



Send in a photo to SausalitoVillageTips@gmail.com

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

UPCOMING EVENTS

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](#)

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Family Caregiver Resources - March 21
Academy Award Group Watch Party - March 27
Lunch About Town at the Trident - March 30
Trip to SF Botanical Garden + Happy Hour - April 6
Death Cafe - April 11
In Person Sing Along at Campbell Hall - April 25
Supper Club at Sausalito Presbyterian Hall - April 27



SV Trip to SF Botanical Garden and Pacific Catch

Join us for a visit of the SF Botanical Garden in Golden Gate Park followed up with happy hour (food and drink menu [HERE](#)) at Pacific Catch. We will plan to arrive to the Garden by 1:30pm for those who would like to join in the free 90 minute docent tour. Others may choose to investigate the garden as a group or small groups. (Annie Dorsey promises to show us her favorite corner).

Paid and Volunteer drivers will be taking us in carpools.

NOTE: To truly enjoy the park, you will need to be able to walk some distance. There are no motorized trams.

WHEN: Wednesday, April 6th 1:00-5:00pm

PRICE: Senior admission \$7.00 for Garden

More info and RSVP: Click [HERE](#)



Please Complete the City of Sausalito Housing Element Survey

Your voice is important!

WHY is the City doing this survey?

The City is in the process of updating the Housing Element of the General Plan for the 2023-2031 period as required by State Law. The City will be establishing policies and programs to address Sausalito's existing and projected housing needs, including its "fair share" of the regional housing need, which is 724 units.

This survey will help the staff and consultant's to draft goals and policies that reflect the priorities, concerns and needs of Sausalito residents.

The consultants for the City have created the survey to be completed online, [click HERE to begin](#).

Printed copies available through Sausalito Village

Sausalito Village has printed and mailed surveys along with stamped return envelopes to members of SV, CARSS and Rotary Housing who we know do not use the computers. If you, or someone you know would prefer to complete the survey on paper, **contact Sausalito Village at SausalitoVillageRSVP@gmail.com or phone 415-332-3325** and provide the name and address, we will deliver the survey and return envelope.

Need assistance completing the survey?

Let Sausalito Village know if you, or someone you know, needs help completing the survey either on the computer or on paper. We have volunteers that can help. Phone 415-332-3325.

Thank you for giving your time to this important project. The deadline for submission is April 8th, 2022.



Older Singles Have Found a New Way to Partner Up: Living Apart

Fearing that a romantic attachment in later life will lead to full-time caregiving, many couples are choosing commitment without sharing a home.

Excerpt of NYT article by Elizabeth D. Herman below, to read the full article Click [HERE](#)

These older adults are seeking (and finding) love, emotional support and an antidote to loneliness. But many older women, in particular, fear that a romantic attachment in later life will shortly lead to full-time caregiving. To avoid this role, some seek to meet their social needs solely from their relationships with family members and friends. Margaret Widuckel, a widowed nurse, 75, from Melbourne, Australia, said she sometimes misses having an intimate partner but fears she'd

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unable to pursue their own desires, and all their conversations are about what the doctor said or didn't say."

As researchers study those who do partner, however, they find that increasing numbers are choosing a kind of relationship known as LAT [a](#)(rhymes with cat), for "living apart together." These are long-term committed romantic relationships without sharing (or intending to share) a home.



SV/CARSS Lunch About Town is BACK!!

We are looking forward to getting back to regular Lunch About Towns. What is an LAT? It

is a group lunch at a local restaurant. The restaurants provide separate checks so that

each individual can order as much or little as they want. We change it up - some are

fancier and more expensive than others. We try to provide a price point for everyone.

LAT is open to all Sausalito Village and CARSS (Call A Ride for Sausalito Seniors)

Members and Volunteers.

Door to door rides are provided by CARSS.

Here is info about our first one:

Have you been to the iconic Trident recently? Take this opportunity to enjoy

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HERE for the website and menu.

WHEN: Wednesday, March 30th, 11:30am - 1:00pm

WHERE: Trident Restaurant, 558 Bridgeway

RSVP: CLICK [HERE](#)

CARSS RIDE: Email InfoCARSS4You@gmail.com or call 415-944-5474 to reserve your ride by Monday, March 28th

Rather drive? Validated parking - 1st hour free, 2nd hour \$6.



France is the most visited country in the world. Here's why

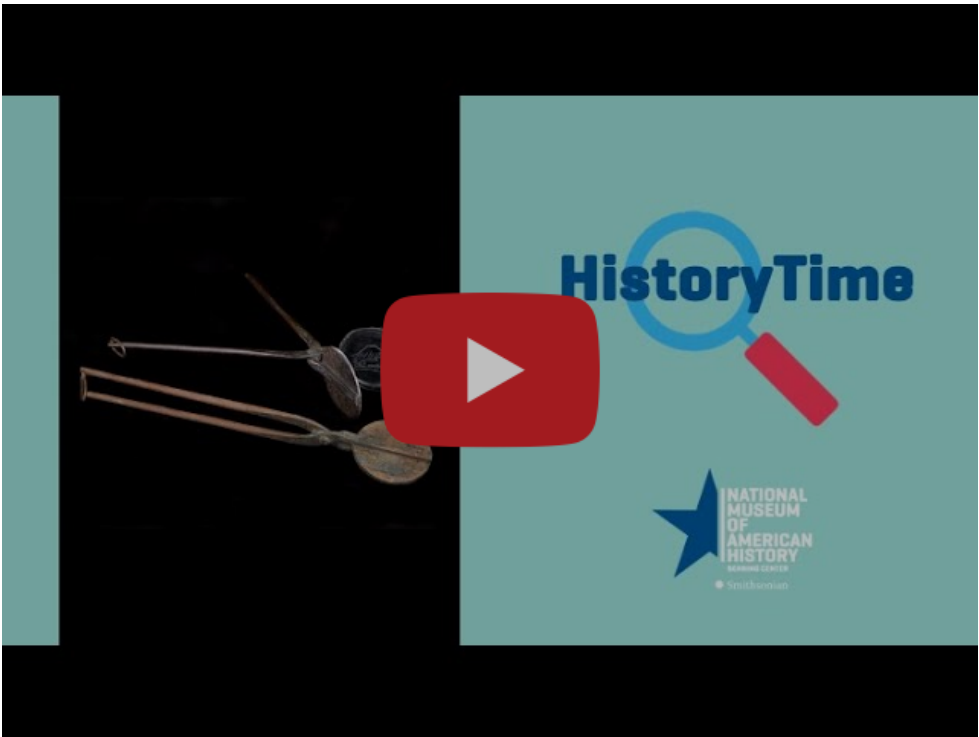
Excerpt from CNBC, to read full article Click [HERE](#)

You might think a large country like the United States is the most visited in the world, but you'd be wrong — France takes that honor.

About 90 million international visitors traveled there in 2019, and tourism makes up 8% of the country's gross domestic product, according to the French [ministry of foreign affairs](#). As with other countries, tourist numbers plunged during the coronavirus pandemic and revenue from visitors to France was cut in half over the first seven months of 2020.

Like the United States, France has mountains, wineries, famous sights and dramatic coastlines in abundance, with a wine-making heritage thought to be [thousands of years old](#). (Spain ranks second for tourist numbers, with 83.5 million in 2019, followed by the United States, with 79.3 million, according to the [World Tourism Organization](#)).

On top of that, France is easily accessible from neighboring European countries, is relatively small and has a certain "je ne sais quoi" — something



History of the Fortune Cookie

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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 or call (415)944-5474 or infocarss4you@gmail.com

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Conversational Spanish Language Class

With Catalina Perez

April 5th – May 10th
Tuesday Mornings, 9:30 – 10:30am

This 6-week immersion class is designed for advanced beginner Spanish speaking students. An unimimidating, small group experience (maximum of 6 students) that will include interesting & relevant topics, presented through audio, games, and pictures to encourage conversation.

Please take the following online test to see if you qualify for the class at forms.gle/1oLGzKgMuNCqbRsp7

Only 5 correct answers out of 20 are required.



The textbook we will use is *Easy Spanish Step-By-Step* by Barbara Bregstein. Available from us for \$11.

Catalina Perez is a certified Spanish language coach, originally from Medellin Colombia, currently living in Sausalito. She studied International Business at EAFIT University in Colombia and received an M.B.A. from McKendree University in the U.S.A. She has worked in International Sales and Marketing for multinational companies.

Educational Philosophy: Respectful, empathetic, creative, fun, positive, motivational, flexible, resourceful and embracing cultural diversity.

\$180 per person for the six-week course
 Register in the store, email staff@sausalitobooksbythebay.com or call 415.887.9967



100 Bay Street, Sausalito | sausalitobooksbythebay.com | 415.887.9967



50 New 'Today I Learned' Facts That Prove It's Never Too Late To Learn Something New

Today I Learned.... a female reporter attempted to recreate the famous novel "Around The World In 80 Days". Not only did she complete it with eight days to spare, she made a detour to interview Jules Verne, the original author.

And....The Great Hanoi Rat Massacre of 1902. The French wanted rats exterminated from the sewer system. They set a bounty for each dead rat tail. Thousands of tails were submitted per day but the rat problem only grew worse. They found the hunters were breeding, not hunting, rats for their tails.

And....Black Panthers are not a real species. They are jaguars and leopards who have "Melanism", which causes them to have black skin. It's the opposite effect of having albinism.

And.....47 more! Click [HERE](#) to read entire list on Bored Panda.

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Mental time travel is a great decision-making tool — this is how to use it

Excerpt from Ideas.TED.com by Meredith Schomburg

For the next 30 seconds, I want you to imagine yourself waking up tomorrow morning. Try to picture it in your mind or describe it to yourself as clearly as possible.

These questions may help make your imagined scene clearer. What room or space are you in? What wakes you up — an alarm, the sunlight, someone nudging you or calling you? Is it light out or still dark? Is there anyone with you? What are you wearing? What kind of mood are you in? And what's the very first thing you do now that you're awake?

Keep imagining your tomorrow morning until you have a clear answer to all of these questions.

This quick mental time trip you just took is an example of a highly imaginable future — it was likely quite easy for you to envision, with plenty of vivid details.

Read the entire article and more Mental Time Travel [HERE](#)

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

Stretch & Strengthen with Rayner



Do Las Vegas Churches accept gambling chips?

THIS MAY COME AS A SURPRISE TO THOSE OF YOU NOT LIVING IN LAS

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BUT THERE ARE MORE CATHOLIC CHURCHES THAN CASINOS.

**NOT SURPRISINGLY, SOME WORSHIPERS AT SUNDAY SERVICES WILL
GIVE CASINO CHIPS RATHER THAN CASH WHEN THE BASKET IS
PASSED.**

**SINCE THEY GET CHIPS FROM MANY DIFFERENT CASINOS, THE
CHURCHES HAVE DEVISED A METHOD TO COLLECT THE OFFERINGS.**

**THE CHURCHES SEND ALL THEIR COLLECTED CHIPS TO A NEARBY
FRANCISCAN MONASTERY FOR SORTING AND THEN THE CHIPS ARE
TAKEN TO THE CASINOS OF ORIGIN AND CASHED IN.**

**THIS IS DONE BY THE CHIP MONKS. It's all over the Internet...it must be
true!**



Putin is the New Haman....Putintaschen!

Purim celebrates the clear-cut triumph of good over evil—a time-honored tradition among Jewish holidays. The story goes that in Persia during the fifth century B.C.E., an enemy of the Jews, Haman, aims to wipe out the entire people. Queen Esther, married to the king, Ahasuerus, saves her people with the help of her Uncle Mordecai, and Haman is hanged on the gallows he built for Mordecai.

Considered one of the minor Jewish holidays, the festival began on March 16, and continued through the next day. Among Eastern European—Ashkenazi—Jews, a favorite Purim treat is the triangular cookie called a [hamantasch](#) (the plural in Yiddish is hamantaschen), which literally means “Haman’s pocket,” named for the villain in the story.

This year, with Russian despot Vladimir Putin dominating the headlines as the world’s cruelest new bad guy, apparently aiming to annihilate and/or subjugate the brave people of Ukraine, renaming the cookies *putintaschen* seems almost too complimentary—they’re delicious. He certainly isn’t. But the cookies get demolished rather quickly. We can only hope for the same end for the wannabe Russian czar.

Read entire article [HERE](#)



Rayner Needleman does a lot more than teach Stretch and Strengthen on Monday Mornings!

During one of the Monday morning classes Rayner teaches for Sausalito Village and Friends, she suggested that people do something creative. One idea she provided was to put together a Memory Board. Paulette Engler attended the class and got inspired! Check out this beautiful board full of memories!



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Did you know there is a podcast called [Inside Trader Joe's podcast](#), hosted by Tara Miller and Matt Sloan? In it, they revealed the new items being released. To read full descriptions of the items, read [HERE](#)

- Grapefruit scented candles
- Four cheese pastry rolls
- Portuguese custard tarts
- When life gives you lemons, make ice cream
- Ricotta and lemon zest ravioli
- Sour cream and onion flavored lentil and rice snack rings
- Fancy cheese crunchies
- Organic poppy seed dressing
- Pinks and whites dark chocolate bar
- Sparkling white tea with pomegranate juice
- 2020 Oak Knoll District Napa Valley merlot
- Edna Valley Pinot Noir
- Grain free cheeseburger flavor dog treats

Shopping Errands and Trips

RSVP to infocarss4you@gmail.com or (415) 944-5474

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Shopping at TRADER JOE's in Greenbrae

Friday, March 29th
A volunteer will shop for you



**Trip to Dollar Store
in San Rafael**
Wednesday, April 13th
A volunteer will take you shopping



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Hours of relaxing Hawaiian Music



SAUSALITO VILLAGE

***For information about our programs, events,
emergency preparedness, COVID resources,
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newsletters, visit the continuously updated
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