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Rower in the Fog by Larry Clinton

Send in a photo to SausalitoVillageTips@gmail.com

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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



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 are a few highlights:

Academy Award Group Watch Party - March 27
Lunch About Town at the Trident - March 30
Trip to SF Botanical Garden + Happy Hour - April 6
Marinship Documentary 10am zoom showing - April 7
Death Cafe - DATE CHANGE to April 18
In Person Sing Along at Campbell Hall - April 25
Supper Club at Sausalito Presbyterian Hall - April 27



10 Tips to get the most out of a tank of gas

Read the details of the list from Consumer Reports [HERE](#)

- 1) Stay at half
 - 2) Check online for best prices
 - 3) Minimize travel
 - 4) Obey speed limits
 - 5) Drive evenly
 - 6) Pay attention to aerodynamics
 - 7) Buy good-quality gas
 - 8) Skip the premium
 - 9) Check the tire pressure
 - 10) Skip the AC
-



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](#)



nominations, from Insomnia to The Big Lebowski

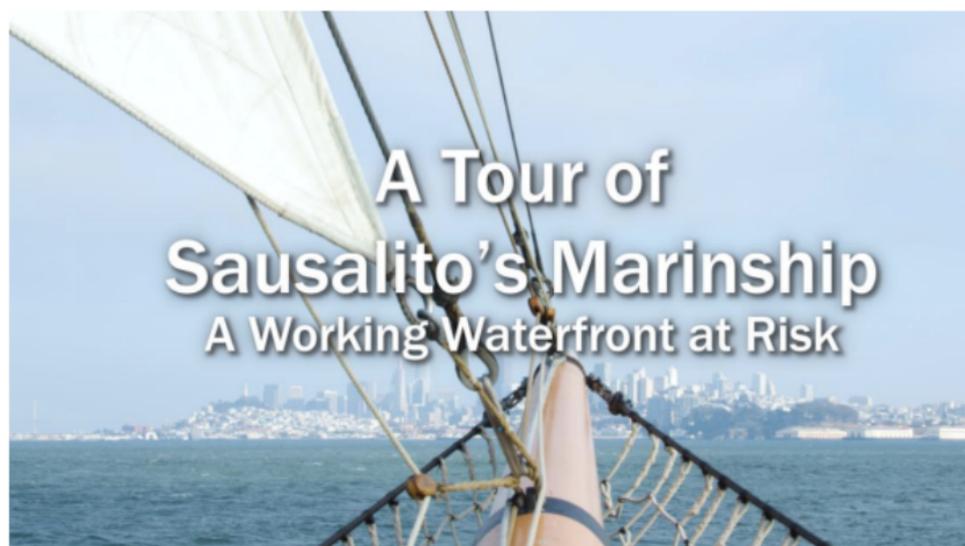
Even more surprising when considering some of the films that have actually won

It might sound obvious, but a film getting nominated for an Oscar doesn't automatically make it good.

In fact, there have been numerous deserving films over the years that were somehow overlooked by the Academy.

To read the entire article and list of 47, Click [HERE](#)

Watch the Academy Awards with other Village Members and Volunteers. Click [HERE](#) for more info and to RSVP

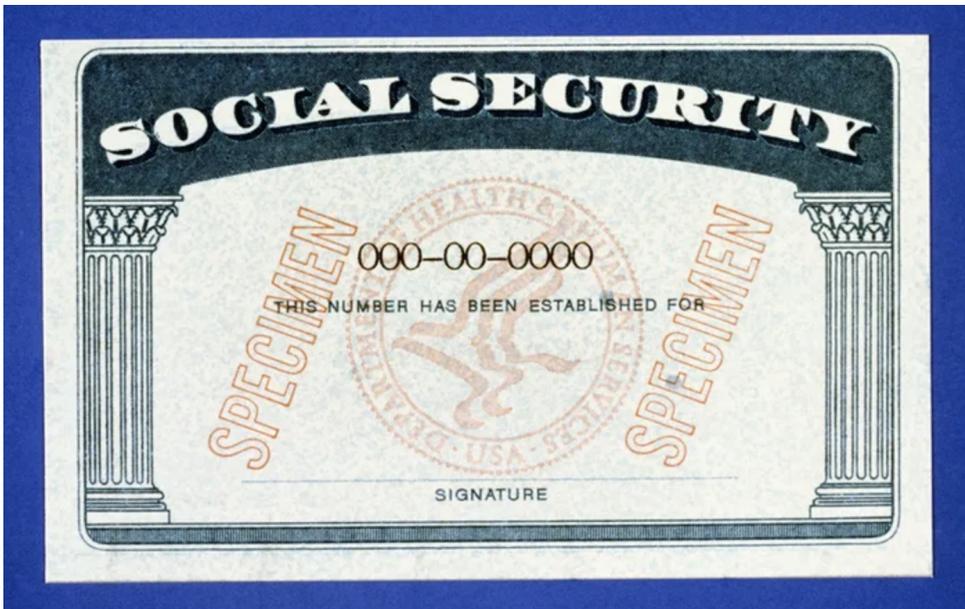


Marinship Documentary 10am showing

If you have missed viewing the new documentary about the Marinship, join us on zoom April 7th, 10am. Click [HERE](#) for more info and to RSVP



Old Film Stars dance to Uptown Funk!



Do you know the significance of the numbers?

Since 1973, social security numbers have been issued by the Social Security central office. The first three (3) digits of a person's social security number are determined by the ZIP Code of the mailing address shown on the application for a social security number.

Prior to 1973, social security numbers were assigned by the Social Security field offices. The number merely established that

For example, if you are in your 70's and were born in Illinois, your first three numbers will be between 318-361. If you were born in New York, they would be 050-134.

Find YOUR birth state [HERE](#)



Did you complete the City of Sausalito Housing Element Survey?

Your voice is important!

Click [HERE](#) to begin. More info about the survey [HERE](#)

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?

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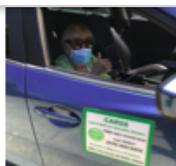
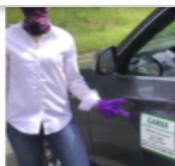
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completing the survey either on the computer or on paper. We have volunteers that can help. Phone 415-332-3325.

The deadline for submission is April 8th, 2022.



Incredible dance routine!



CARSS Program (Call A Ride for Sausalito Seniors)

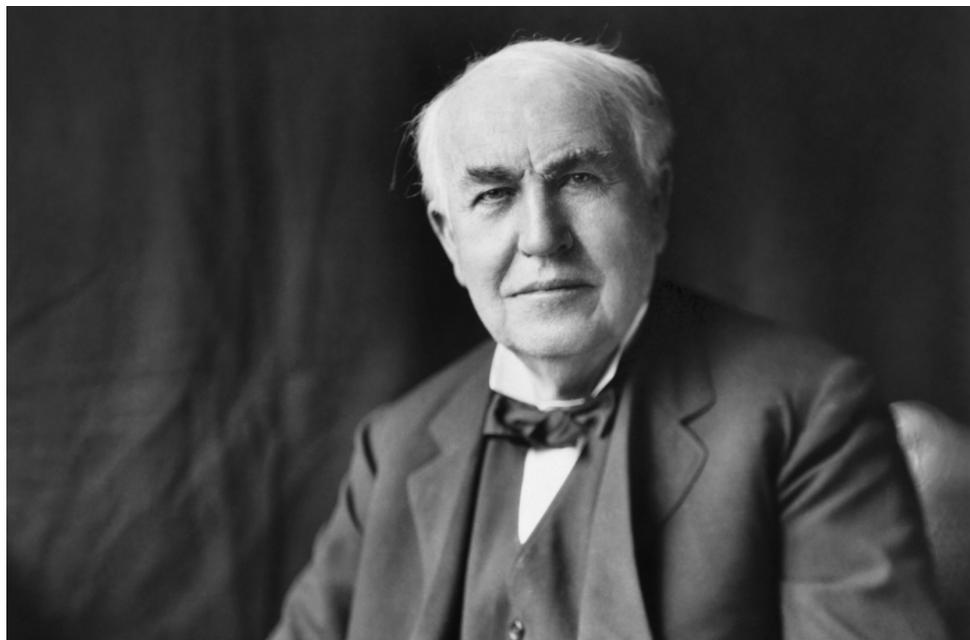
CARSS (Call a Ride Sausalito Seniors) is a City of Sausalito Age Friendly Program for residents of Sausalito and the floating homes community, who are 60 and older. CARSS is managed by Sausalito Village with one goal in mind – to keep older residents connected to the community and safe as they age.

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



The Important Lesson Of Thomas Edison Offering Soup During Job Interviews

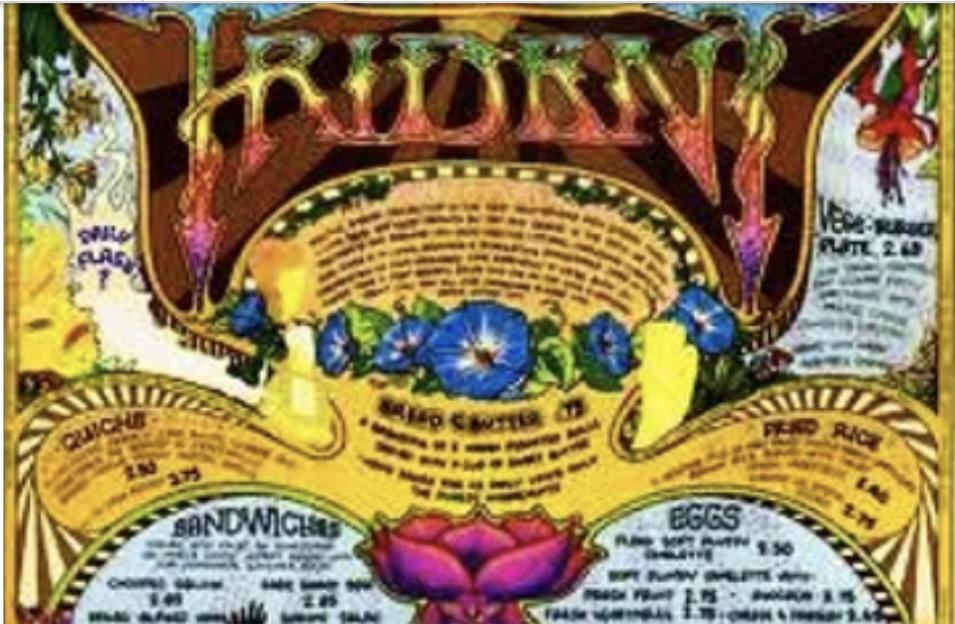
Thomas Edison is known for being an iconic inventor – racking up a record [1,093](#) patents. However, Edison also had an interesting interviewing tactic that involved soup.

Edison – who was born in 1847 – purportedly had an intriguing job interview tactic involving soup to determine which job applicants should be hired. Edison attempted to weed out job candidates by presenting them with a bowl of soup and seeing how they reacted to it.

Edison provided potential [job](#) applicants with a large bowl of soup during an interview. The inventor would also provide a salt and pepper shaker.

The reason for this soup test was that the famous inventor wanted to see if the applicants added salt and pepper before tasting what was in their bowl, or if they waited until they tasted it before proceeding with the seasoning, Edison immediately rejected the premature seasoners, as he reasoned he didn't want employees who relied on assumptions. In his opinion, those who were content to abide by preconceived notions had no place in his business, because the absence of curiosity and willingness to ask questions were antithetical to innovation.

While this procedure sounds rather ridiculous, the interview method provides insight into whether a job applicant has biases. The interview test determines whether an individual has biases that they institute before knowing all of the facts.



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

the impressive woodwork (done by Druid Heights carpenters) and beautiful view. Click

[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.

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NIGHT LIVE *In Sausalito!*



PAT RONZONE & JOE DeBELLIS

Upbeat & Comedic songs that you all know.
Come Ready to Laugh, Have Fun & Sing Along!

Wednesday Night Live
April 6, 2022
5:30 – 7pm
Caledonia & Pine Street

Join Friends & Neighbors at this FREE City Event!



5 Things to know about Spring Equinox

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1. The Term "Equinox" Means "Equal Night"

On the date of an equinox, daytime and nighttime have similar — but not quite equal — lengths.

2. Climate Scientists Recognize a Different "First Day of Spring"

The March Equinox is celebrated as the first day of spring in the Northern Hemisphere (and the first day of autumn in the Southern Hemisphere).

3. The Spring Equinox Ushers in the Persian New Year

"Navroz Mobarak!" The precise moment of the vernal equinox marks the first day of the first month on the Iranian solar calendar. It's also the start of Nowruz, an awesome 13-day celebration sometimes called the Persian New Year.

4. And Other Holidays Too, Like Easter

For centuries, practitioners of Shintoism used the solar event as an occasion to honor their forebears. The Japanese government later converted this tradition into a secular, [national holiday](#) formally known as Vernal Equinox Day in the year 1948. It's still being observed today.

In most denominations of Christianity, Easter is celebrated on the Sunday after the first full moon that follows March 21.

5. Earth's Wobbling Will Affect Future Equinoxes

Like a spinning top, our home planet wobbles slightly on its axis. Today, the axis points toward the famous "north star," [Polaris](#). But 12,000 years from now, it will shift away from Polaris and aim itself at a different star: [Vega](#). This whole cycle will then repeat itself over the course of [26,000 years](#).

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Photo: [Thanh Nguyen Phuc](#)/Sony World Photography Awards 2022

20 Stunning Images From the Sony World Photography Awards That Show the Beauty of the World

The Sony World Photography Awards is one of the most well-known free photography competitions where people compete to create the best of the best single-shot images around the globe. The World Photography Organisation has recently announced its category winners and shortlist for the open competition of the Sony World Photography Awards 2022. More than 170,000 images were entered to this year's competition.

Click [HERE](#) to read the story and see the winning photos



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

Stretch & Strengthen with Rayner



What's the smallest country in the World?

Vatican City is the world's smallest country by quite a bit. Yet that doesn't mean the runners-up are substantially larger. According to World Population Review, the next four smallest countries by area are:

- Monaco, a principality on the French Riviera (0.78 square miles or 2 square kilometers)

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- Tuvalu, a nine-island nation in the south Pacific (11.6 square miles or 30 square kilometers)
- San Marino, a mountainous country within north-central Italy (24 square miles or 60 square kilometers)

If you're looking at population, the next four smallest countries after Vatican City are:

- Nauru (10,876 inhabitants)
- Tuvalu (11,931)
- Palau, a 500-island archipelago in the western Pacific (18,169)
- San Marino (34,017)

Excerpted from How Stuff Works



5 Timeless Teachings on Extending Forgiveness to Ourselves and Others

Excerpted from Tricycle, Read full story [HERE](#)

1. Make Peace with Imperfection

“One of the things I’ve most appreciated about my years of meditation practice is having made peace with my humanness. It’s not that I don’t aspire to grow and develop and work on myself. But I’m no longer holding myself to some impossible ideal. The less I expect myself to be perfect and never mess up, the more likely I am to make headway

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...I've been carrying for painful things I've done in the past, for the things I regret." — [“Why Are We So Hard On Ourselves?” by Mark Coleman](#)

2. Take Your Time

“Sometimes the process of forgiveness takes a lifetime, and that’s perfectly fine. You can unfold in your own time and in your own way. We’re not trying to manufacture some kind of feeling, so if all you can muster is the understanding that harm was done, that’s perfectly okay. Emotions will come not because we force them to but because they’re there, because they’re an expression of some deep feeling inside. So if as a result of the harm, there were ways in which your heart closed or your feelings closed, you can acknowledge that too as part of the harm. Whatever you feel, you feel. And whatever you don’t feel, you don’t feel. Forgiveness is an attitude of welcoming and inviting and spaciousness rather than some emotion that we pump up in our bodies and minds and hearts.” — [from “The Power of Forgiveness” by Gina Sharpe](#)

3. Examine What Forgiveness Is Not

“Forgiveness does not mean condoning a harmful action, or denying injustice or suffering. It should never be confused with being passive toward violation or abuse. Forgiveness is an inner relinquishment of guilt or resentment, both of which are devastating to us in the end. As forgiveness grows within us, it may take any outward form: we may seek to make amends, demand justice, resolve to be treated better, or simply leave a situation behind us.” — [“How to Forgive: A Meditation” by Sharon Salzberg](#)

4. Stop the Cycle

“When you forgive someone who has wronged you, it doesn’t erase that person’s karma in having done wrong. This is why some think that forgiveness has no place in the karmic universe of the Buddha’s teachings, and that it’s incompatible with the practice of what he taught. But that’s not so. Forgiveness may not be able to undo old bad karma, but it can prevent new bad karma from being done. This is especially true with the bad karma that in Pali is called *vera*. *Vera* is often translated as ‘hostility,’ ‘animosity,’ or ‘antagonism,’ but it is a particular instance of these attitudes: the vengeful animosity that wants to get back at someone for perceived wrongs. This attitude is what has no place in Buddhist practice. Forgiveness is what clears it out of the way.” — [from “Three Tactics from the Buddha to Forgive without Feeling Defeated” by Thanissaro Bhikkhu](#)

5. Remember That Forgiving Doesn’t Mean Forgetting

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a particular person or event. Something to think about is: What would I have to give up in order to free myself from this bitterness? We might think, 'Well, yes, but what he or she did was absolutely *unforgivable*.' Consider the possibility, and I am only saying consider the possibility, that maybe nothing is unforgivable. Maybe there is a way to find forgiveness even for what we have believed for so long to be unforgivable. Explore this mindfully.

To forgive does not necessarily mean to forget. Sometimes to forget is not wise, but to forgive is wise. And it is at times not easy. It can, in fact, be quite challenging. It will come as no surprise that one of the most difficult people to forgive can be yourself. Yet with patience and gentle determination, it can be done." — [from "Lighten Your Load" by Allan Lokos](#)

Shopping Errands and Trips

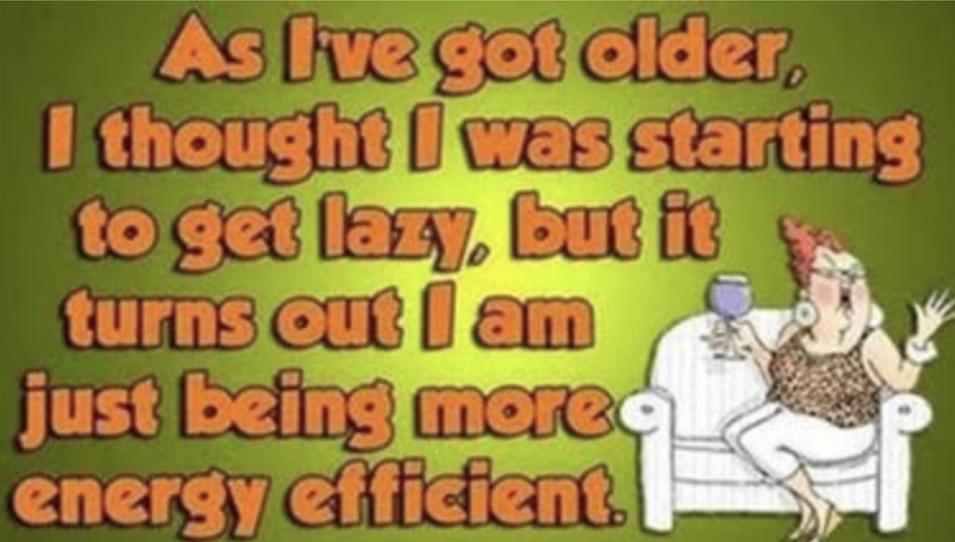
RSVP to infocarss4you@gmail.com or (415) 944-5474

**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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8 Hours of Positive Blues Music



SAUSALITO VILLAGE

For information about our programs, events, emergency preparedness, COVID resources, archived copies of our weekly newsletters, visit the continuously updated Sausalito Village [website](#).

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