



Mount Burdell in Novato

## 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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## 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](#)

Here are a few highlights:

Cybersecurity Presentation - March 7

Movie Group West Side Story - March 16

St. Pat's Dinner Delivered to your door - March 17

Academy Award Group Watch Party - March 27

Supper Club - April 27



Patty Bacon - Michele Benjamin - Lee Follett - Gail Forrest - Ellen Fusco -  
Judith Haslam - Charlotte Mastrangelo - Cynthia Ong - Safoura Monainipour -

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If you are a Village member and we have missed listing you, it means we do not have your birthday in our database. We don't want to miss you next year, please email and let us know! [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com)



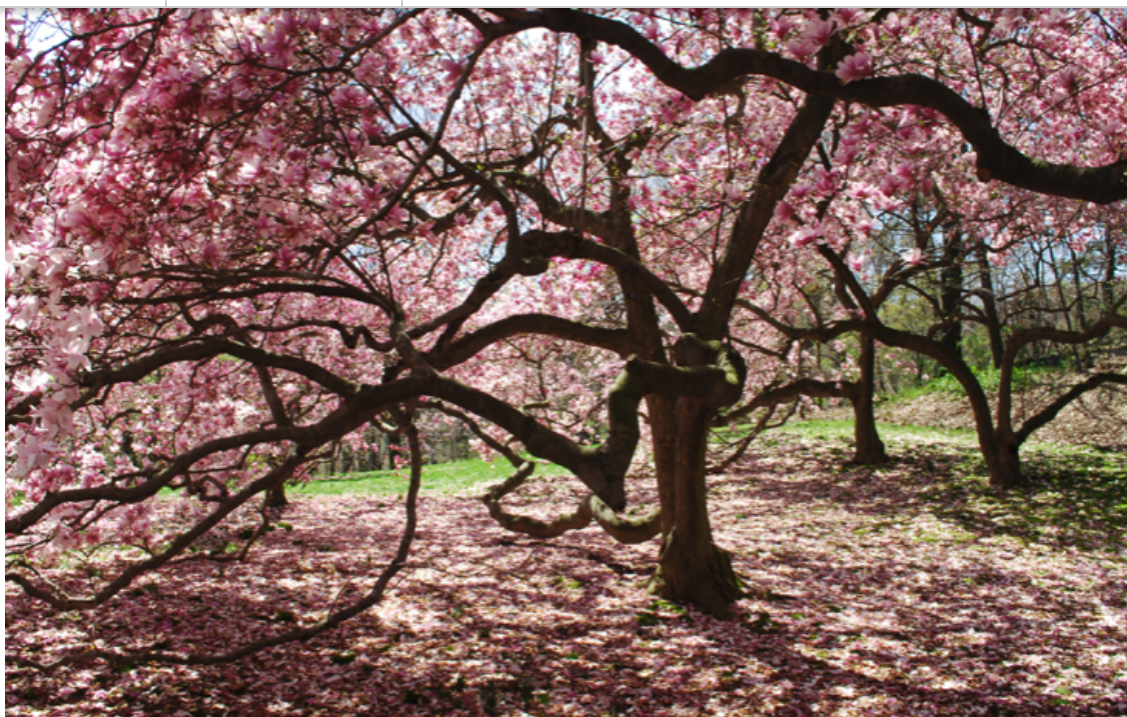
## Reserve Your St. Patrick's Day Dinner Now!

St. Patrick's Day is just around the corner and we don't want you to miss out from having a good Irish meal to celebrate!

Volunteers will deliver meals to your door on March 17th, in the afternoon (more exact time will be given). Mollie's will be whipping up Corned Beef and all of the fixings. A complete salmon dinner will be offered as an alternate.

\$20 for the meal and dessert delivered to your door. No limit on the number of meals you would like to purchase as long as they are being delivered in Sausalito or the floating homes. Reserve and pay for your meals [HERE](#)





## Magnolias are in bloom in the Botanical Garden

The San Francisco Botanical Garden is one of the most diverse gardens in the world. A unique urban oasis, the garden is a living museum within Golden Gate Park, offering **55 acres** of both landscaped gardens and open spaces, and showcasing over **9,000 different kinds of plants** from around the world.

The garden is always **free for San Francisco residents**, but visitors can also enjoy this treasure for **free on the second Tuesday** of every month. And...are you an Early bird? Come by any day and get in for **free from 7:30-9 am**.

Otherwise, Regular cost: \$9/adults weekdays, \$12/adults weekends; \$7/youth and seniors; \$3/children; free/4 years and younger

Right now there is a Magnolia Celebration taking place. You will be provided a map of some of the magnolias you will be viewing at the entry for a self guided tour, or pre-register for a 90 minute docent led tour. [learn more here](#)

**QUESTION FOR YOU:** Sausalito Village is considering a visit to the Botanical Garden to view the cherry blossoms as a group trip with transportation provided. Would you be interested? Let us know. Email [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com)



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## **CARSS Program**

### **(Call A Ride for Sausalito Seniors)**

CARSS (Call a Ride Sausalito Seniors) is a City of Sausalito Age Friendly Program for residents of Sausalito and the floating homes community, who are 60 and older. CARSS is managed by Sausalito Village with one goal in mind – to keep older residents connected to the community and safe as they age.

#### **CARSS provides:**

- **Free Rides around Sausalito and Marin City.**  
Volunteers can also do errands.
- **Service available Monday, Wednesday and Friday between 10am–2pm.**
- **Schedule a Ride/Errand a day ahead or the same day. Need a ride at other times or days just call 48 hours before.**
- **Rides/Errands provided by vetted volunteers with their cars.**
- **Masks and proof of vaccination are required.**

### **RIDE FOR FREE WITH CARSS!**

For more information go to [www.carss4you.org](http://www.carss4you.org) or call **(415)944-5474** or [infocarss4you@gmail.com](mailto:infocarss4you@gmail.com)



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## March 27th, 5pm

Hosted by Sausalito Village Movie Group. Held at Sausalito

Presbyterian Church's Thompson Hall.

Proof of vaccination required. CARSS rides available. Limited space.

RSVP [HERE](#)



Griot Theater of Marin City Performance Debuted February 28, 2022





Photo courtesy of UC MMG

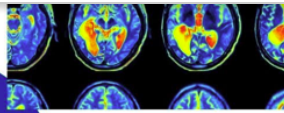
## Fire-smart Landscaping Tips from UC Marin Master Gardeners

### MARCH: Remove and replace invasive plants

- Remove invasive plants such as ivy, broom, and pampas grass that spread quickly, add considerable fuel for fire and use precious water.
- Replace with California natives, pollinator or low water use plants keeping drought tolerance and biodiversity in mind.
- Unfortunately, excessive clearing can create a vulnerable entry point for the plants we do not want. Pull weeds before they go to seed to keep them from spreading.

More Fire-Smart Landscaping Information can be found at the UC Marin Master Gardener website:-

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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**experiencing memory loss?****Therapeutic  
Investigation  
Of  
Neurocognition****We have a free online  
course and research study  
that may help.****The MOTION study aims to compare three different online  
behavioral interventions aimed at improving function and quality  
of life in people with mild to moderate memory loss.****Interested in learning more?****Visit [motionstudy.ucsf.edu](https://motionstudy.ucsf.edu) or call 415 910 1655**

## **Memory Loss Research Study Through UCSF**

Open to individuals 55 and older.

*Linda L. Chao, Ph.D.*

*Professor, Departments of Radiology and Biomedical*

*Imaging & Psychiatry and Behavioral Sciences*

*University of California, San Francisco*

*Research Biologist*

*San Francisco VA Health Care System*

**Join the MOTION Study!** <https://motionstudy.ucsf.edu/>





## March 7th - The Future of Cybersecurity From a Friendly Hacker's Perspective

Cybercriminals have adapted to our new reality — have you? The COVID-19 pandemic has changed our lives, and criminals have quickly adapted to the new normal. Keren Elazari, a TED Talk speaker, security analyst and friendly hacker, walks us through the fascinating world of hackers with stories, trends and predictions — and advice on how to be cyber-safe at home and work and how to build a digital immune system.

Hosted by First Republic Bank.

WHEN: Monday, March 7th, 1pm-2pm

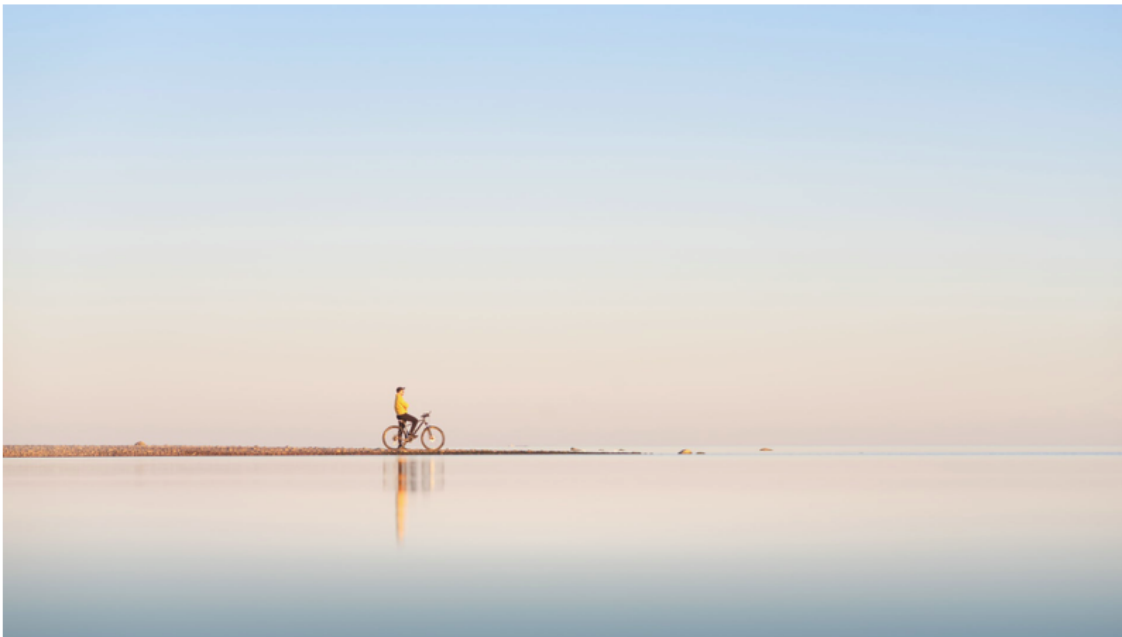
RSVP [HERE](#)

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

Stretch & Strengthen with Rayner



## The Secret to Happiness, According to This Harvard Professor: A Reverse Bucket List



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add to your life, but about what to take away

Excerpt from Inc. Magazine by Jessica Stillman

Swap your traditional bucket list for something dubbed a "reverse bucket list."

"Each year on my birthday, I list my wants and attachments--the stuff that fits under Thomas Aquinas's categories of money, power, pleasure, and honor. I try to be completely honest. I don't list stuff I would actually hate and never choose, like a sailboat or a vacation house. Rather, I go to my weaknesses, most of which--I'm embarrassed to admit--involve the admiration of others for my work," he writes.

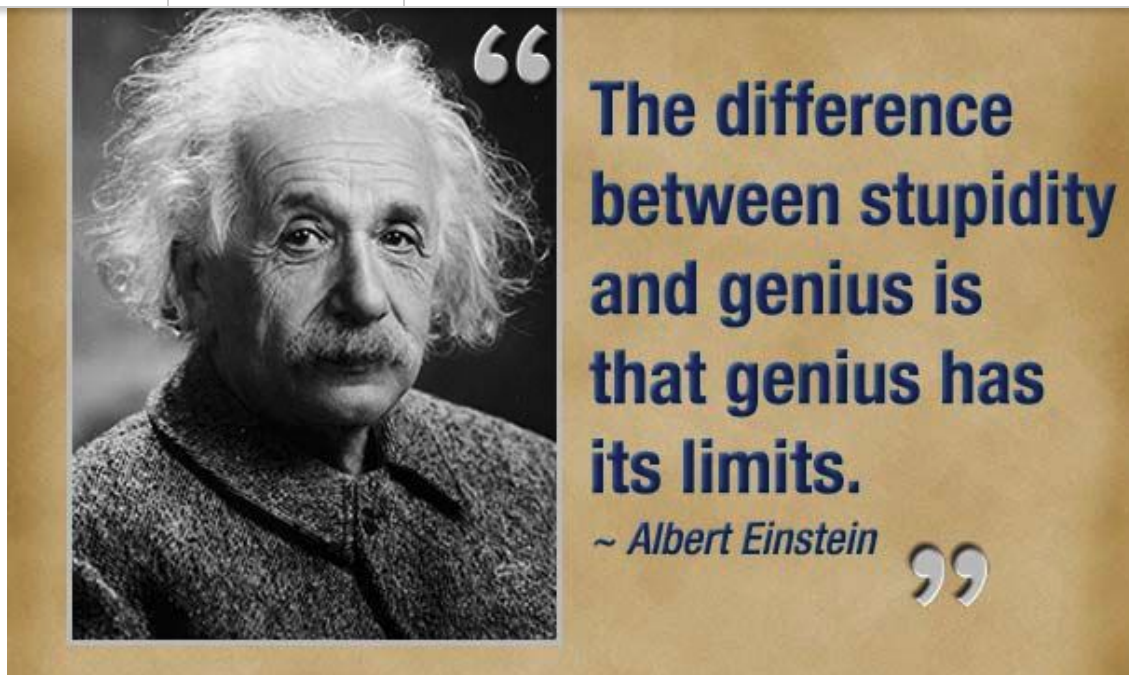
Next, Brooks sets down and imagines what his life would like in five years if we were truly happy and successful--if he were living up to his values and experiencing a sense of psychological peace. The final step is to compare the two lists side by side. Would those things he craves actually bring him closer to his vision of the good life?

The point of this exercise isn't to extinguish your dreams. People often regret not traveling more or starting that business later in life. Finally running that marathon can be just as good for your self-confidence as it is for your heart. Well-considered goals are great. But you should know why you dream what you dream, and a reverse bucket list can help.

If an item is on your bucket list because it lines up with your deepest desires and values, keep it. If it's there to impress the neighbors or feed an amorphous and unquenchable need for "success" or validation, onto the reverse bucket list it goes.

Entire article [READ HERE](#)

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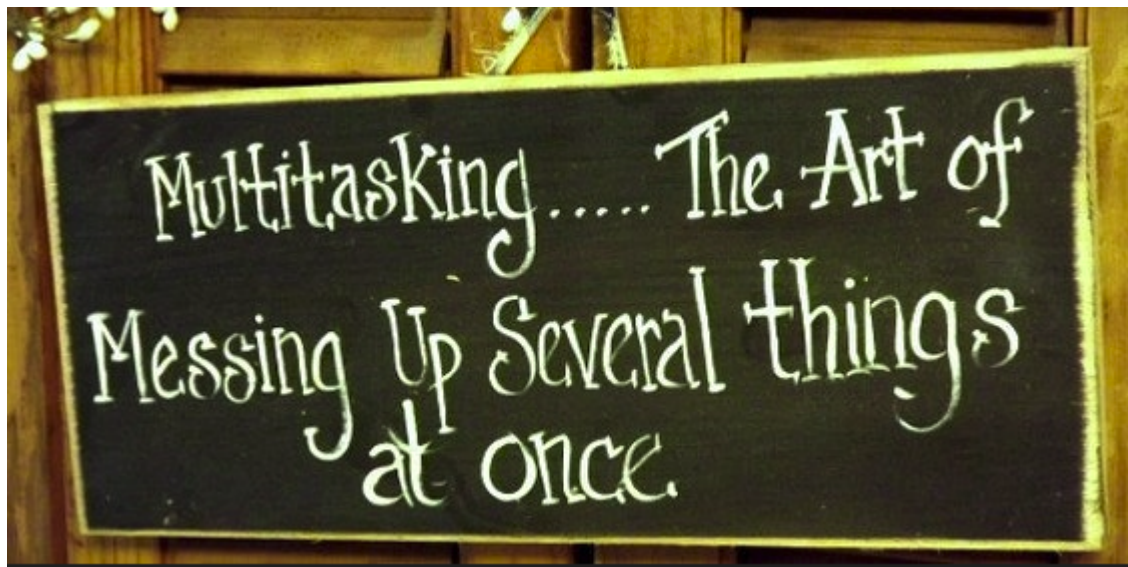


## Hidden Risk of Hearing Loss

HopkinsMedicine.org

Hearing loss is frustrating for those who have it and for their loved ones. But recent research from Johns Hopkins reveals that it also is linked with walking problems, falls and even dementia.

In a study that tracked 639 adults for nearly 12 years, Johns Hopkins expert Frank Lin, M.D., Ph.D., and his colleagues found that mild hearing loss doubled dementia risk. Moderate loss tripled risk, and people with a severe hearing impairment were five times more likely to develop dementia.



**RESILIENT  
NEIGHBORHOODS**  
CPR FOR THE PLANET



**CLIMATE ACTION WORKSHOPS**

**5 Online Meetings + Climate Action  
= BIG Impact!**

-  *Reduce your carbon footprint*
-  *Get ready for climate-linked emergencies*
-  *Build a resilient community*

## Sign up for an upcoming Climate Action Workshop Series With Resilient Neighborhoods

When you join a climate action workshop, you will participate in



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## week for ten weeks.

You'll start by calculating your starting household carbon footprint, and then over the course of the program, take effective, measurable, and money-saving actions to reduce it by at least 5,000 annual carbon pounds of emissions.

At the end of the program, you will have an online personalized climate action plan to continue with over the next year, and years to follow.

All you need to participate is access to your utility bills and a computer! The workshop is free and registration is required.

Questions? [RNOutreachAssociate@gmail.com](mailto:RNOutreachAssociate@gmail.com)

Sign Up for the series starting March 30th [HERE](#)

Sign Up for the series starting April 7th [HERE](#)



Ukrainian Choral Group sings a Ukrainian Prayer at the opening of SNL

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## Highlight Stories of the Winter Olympics

With gold medal performances from Erin Jackson, Chloe Kim and Lindsey Jacobellis to name a few, the U.S. brought home a respectable 25 medals at the Beijing Games. Fourteen U.S. medals came in women's events and three more in mixed competitions. Catch up on the biggest U.S. stories, achievements of athletes from across the globe and moments of true Olympic spirit.

Read Story [HERE](#)

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