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Signs of Spring in Sonoma

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:

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SV hosted events in the coming 2 weeks:

March 10 - [Line Dancing](#)

March 10 - Oscar party hosted by Film Group - FULL

March 17 - [St Patricks Day Dinner at Star of the Sea](#)

March 20 - [Smitty's Luncheon](#)

March 20 - [New SV gentle mat yoga begins](#)

Future Events with limited space, sign up now:

March 27 - [Group tour of the Redwoods](#)

April 9 - [Felecia Gaston hosts SV tour of Marin City Exhibit](#)

April 17 - [Resources as you age presentation by Born To Age](#)

March 29 - Learning to love midlife

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

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FREE Weekly mat yoga for seniors starts March 20th

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

WHERE: Exercise studio, downstairs Sausalito City Hall

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

PRICE: FREE

BRING YOUR OWN MAT and TOWEL, they will not be provided and are required for this mat yoga class

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

Barbara and Rayner love teaching seniors because they are seniors themselves! **Bring your own yoga mat**, wear comfy clothes, and best to come on an empty stomach.

IMPORTANT NOTE: This class is for those physically able to get up

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Monday. RSVP for the zoom link on the SV calendar.

www.SausalitoVillage.org

All participants will be required to sign a waiver at their first class.



How to prepare for daylight savings time

Excerpted from Well+Good

1. Go to bed earlier

Go to bed a bit earlier each night, in increments of 15 to 30 minutes, for about five days before the time change (but if you don't have that much time, just start shifting your bedtime up on any nights before daylight saving time begins). This way, you're helping your body adapt to the impending time change before it arrives, so that you don't wind up losing as much sleep (and feeling so tired) when it hits.

sleep science researchers, this kind of breath-based meditation was effective in decreasing sleep-onset latency⁶ (aka the time it takes a person to fall asleep once they're in bed) in adolescents who were struggling with drifting off.

2. Surround yourself with light first thing in the morning

Because we spring *forward* during daylight saving time, we effectively "lose" an hour of precious morning daylight.

Your best bet is to open up your blinds as soon as you get up in the morning, allowing the sun to help reinforce your body's natural clock. If you tend to get up before the sun does (or anticipate that you will, once daylight saving time hits), supplement that lack of natural morning light by flipping on an artificial light made for supporting your circadian rhythm immediately upon waking.

3. Cut back your screen time and keep the house dark before bed

We know, we know: Setting your phone aside for the sake of your sleep is easier said than done. Still, sleep experts cannot stress enough how important it is to limit your screen time before bedtime, particularly around the time when we're setting clocks forward or back.

The blue light emitted from screens has been shown to reduce both the amount of sleep you get and the quality of that sleep⁸, particularly when you're taking it in at night, as it can suppress the release of melatonin (or the hormone that leads you to feel sleepy). And that's the last thing you need when you're about to lose an hour of sleep.

Continue reading [HERE](#)

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

Sausalito Village has reserved tables for us to sit together. Come join in the spirit of St. Patrick's Day and enjoy the Irish Dancing. Full dinner with choice of Salmon or Corned Beef.

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

Everyone is invited to the Star of the Sea Church annual St. Patrick's 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.



TODAY is International Women's Day - here is the history

Excerpted from International Women's Day website

Long before the Feminist Movement of the 1960s, International Women's Day's genesis goes back to February 28, 1909, New York, U.S.A., with a prophetic focus on women's rights. Known originally as "National Woman's Day" it was first proposed by Theresa Malkiel.

On March 19, 1911, International Women's Day was *officially* marked for the first time. More than one million people celebrated in Austria, Denmark, Germany and Switzerland. Women demanded the right to vote, to fight against sex discrimination in the workplace, and to hold public office.

In 1913, International Women's Day was recognized in Russia for the first time, where it catapulted to become part of what led to the Russian Revolution in 1917.

That day was March 8 (February 23 on the Gregorian calendar). Though ordered back to work the next day, workers walked out of factories leading to mass strikes and the abdication of Nicholas II just 7 days later, resulting in Russian women being given the right to vote.

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generation. Women have called for equal pay, equal economic opportunity, equal legal rights, reproductive rights, subsidized child care and the prevention of violence against women.

The United Nations began celebrating International Women's Day in 1975, which was declared "International Women's Year". In 1977, the United Nations invited members to proclaim March 8th as the *UN Day for Women's Rights and World Peace*.

Read the entire article on the website:

<https://www.internationalwomensday.org/history-of-international-womens-day/>



4 Habits of a 'supercommunicator'

Excerpted from NPR

Have you ever met someone who is exceptionally easy to talk to?
Someone who – simply through good conversation – gets you to open

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These are all common traits of "supercommunicators" — people who are consistently able to create authentic connections with others just by listening and talking. They're the topic of a new book published this month, [Supercommunicators: How to Unlock the Secret Language of Connection](#), by Pulitzer Prize-winning journalist Charles Duhigg.

You don't need a specific personality type — like being outgoing or chatty — to be an effective conversationalist, says Duhigg in his book. "It's just a set of skills that anyone can learn," like asking deep questions or being vulnerable.

1. They know what kind of conversation they're having - examples of types: Practical, Emotional, Social

2. They prove they're listening - First, ask someone a question and then listen to their response. Next, repeat back in your own words what they just told you. Lastly – and this is the step that people usually forget, he says – ask your conversation partner if you got what they said correct.

3. They ask a lot of the right questions - Research shows that highly effective communicators tend to ask 10 to 20 times as many questions as everyone else. They may simply be follow-up questions that signal to the other person that you're interested in the conversation. Supercommunicators also ask questions that get people to open up.

4. They aim to understand - For a supercommunicator, the goal of a discussion isn't to impress someone, convince someone or wait for their turn to speak, says Duhigg. It's to genuinely comprehend someone else's point of view and share their own views accordingly.

Read the entire article [HERE](#)

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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.

WHEN: Wednesday, March 20th, 12:30-2pm

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

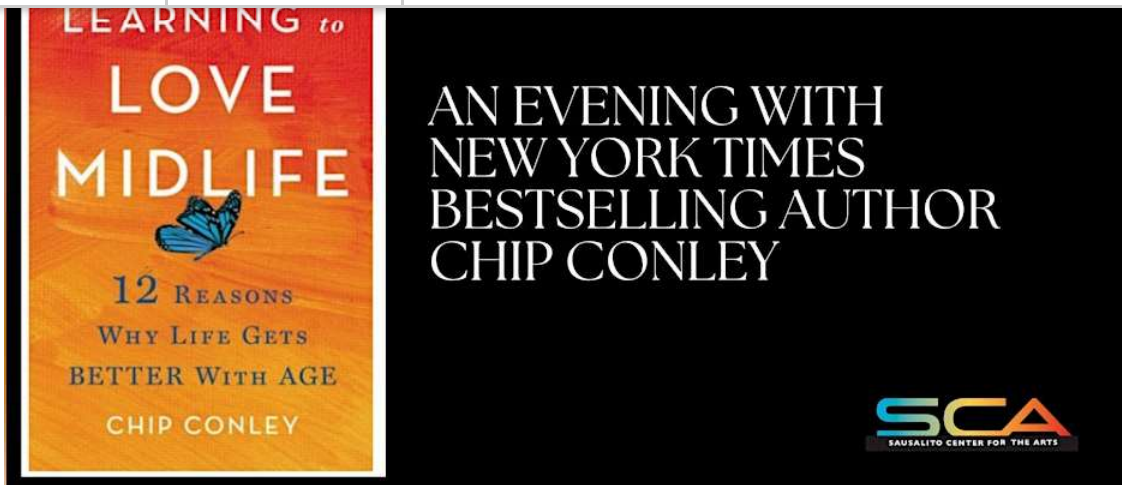
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18th.



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Chip Conley: "Learning to love midlife: 12 reasons why life gets better with age"

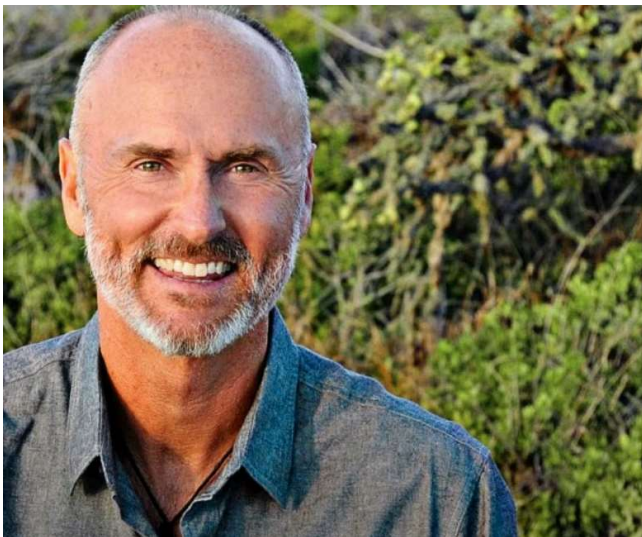
SCA Event in partnership with Sausalito Village, Marin Village and Books by the Bay

WHEN: Friday, March 29, 2024, 5:30pm – 7:00pm

WHERE: Sausalito Center for the Arts, 750 Bridgeway ([map](#))

PRICE: \$40 with book, \$30 without book

TICKETS: <https://www.eventbrite.com/e/852939845037?aff=oddttdtcreator>



Chip Conley is a man on a mission. The long-time hospitality industry

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research which shows that when someone shifts their mindset about aging from negative to positive, they gain 7.5 years of additional life.

Chip created MEA (Modern Elder Academy) with a beachfront campus in Baja six years ago and a 2,600-acre ranch campus opening in Santa Fe, NM in spring 2024. His latest TED talk, "An Alternative to the Midlife Crisis," is an insightful, brief hint at the topic of his newest book, "Learning to Love Midlife: 12 Reasons Why Life Gets Better With Age."

Chip will be in conversation with Cheryl Popp, owner of Books by the Bay. The focus will be on MEA's core curriculum: navigating transitions, cultivating purpose, owning one's wisdom, and reframing our relationship with aging by being "age-fluid."

Wine and nibbles will be served.

Free door to door rides are available in Sausalito through Sausalito Village. Call 415-332-3325 by March 27th to reserve yours.

Read last weeks SF Chronicle article about Chip Conley [HERE](#)





Support Sausalito Restaurant Week March 18th - 24th

Excerpted from Marin Magazine

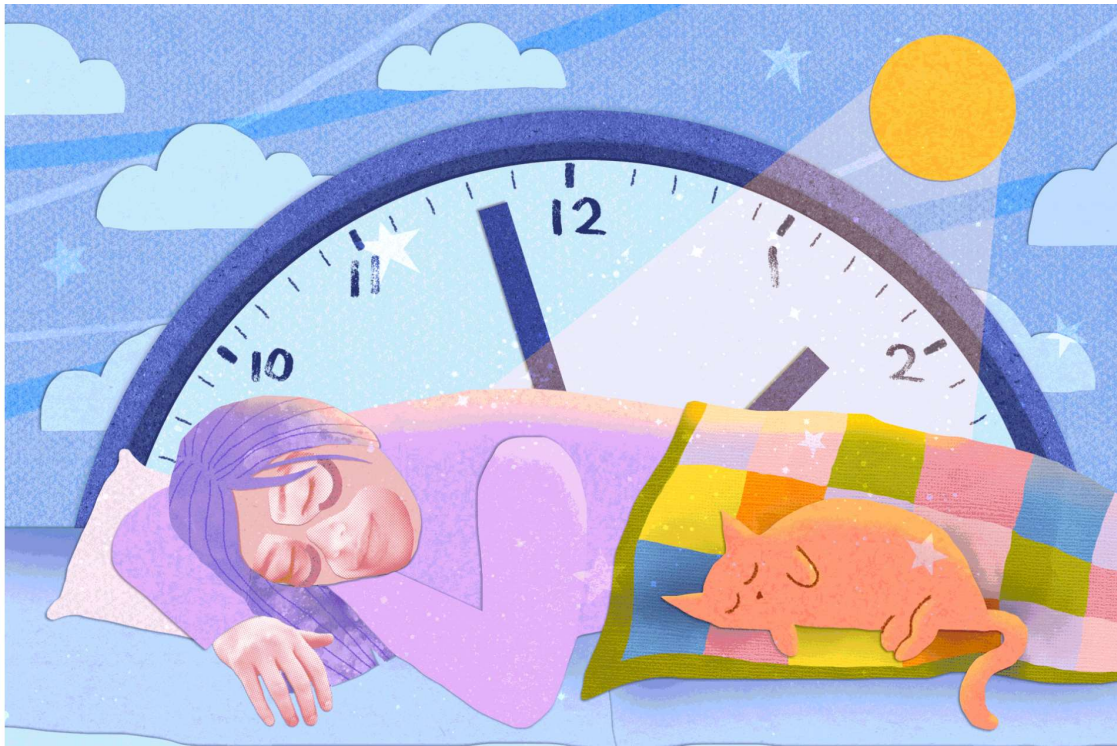
You're invited to wine, dine and have a great time at the first ever Sausalito Restaurant Week.

Boasting unique local flavors and spectacular seaside views, this bohemian town has become one of the Bay Area's most desirable dining destinations.

In honor of the city's culinary renaissance, *Marin Magazine*, LocalGetaways and The Marin Dish are teaming up with Sausalito Chamber of Commerce to host Sausalito Restaurant Week (March 18–24).

Diners can enjoy mouthwatering three-course dinner menus from \$55–\$75, as well as two-course lunch menus for \$25–\$45 (at select locations). Select restaurants will also offer a specialty cocktail for the week featuring spirits by Sausalito Liquor Co.

Check out the price fixed brunch, lunch and dinner menus offered [HERE](#)



How to take a refreshing nap (without ending up more tired)

Excerpted from NPR

To take the perfect nap — and begin a napping routine that will leave you feeling refreshed — follow these three principles.

Consistency counts

Take a cue from Mediterranean cultures that siesta and take your nap at the same time every day, says Wu. You don't want a "haphazard" napping schedule where you sleep "sometimes early, sometimes late, sometimes short."

So pick a time, like after lunch or in between your afternoon meetings, and stick to it.

If you can, use the same sleep environment for your afternoon snooze and be as intentional about your nap space as possible, says Khosla. If you're napping in your car on your lunch break for example, consider bringing a pillow, an eye mask or earplugs to help boost your nap experience.

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From the moment you wake up in the morning, sleep pressure builds in your body to push you to fall asleep again at the end of the day, says Khosla. Napping relieves some of that pressure, so it's important that you nap early enough in the day for it to build back up by bedtime.

If you follow a conventional nighttime sleep schedule, take a nap between noon and 3 p.m, says Wu. Any later and you might start to encroach on your nighttime sleep.

For people who work nights, Khosla suggests taking a nap at least 6 hours before you sleep. So if you sleep at 5 p.m. to wake up for a 2 a.m. shift, take a nap around 10 a.m. to give yourself enough time to get sleepy again.

Keep your siesta brief

The experts we spoke to say to keep your naps between 10 minutes to an hour, tops. This principle might be painful if you're a fan of a long, leisurely afternoon snooze.

You want to "remain in the lighter phases of sleep rather than the deeper phases, where sometimes it's a little bit harder to wake up," says Khosla.

If you take a longer siesta, say, a two-hour nap, "that almost becomes an additional sleep period," she adds — which might mean you're engaging in polyphasic sleep, or breaking up the traditional 7- to 9-hour sleep schedule into smaller periods of sleep. That's not necessarily a problem, say the experts, but it's something to be aware of when considering your overall sleep hygiene.

Read the entire article [HERE](#)

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Impressive super bloom on tap for the Bay Area again

Excerpted from SF Gate

Last year's vibrant superbloom season in California could soon get a vivid encore.

Once the rains subside, state parks officials say, the wildflowers will open up into a rare kaleidoscope of color — starting in Southern California deserts, where landscapes will be covered in densely packed blankets of purple and blue, red, and gold. Superblooms will then unfold in the north state, when temperatures warm past the 60-degree mark.

Superblooms are not an annual phenomenon — the last three occurred in 2017, 2019 and 2023, officials said. Their beauty and their rarity have drawn increasingly large and sometimes destructive crowds eager to see the fleeting sight before it disappears.

In one notorious example, Lake Elsinore in Riverside County was overrun in 2019 by crowds of up to 100,000 people, leading to chaos,

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many visitors driving unprepared for hikers, leading to injuries.

Some people have also ended up trampling the flowers they came to view, or picking some as souvenirs, which is prohibited.

That's why state parks officials are urging people to be on their best behavior and follow guidelines — including staying on designated paths and trails where the flowers are usually out of reach.

Read the entire article [HERE](#)



This is Rayner Needleman's most recent Stretch and Strengthen Class. Enjoy this youtube any time and be sure to join Rayner for the next scheduled 'live' zoom on the Sausalito Village calendar.



Finally...we can dangle a preposition!

Excerpted from The New Yorker

Late last month, Merriam-Webster shared the news on Instagram that [it's OK to end a sentence with a preposition](#). Hats off to them, sincerely. But it is hard to convey how bizarre, to an almost comical degree, such a decree seems in terms of how language actually works. It is rather like announcing that it is now permissible for cats to meow.

The first person on record to declare opposition to ending sentences with a preposition was the poet John Dryden in the 17th century. But what really set the idea in stone was Bishop Robert Lowth's highly influential "A Short Introduction to English Grammar" in 1762 and its direct descendant, Lindley Murray's "English Grammar" in 1795. The two manuscripts had the same sort of influence in the 18th and 19th centuries as Strunk & White would have later.

But whence the notion that "the person I arrived with" is somehow inept compared with "the person with whom I arrived"?

taking its place as a world power starting in the 17th century, and English was being spoken by ever more people and used in a widening range of literary genres.

The problem, though, is that English is not Latin, just as it is not Arabic, Swahili or Thai. As natural as it seemed to certain overeducated souls 300 years ago that English would be best off dressing up as Latin, this was ultimately a local and even parochial fetish.

Read the full Opinion piece by John McWhorter [HERE](#)



Presidential succession trivia

If the US president becomes incapacitated, dies, resigns, or gets removed from office, the country has a list of government leaders who will replace them as commander-in-chief. This is called the presidential order of succession.

Can you fill in the missing position on the list?

1. Vice President
2. Speaker of the House
3. President Pro Tempore of the Senate
4. ?
5. Secretary of the Treasury

Find the answer at the bottom of the newsletter.



The 3 best phrases for offering support

Excerpted from Nice News

The language we use with others and ourselves has a great deal of power — studies have shown words can affect our emotional states, perspectives, pain perception, and more. In their book *Words Can Change Your Brain*, neuroscientist Dr. Andrew Newberg and researcher Mark Robert Waldman write: “A single word has the power to influence the expression of genes that regulate physical and emotional stress.”

So what are the best things to say to ensure we’re lifting other people up when they need it most? A recent report by Preply offers some insight. The language tutoring company surveyed 997 Americans

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Of those polled, 42% said they share words of support with others daily. Overall, three simple phrases topped the list of words they like to hear: "I'm proud of you," "You've got this," and "I believe in you."

Following up in fourth, fifth, and sixth place were "You're doing great," "I'm here for you," and "You can do it," respectively.



The Social Security Administration Is Calling — Except It's Not

Excerpted from AARP Watchdog newsletter

One of the most popular ways for criminals to steal money and sensitive information is by impersonating a trusted source — often a government agency. A frequently impersonated agency is the Social Security Administration (SSA). Here's what you need to know to spot and stop a Social Security impostor scam.

How It Works

- You get an unexpected call, text or email from someone claiming to be from SSA who needs to talk with you urgently.

example, claiming that he is committed to criminal activity and suspended.

- Or they will explain that you qualify for an increase in your benefit, but you must register and pay a fee to obtain it.
- To address whatever issue they present, you need to share sensitive information such as your Social Security number or pay with gift cards, a wire transfer, cryptocurrency, or a payment app.

What You Should Know

- Criminals rely on getting their target into a heightened emotional state, such as fear from threats of arrest or excitement over the promise of more money. They know that it's hard to access logical thinking when emotions are high.
- SSA will not call you out of the blue and will not ask for your Social Security number — they already have it.
- Sometimes the criminal will attempt to add an air of authenticity by claiming to be from the Social Security Office of the Inspector General – no matter what office they claim to be from, it's a lie.

What You Should Do

- Don't engage with anyone calling you who claims to be from the Social Security Administration; if you are concerned there is a problem with your account, contact SSA at 800-772-1213 (but prepare to wait awhile before you talk to a person).
- You can set up a "My SSA Account" and receive encrypted communications from SSA through it. With this access, you can go online to find if SSA is trying to reach you. You can also check the status of an application, get a replacement card, and more. Get started at ssa.gov/myaccount.
- If you shared your Social Security number and feel it was part of a scam, file a police report for a record, and go to IDtheft.gov for specific guidance on protecting against its use in identity fraud.

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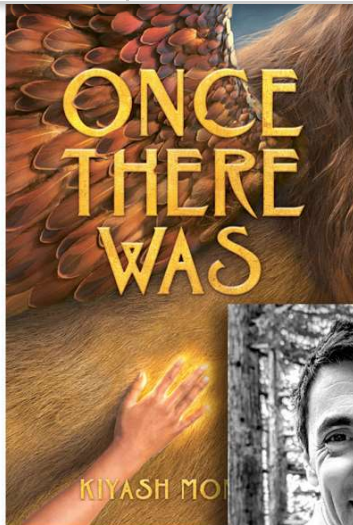
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Was Italy's \$1 Home Scheme Worth It? True Cost



March... News, Events and What We are Reading!

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[March 15th, 6pm](#)

Author Event

Kiyash Monsef***Once There Was*****in conversation with****Cheryl Popp**

An Emmy Award – nominated producer and director; a writer of short stories, videos, comic books, and games, the multi-talented, creative Kiyash Monsef will share his debut middle-grade novel which became an instant *New York Times* bestseller and has garnered much praise from literary pundits. Think Harry Potter, mythology and magic; legends that lead a young girl to realize her murdered father was no normal veterinarian. The animals (the creatures!), the adventure, the coming of age portrait, and the struggle with cultural heritage will capture your heart. A captivating tale for readers of any age. We loved this book.

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March 15th, 6pm

Special Event!

**Celebrate the Persian
New Year – Nowruz –
with Author & Artist Shiva
Jafarzadeh**

**who will also be celebrating
publication of her children's
picture book *The Orange
Blossom***



Sausalito's \$3 million plan to clear illegal boats from Richardson Bay is working

Excerpted from SF Chronicle

In late January, after 23 years among the saltiest of Sausalito's anchor outs, Drew Warner rowed his dingy to Schoonmaker Beach for the last time. All he carried was a bag of clothes and his tabby cat Charlie.

He had given away his anchor gear and rope, his generator and other supplies. He turned his skiff and a kayak over to the Richardson Bay Regional Agency, along with the 26-foot sailboat that had been his home for the past five years.

There was nothing else he wanted from the life he was leaving behind.

"I said, 'Tow it, baby, I'm done,' " Warner recalled.

Warner is one of 10 anchor outs — people who live rent free on vessels anchored in the middle of the bay — who have taken advantage of a \$3 million program aimed at removing them from Richardson Bay, which sits between the Marin County cities of Sausalito and Tiburon. Under the rules, anchor outs are eligible to receive a housing voucher for an apartment on land, as well as a \$150 per foot "buy back" for the vessel being hauled out of the water.

Warner said some of the hard-core anchor outs regarded the housing voucher program with skepticism, but others have come to embrace it. Two other anchor outs took units at Summit at Sausalito, where Warner moved.

"All these anchor outs — Pump Out Bob, Caribbean Bob — they were all saying 'Drew, you're just a sell out, f— that s—, no way.' Guess what? They all followed my footsteps," he said.

From the decks of his new apartment on a Marin City hilltop, Warner looks across the Richardson Bay Bridge toward Strawberry. He can see the twinkling lights of Belvedere. And he can watch the churning blues and grays of Richardson Bay, the very spot where he anchored for all those years.

After 23 years on the water, living in a one-bedroom townhome-style apartment with wall-to-wall carpeting has been so strange he didn't sleep for three days after he moved in last month.

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Read the full article [HERE](#)



First woman's sports bar opens in Minnesota



How To Find A Lost iPhone Using Your Apple Watch

Excerpted from Slash Gear

Method #1: Ping your iPhone if it's nearby

If you believe you lost your iPhone just somewhere in your home or office space, you can simply ping it to track it down. Here's how to do so:

Pull up the Control Center on your Apple Watch by pressing the side button (the oval button next to the digital crown) once.

Look for the ping option (a phone icon with vibration lines around it).

Tap that icon to play a short sound on your iPhone.

Do one of the following:

On Apple Watch Series 8 and older:

Repeatedly tap the ping icon to make your phone chirp again.

Track down the sound until you find your iPhone.

To help you find your device faster, especially in dark places, press and hold the ping icon. This will make your phone flash as it plays the sound.

On Apple Watch Series 9 (and finding an iPhone 15):

As soon as you tap the ping icon, there's a new Apple Watch feature that shows you an estimated distance to indicate how far you are from your phone. When you move around, you'll also notice a direction pointing you where you need to go.

(Optional) To ring your phone again, press the ping icon in the bottom right.

(Optional) To make the phone ring and flash a light, tap and hold the ping icon.

When you get within six feet of your phone, your watch screen will turn green, you'll feel haptic feedback on your wrist, and your phone will chirp automatically.

Upon finding your phone, a green checkmark will appear on your watch.

Method #2: Use the Find Devices app

On your Apple Watch, launch the Find Devices app (icon with a laptop and phone).

Browse through the devices to find the iPhone you're trying to locate.

Tap on the iPhone to view more options. You'll then see a map showing you

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Scroll down to the Find section.

Select Directions to navigate to your iPhone's location.

Choose the option under the Suggested Route. Alternatively, pick a different option under Transport Modes (walking, public transportation, or cycling).

Follow the route on the map.

(Optional) If your device is online, enable Lost Mode to keep your device locked and have it display a message for finders to contact you.

If, however, you see a "No location" message on the iPhone's page, scroll down to the Notifications section. Then, tap on Notify When Found to get an alert as soon as Find Devices receives your phone's location.



3 hours of Irish music

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FRIDAY PUZZLE

ANSWER

Answer: Secretary of State



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our weekly newsletters, visit the
continuously updated Sausalito Village
[website](#).***

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