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Photo by Annie Dorsey

## 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](mailto:SausalitoVillageTips@gmail.com)



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Sausalito Village has a calendar full of events, most open to the entire community. Please take a moment and peruse the listings! [CLICK HERE](#)

Here are a few highlights:

MONDAY: Concert and Sing Along with Andy and Jan [CLICK HERE](#)

WEDNESDAY: Movie Group Discussion with Paul and Joey [CLICK HERE](#)



The Sausalito Village Emergency Preparedness Committee has accessed a limited supply of Home Rapid (15 minutes) COVID Tests. **We are happy to have a volunteer deliver one to your home in Sausalito/Floating Homes if you feel you are in need.**

Reasons for taking an at-home test include:

1) You have signs of COVID (Omicron is showing up primarily as a head cold, achiness/headache, fatigue for those who are vaccinated).

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3) You are getting over COVID and want to know you are testing negative.

If you are in need of a COVID test please e-mail at [SausalitoVillageConcierge@gmail.com](mailto:SausalitoVillageConcierge@gmail.com) with your name, phone number, address, and your request.

Stay safe,

Sausalito Village Board of Directors



## **Concert and Sing Along with Andy and Jan** **Monday, January 17, 4:00-5:00pm**

RSVP for a reminder email and the zoom link: [CLICK HERE](#)

**We are tripping up the monthly Concert/Singalong. The past year taught us that people enjoy the concert as much as the sing along, and we CAN HAVE BOTH! Andy Dudnick will be with us at**

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**a guest singer.**

**At this point we need to continue on zoom....but one day soon we will be singing together again!**

**This months songlist:**

**Feeling Good**

**Touch of Your Lips, The**

**Dream A Little Dream of Me**

**Till There Was You SING-ALONG**

**Come Rain or Come Shine SING-ALONG**

**As Time Goes By SING-ALONG**

**Kiss To Build A Dream On, A**

**Perdido**

**Oh Darling**

**On a Clear Day SING-ALONG**

**Moon River SING-ALONG**

**S Wonderful SING-ALONG**

**La La Means I Love You**

**Lullaby of Birdland**

**Make Someone Happy**





## **SAUSALITO HOUSING ELEMENT IMPORTANT TOWN HALL MEETING**

January 27th, 4pm-6pm

Register Here <https://tinyurl.com/msyc4wzm>

# of Housing in Sausalito!

## Sausalito Housing Element Update Virtual Town Hall # 1 – Housing Opportunities for Sausalito

You're invited to the first in a series of interactive virtual Town Halls. This Town Hall will introduce the Housing Element process and include opportunities for you to provide input future housing opportunities in Sausalito.

### What is a Housing Element Update?

- Inventory of sites suitable to accommodate the City's housing needs allocation
- Assessment of financial and programmatic resources for housing
- Analysis of fair housing issues and constraints
- Goals, policies, and actions to address our current and projected housing needs

This virtual Town Hall will include live polling, chats and discussion, and other activities to gather community input on future housing alternatives in Sausalito.



Debussy plays "Clair de Lune" 1913



## Sausalito Souper Bowl February 5th

Soup lovers, rejoice! Sausalito's Souper Bowl returns on Saturday, February 5 after a one-year hiatus. As in past years, the 2022 event will take ticket holders on a tour of downtown and Caledonia Street restaurants to find out who has the best soup in Sausalito. Seafood Peddler is the defending champion.

Tasting will get underway at 1:00 p.m. and continue until 5:00 p.m. Tickets are \$20 and may be [purchased in advance](#) via the Sausalito Parks and Recreation registration portal. Same-day tickets will be available from 12:30 to 4:30 p.m. at the ferry landing.

Each ticket enables the ticket holder to visit all participating restaurants, taste soup, and vote for a winner.

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**freebies on February 5 include Bacchus and Venus, the Chamber of Commerce Visitors Center, Firehouse Coffee, Katya Fused Glass, Lappert's Ice Cream, Real Napa Tasting Room, and Salty. All draft beer will be \$5 for the afterparty at Smitty's from 5:00 to 7:00 p.m.**

**Any questions about Sausalito's Souper Bowl may be directed to Recreation Supervisor Julie Myers at (415) 289-4198 or [jmyers@sausalito.gov](mailto:jmyers@sausalito.gov).**

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# Why Cloth Masks Might Not Be Enough as Omicron Spreads

Time it takes to transmit an infectious dose of Covid-19

		PERSON NOT INFECTED IS WEARING			
		Nothing	Cloth mask	Surgical mask	N95
PERSON INFECTED IS WEARING	Nothing	15 min.	20 min.	30 min.	2.5 hours
	Cloth mask	20 min.	27 min.	40 min.	3.3 hours
	Surgical mask	30 min.	40 min.	1 hour	5 hours
	N95	2.5 hours	3.3 hours	5 hours	25 hours

It will take 25 hours for an infectious dose of Covid-19 to transmit between people wearing non-fit-tested N95 respirators. If they're using tightly sealed N95s—where only 1% of particles enter the facepiece—they will have 2,500 hours of protection.

## Time it takes Covid to transmit depending on the types of masks being worn

This graph allows you to decipher the amount of time you are 'safe' when with another person depending on the types of masks (in any) you are both wearing. Read entire article by Wall Street Journal [HERE](#)

BOTTOM LINE: N95 and KN95's are best!

What is the difference between an N95 and KN95?

Both the N95 and KN95 filter 95 percent of tiny airborne particles (0.3 microns), meaning that they are both effective at protecting the wearer against the virus that causes COVID-19.

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most Chinese standards, data obtained from the performance testing of both masks show that there is a lower pressure drop on inhalation and exhalation for the N95 facemask. This signifies that the N95 is slightly more breathable than the KN95 face mask. This should be taken into consideration for intended wearers who may have existing breathing conditions as their breathing may become more restricted.

Another difference is that the KN95 generally features ear loops as the means to attach to the wearer's head, versus the head straps utilized on the N95 face mask. While many wearers find the ear loops to be more comfortable, it could impact the effectiveness of the mask if not sized correctly.

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## Movie Group Discussion With Joey and Paul THIS Wednesday at 4pm

Calendar Event and Zoom Link: [CLICK HERE](#)

We've moved the Wednesday Movie discussion to the third Wednesday of the month.

Our movie for next week (Jan 19) is "The Lost Daughter" directed by Maggie Gyllenhaal. It's a complex character study about a middle aged woman on vacation whose sometimes unnerving resort neighbors spawn reflection and memory of the choices and sacrifices she made during early motherhood. It stars Olivia Coleman and it's available on Netflix.

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for assistance.

(917)-450-5506, [joe@datastreamcs.com](mailto:joe@datastreamcs.com) )



## Here are the women who will be appearing on quarters in 2022

The U.S. Mint will begin circulating quarters honoring five women this year as part of a four-year series celebrating contributions women have made to the United States. Among the diverse group of women being honored are a celebrated poet and civil rights activist, the first woman in space, the first Chinese American movie star, the first female principal chief of the Cherokee Nation and the first woman to serve as superintendent of the Santa Fe public schools.

See all of the quarters and read the entire article [HERE](#)



## How the Rule of Acquired Taste Can Help You Build Better Habits, a Better Business, and a Better Life

The rule is based on principles of psychology and emotional intelligence--and it can completely change your perspective.

In the late 1960s, psychologist Robert Zajonc developed a study in which he showed participants a series of images in rapid succession. The images were random and not really linked in any way; they included geometric shapes, paintings, pictures of faces, and Chinese symbols. The images quickly appeared and disappeared, but some images appeared with more frequency with others.

When researchers later asked subjects which images they liked the best, participants repeatedly chose the images they had been shown the most.

As one psychology reference put it:

"What Zajonc seemed to have discovered was that familiarity brings about an attitude change, breeding affection or some form of

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greater, your number of exposures to something, the more attention you will feel toward it."

"To put it simply, 'the more you see it, the more you like it.'"

Read entire INC. article [HERE](#)



**Learn about the County's Senior Services with  
Chloe Cook from  
Aging and Adult Services and  
Marin County Health and Human Services**

Hosted by Marin Village

WHEN: January 24, 11:00am

RSVP on Zoom: [CLICK HERE](#)

ZOOM EVENT WITH CHLOE COOK FROM AGING AND ADULT  
SERVICES - MARIN COUNTY HEALTH AND HUMAN SERVICES



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An hour of great songs and dialogue between Bing and Bob



## **The Alzheimer's Association Presents: Effective Communications Strategies**

Wednesday, January 19, 2022, 10:00 AM – 11:30 AM  
Online event

In this presentation, caregivers will learn to decode verbal and

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Alzheimer's and other dementia participants will receive strategies for meaningful connection with people in early, middle and late stage dementia.

This free program is hosted by the Corte Madera Library, a branch of the Marin County Free Library, and the Alzheimer's Association, Northern California and Northern Nevada Chapter.

Registration is required for this Zoom event. Please click [here](#) to register.

The Alzheimer's Association receives grant funding to provide these free programs and is required to collect the first and last name and zip code of participants to receive this funding. This information will not be shared in any other way. Thank you.

To learn more about the Alzheimer's Association, visit their website: <https://alz.org/norcal>



## **Thomas Edison's Weird (but Research-Backed) Nap Trick Can Help You Solve Your Toughest Problems**



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in [inventing](#) the telegraph, light bulb, phonograph, movie camera, and alkaline batteries, among other pillars of the modern world. Clearly the guy was good at generating [breakthrough ideas](#) and solving tough innovation challenges. What was his secret?

A big brain and incredible work ethic clearly played a role, but according to [a fascinating new Scientific American article](#), so did naps -- and not just your ordinary, everyday afternoon snooze.

### **Can you nap your way to a eureka moment?**

"The inventor is said to have napped while holding a ball in each hand, presuming that, as he fell asleep, the orbs would fall to the floor and wake him. This way he could remember the sorts of thoughts that come to us as we are nodding off, which we often do not recall," explained Bret Stetka on the magazine's website recently.

Using this somewhat bizarre technique, Edison believed he was able to bring back useful ideas from the twilight zone between sleep and wakefulness. His long record of exceptional creativity suggests that the idea might not be as wacky as it first appears, but as Stetka explains, so does modern science.

"Published recently in Science Advances, a new study reports that we have [a brief period of creativity and insight](#) in the semilucid state that occurs just as we begin to drift into sleep," he reports. "The findings imply that if we can harness that liminal haze between sleep and wakefulness--known as a hypnagogic state--we might recall our bright ideas more easily."

The article goes into detail about the research, but basically the researchers asked 103 volunteers to solve a math puzzle after trying a version of Edison's ball nap trick while hooked up to a machine that monitors sleep. The subjects who hovered just on the edge of sleep - - a stage modern sleep researchers refer to as N1 -- were vastly better at cracking the tricky problem.

### **How to put Edison's insight to work**

So should you set yourself up with a couple of balls and a recliner for the next time you're flummoxed by a difficult problem or in need of a breakthrough idea? While science supports Edison's belief that the

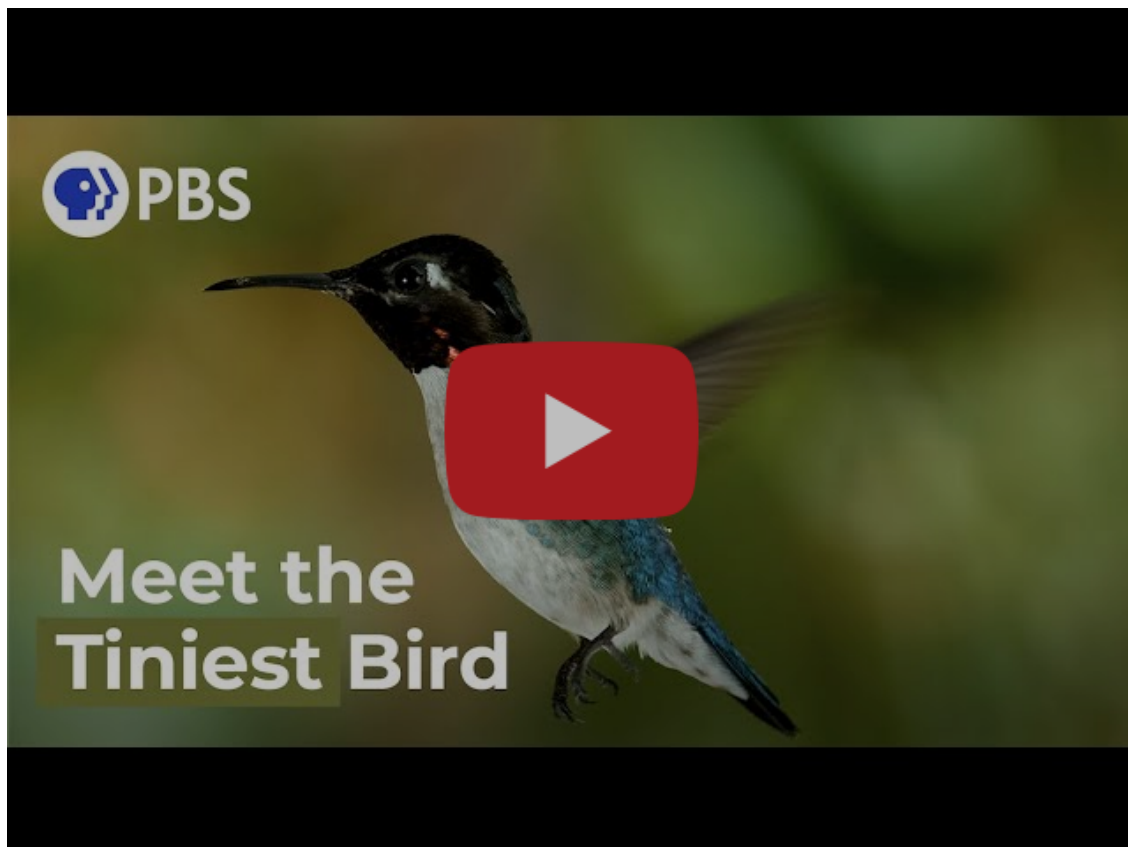
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and Salvador Dalí are among the other great minds rumored to have used Edison's technique), the latest research does not recommend his trick as the best way to bring back ideas from this liminal state.

In the Science Advances study, participants were given a drinking glass to hold instead of a ball, but most didn't let it go until they'd drifted into deeper, and less creatively fruitful N2 sleep. If you're looking to go hunting for solutions on the edge of consciousness, you're probably better off laying down empty handed, setting your alarm for 20 minutes in the future, and just allowing your mind to drift.

You may sometimes fall too deeply asleep to maximize creativity (in that case [you probably needed the rest](#) anyway), but many times the alarm might just catch you as you're drifting through the weird and fertile twilight zone of N1. Keep a notebook by your side to capture any ideas you retrieve.

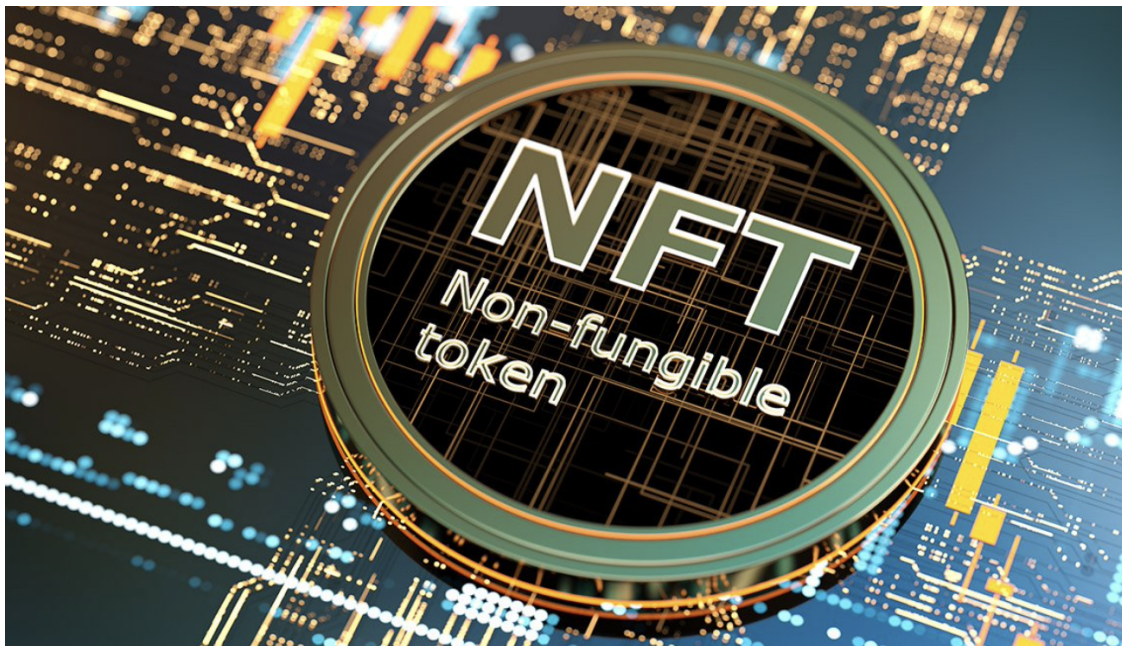
Sure it sounds a little weird, but it worked for one of the greatest inventors ever so it just might be worth a try.



The Bee Hummingbird

Life isn't about finding  
yourself. Life is about  
creating yourself.”

-George Bernard Shaw



## Have you heard the term "NFT"? What does it mean?

This AARP Magazine article by Lexi Pandell can shed some light.

Don't expect your grandkids to spread their newest sports trading cards across the bedroom floor. And that piece of artwork for sale online? It might not go in a frame on your wall.

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tokens (NFTs). These are digital assets — they can take form such as photographs, music or video clips. Although people may be able to copy an item, ownership of the original is encrypted and cannot be changed unless it is sold and the property is officially transferred to a new owner. Websites such as OpenSea and Rarible act as marketplaces and list the prices — think of them as like Etsy or eBay but for digital assets. Ownership of an NFT is secured by the same type of [encryption technology as cryptocurrency](#), with a record stored on the digital ledger known as the blockchain. [Editor's note: Don't understand that last sentence? Don't go near NFTs.]

- Kings of Leon became the first major rock band to release a special-edition album digitally as uniquely numbered NFTs.
- NFL quarterback Tom Brady is launching a company to produce NFTs.
- Christie's auction house recently sold a digital collage by an artist known as Beeple for \$69.3 million.
- NBA Top Shot issues digital basketball cards that feature a game highlight video; some have since sold for six figures.

Read entire article [HERE](#)

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

Stretch & Strengthen with Rayner





## CARSS (Call A Ride for Sausalito Seniors)

### COME RIDE WITH US!

Sign up today for free door to door rides around town and Gateway 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. CARSS also provides rides for some weekend and evening community events.



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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](http://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!



12 hours of music to help concentration in studying and working



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