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Photo by Karen Hansen

Send your Bay Area photos to SausalitoVillageTips@gmail.com

Happy Friday, Villagers

And welcome to the our weekly Sausalito Village newsletter, a mix of local news, features, jokes, pictures, and information on events from around the village, virtually, and around the world.

Please send your contributions by 10 am Thursdays to:

SausalitoVillageTips@gmail.com

Are you forwarding this newsletter to a friend?

Have your friend sign up directly to receive the weekly newsletter by making the request to SausalitoVillageTips@gmail.com

Have you missed a previous newsletter? They are archived!

You can view past newsletters on the SV Website:

https://sausalito.helpfulvillage.com/newsletters?newsletters_month=7&newsletters_year=2023

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SV hosted events in the coming 2 weeks:

- March 3 - [Do you have a favorite song?](#)
- March 4 - [Stretch and Strengthen with Rayner](#)
- March 4 - [Souper Monday Club](#)
- March 5 - [Morning Book Review \(Group is full\)](#)
- March 10 - [Line Dancing](#)
- March 10 - [Oscar party hosted by Film Group](#)
- March 17 - [St Patricks Day Dinner at Star of the Sea](#)

Future Events with limited space, sign up now:

- March 20 - [Smitty's Luncheon](#)
- April 9 - [Felecia Gaston hosts SV tour of Marin City Exhibit](#)
- April 17 - [Resources as you age presentation by Born To Age](#)

To view the Sausalito Village calendar full of events [CLICK HERE](#)

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Happy Birthday to Sausalito Village members born in March!

Patty Bacon - Cindy Becker - Velia Butz
Phyllis Eisenman-Lampert - Lee Follett
Gail Forrest - Ellen Fusco - Judy Haslam
Heather Kay - Ann Knight - Carol Lauten
Safoura Moainipour - Fred Moore - Richard Pavek
Patricia Pigman - Katherine Smith
Yvonne Spencer - Jerry Spolter

If you are an active Sausalito Village member born in the month of March and don't see your name listed, please let us know! We want to make sure to correct our database and be sure to celebrate your special day.

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NEW SV CLASS: Weekly gentle mat yoga for seniors starting Wednesday, March 20th

WHEN: Wednesdays, starting March 20th, 4pm-5pm

WHERE: Exercise studio, downstairs Sausalito City Hall

RSVP: <https://sausalito.helpfulvillage.com/events/4108>

Gentle mat yoga with Barbara Lane and Rayner Needleman. Stretch and strengthen your limbs and improve your balance with this class that unites body, mind and spirit. Barbara and Rayner will alternate teaching each week, and they are both certified yoga teachers with many years of experience.

They love teaching seniors because they are seniors themselves!

Bring your own yoga mat, wear comfy clothes, and an empty stomach.

No charge.



Waterstreet Apartments at 605-613 Bridgeway facade elevation, illustration by Francis Gough Architects

Plans Revealed For 7-Story building along Sausalito historic waterfront

Excerpted from SF Chronicle

A proposed condo complex in the heart of Sausalito's historic waterfront district is set to ignite a political and legal battle that could determine whether the Marin County city will preserve its historic status as a development no-go zone or open itself up to a new generation of housing production.

This week, property owner Linda Fotsch submitted an application to redevelop a half-acre site at 605-613 Bridgeway, now home to four storefronts.

The facades of the four existing retail spaces, part of the city's downtown historic district, would be preserved while five stories (above the storefronts) of new condos with wraparound balconies

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...house a parking lot that has become the rear entrance, which
house a deli, an ice cream parlor and a wine bar.

Continue reading SF Chronicle: [HERE](#)

Petition circulating in opposition of the proposed development:

https://actionnetwork.org/petitions/urgent-petition-against-605-613-bridgeway-condo-development?source=direct_link&



**RSVP now for March Souper Monday Club
featuring Trident Restaurant - THIS MONDAY**

Event is free of charge, but reservations are required. Yes, bring a friend or neighbor too, just be sure to RSVP.

WHEN: Monday, March 4th, 11:30am - 1:00pm

WHERE: Campbell Hall, 70 Santa Rosa

RSVP: <https://sausalito.helpfulvillage.com/events/4112>

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A monthly lunch to bring people together in community the first Monday of every month.

The idea is simple, enjoying a hearty and healthy soup while meeting up with old friends or making new ones. The tables will be set with fabric tablecloths, ceramic bowls/plates and real silverware. Light live music will be playing in the background.

Different restaurants donate two hearty soup choices each month served with bread, dessert and hot drinks.

No charge, donations accepted. Open to all seniors.

Parking is available BUT fills up. CARSS offers both door to door rides and shuttle rides from Dunphy Park. Reserve your ride by Friday, March 1st. Call 415-944-5474 or email SausalitoVillageRSVP@gmail.com



The captivating stories behind San Francisco Bay Area city names

Excerpted from SF Gate

Read the entire article [HERE](#)

Alameda

The land that is today Alameda was once owned by Luis Peralta, a settler who was gifted the land grant by the governor of California in 1818. The word “alameda” means a grove of poplar trees in Spanish and was chosen in 1853 after a popular vote of residents.

Albany

Albany’s creation is a lot more colorful than its name indicates. In 1908, a group of local women became incensed that Berkeley residents were dumping their garbage there. The anti-trash vigilantes, armed with shotguns, warned away potential trash dumpers and started a movement that led to the creation of a separate town: Albany. It was initially incorporated as the City of Ocean View, but the name was changed in 1909 to differentiate it from a nearby section of Berkeley called Ocean View. Albany was selected in honor of their first mayor, who was born in New York’s Albany.

Antioch

In 1851, the settlement of Smith’s Landing got an appropriately religious name suggestion from the town minister — Antioch. The name Antioch refers to the ancient Greco-Roman city, site of Christian settlement and multiple battles during the Crusades. The citizens liked it, and Smith’s Landing became Antioch.

Belmont

According to ‘California Place Names’ by Erwin G. Gudde, Belmont gets its name from the Italian phrase “bel monte,” or “beautiful mountain.” Mountains is probably overstating it, but Belmont is nestled at the foothills of several parks and open spaces.

Benicia

wanted to name the town after his lovely wife Francisca. But his idea was dashed when he found out Yerba Buena had changed its name to San Francisco. Instead, he used one of her middle names, Benicia.

Keep reading SF Gate for 59 more stories [HERE](#)



What's your favorite (or one of many) song?

A common question as we go through life. Maybe it's from a teen sock hop or basement party back in the 50s . . . from one of your treasured albums . . . perhaps a memory from your first love affair . . . or your wedding song . . . a holiday recording . . . many of you grew up with Motown and all those hit songs in the 60s.

A special song that brings a smile and makes you feel good.

This Sausalito Village event will be an opportunity to get together and listen to and share memories of each other's special songs.

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RSVP: <https://sausalito.helpfulvillage.com/events/4246>

Add your song choice in the Comment Section

HOST: Michael Duarte

Yes, you can attend and just listen and enjoy the music and stories.

Bubbly and nibbles will be served.

Plenty of street parking, but please DO NOT park in the Rotary housing lot.



BIG NEWS: Grocery Outlet opens next week in Marin City

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Did you know that Grocery Outlet stores are independently owned? We are lucky enough to have owners Bruce and Chantele, residents of Marin City, as the new owners of the Gateway Shopping Center's newest tenant, filling the space previously occupied by CVS.

March 7th is the grand opening of the new Grocery Outlet with 1,000 people expected.

Sausalito Village is working with Chantele and Bruce to provide a pre-opening tour of the store on March 6th for seniors interested in seeing what will be offered. This is just for looking, they will not be open for transactions until the next day.

If you are interested in this preview, contact SausalitoVillageRSVP@gmail.com to reserve a space. Time still to be determined.

CARSS (Call A Ride for Sausalito Seniors) provides free rides between Sausalito and Gateway Shopping Center. If you are not already signed up for CARSS and are a Sausalito senior who does not have a car or does not drive, sign up now for this free transportation around town. More info at www.CARSS4You.org or by phoning 415-944-5474.

Grocery Outlet website: <https://www.groceryoutlet.com/>

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Are you ready to vote?

From the Sausalito Currents

Election Day is fast approaching. Mail-in ballots for the [2024 Presidential Primary Election](#) must be postmarked on or before Tuesday, March 5. Ballots that are not mailed may be dropped off at a vote center or drop box or voted in person by 8:00 p.m. on March 5.

The vote center in the Edgewater Room on the lower level of [Sausalito City Hall](#) will open on March 2. Hours for voting at City Hall:

- Saturday, March 2, Sunday, March 3, Monday, March 4 — 9:00 a.m. to 5:00 p.m.
- Tuesday, March 5 — 7:00 a.m. to 8:00 p.m.

[Drop box](#) locations in the Sausalito area include the parking lot of Sausalito City Hall (next to the library book drops), the Marin City Library, and the Mill Valley Community Center.

Need a ride to vote? Call CARSS today at 415-944-5474 for a ride



Below is a list of places around the world that share a specific thing in common.
What ties them together?

La Brea Tar Pits
Sahara Desert
Minnehaha Falls
Lake Tahoe
Mississippi River
Milky Way Galaxy

Find the answer at the bottom of the newsletter.

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March Fire-smart Tips from the UC Master Gardeners

MARCH: Remove and Replace Invasives

Invasive plants spread quickly, use precious water, and add considerable amounts of fuel for fire.

- Remove invasive plants such as ivy, broom, and pampas grass.
- Replace with California natives, pollinator plants, or low-water use plants.
- When replacing invasives with new plants, use appropriate plant spacing based on how close you are planting to your home and other structures.
- If you decide not to replace an invasive plant by planting a new plant in its place, use an appropriate mulch to cover the bare spot to prevent weeds and other opportunistic plants from establishing in this area.

Additional learning resources:

Invasive plants:

https://marinmg.ucanr.edu/PLANTS/PLANTS_TO_AVOID/

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Plant spacing:

<https://marinmg.ucanr.edu/BASICS/FIRESMARTLANDSCAPING/Plan/#spacing>

Mulch:

<https://marinmg.ucanr.edu/BASICS/FIRESMARTLANDSCAPING/Tips/#Jul>

FOR MORE INFORMATION ON FIRE-SMART LANDSCAPING, VISIT
<https://marinmg.ucanr.edu/BASICS/FIRESMARTLANDSCAPING/>.



We are heading back for lunch at Smitty's!

Thanks so much to owner and CARSS driver Carol Keller
we will be celebrating our 7th trip to Smitty's for Lunch About Town!

JOIN IN THE FUN

When was the last time you were in Smitty's??

The jukebox will be playing your standards, a free drink on the house and
lunch of a selection of sandwiches, salads and chips.

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WHERE: Smitty's Bar, 214 Caledonia Street

RSVP/PAY: <https://sausalito.helpfulvillage.com/events/4272>

Trouble registering/paying? Email SausalitoVillageRSVP@gmail.com to register and you will be able to pay at the door.

\$10 for SV members and volunteers

\$15 for non-members

RESERVE A door to door RIDE with CARSS. Call 415-944-5474 by March 18th.



About the Salesforce building video stream in its crown

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3 Acronyms you might not know

Excerpted from Interesting Facts

Radar - While the term started out as an acronym — standing for “*RA*dio *D*etection *A*nd *R*anging,” “radar” is a technology used for many things, defined as “a system for detecting the presence, direction, distance and speed of aircraft, ships and other objects, by sending out pulses of high-frequency electromagnetic waves that are reflected off the object back to the source.”

Scuba - You can’t get your SCUBA certification without learning what this acronym stands for. It means “Self-Contained Underwater Breathing Apparatus,” which is a pretty straightforward description of the equipment and the activity. The term originated in 1952, and “scuba-diving” came around by 1956.

CARE (package) - Lucky summer campers and college students might receive a care package from mom when they are away from home for the first time. Colloquially, this is “a parcel of food, money, or luxury items sent to a loved one who is away.” However, the acronym comes from a program known as the Cooperative for American Remittances to Europe.



National Slam the Scam Day

March 7, 2024



Social Security Administration gives you the tools to recognize Social Security-related scams and stop scammers from stealing your money and personal information.

Help protect your loved ones, yourself and people in your community this Slam the Scam Day by:

- Get educated about government imposter scams. No one should be embarrassed to report if they shared personal information or suffered a financial loss. It is important to report the scam as quickly as possible.
- Share the [SSA's Scam Alert fact sheet](#) and helping educate others about how to protect themselves. Link is [HERE](#) to the fact sheet.

Report Social Security-related scams to the Social Security Office of the Inspector General (OIG).

[Report a Scam HERE](#)

Visit www.ssa.gov/scam for more information.



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SV Oscar Party and Watch

WHEN: Sunday, March 10th

Cocktails and appetizers with Red Carpet watch starts at 4pm

Oscars starts at 5pm

Pizza and salad served between 6pm-7pm

WHERE: Sausalito Presbyterian Church downstairs

RSVP: <https://sausalito.helpfulvillage.com/events/4306>

Come join the fun as our Film Group hosts, Pastor Paul and Chef Joey, open Thompson Hall (downstairs in the Presbyterian Church) for a night at the Oscars.

Wine, champagne and appetizers will be served for the red carpet watch along with pizza and salad during the show.

Parking is difficult in the area of the church. RSVP for a door to door ride. Call SV at 415-332-3325 by March 8th to reserve your ride.

You are welcome to dress up! We will have Oscar ballots for your guessing pleasure.

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THE GREATEST WAY TO LIVE
WITH HONOR IN THIS WORLD IS
TO BE WHAT WE PRETEND TO BE.

- SOCRATES -

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4 Rock songs inspired by Marin County

Excerpted from Marin IJ

Marin County has long been a haunt for rock musicians, particularly newly wealthy ones, thanks to its proximity to the one-time countercultural hub of San Francisco. Legendary musicians like Bonnie Raitt and Sammy Hagar still call it home, and past residents include Van Morrison, Carlos Santana and the Grateful Dead's Phil Lesh. Marin studios like Sausalito's [Record Plant](#), Nicasio's [the Site](#) and West Marin's [Panoramic House](#) have produced some of the biggest-selling and best rock albums of all time. Yet the wealth of songs inspired by Marin's natural beauty suggests artists are just as drawn to the spirit of the place itself. These four rock songs, all made by one-time or current Bay Area residents, reflect Marin County's

David Crosby — “Tamalpais High (At About 3)”

The late countercultural icon and longtime Marin resident David Crosby knew exactly what he was doing when he gave this song from his 1971 solo album “If I Could Only Remember My Name” its title, which refers to the high school but also to something else. “It’s not about getting high,” he told Rolling Stone in 2021, insisting instead it was about a girlfriend who went to Tamalpais High School and finished classes at 3 p.m. — yet the same year, he told the Los Angeles Times that it’s “more about being high on Mount Tamalpais than it is about the high school.” This kind of misdirection was characteristic for the wily and cantankerous Crosby, but so is the sweeping beauty of the song itself, stacked with harmonies to better capture the balmy feeling of a mid afternoon in Mill Valley.

Van Morrison — “Snow in San Anselmo”

Van Morrison made an innate connection between the rolling green landscapes of Marin County and the mythical Celtic dreamland of his imagination, the “haunts of ancient peace” in which so much of his music takes place. His albums from his ’70s stay in Fairfax are filled with rapturous descriptions of the local landscape, and “Snow in San Anselmo” from 1973’s “Hard Nose the Highway” was inspired by a real snowfall in San Anselmo, on Dec. 7, 1972. “It was layin’ on the ground,” Morrison sings in disbelief, as if its presence was some kind of miracle that confirmed the presence of a higher power.

Keep reading [HERE](#)

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Some fun science - Bernouilli's Principal made easy. Less than 90seconds



St. Patrick's Day Dinner at Star of the Sea

Sausalito Village has reserved a table to sit together.

WHEN: Saturday, March 16, 6pm

WHERE: St. Mary Star of the Sea Church, 180 Harrison Avenue

PRICE: \$25

RSVP: Email Gale Brewer to reserve a place at the Sausalito Village table: GaleBrewer@comcast.net

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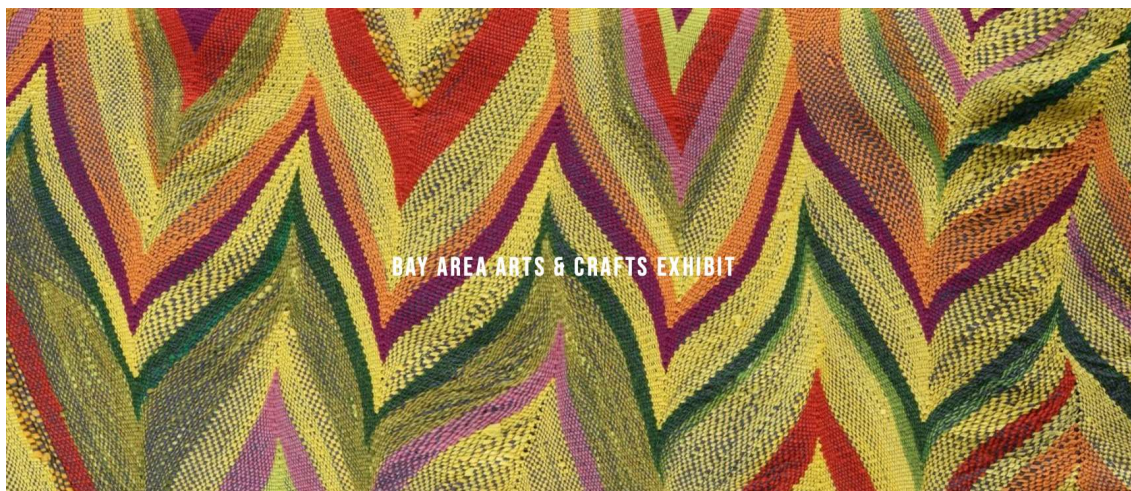
Day dinner. Guests will have their choice of salmon or a traditional corned beef and cabbage dinner.

The event will also feature performers from the [Healy School of Irish Dance](#).

Tickets are \$25 for adults and \$10 for children and will be on sale at the door.



Granny Basketball League championships



Bay Area Arts and Crafts at Sausalito Center for the Arts

WHEN: February 15 - March 15

WHERE: Sausalito Center for the Arts at 750 Bridgeway

The exhibition celebrates Fine Crafts & Fine Art. Although they are two different types of creative expressions, the line between the two can be blurry.

What is fine art in some cultures can be considered craft in other cultures, therefore, making the difference between the two expressions highly subjective.

In general, Fine Craft refers to functional and utilitarian objects when the value of the object is secondary to its function. It is also about excellence in working with a particular material.

Fine art is more focused on works with aesthetic, imaginative, and intellectual value, rather than practical use. Today there is a great deal of overlap between the two categories.

This exhibition features levels of skill, craftsmanship, materials, techniques, and creativity involved in making these unique objects from the Bay Area.

Opening Reception: Saturday, February 24, 5:00pm - 7:30pm

To volunteer to help make this event a success, [click here](#)



Famously smelly corpse flower begins to bloom in San Francisco

Excerpted from SF Gate

The flower, named Mirage, will bloom overnight and last just one to three days. When in bloom, a corpse flower can grow as high as 10 feet and release a smell reminiscent of decaying flesh, “rotten fish, garlic, and sweaty feet,” according to a California Academy of Sciences news release.

Mirage’s blooming is “highly unusual,” the news release stated, because it is occurring at an unseasonably early time during winter. Last year, another corpse flower, [Scarlet the Corpse Flower](#), bloomed in July.

Due to the amount of energy it takes for a corpse flower to bloom, it happens only every three to five years, the press release said.

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the past 100 years, according to the [World Botanic Garden](#). Over 1,000 corpse flowers (*Amorphophallus titanum*) are estimated to remain in their natural range, which includes the tropical rainforests of Sumatra, Indonesia.

Mirage is located on the first floor of Osher Rainforest at the California Academy of Sciences.



Corpse Flower Stinks of Death | The Green Planet | BBC Earth - 4 minutes

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Mick Jagger turns 80!

Excerpted from Sarah Davidson Blog

It was a shock: seeing him recently on the cover of the.... not the Rolling Stone, but the WSJ (Wall Street Journal magazine.) He still has that arrogant/elegant/ nasty vibe, but his face!

The skin is deeply wrinkled, not like the wrinkles most of us have, but thick, weather-beaten folds and ridges that start between his eyebrows and run all the way down his cheeks to his neck. He colors his hair, wears a bright lavender suit, and appears to have on lipstick, but those elephantine wrinkles! It's possible to have them softened surgically, so I assume he wants us to see them. This is me. Eighty f*cking big ones. Deal with it

The Rolling Stones are having a moment. In October, they released their first new album in 18 years, Hackney Diamonds, which received joyous reviews, including from Rolling Stone. And in a recent interview, Mick says they're working now on another album.

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to perform in my trenches, living in Manhattan, married to the night time host of the primo rock station in New York, and I was obsessed with Mick Jagger. I loved his voice, his songs, his strutting, and his outrageous sexuality. So I did what I always did when I wanted to meet someone—wrote an article about him.

The Stones were about to start a European tour, and I obtained an assignment from The Atlantic to cover it.

I flew to Copenhagen to join the tour, but was kicked out after two days, for reasons I'll explain. But I still had to do the story. So I wrote a piece I thought was slight—embarrassingly slight. I hadn't looked at it in 50 years when I unearthed it last week.

It was in a 1971 issue of the Atlantic titled: "Mick Jagger Shoots Birds." I started reading it and was surprised at how sharp and funny it was, not the embarrassment I'd remembered. Friends urged me to post it now, so here 'tis.

Continue reading Sarah's story [HERE](#)



Rolling Stones greatest hits

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FRIDAY PUZZLE

ANSWER

Answer: They are tautological place names, which means that two different parts of them are synonyms, or redundant. For example, Mississippi comes from “misi-sipi,” an Ojibwa word for “big river.” So it’s technically “big river river.” And “la brea” means “the tar” in Spanish—giving you “the tar tar pits.”



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