



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

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What's on the calendar?

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

Don't Miss: Learn About Senior Resources in Marin County on Monday, 1/24/22 at 11am. To register [CLICK HERE](#)



Get Involved In Sausalito's New

The Sausalito Center For The Arts is a non-profit organization founded by community members striving to enhance the cultural experience of Sausalito.

After a lengthy review process, on January 11, 2022, the Sausalito City Council agreed to lease the former Bank of America building in downtown Sausalito to a task force dedicated to creating the Sausalito Center For The Arts.

With the decision from the Council, the journey has begun.

The project approach is to develop a best-of-class boutique Center for Arts – encompassing all forms of art and culture – and create a unique venue that intersects culture, art and community. This project will establish a **Real Center of the City** sending a vibrant and positive outreach to our citizens, visitors, families, businesses and city leadership.

1.
 - **Art:** The property will be used for showcasing the creative expression of local Sausalito artists, with exhibits open to the public. It will also serve as a venue for artists throughout the world who desire an exhibit location as stunning as their work. - *A life without art is no life at all.*
 - ◦ **Culture:** A place to hear music, watch performances, enjoy a variety of exhibits held throughout the year - highlighting plein air artists, watercolorists, spoken word evenings, dance and music recitals and lectures, sculptors, modern, abstract, traditional, textile – *And any other imaginable forms of creative expression*
 - ◦ **Education:** Classes will be held in the facility and around the property for both adults and children. Demonstration of art, history and appreciation, sketch classes, children's art exhibits, adult classes in weaving or singing rehearsals - *Something for everyone.*
 - ◦ **Meetings:** The Center will be a new venue in Sausalito to hold nonprofit fundraiser events and other conferences and meetings, corporate sessions, and additional meeting space that is not currently available in some of our restaurant or hotel offerings. - *Expanding our offerings.*

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an aspect of art and embrace the use of the facility for community events, nonprofit and city events. It is the objective of the organizing Task Force to establish a collaborative and supportive environment in which to exhibit and support the best of what Sausalito has to offer. - *Uniting our community.*

Learn more and get involved!

SausalitoCenterForTheArts.org



10 Interesting Facts about Bald Eagles You Might Not Know

At 100 miles per hour in a dive, the bald eagle is a fearsome predator that eats mostly fish. Thanks to the banning of DDT and the protection of the bald eagle through numerous acts of Congress, we'll have more interesting bald eagle fun facts for many years to come.

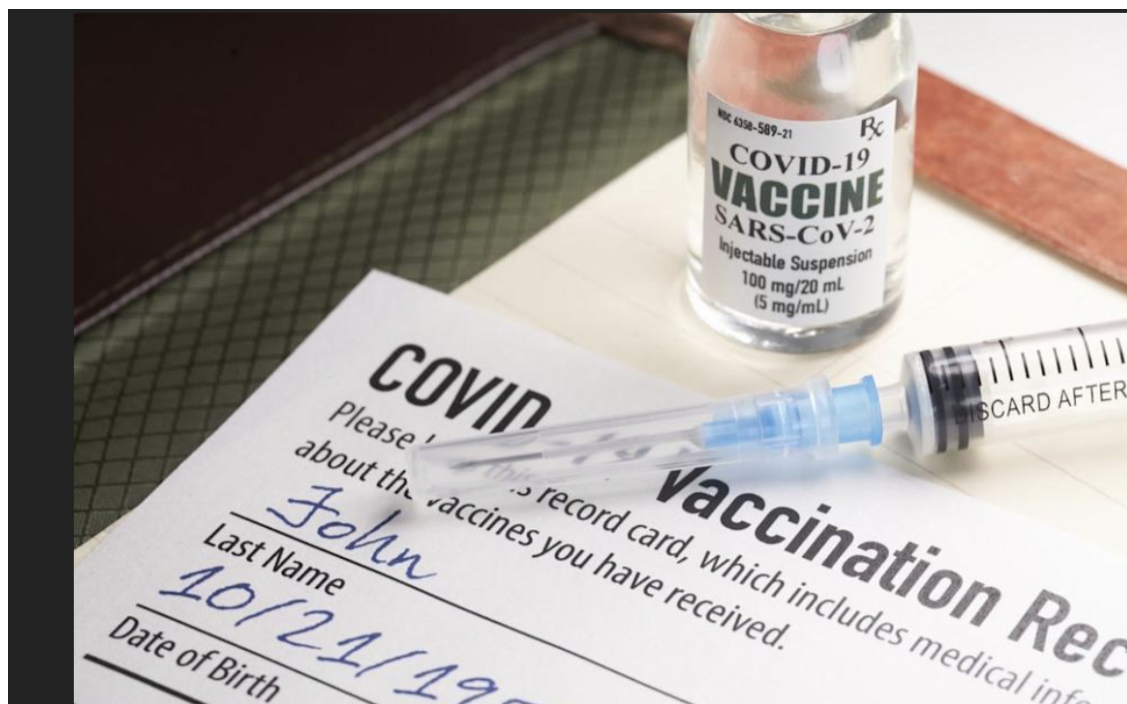
The bald eagle is both the national bird and national animal of the United States of America. Once endangered, their numbers have since rebounded and bald eagles live all across North America, including Canada, Alaska and [Mexico](#).

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have wingspans as wide as 6 ft. Bald eagle nests can weigh as much as 1 ton and they certainly like living large! Their nests can be 100 ft. or more in the air.

Find out more information like this in my article about interesting facts about bald eagles.

Read entire article and the top 10 facts: [CLICK HERE](#)



Drop In Vaccine and Booster Clinic Hosted by Christ Episcopal Church

Thursday January 27th, 10:00am-2:00pm

If you have had any vaccines, bring your vaccination card.
Bring your ID and a mask.

Questions? Call Laurel Spolter 415-384-1666

Need a ride? Call CARSS 415-944-5474 by January 26th



Everyday meditation alternatives

Excerpted from Inc. article by Jessica Stillman

If you're looking for some ideas, then look no further than a recent TED Ideas post by designer and author Ingrid Fetell Lee. Fetell Lee also struggled with meditation until her therapist suggested some people simply just aren't a good fit for a traditional practice (particularly those with unresolved trauma). Fetell Lee set out to find alternatives that would work better for those like her, sharing a few she discovered in her post:

1. **Coloring.** Those adult coloring books you see around actually have solid science behind them. "Research shows that coloring a complex abstract design such as a mandala or a plaid pattern can reduce anxiety in a meaningful way. Structured patterns like this have strong symmetry that taps into the harmony aesthetic, which promotes calm through symmetry and balance, quieting the visual noise of our surroundings so we can focus more deeply on what we care about," Fetell Lee reports.
2. **Drumming.** Another research-backed idea. "In one study a group drumming initiative resulted in significant reductions in anxiety and depression, along with an increase in overall mental well-being," writes Fetell Lee.
3. **Cloud gazing.** You know how, when you look up at a sky full of fluffy clouds, your mind naturally starts to find shapes in patterns in the white fluff? Turns out that this might be more than childlike fun. "Little research has been done on cloud gazing (sadly!),

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restorative and accessible, claims Fetell Lee. A huge body of science also shows spending time in nature is fantastic for your mental health, so lying on the grass staring up at the sky will certainly do you no harm.

4. **Morning pages.** Read more about this [lengthy but oft recommended morning writing practice here](#).
5. **Walking.** A huge percentage of history's great thinkers have been avid walkers, and science is starting to explain why. "Benefits of mindful walking include stress reduction and improved cognition among older adults, in addition to the many mental health benefits of increased physical activity that it provides," writes Fetell Lee.

Looking for more ways to add a little mindfulness to your day? Read much more about these practices and a couple more [in Fetell Lee's complete post](#).



Learn how to play music with water glasses!

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Help Shape the Future 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 for 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 program resources for housing
- Analysis of fair housing issues and constraints
- Goals, policies, and actions to address 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.



**NEW
DATE
2/10/22
AT 5PM**

Sausalito Housing Element Zoom Town Hall

New Date: Thursday, February 10, 2022

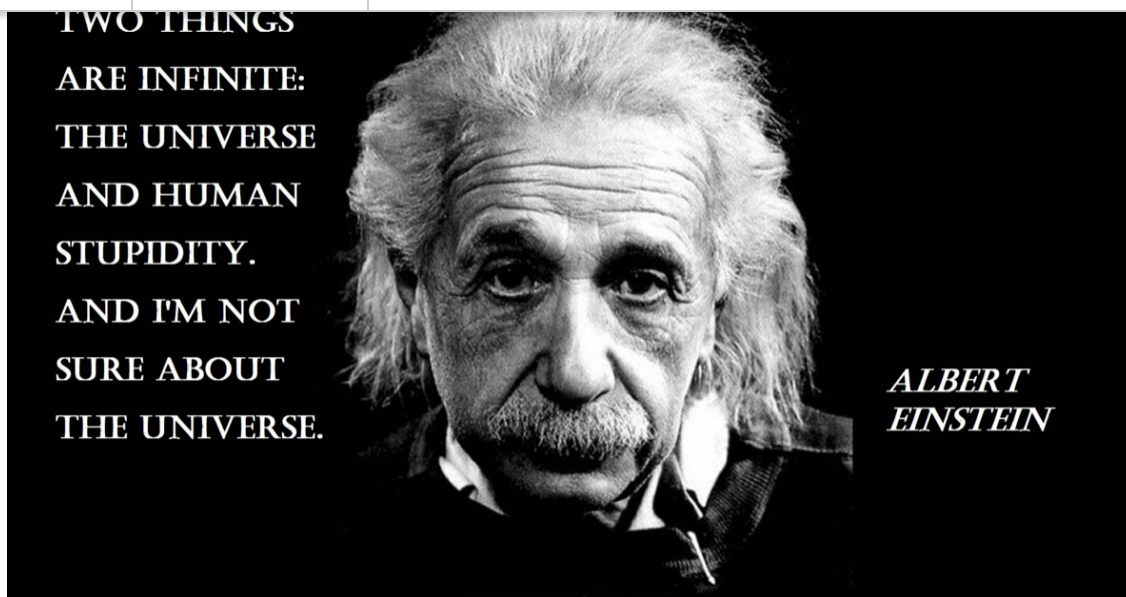
New Link to Register: [CLICK HERE](#)

This is an important opportunity to have your voice heard!!

We are all in this together. The City of Sausalito must make decisions about rezoning and building new housing as mandated by the State.

This is your opportunity to participate in the process! And your opportunity to help create something very special in our town!

Please set aside the time for this important meeting.

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**FREE Home Tests sent to you
from the US Government**

Have you signed up to receive your Covid-19 Home Rapid Tests from the US Government delivered by USPS to your mailbox?

It's easy to sign up and 4 will be sent with each order and should arrive in 7-14 days.

Here is the link: [CLICK HERE](#)

Need a Home Rapid Test sooner?

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received a 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).
- 2) You know you have been in contact with someone who tested positive for COVID.
- 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 with your name, phone number, address, and your request.

Stay safe,

Sausalito Village Board of Directors



PC Magazine by Stephanie Mlot

Most kids are lucky to collect a few dollars a week for doing chores. Meanwhile, 7-year-old YouTuber Anastasia Radzinskaya, or "Nastya" to viewers, raked in \$28 million last year for making videos about decorating Halloween cupcakes and learning to tell time.

When Radzinskaya was born with cerebral palsy, doctors feared she would never be able to speak. To document her development, her parents shared videos on YouTube for friends and family. Quickly winning the hearts of followers around the world, Anastasia hit big with a 2018 trip to the petting zoo with dad Yuri, set to earworm "Baby Shark."

A year later, "Nastya" boasted 107 million subscribers across seven channels, and debuted at number three on the *Forbes* Top-Earning YouTube Stars 2019 ranking, which tallies pretax income collected from advertisements, sponsored content, merchandise sales, tours, etc.

The now 7-year-old has held tight in *Forbes'* ratings, dropping to number seven in 2020, then rising one spot to number six this year. As reported by the business magazine, Nastya last year sold the rights to her old YouTube videos to Spotter for cash upfront (while retaining rights to new content). She also introduced a merchandise line and NFT collection.

Here's a sample: [CLICK HERE](#)

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**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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Celebrities Teach You Slang



Where to Get Real N95 and KN95 Masks

Before we start, have you heard? The U.S. Government has released 400 million N95 masks from the national stockpile. They are being distributed nationwide and will be coming to our area in the next days to weeks. Sausalito Village will work hard to have some for delivery to

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If you want to shop for a KN95 or N95 but don't know where to go, start with this non profit clearinghouse of PPE information called Project N95. They have reliable information about masks and links to purchase online:

<https://www.projectn95.org>



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 OR phone 415-944-5474

CARSS is a City of Sausalito Age Friendly Program managed by Sausalito Village.

Always looking for volunteer drivers too!



6 hours of relaxing guitar music



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