



Happy Friday, Villagers

And welcome to the our weekly 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.

[email address](#)

Photo: View from Tiffany Park by Ingrid Kreis



Sunday: [SIGN UP NOW FOR AUTUMN SESSION OF FREE HEALTHY SENIOR 8 WEEK PROGRAM - EITHER VIRTUAL OR IN PERSON](#). 10-11

Sunday: [TALES OF THE TRAIL](#). 7-8

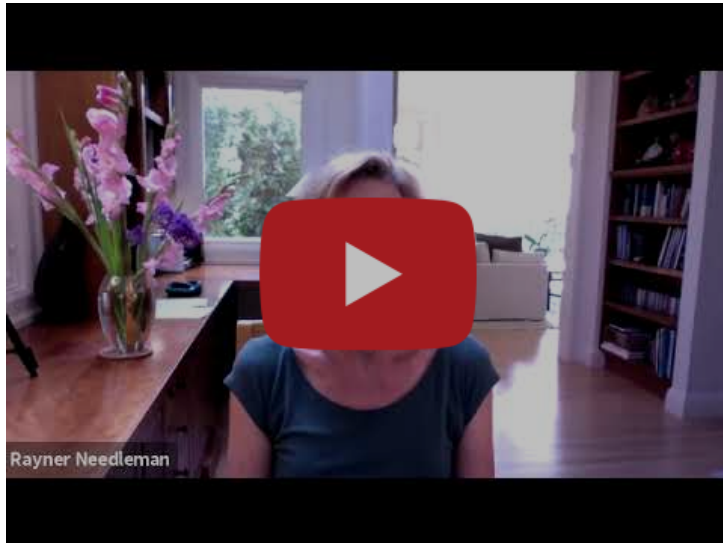
Tuesday: [NEW! MONTHLY BOOK REVIEW CLUB](#). 10-11

Thursday: [COSTCO - A VOLUNTEER WILL SHOP FOR YOU!](#) 11:30-12:30

Thursday: [BOOKS BY THE BAY BOOK CLUB IN PERSON](#) 5:30-6:30

Friday: [PICKLEBALL AT MLK COURTS](#). 9:30-11

Sunday: [CIJI WARE BOOK EVENT AT BOOKS BY THE BAY CARSS RIDES AVAILABLE!](#) 4-6



Stretch & Strengthen with Rayner

Praktikos

Deepen your Meditation



Tibetan Bowls > Universal Chants >> Silence
Tuesday, 5 PM & 7 PM, Pacific
Ask for instructions before joining: Praktikos@outlook.com

<https://us02web.zoom.us/j/81955765433?pwd=NVNYRkZJRkZ3aUFwQkpRYjZmdU5Ddz09>



EXTRA CARSS Rides in September 2021 RESERVE NOW by 5pm 2 days ahead to

WOMEN IN LIT – BOOKS BY THE BAY IN PERSON

Wednesday, September 1st, 6pm – 7pm

100 Bay St, Sausalito

The Distant Dead by Heather Young

In conversation with Cheryl Popp

<https://sausalito.helpfulvillage.com/events/3004>

BOOKS BY THE BAY BOOK CLUB IN PERSON

Thursday, September 9th, 5:30pm – 6:30pm

100 Bay St., Sausalito,

Open to all

<https://sausalito.helpfulvillage.com/events/3029>

BOOKS BY THE BAY WINE TASTING

Tuesday, September 21st, 6pm – 8pm

Books & Bottles Tuesday Tasting Series

“California Road Trip”

\$20 for tasting flight of 5 wines

<https://sausalito.helpfulvillage.com/events/3030>

COCKTAIL HOUR – POTLUCK SOCIAL

Sunday, September 26th, 3pm – 5pm

Robin Sweeny Patio

Members and Volunteers

Let's get together and enjoy the company of other members and volunteers on the lovely patio above Robin Sweeny Park, behind the City Hall Building

Please bring some nibbles or a bottle/drinks to share.

<https://sausalito.helpfulvillage.com/events/3019>

Youth Wheel of Readiness

Wednesday, September 8, 2021, from 5:00pm – 6:00pm ET



The second in a series of five family friendly game days is Youth Wheel of Readiness.

Members of the Region 2 Youth Preparedness Council will put their knowledge to the test and compete in a preparedness-themed game where they spin a wheel and guess letters to fill in the blanks of common preparedness terms.

Who should attend? The whole community – individuals and families, volunteer and community-based organizations, local, state, federal government and private sector. *Youth are encouraged to attend.*

Register: <https://fema.zoomgov.com/meeting/register/vJltce-hrz8sH1rDleER3N4s0GjllOS280A>



[People are hilariously roasting Target's line of prairie dresses](#)

Prairie dresses have never really gone away. The long, flowing, frilly gowns reemerged in the early '70s as a way for women to assert themselves after a decade of miniskirts designed for the male gaze.



Talented Guitar Quartet Performs Multilayered Acoustic Cover of The Police Song 'Message in a Bottle'



Dr. Dean Ornish resides and works in Sausalito. His nonprofit Preventive Medicine Research Institute is located on Bridgeway.

"Can Lifestyle Changes Reverse Early-Stage Alzheimer's Disease"

WHEN: Thursday, September 30th, 10:00am

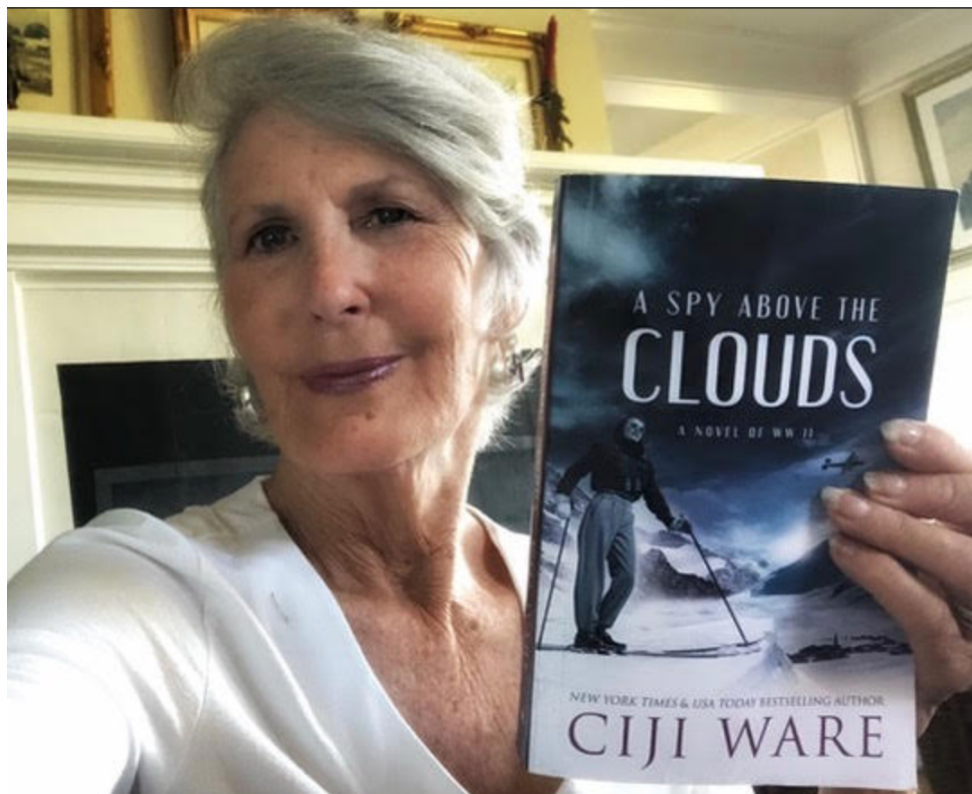
RSVP: <https://sausalito.helpfulvillage.com/events/3024>

Dr. Ornish's Bio

Dean Ornish, M.D., is known as "the father of lifestyle medicine" and the first to prove that lifestyle medicine can reverse the progression of many chronic diseases including coronary heart disease, early-stage prostate cancer, and cellular aging (by lengthening telomeres). He is also the founder and president of the nonprofit Preventive Medicine Research Institute, clinical professor of medicine at the University of California, San Francisco and the University of California, San Diego, and the author of seven books, all national bestsellers. The "Ornish diet" has been rated "#1 for Heart Health" by a panel of independent experts at *U.S. News & World Report* for eight years from 2011-2019.



Check out this [video library](#) of counseling around aging, spirituality and grieving.



New York Times & USA Today bestselling author, **Ciji Ware**, invites you to raise a glass celebrating the launch of her Lucky 13th novel, **A SPY ABOVE THE CLOUDS**.*

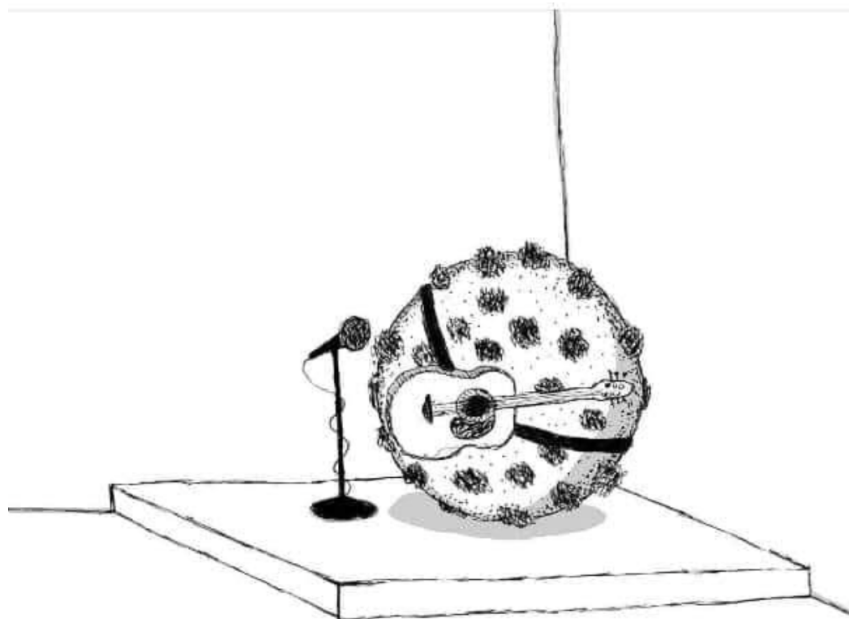
WHERE: Sausalito Books by the Bay, 100 Bay St. (**Masks Required**)

WHEN: Sunday, **September 12, 4-6pm**

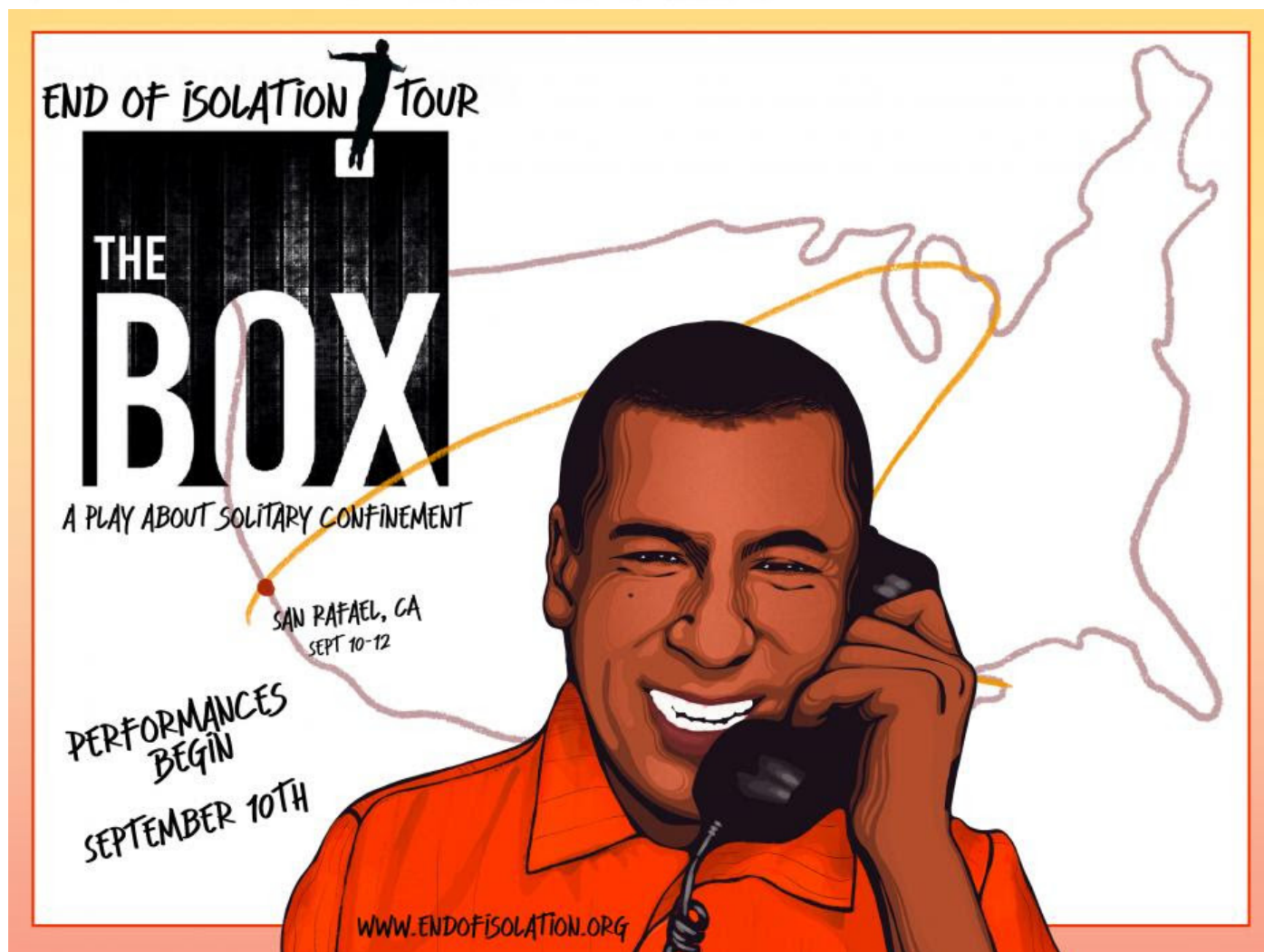
WHAT: Sanely socializing with light *cuisine française*....

NOTE: Ski Togs, French Fashion, or Spy Attire **optional!** Book signing upon request...

* **A SPY** —Book 2 in Ware's American Spy Sister series—is based on the real-life story of an American playgirl/wannabe Olympic skier who becomes a heroic French-speaking secret agent for the British intelligence services, ferrying coded messages and hand grenades in her backpack in the Nazi-infested French Alps during WW II. A thriller, mystery, and love story all in one!



"This one's dedicated to all the people that didn't believe in me when I was getting started."



More Dates Added for The BOX

SEATING IS LIMITED ... SO GET YOUR TICKETS TODAY!

More performance dates have been added for The BOX, a renowned play about solitary confinement written by a survivor and based on true stories of resistance from the deep end of our prison system. In addition to September 10-12, there will now also be performances on September 17-19 at Forest Meadows. **Proof of vaccination or a negative Covid test will be required at the door.**

Actors will perform in an immersive, socially distanced grid on an outdoor stage in San Rafael. Each performance is followed by a survivor-led healing circle focusing on imagining ways to address and repair harm in line with transformative justice.

With support from the Art for Justice Fund, the Pulitzer Center, and individual donors, these performances at Forest Meadows are part of a tour that will travel to St. Louis, Detroit, Arkansas, New Orleans, and more using theatre, traveling visual art, and artistic ritual to create a space for collective witness and healing.

THE BOX

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Seating is limited. You can view the site-specific Covid-19 safety plan [here](#).

Click on a date below to purchase your tickets:

[Sept 10, Friday, Bay Area Premiere](#)

[Sept 11, Saturday](#)

[Sept 12, Sunday](#)

[Sept. 17, Friday](#)

[Sept. 18, Saturday](#)

[Sept. 19, Sunday](#)

If you are formerly incarcerated, directly impacted by incarceration, and/or need a free ticket please email management@marinshakespeare.org.

FROM The BOX PRODUCER: All actors and crew have been fully-vaccinated against COVID-19. In response to the delta variant, we will require that audience members wear masks during the performance. Proof of vaccination or a recent negative COVID test will be required at the door. You will be seated in an immersive grid in which each actor and audience member occupies their own 4'x6' cell. Actors will be at least 6' from any audience member before taking their masks off. This venue is outdoors. Food and drink is not permitted.



PERFORMING STARS™ and PLAY!!!
PROUDLY PRESENTS **MARIN**

Soulful Saturday

MEET & GREET
CAR & MOTORCYCLE CLUB SHOWS
MARIN CITY MUSCLE CAR CLUB • FOFIFTEEN CAR CLUB

SEPTEMBER 4, 2021 • 11 a.m.-5 p.m.
100 Block of Drake Avenue, Marin City, CA 94965

MAKERS MARKET VENDORS
(food, crafts, produce, non-profits, entrepreneurs)
oldies But Goodies Music • Dominoes • Chess & Checkers • Children Activities

MOBILE VAN- COVID19 TESTING & VACCINATIONS

Marin City Historical & Preservation Society launching the 80 year celebration of Marin City 1942-2022

• MARIN COUNTY COVID19 SAFETY RULES IN PLACE •

COMMUNITY PARTNERS



contact 415.332.8316 or 415.944.7141



Cows injured during their summer sojourn in the high Swiss Alpine meadows got a jump on their healthier herdmates on August 27 when they got helicopter rides down the mountain.





Have you thought about having an Emergency Buddy?

One of our members who is in her 90's lives alone in a condominium complex. Along with her neighbor, they came up with a way for them to 'check in' daily without the intrusion of a phone call.

When our member gets out of bed she makes sure to pull up the shade that is visible to her neighbor and that way her neighbor knows all is well!

If the shade does not go up by 10:00am her phone will be ringing and next a knock at the door.

You may have made an arrangement like this already, but if you haven't, take a moment to think about the neighbors you have. Is there anyone you can count on like this or help in this way?

After the evacuation presentations that SV had last year, two SV members made a pact. They both live alone with no family nearby. They decided if there was an evacuation order or some disaster that forced them out of their homes, they would meet up at the parking lot outside of Ross Store. In addition, they have an out of state contact they will each call if one of them does not show up.

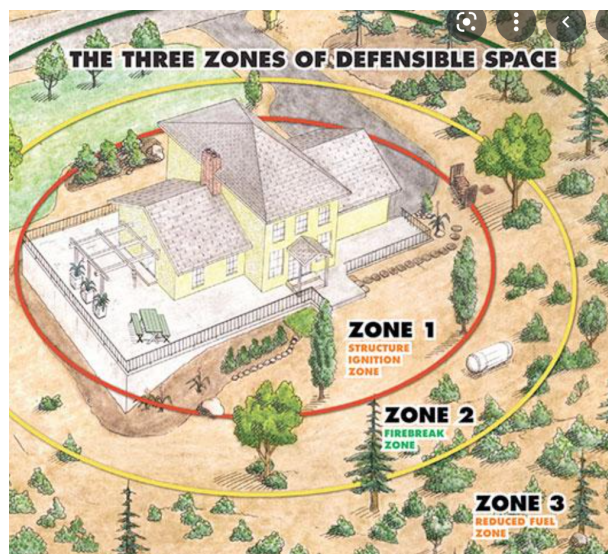
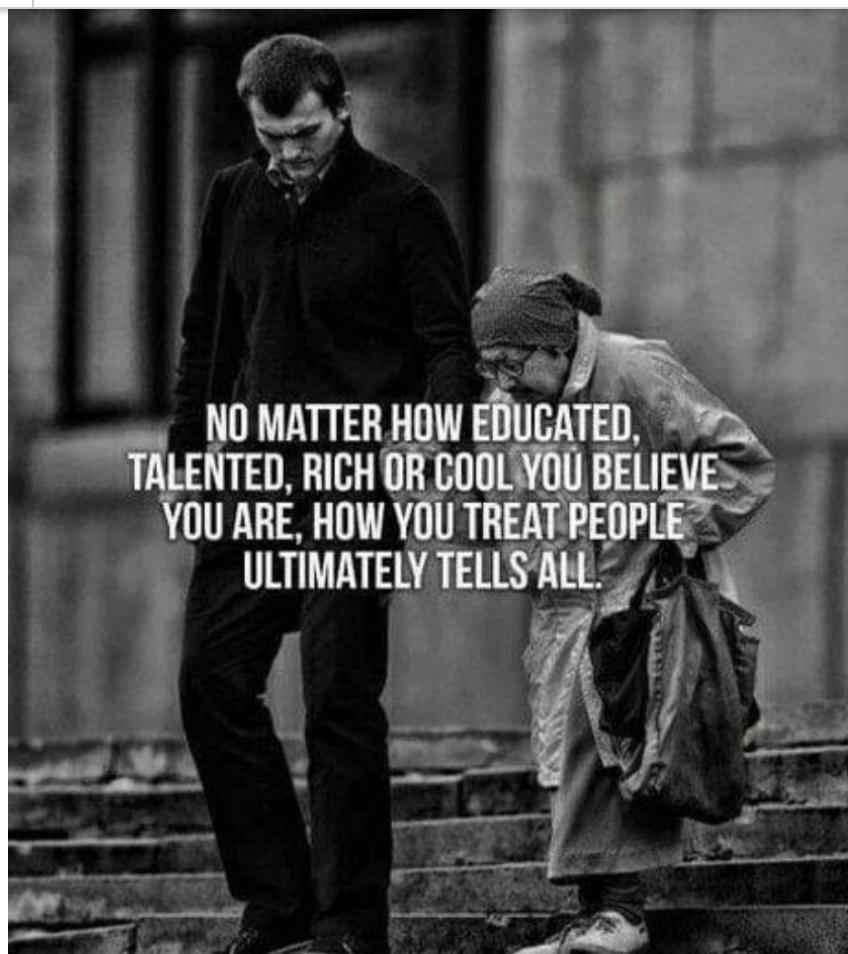
Do you have a buddy system you would like to share?

Would you like a buddy but haven't found one?

Let us know at SausalitoVillageRSVP@gmail.com

Planning ahead is important. When an emergency strikes, it will be difficult to think clearly without having made some important preparations.

Make sure to check out our Emergency Information on the Sausalito Village website (www.SausalitoVillage.org) under the tab 'Emergency Preparedness/Covid.'



September 2021. Fire -smart Landscaping Tips, from UC Marin Master Gardener

Prepare for peak fire season by taking time to clean up your property, especially close to structures:

- ☐ Clear leaf and needle litter from gutters, roof, eaves, and around vents, chimney, and the foundation (in "Zone Zero")
- ☐ Clear branches 10 feet from the chimney and from the roof.
- ☐ Rake-up excess fallen leaves and evergreen needles.
- ☐ Remove dead vegetation, dead wood from trees and shrubs, and cut dry

more resilient.

These steps are good preparation for the rainy season as well as peak fire season.

For more Fire-smart Landscaping information, go to:

<http://marinmg.ucanr.edu/BASICS/FIRESMARTLANDSCAPING/>.

Contact: If you have more questions, contact Marin Master Gardeners at

HelpDesk@marinmg.org.



***For information about our programs, events,
emergency preparedness, COVID resources,***

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

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