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Hill 88 Photo by Ingrid Kreis

Send in a photo to [SausalitoVillageTips@gmail.com](mailto: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](mailto: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](#)

Here are a few highlights:

Sausalito Village Orientation - April 4  
Trip to SF Botanical Garden + Happy Hour - April 6  
Marinship Documentary 10am zoom showing - April 7  
Death Cafe - April 18  
Poetry Night - April 21  
In Person Sing Along at Campbell Hall - April 25  
Supper Club at Sausalito Presbyterian Hall - April 27

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## **Come to an upcoming Sausalito Village Orientation for Members and Volunteers**

Are you a new Sausalito Village member or volunteer?

Have you been a member for years but never really understood all of the benefits of the Village?

Please plan to join us at the next Sausalito Village Orientation on Monday, April 4th at 4pm. Sausalito Village Board Members will be on hand to explain the history, structure, programming, website, the difference between SV and CARSS and more.

Come with your questions!

RSVP: to [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com)

WHEN: Monday, April 4, 2022, 4:00pm-5:30pm

WHERE: Campbell Hall

Wine and appetizers will be served

**QUESTIONS or need a ride? Call Wendy at 415-332-3325**

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## What is the origin of April Fools Day?

Although no one is exactly sure of the origin, History.com has the best speculation:

Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the [Gregorian calendar](#), as called for by the Council of Trent in 1563. In the Julian Calendar, as in the Hindu calendar, the new year began with the spring equinox around April 1.

People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes and were called "April fools." These pranks included having paper fish placed on their backs and being referred to as "poisson d'avril" (April fish), said to symbolize a young, easily caught fish and a gullible person.

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## AN EVENING OF POETRY

April 21. 2022 7 - 9:00 pm

Co-sponsored by the Sausalito Woman's Club and Sausalito Library.

Join us for a special virtual community gathering celebrating some of the best

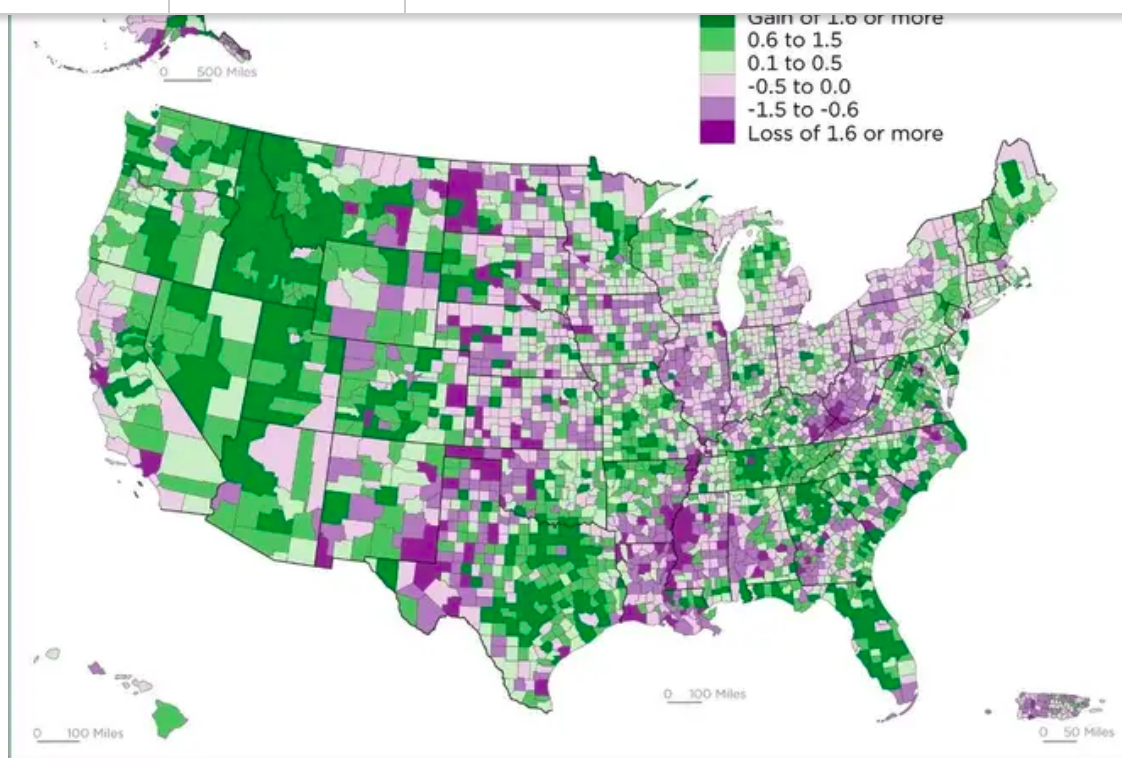
poetry of our times. Explore where the particular and universal, the actual

and possible intersect. Hear readings from entrepreneurs, teachers, clergy,

parents, students, and award winning poets, as they share words that sear,

that soothe, that jostle our minds and mark our hearts.

For the Zoom link, click [HERE](#)

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## Where Counties are Growing

### Percent Change in Population by County: 2020 to 2021

Did it seem like everyone you know moved during the pandemic? A new Census Bureau report helps clear up where they left and where they ended up. Here are four takeaways:

- 1. Americans chased the sun.** Phoenix, Houston, Dallas, Austin, and Atlanta collectively gained 300,000 residents from mid-2020 to mid-2021.
- 2. That came at the expense of “superstar cities.”** New York, LA, Chicago, and San Francisco lost more than 700,000 people combined over the same time frame.
- 3. Growth is heavily concentrated.** The 10 fastest-growing counties in the US made up nearly 80% of population growth during the period studied.
- 4. Size doesn’t matter.** Micro areas, or regions with a core city of fewer than 50,000 residents, reversed their yearslong stagnation by increasing their populations. Kalispell and Bozeman in MT and Jefferson, GA, led the way.

**Big picture:** Immigration is the X factor. Immigration levels plunged during the pandemic, which helps explain the population loss in America’s biggest cities. Some demographers say a bump in immigration post-Covid could result in



## A well-deserved honor

An all-Black Women's Army Corps unit that sorted millions of pieces of mail during World War II is finally being awarded a Congressional Gold Medal -- the highest Congressional honor.

The 6888th Central Postal Directory Battalion, nicknamed the "Six Triple Eight," was made up of about 850 Black women who were tasked with overcoming a massive backlog of mail. They traveled to Great Britain in 1945, surviving a rocket explosion and Nazi U-boat encounters. Then, they spent months in unheated warehouses, sorting through packages and clearing a six-month backlog in just half the time. Their motto? "No mail, low morale."

The US military was segregated at the time, and the women of the Six Triple Eight endured racism and cruelty despite their valuable service to their country. The son of the late Army Maj. Charity Earley, who led the Six Triple Eight, praised the decision, saying "It's wonderful, and it's time."

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## Sea Level Rise and Subsidence - Part 2

Hosted by the Sausalito Woman's Club

Deep dive into sea level rise, subsidence and the impacts. This panel of experts will be hosted by Sausalito Woman's Club via Zoom. The panel includes Mayor Kellman and Chair of Sausalito's Task Force, Chris Choo, PM for Marin County's Bay Wave and Kass Green, GIS mapping expert.

WHEN: April 4, 5:30PM-6:30PM

WHERE: Zoom

ZOOM LINK: Click [HERE](#)

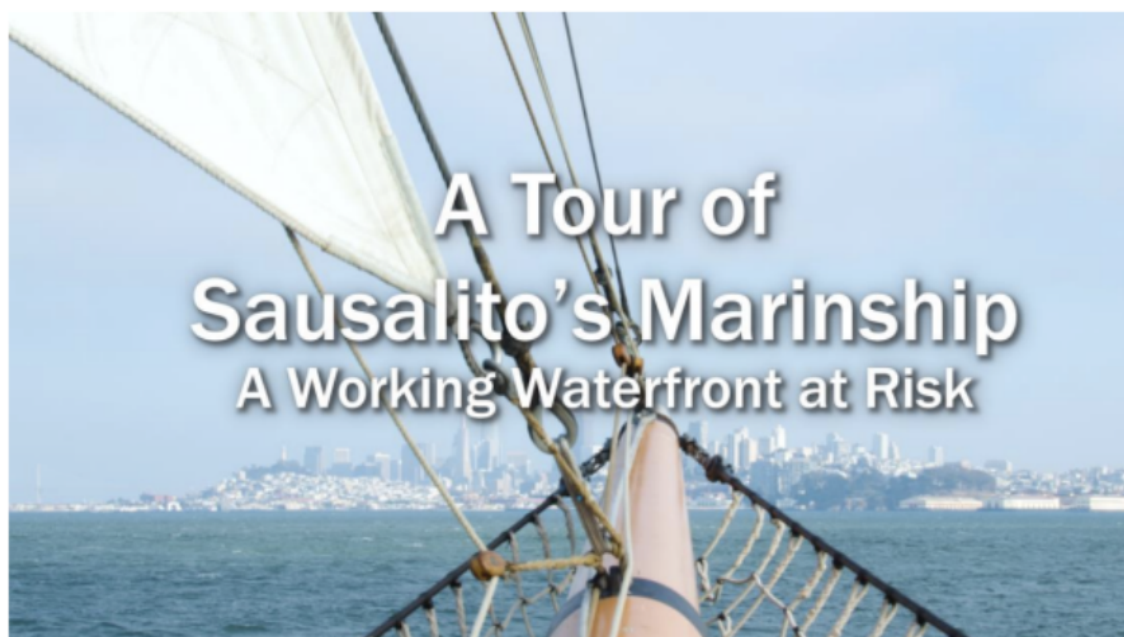


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## Unable to hike with your dog any longer? Rayner to the rescue!

Sausalito Village Members - If you are no longer able to take your dog on hikes, SV Volunteer Rayner Needleman is here to help!

Rayner loves to hike and loves to help. If you need this assistance, please email [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com)



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## Sausalito Village

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

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103-year-old Eileen Kramer is Australia's oldest dancer and choreographer, if not the world's - and she has absolutely no plans to stop dancing, having cast herself as a 17-year-old princess in her latest production.





## from UC Marin Master Gardeners

- **Lean:** Allow space between individual plants, or plant in small, irregular clusters or islands.
- **Clean:** Remove dried grass, weeds, dead branches, and all other dead vegetation. Check gutters, roof, eaves, vents, chimneys, under decks or elevated porches for leaf and needle litter. Thin and reduce tree canopies.
- **Green:** Properly irrigated plants with healthy soil remain healthy and green summer through fall. Check your irrigation system regularly for leaks or malfunctions. Applying compost and mulches helps stabilize soil temperature and prevent evaporation. Areas 0-5' from structures, use non-combustible mulches like rock, gravel, and stone. 5-30' from structures, composted woodchips or bark nuggets to a depth of two inches. Avoid fine, stringy mulches.

FOR MORE FIRE-SMART LANDSCAPING INFORMATION VISIT  
MARIN MASTER GARDENER WEBSITE.

<https://ucanr.edu/ucmarinmgfiresmart>



## Did you complete the City of Sausalito

**DEADLINE EXTENDED TO APRIL 15**

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

**Printed copies available through Sausalito Village**

If you, or someone you know would prefer to complete the survey on paper, **contact Sausalito Village at [SausalitoVillageRSVP@gmail.com](mailto: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.



According to the American Bird Conservancy, there are an estimated 3.2

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in comparison with other owls because they are one of a few species with dark eyes and are easily recognizable with their scaled chests and striped bellies. Wild Birds Unlimited CEO Jim Carpenter has maintained a camera-equipped owl box in his backyard since 1998. The box is 32 feet high and sits against the trunk of a pignut hickory tree. Since 2003, the box has held barred owl nests almost every year. In 2012, the Wild Birds Unlimited Barred Owl Cam became a part of the Cornell Lab of Ornithology's Bird Cam Network. The camera and audio are connected to Carpenter's house by 200 feet of ethernet cable. Cornell Lab of Ornithology staff use the computer to stream live video to the internet.



## **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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Presidio Tunnel Tops Animated Tour. Park is set to open in July!

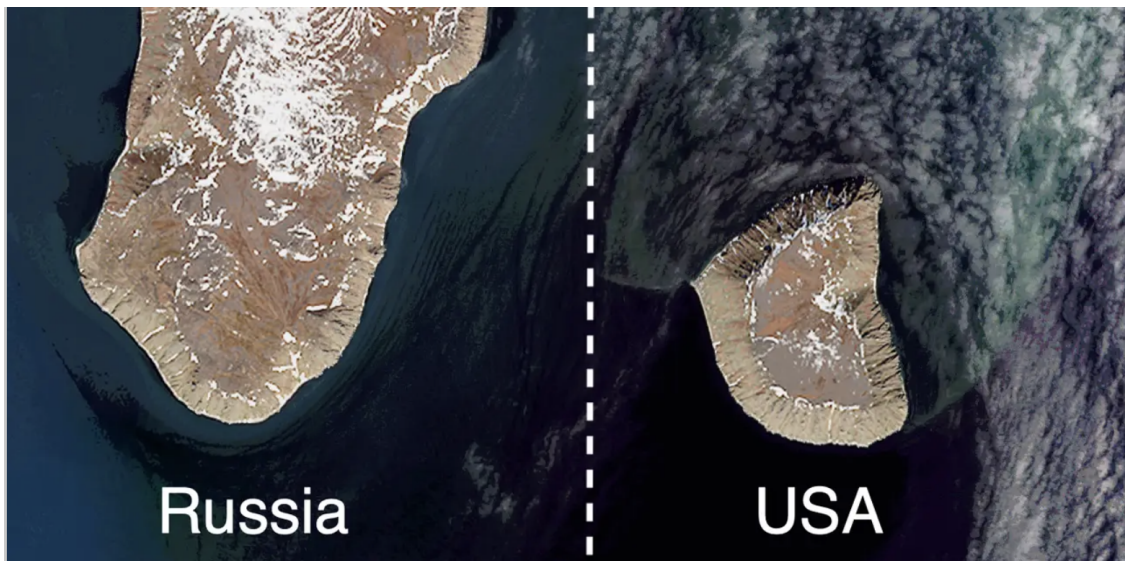


## 13 awesome things to do along Highway 1 from San Francisco to Santa Cruz

From artichoke bread to elephant seals to Wyatt Earp's grave, it might be the best drive in California.

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- 1 Seymour Marine Discovery Center
  - 2 Venus Spirits
  - 3 Beauregard Vineyards
  - 4 American Abalone Farms
  - 5 Año Nuevo State Park
  - 6 Pie Ranch
  - 7 Arcangeli Grocery
  - 8 Downtown Local
  - 9 Harley Farms Goat Dairy
  - 10 Dad's Luncheonette
  - 11 337 Mirada ART
  - 12 Wyatt Earp's grave
  - 13 Sutro Baths
- 



## Meet Little Diomed Island in Alaska, the 'eyes and ears' of the United States just 2.4 miles from Russia

Excerpted from Business Insider

Read entire story [HERE](#)

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population of 30 people, according to the 2020 census.

Big Diomedes Island features a similarly barren landscape to Little Diomedes Island but also a small Russian military base and a crashed Soviet Lisunov Li-2 aircraft from 1972.

Big Diomedes is in a timezone 21 hours ahead of Little Diomedes, but both islands have clear views of each other, and the Alaskan city faces directly across toward the cliffs of the bigger island.

"We're the back door of the country — or the front door, rather," Edward Soolook, a 55-year-old lifelong resident of Diomedes, told Insider in a phone interview.

Russian troops stationed on Big Diomedes Island, situated 2.4 miles away, will yell in English at any boats venturing too close to their shoreline. They've even been known to fire off the occasional warning shot, Soolook said — adding he's never personally heard a warning shot.

"We're safe, as long as we sleep good at night," Soolook told Insider, noting that Soolook told Insider that life on the island hasn't changed dramatically since Russia invaded Ukraine. "We keep the eyes and ears."

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Enrollment is Limited – for Registration click [HERE](#)

Click on Fitness - Full Series or Call (415) 289-4152

**Beginning April 12, 2022**

**Beginning & continuing**

**Meeting 2 X per week for 8 Weeks:**

**Tues. & Thurs. 12:30 pm–1:30 pm**

**Beginning April 12, 2022**

**Part 2 –Intermediate**

**Meeting 2 X per week for 8 Weeks:**

**Tues. & Thurs. 2:00 pm – 3:00 pm**

**All Classes are Led by Tai Chi for Health Institute Board Certified Community Instructors from Age Friendly Sausalito and Dominican University of California.**

**For Questions Contact: [agefriendlysausalito@gmail.com](mailto:agefriendlysausalito@gmail.com)  
or call (415) 331-1393**

Funding for this program, in part, is made available by the Older Americans Act, administered locally by the Marin Department of Health and Human Services, Aging and Adult Services\* and by Marin County Parks

*\*(voluntary contributions are welcome, but there is no obligation to contribute and service will not be denied based on ability to make any contribution).*

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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!**

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## Death Cafe is Back!

Join us on April 18, 2022 4pm-5:30pm on Zoom

More information and to Register Click [HERE](#)

Death Cafés have become an international phenomenon, with literally thousands of them spontaneously occurring all across the globe and sparking interest among all age groups. The cafés involve tea, cake and a safe, respectful space where you can feel comfortable sharing questions, curiosity, fears, beliefs and stories about any and all aspects of death: grief, mourning and bereavement, end-of-life planning, metaphysical issues, exploration of new approaches – some of them quite progressive! – to helping us all confront it. Humor and laughter are a hallmark of these gatherings. They are anything but depressing! Register online and the ZoomRoom link will be provided by email shortly before the event.



## Mobile Vaccination Request Form For Homebound Individuals

NOTE: 2nd Boosters should be received at least 4 months after the 1st Booster

Marin County Public Health has developed an online form for requesting a no-cost visit from the mobile vaccination team. Visit the [Request for Mobile Vaccine Start Page](#) to access this form. Marin County Public Health is prioritizing access for residents who are unable to leave home due to age or disability. Home-based vaccinations require self-attestation that vaccine recipients meet homebound criteria as defined by Centers for Medicare and Medicaid Services (CMS).

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### For more information

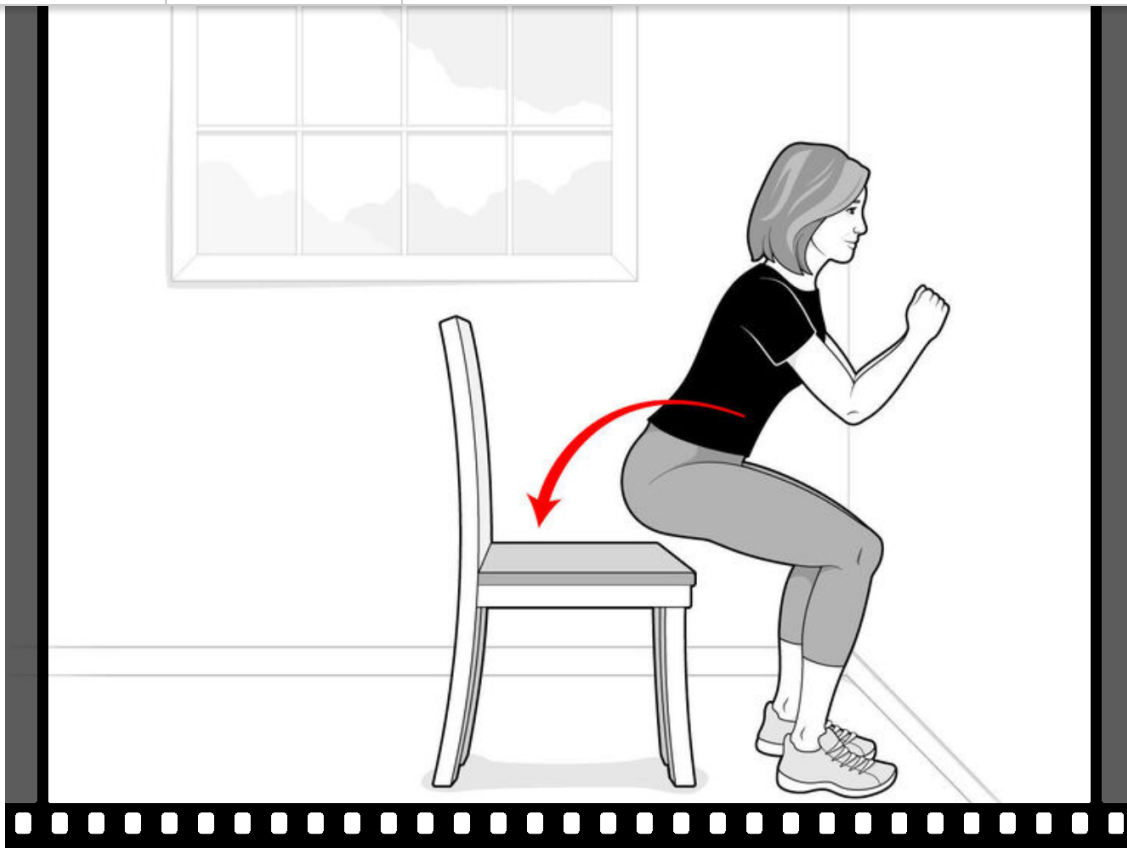
- Call the COVID-19 CA Hotline (833) 422-4255 (M-F, 8am-8pm and 8-5pm)
  - [Email a question](#) (no vaccine appointments can be made)
  - [Frequently asked questions](#)
-

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

Stretch & Strengthen with Rayner





## The Power of the Squat

**It's the one exercise most of us should be doing. But we need to do it right.**

Excerpted from the Well Newsletter of the NYT

What is the single best strength-building exercise many of us could be doing right this minute but almost certainly are not? Consult enough exercise scientists and the latest exercise research, and the answer would likely be a resounding: squats. "For lower-body strength and flexibility, there is probably no better exercise," said Bryan Christensen, a professor of biomechanics at North Dakota State University in Fargo, who studies resistance exercise.

Follow these easy steps [CLICK HERE](#)

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**RSVP to [infocarss4you@gmail.com](mailto:infocarss4you@gmail.com) or (415) 944-5474**

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



12 Hours of Indian Flute and Tibetan Bowls



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***For information about our programs, events,  
emergency preparedness, COVID resources,***

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Sausalito Village [website](#).***

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