



Ice on the boardwalk

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



Why mindfulness is the most important skill of 2022

2022 will be full of uncertainty. Mindfulness can help you cope

Mindfulness can seem unattainable when the goal is mistakenly perceived as perfection. Rather, it's the act of starting again — and again and again — when an impulse, thought, or feeling pulls us into the past or future. Some people use the breath as a physiological tether to the present, particularly as they meditate. Rhythmic breathing calms the nervous system and makes it easier to focus on what's within our control. But mindfulness doesn't require breathwork or meditation. Mindfulness can be practiced during activities like walking, washing dishes, gardening, exercising, playing, or driving. When a thought, good or bad, barges in, mindfulness means observing it with curiosity and openness, then returning back to the present moment, where we note the musty smell of leaves in winter or how the horizon meets the highway.

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TED Talk - How to Make Stress Your Friend



Keeping the Aging Brain Connected With Words and Music

Summary: *Learning a new language or playing a musical instrument has a positive impact on cognitive function in the aging brain, researchers report.*

Source: *Duke University*

seems, navigating through the clutter can be a considerable challenge.

However, a team of Duke researchers, led by cognitive neuroscientist Edna Andrews, PhD, think they may have found a robust and long-term solution to countering this decline and preventing pathologies in an aging brain.

Their approach does not require an invasive procedure or some pharmacological intervention, just a good ear, some sheet music, and maybe an instrument or two.

In early 2021, Andrews and her team published one of the first studies to look at musicianship's impact in building cognitive brain reserve. Cognitive brain reserve, simply put, is a way to qualify the resilience of the brain in the face of various pathologies. High levels of cognitive reserve can help stave off dementia, Parkinson's disease or multiple sclerosis for years on end.

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10 New Year's Resolutions That Are Good for the Soul

FROM THE NEW YORK TIMES

Matija Medved

I accomplished zero percent of my New Year's resolutions last year. I'm obviously no sage of discipline. But I'd argue that the chief value of resolutions is not found in our success or failure at keeping them. Instead, they help us reflect on what our lives are like, what we would like them to be like and what practices might bridge the difference. There is goodness then in the very process of making resolutions. There is hope in the idea

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the point of resolutions for me.

For 2022, I became curious about what resolutions I might adopt that would help my soul. The practice of spiritual resolutions is not new. In the 18th century, Jonathan Edwards, known for his fiery sermons and his mention in “Hamilton” as Aaron Burr’s grandfather — the “fire and brimstone preacha (preacha, preacha)” — made a list of [spiritual resolutions](#) and reviewed them weekly.

They began, “Being sensible that I am unable to do anything without God’s help, I do humbly entreat him by his grace to enable me to keep these Resolutions.”

So with Edwards’s caveat and prayer as my own, I asked for help in thinking about resolutions that would benefit our souls, as individuals, or that would help the “soul” of our nation and our world. I asked friends who are pastors, writers, scholars and spiritual leaders to offer suggested “reSOULutions” for 2022.

Here were some of the many responses I received:

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NEW HOUSING LEGISLATION

**CONSERVATION
LEAGUE**

**VIRTUAL
"AFTER HOURS"
EVENT
VIA ZOOM**

**JAN. 12, 2022
7:00 - 8:30 PM**

Confused about the impact the State's new housing laws will have on Sausalito?

Join us for this important presentation hosted by the Marin Conservation League!

REGISTER [HERE](#)



on the Best Way to Brew Tea

By Anne Campbell for Camille Styles

Perhaps I'm seeing the world through a macchiato mindset, but it seems, in the competition of cool, coffee tends to drown out tea. Coffee, with its jittery attitude, and potentially punchy personality, can intimidate its tea counterpart. Though I've gotten away from it over the years, trading cup and saucer for trendy butter-butter-infused cups of caffeine, I'm here to shine a sweet light on the steeping beauty behind a soothing cup.

[CLICK HERE](#) to read



Great few minutes of TV! Golden Girls 'The Red Herring'



Engaging Elders in Climate Action Hosted by Ashby Village

When: Sunday, January 9, 2022, 2:00-4:00 PM PST

Where: via Zoom Webinar - <https://us02web.zoom.us/j/86710807483>

Since 1989, with his bestseller *The End of Nature*, New Yorker writer and climate visionary Bill McKibben has been at the forefront of inspiring climate action. In 2008, along with university students and friends, he co-founded 350.org, now a grassroots global network mobilizing millions of young people in the existential crisis of our lifetimes: the survival of humanity.

So far, it's been mostly young people who've spoken out about the climate crisis. But recently, McKibben has focused on engaging an older generation of Americans that might help tip the balance in time.

The good news? It's OUR generation! As he and his colleague Akaya Windwood recently wrote in an [Los Angeles Times op-ed](#), it's time for us to step up to seek an impact on climate via [Third Act](#), a new national network of elders supporting younger activists. Ashby Village's Elder Action has been invited to become a founding partner.

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On Sunday, January 9, 2022, from 2:00 PM to 3:00 PM, Bill Morrison will make the next presentation for our Ashby Village Arts & Culture Series about Third Act, co-sponsored by Village Movement California, the statewide association of California Villages. He promises to inform us how to tap our strengths—our experience, networks, time, and wisdom—for our most valuable legacy: protecting the future of our children, grandchildren and the human species.



Newborn tigers at Dallas Zoo

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Have you heard the term "Wabi-Sabi"? What does it mean?

In Japan, **wabi sabi** is imperceptible but everywhere: a crack on a teapot, the wood of an old door, green moss on a rock, a misty landscape, a distorted cup or the reflection of the moon on a pond.

In [Wabi Sabi: The Japanese Art of Impermanence](#), Andrew Juniper defines wabi sabi as "an intuitive appreciation of ephemeral beauty in

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Related to landscapes, objects and even human beings, the idea of wabi sabi can be understood as an appreciation of a beauty that is doomed to disappear, or even a ephemeral contemplation of **something that becomes more beautiful as it ages**, fades, and consequently acquires a new charm.



Join Rayner every Monday live (on zoom) at 11am. See Sausalito Village website calendar

Stretch & Strengthen with Rayner



New science shows how exercise affects nearly every cell in the body

Even if it doesn't move the scale much, the benefits are tremendous, experts say.

Many Americans start off each new year with resolutions to [lose weight](#), and gym memberships typically rise in January. But by March, the resolutions often have been dropped. The pounds didn't melt away as expected, and the gym shoes get kicked to the back of the closet.

While exercising may help people lose weight and maintain the weight loss, fitness experts say, people might overestimate how many calories they burn when they are working out, or they simply may not do enough to move the scale. That 30-minute cardio workout that left you sweaty and breathless may have felt like a grueling marathon, but it may have burned only 200 to 300 calories.

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CARSS (Call A Ride for Sausalito Seniors)

RIDERS (AND DRIVERS) ALWAYS NEEDED!

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Shopping Center - for ANY reason! Get your hair done, go to the dentist, go down to the waterfront for a flat walk....whatever! As long as it is within the hours of 10am and 2pm.

Rides are provided by vetted volunteers in their own cars.

All riders and drivers must be fully vaccinated and wear masks in the car.

More information and to download an application, go to www.CARSS4you.org OR phone 415-944-5474

CARSS is a City of Sausalito Age Friendly Program managed by Sausalito Village. Always looking for volunteer drivers too!



SV Member Jerry Spolter plays with the 19 Broadway Good Time Band in Fairfax. This performance is dedicated to Bandleader Garry Graham on his 86th birthday



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