kiwanis Club of San Carlos*
- *Peter & Paula Uccelli Foundation*
- *Danford Foundation*
- *Dignity Health*
- *Mid-Peninsula Vineyard Christian Church*
- *West Valley Federated Women's Club*
- *Redwood City Parks and Recreation*
- *City of San Carlos*
- *Charis Fund*

2016 NATIONAL VILLAGE GATHERING

The Village to Village (VtV) Network held their annual 2016 National Village Gathering in October in Columbus, OH, and was well attended by members from The Villages of San Mateo County. Among those in attendance were Victoria Kline and Randi Kutnewsky, from Sequoia Village, and Deb Flaherty from Mid Peninsula Village. We all had the opportunity to network with many of the 270 attendees from over 120 Villages and to share ideas with one another.

Yes, we came home with our heads full of even more ideas. More importantly, we all agreed that the Villages of San Mateo County is very fortunate to have outstanding and passionate members, volunteers and leaders. Consequently, our Villages have grown so nicely!



left to right: Randi Kutnewsky, Deb Flaherty, Victoria Kline

SV's OLDEST MEMBER DANCES THROUGH LIFE

Maybe the secret of a long life's journey is being born on a train. Edna Arias' mother was en route from her home to Merced to visit her family when she suddenly went into labor and gave birth. The conductor stopped the train, and mother and child were transported back home to Boulder Creek. Today Edna has 101 years of memories to share with Sequoia Village members.



When she was four, Edna moved to Merced to live on her grandmother's vegetable farm. There she grew up harvesting zucchinis, tomatoes, squash, and beans. She and her brother picked, packed, and sold the produce to people who came to the farm to buy the beautiful bounty. They earned 15 cents an hour for their hard labor.

"We were very poor. I didn't know what it was to buy shoes. My mother made her own bread; we never had meat to eat, just chickens, fish and rabbits, and lots of vegetables. I went to grade school, but my brother and I knew we had to get away from that farm. I got married when I was 19, and we moved to San Francisco, but each summer I'd return to Merced to help pack the produce."

Edna has one son, living in Coeur d'Alene, and two grandsons, one of whom lives with her in Redwood City with his wife and eight-year-old twins. Her life is full of joyful things ... volunteering at St. Pius kitchen, doing Tai Chi at Fair Oaks twice a week, having her hair done once a week ("I put the rinse on myself"), and going every three weeks for a manicure with a girlfriend. But the most fun of all is the dancing. "I love swing, Benny Goodman, the big bands. I have lots of dancing partners. I love people, I love to exercise. I go out every day. Being at home is boring, boring, boring."

Thoughts on her health: "I never take medicine. Just calcium, Vitamin B, a multi-vitamin and glucosamine. I'm not a pill or doctor person. If I can't cure whatever it is in three months, then I'll call him."

Thoughts on today's economy: "Everything is priced way out of proportion. Do you know how much a piece of chewing gum costs!"

Any worries? "I do worry about my kids. I don't think the present generations are going to live as long as we do. They eat too much junk food. I saw a couple of young kids on a corner the other day, puffing away on God knows what."

Edna has a secret to her 101-year longevity. "Every night I go to bed at 6:00 or 7:00, get in my king-sized bed, put on my earphones, and watch TV. I just want to live as long as I can, to see my great-grandkids grow up."

by Nancy Grandfield