



## 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: Phoenix Lake by Harrie Schwartz



Sunday: [COCKTAIL HOUR - POTLUCK SOCIAL](#), 3-5

Monday: Stretch & Strengthen with Rayner. 11-12

Wednesday: [BUILDING BRIDGES BEYOND BIAS - 4 PT WEEKLY SERIES](#)  
[MARIN LIBRARY](#). 6:30-8

Thursday: [SV HOSTS DR. DEAN ORNISH "CAN LIFESTYLE CHANGES](#)

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12:30

Friday: [PICKLEBALL AT MLK COURTS. 9:30-11](#)Saturday: [CITYWIDE YARD SALE](#). 9-2Sunday: [TALES OF THE TRAIL](#). 7-8

Stretch &amp; 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](mailto:Praktikos@outlook.com)**

<https://us02web.zoom.us/j/81955765433?pwd=NVNyRkZJRkZ3aUFwQkpRYjZmdU5Ddz09>

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**IN PARTNERSHIP WITH  
PROUDLY PRESENTS**



**PERFORMING  
STARS**

*Thriving Kids, Parents and Communities™*



**GUITAR TRIFECTA**  
AWARD WINNING JAZZ GUITARISTS,  
A COLLECTIVE OF THREE  
TRUE CHAMPIONS OF THEIR INSTRUMENT



**CALVIN KEYS**



**CARL LOCKETT**



**VERNON BLACK**

**FRIDAY, SEPT. 24, 2021 • 6 P.M. - 7:30 P.M.**

**GABRIELSON PARK • HUMBOLDT AVE. & ANCHOR ST., SAUSALITO**

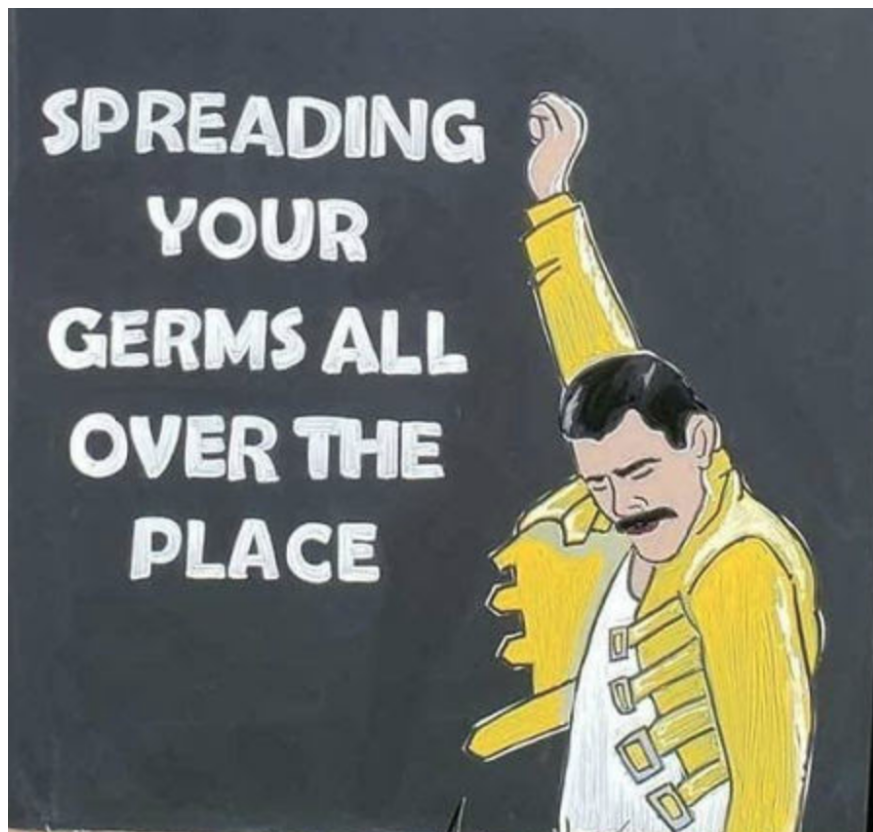
**A F R E E E V E N T**

**LAWN SEATING ONLY • BRING LOW CHAIRS OR BLANKETS**

**SOULFOOD VENDORS: A TASTE OF TRAMMEL™ – BBQ CHICKEN, HOMEMADE POTATO SALAD  
B.QUEEN SWEET TREATS (BANANA PUDDING, STRAWBERRY & OREO CHEESECAKE CUPS)**

**A PERCENTAGE OF SALES SUPPORTS PERFORMING STARS YOUTH ENRICHMENT PROGRAM**









#### **TIP from the SV Emergency Preparedness Committee**

##### **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 in this way? Have you made an arrangement you would like to share here in the Newsletter?

If so, email it to [SausalitoVillageRSVP@gmail.com](mailto: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](http://www.SausalitoVillage.org)) under the tab 'Emergency Preparedness/Covid.

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**When did you last check your Fire Extinguisher?**

**Correct answer: every 4-5 years**

**Need yours refilled or need to purchase a new refillable one?**

**Sausalito Village will have a representative from Fire Master available to check the readiness of your fire extinguisher, refill those that are refillable and make available new refillable extinguishers for purchase.**

**Is your fire extinguisher refillable? (Hint: not if you purchased it from Costco). Above are photos of refillable extinguishers. They have metal handles and a gauge.**

**COST TO REFILL a refillable extinguisher \$20**

**COST FOR NEW SMALL REFILLABLE extinguisher \$30**

**COST FOR NEW LARGE REFILLABLE extinguisher \$50**

**COST TO CHECK your extinguishers \$0**

**COST TO RECYCLE your extinguishers \$0**

**WHERE: First parking lot on RIGHT when you turn on to Gate 6 Road**

**WHEN: SUNDAY, October 24th, 10:00-2:00pm**

**WHAT?: Check your fire extinguishers**

**Refill your extinguishers that are refillable**

**Purchase a new refillable extinguisher**

**Questions? Email [sausalitovillagersvp@gmail.com](mailto:sausalitovillagersvp@gmail.com)**





**Sausalito Village** has exclusive access to the Columbia Sportswear Employee Store from **October 1st- October 24th** only!

#### **COVID RESPONSE:**

We want you to know that the safety of our employees and shoppers is our number one priority. You can find more information on our store and the safety precautions we are taking due to Covid [here](#).

#### **WHAT THE EMPLOYEE STORE HAS TO OFFER:**

- Exclusive Employee discount, meaning items
- are marked with our employee price (up to 50% below retail pricing)
- All of the latest products from the Columbia Sportswear Company (including Columbia, Mountain
- Hardwear, SOREL, and prAna)

#### **WHAT TO BRING TO ACCESS THE STORE:**

- Personal photo ID
- Organization ID
- This invitation valid for you and 4 guests
- Store access only, not valid online
- Find store location [here](#)

**Contact Linda Jaeger** [ljaeger@comcast.net](mailto:ljaeger@comcast.net) with additional questions and to receive a copy of the invitation.





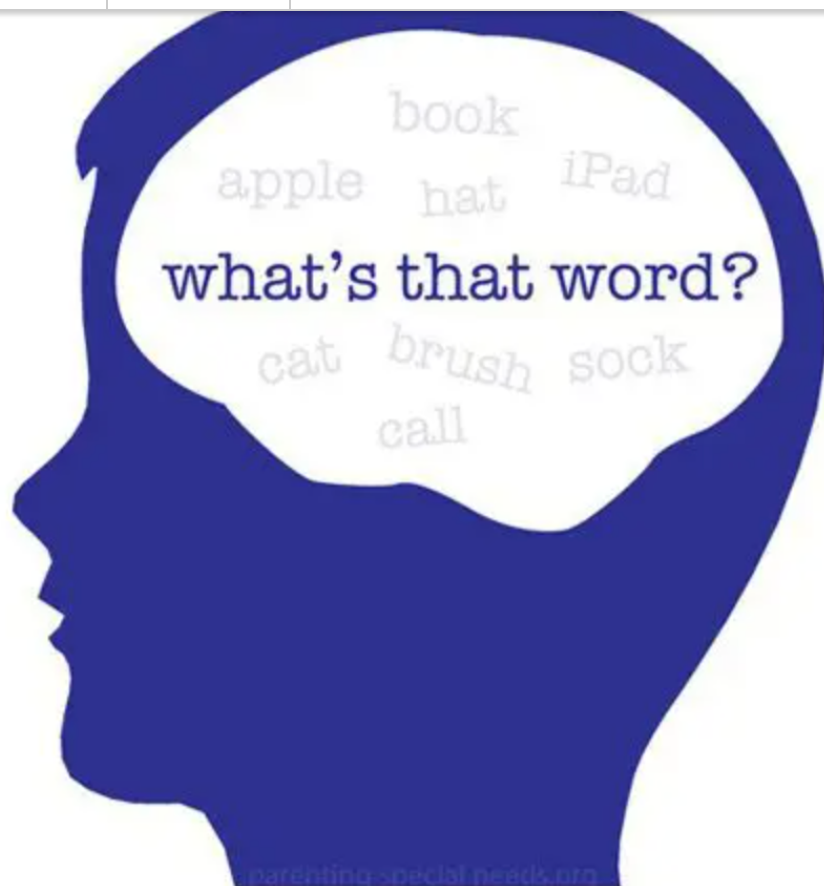
### [The alarming risks of mixing common drugs](#)

Polypharmacy, often defined as the regular use of five or more drugs by one patient, is on the rise and is expected to grow as life expectancy increases and the global population ages. Elderly people not only take more drugs, but also face a greater risk of severe side effects because their livers tend to be less efficient at metabolising and clearing medications from the bloodstream. This risk is exacerbated by the fact that interactions between some drugs can be harmful and up to half of patients taking four or more drugs [do not take them as prescribed](#), according to a 2020 analysis in the Annual Review of Pharmacology and Toxicology





[Someone in Colorado is putting The Funniest Signs, And The Puns Are Priceless](#)



## [Why Words Become Harder to Remember as We Get Older](#)

**As we get older, we find it increasingly difficult to have the right words ready at the right moment – even though our vocabulary actually grows continuously over the course of our lives. Until now, it was unclear why this is.**

Researchers at the Max Planck Institute for Human Cognitive and Brain Sciences and the University of Leipzig have now found out: It is the networks in the brain that change their communication over time. This makes them more inefficient.





### [How finger counting gives away your nationality.](#)

How would you count to 10 on your fingers? Do you start with the thumb or the index finger? Left hand or right? Dactylonomy (counting on your hands) seems like such a simple and natural thing to do that you might assume it's nearly the same everywhere

# Met Charlie Chaplin

 [ThinkingHumanity.com](http://ThinkingHumanity.com)



**ALBERT EINSTEIN:** -What I admire most about your art, is its universality. You do not say a word, and yet, the world understands you!

**CHARLIE CHAPLIN:** -It's true, but your fame is even greater! The world admires you, when nobody understands you!



## Old horse stables and carriage houses are hidden all over San Francisco

A San Francisco Chronicle article from 1876 states that the first livery stable opened in the city in 1851. The second was started just a few years later and sat on the south side of California at Montgomery in what is today's Financial District. Before long, "the supply was equal to the demand throughout the city, and livery stables sprung up like morning mushrooms, till at the present time we have at least three-quarters of a hundred," the article reads.





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