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Photo by Tom Theodores. About the TI Ferry: <https://tisf.com/schedule/>

Send your Bay Area photos 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

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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 for SV hosted events in the coming 2 weeks:

Stretch and Strengthen with Rayner the 1st and 3rd Mondays

January 8 - Next Line Dancing Class (also January 22)

January 9 - Donation pick ups (also January 16)

January 12 - The Final Journey featuring BJ Miller

January 16 - Trip to Safeway (Trader Joe's on January 27)

January 17 - Hike Mt. Tam with Jackie

January 18 - Film Group: Mrs Harris Goes to Paris



Hike Mt. Tam with Jackie A Brief New Year Refresher

Tuesday, January 17

2 1/4 miles

Join hike leader Jackie Kudler for a short scenic walk through woods and along ridgetops on Mt. Tam, which climbs the old Gravity trail from Mountain Home and back, affording glorious vistas of bay and city

Meet at 10 AM at Mountain Home Parking Lot

Plan for a 2 1/4 mile hike with 1 mile gradual uphill, 1 mile rolling, 1/4 mile steep downhill. This should take approximately 1 1/2—2 hours

We will cancel in case of rain.

Pack water, snacks, maybe a light lunch.

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carpet, and get specific directions for meeting places.

If you think you only will join us for part of the loop, bring your own wheels, so you can turn back whenever you choose.



Researchers Collected 15,000 Regrets From Around the World. Their No. 1 Lesson Is Just 3 Words Long

Excerpted from INC.com

Many people try to live by a "no regrets" motto, pushing aside thoughts of past mistakes and focusing relentlessly on the future. Author Dan Pink's motto is exactly the opposite: please give me as many regrets as possible.

The author of several best-selling books, Pink's latest, *The Power of Regret*, is about how focusing on regrets can actually be useful, if not particularly pleasant. As he explained in a recent interview with Behavioural Scientist, in preparation for the project he and his team put out a call on social media and via their newsletter for people to share their most painful regrets.

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regrets from more than 100 countries poured in today, the love of missed opportunities and bad decisions is up to 23,000 entries. Pink then combed through this vast depository of regrets looking for patterns that could help us all live more fulfilled, less haunted lives. According to the interview, his biggest takeaway was just three words long. "Always reach out."

He noted, we're all agonizing over whether to make what we fear might be a potentially awkward connection, when the person on the other side would be thrilled if we did. Or to summarize the conclusion with Pink's memorable and actionable phrasing: when in doubt, "always reach out."

Contact doesn't have to be long or in depth to get the ball rolling in the right direction in strained or atrophying relationships. The University of Pittsburgh researchers found that even a quick text or email had an unexpectedly large impact on those who received them.

So if you're sitting around this holiday season wondering if you should reach out to that old friend you lost touch with, try to patch things up with your sibling after a long simmering argument, or send a greeting to that former colleague, the answer according to experts couldn't be simpler. Unless the situation is downright abusive or toxic, always reach out.

Read the entire article [HERE](#)

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Line Dancing is back this Sunday!

Join in the fun! Good for your brain and your body.

This is NOT country line dancing. Each song is a different music genre but they all add up to fun. Taught by Laurie Reemsnyder.

If this is your first class, arrive by 3:30 for 1/2 hour of instruction.

4:00-5:00 is pure dancing fun.

WHERE: Exercise studio, downstairs Sausalito City Hall

WHEN: Sunday January 8th and 22nd 3:30 instruction, 4:00 dance

RSVP or Drop In: <https://www.sausalito.gov/departments/parks-and-recreation/programs-and-classes/adult-classes>

COST: Free thanks to an intergenerational grant received by Parks and Rec. Waiver MUST be signed to participate



Here are 13 new laws Californians must start following in 2023

Excerpted from SF Chronicle

Hundreds of new laws passed by the California Legislature will take effect in the new year, from legalizing jaywalking in many scenarios to a higher minimum wage for more workers. Most of them take effect on Jan. 1. Here are 13 laws coming to California in 2023:

Jaywalking: Pedestrians will no longer be cited for crossing the street outside of a crosswalk, unless they are in immediate danger of being hit. AB2147, by Assembly Member Phil Ting, D-San Francisco, prohibits police officers from stopping or citing people for jaywalking “unless a reasonably careful person would realize there is an immediate danger” of a collision with a vehicle or bicyclist.

Minimum wage: California’s \$15 minimum wage will expand to nearly all employees, including those working for small businesses. The hourly wage increase applies to employees of businesses with 25 or fewer workers. It’s the final step in a seven-year plan to phase in a statewide \$15 minimum wage, which extended to employees of larger businesses in 2022. The minimum wage will rise an additional 50 cents, to \$15.50, across the board, including an inflationary adjustment the state added this year. Legislators approved the

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Mental illness: By October 2023, San Francisco and six other California counties will begin to implement a new system called Care Court, which seeks to get severely mentally ill people off the streets and into treatment. SB1338 will create a new way for family, community members, probation officers and others to refer people with psychotic disorders such as schizophrenia into treatment. Under the law, judges will order people to participate in treatment plans and require counties to provide services to them. All counties must begin the program by December 2024.

Housing: Developers looking to build housing in sleepy commercial areas, such as vacant parking lots, strip malls and office parks, will have an option to fast-track their projects. AB2011, by Assembly Member Buffy Wicks, D-Oakland, streamlines zoning and permit approvals for housing in many urban areas, as long as about 15% of rental units will be designated affordable. Wicks' bill also allows developers to hire nonunion workers for the projects as long as they pay such workers prevailing wages and offer health benefits. The bill takes effect July 1.

Abortion: Nurse practitioners will be able to perform first-trimester abortions without a doctor's supervision under another new law taking effect in 2023. SB1375, by Senate President Pro Tem Toni Atkins, D-San Diego, is one of about a dozen new laws intended to increase abortion access in California, some of which have already taken effect.

Read the rest of the list [HERE](#)



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The Final Journey: Acceptance, Control, Loving Life

featuring B. J. Miller MD

Thursday, January 12, 2023

Buck Institute for Research on Aging

10:30 to noon

Doors open at 9:30

B. J. Miller, MD is an American physician, author, and speaker. Dr. Miller's career has been dedicated to moving healthcare towards a human-centered approach, on a policy as well as a personal level. Led by his own experiences as a patient, Dr. Miller advocates for the roles of our senses, community and presence in designing a better ending. His discussion about end of life will be more existential and include getting pleasure from time left. He sees patients and caregivers through his online palliative care service, Mettle Health [mettlehealth.com]

ONLY \$10 FOR VILLAGES MEMBERS AND VOLUNTEERS • \$20 FOR OTHERS

This symposium is made possible by the **Kenneth A. Berg Living Trust**

Reserve your ticket today!

Marin Village has offered Sausalito Village Members and Volunteers the same discounted ticket price of \$10

Click to purchase your ticket: <https://marin.helpfulvillage.com/events/4800-the-final-journey:-acceptance,-control-and-loving-life---a-symposium-featuring-bj-miller,-md>

Carpools from Sausalito will be arranged, email SausalitoVillageRSVP@gmail.com to reserve a ride.



Why does your wine bottle have a dent in the bottom?

Excerpted from HowStuffWorks.com

The technical term for the dent is punt, and surely it's been there for centuries to serve a very specific and scientific purpose. Or not?

There's no real consensus on why the punt is there, but it turns out to have a lot of practical uses. So no matter why glass blowers started putting punts in bottles, they've stuck around. The first and maybe most plausible reason for the indentation at the base of the wine bottle is that it makes the bottle less tippy. Wine bottles are often tall and narrow, and when they were originally hand blown, the glass blowing process created a seam at the bottom. Adding the punt pushed the seam up into the bottle, and the extra weight helped keep the bottom where it belongs on the table.

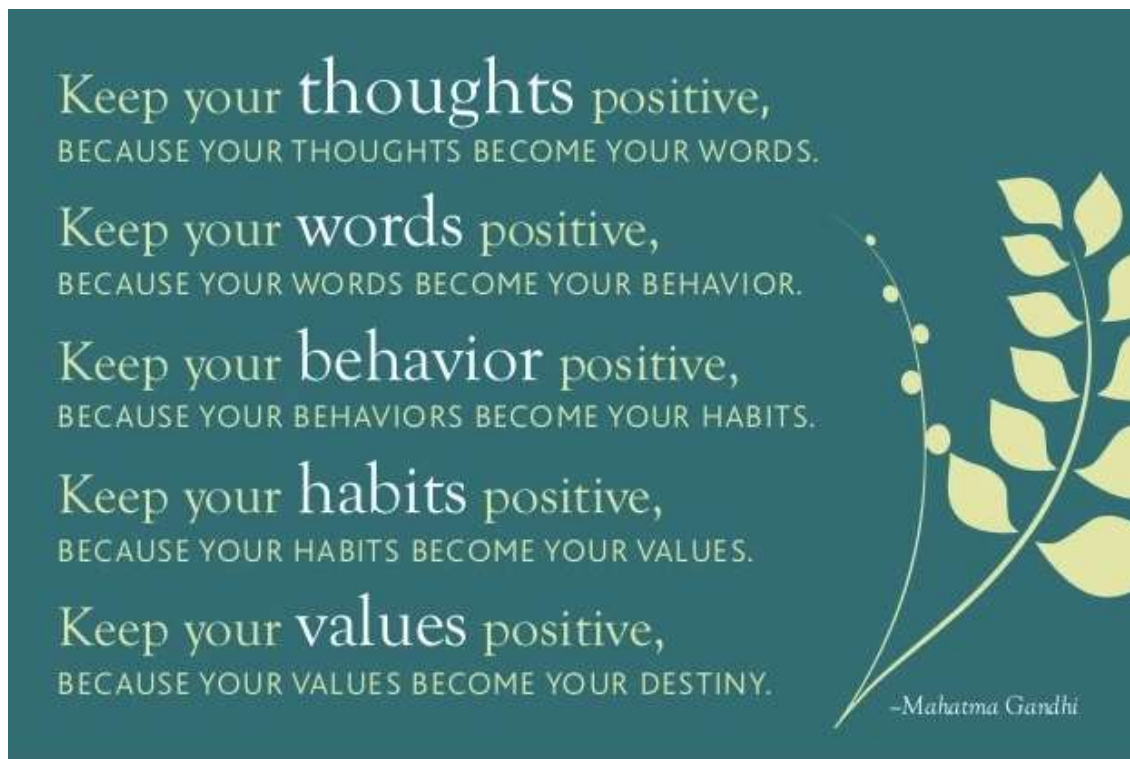
You might assume that the punt is there to catch wine sediment — or dregs — in the bottom of the bottle, which it kind of does. But when you're pouring wine, the sediment is actually caught by the shoulders of the bottle, where it curves before the neck. Many bottles of wine are stored on their sides anyway, so the punt doesn't matter. And there's the fact that wines — like whites or rosé varieties — don't really have sediments but their bottles still have punts.

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bottles with punts because they thought it meant the wine was of a higher quality. So today a punt doesn't necessarily signal a quality wine.

Then there's the fact that the bottle *looks* like it has a lot of wine inside, but part of that space is taken up by the punt. You can make the punt and the bottle as big as you like, but most bottles still hold the same standard 750 ml of wine.

No matter why the punt was put there, it turns out to be pretty useful. You can put your thumb in the punt while you hold the bottom of the bottle as you pour a glass. This helps avoid transferring the heat from your hand to the wine. Speaking of temperature, the punt provides more surface area, which helps some varieties chill faster. And you can slide the cork of one bottle into the punt of another in order to store more bottles on their sides.



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AARP Hosts: Declutter & Downsize Your "Stuff"

WHEN: Wednesday, January 11, 2023, 1pm (PST)

WHERE: Zoom

REGISTER FOR LINK from AARP:

[REGISTER NOW](#)

Having too much clutter can impede people from relocating or accessing health care in their homes. This presentation explores why “stuff” is so important for some people and teaches practical, easy-to-follow tips on how to get started downsizing and decluttering.

Ready to donate? Contact Kathleen for pick up

Contact SV Volunteer Kathleen Maher to pick up your donations. She will bring them to Finders Keepers store in Marin City. The store is run by Women Helping All People (WHAP) and offers donated items to residents in need at no charge. All types of household and clothing items accepted.

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Sausalito or Marin City. Contact her directly at kemnjsa@gmail.com to arrange pick up time.



Photos from 2022 Sausalito Village events



How to Soothe Itchy Skin as You Age

Chronic skin conditions such as psoriasis or eczema, which typically require a doctor's help, are the source of the problem in some cases. And allergies can cause itchy skin reactions, such as hives. But often there's no clear reason for itchiness.

Scratching may simply make the situation worse. "Chronic itching causes chronic inflammation," says Brian Kim, MD, director of the Mark Lebwohl Center for Neuroinflammation and Sensation at the Icahn School of Medicine at Mount Sinai in New York City. "Scratching is supposed to relieve itch but paradoxically, it triggers more inflammation and more itch." Here are expert insights on how to prevent itchy discomfort and ease it.

Natural, age-related changes in your immune system may be the biggest culprit. These tend to promote systemic inflammation, "which tends to trigger more itching," Kim says.

The nerves in your skin can also react in unusual ways. "They might tell your brain your skin is itchy even when there's no stimuli that's causing your skin to itch," Butler says.

In addition, older skin may become far more sensitive. "Skin gets thinner and the skin barrier—whose job it is to help keep irritants out—becomes compromised," says Mona Gohara, MD, an associate clinical professor of dermatology at Yale University. And in winter, dry indoor and outdoor air can certainly make skin more prone to irritation and itchiness.

The first line of defense for mild itching and irritation is often an over-the-counter anti-itch cream. Kim recommends using these at night, when itching tends to be more bothersome. Look for a cream with hydrocortisone, a mild steroid that is typically used two times a day for two weeks.

If hydrocortisone doesn't help, Butler suggests trying an anti-itch cream with pramoxine hydrochloride. Note: Unless your itchiness is allergy-related, oral antihistamines such as loratadine (Claritin and generic) or cetirizine (Zyrtec and generic) probably won't help.

For chronically itchy skin that lasts for more than six weeks and interferes with sleep or other activities, it's best to see your doctor or a dermatologist. They may be able to prescribe a stronger topical medication to stop the itching. "Don't minimize it just because it's a common thing," Butler says.

Another reason to see a doctor: Chronic itching has been associated with several systemic conditions, such as kidney disease and anemia. "The skin is a



A beginner's guide to the Mediterranean diet — what to eat and what to avoid

Excerpted from Today.com

The Mediterranean diet takes its name from the sea it's named for and includes foods that are native to the countries bordering the Mediterranean — namely Greece, Italy, Spain, Morocco, Egypt and Lebanon.

Foods that come from the Mediterranean include many vegetables, fruits, whole grains and legumes. There is little sugar, sodium, highly processed foods, refined carbs, saturated fats and fatty or processed meats. Basically, the Mediterranean diet is amazing and effective because it naturally includes nutrient-dense plant-based foods and excludes unhealthy additives.

The Mediterranean diet was developed because people who live in countries bordering the Mediterranean Sea tend to have [lower levels of heart disease](#) and live longer than Americans, and experts believe that their diet may get a lot of credit for that. Researchers became interested in Mediterranean-style eating in the 1950s. In 1992, it was introduced [as a diet](#) by the U.S.D.A. in order to help Americans lower their cholesterol.

These are the central foods in the Mediterranean diet:

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Healthy fats — like nuts, avocado and olive oil

Lean dairy — like cheese, Greek yogurt and milk

Whole grains — try cereals, brown rice and whole-wheat pasta or ancient grains like quinoa, chia, amaranth, bulgar and buckwheat

Wine — in moderation

Here are some foods to avoid on the Mediterranean diet:

Alcohol (besides wine)

Butter

Heavily processed food — like frozen meals with added sodium, soda, high-sugar beverages, candy and processed cheese

Processed red meats — like hot dogs, sausage, bacon and lunch meats

Refined grains — like white bread, white pasta or anything with white flour

Refined or processed oils — like soybean oil, safflower oil, corn oil, vegetable oil, canola oil and any hydrogenated or partially-hydrogenated oils

Read the entire article [HERE](#)



Why you need a not-to-do list in 2023

Excerpted from Stylist.com.uk

A not-to-do list is a list of things you don't need to do.

This doesn't mean just sticking on every possible task in the world (skydiving, dating Brad Pitt, etc), but instead being conscious of requests that come your way and working out if they *really* need to go on your to-do list... or if they instead belong on your not-to-do list.

Essentially, a not-to-do list is a practice in saying 'no' and being more strategic about what you take on. It's for all those requests that come in at work that really aren't your job, for tasks that don't need to be done today, for things that aren't that important, and for stuff you just aren't able to take on right now.

How a not-to-do list can help you

Having a not-to-do list is a bit like having a massive bin in your brain. Rather than letting your mind get cluttered with stuff that belongs in the rubbish, you can quickly sort out trash into a receptacle and put it out of sight and out of mind. That helps to lessen the mental load of thinking about all the tasks swimming around in your periphery – you'll know that if it's on your not-to-do list you don't need to think about it today.

A not-to-do list can also be a way to delegate and prioritise. As tasks come in, ask yourself: does this belong on my to-do list, on someone else's, or is it not worth anyone doing for now?

Read the entire story [HERE](#)

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THE PHOTOGRAPHY, ART AND FASHION OF BURNING MAN here in Sausalito

Join us at the newly remodeled Sausalito Center For The Arts when we present, *Jewels of the Playa: The Photography, Art and Fashion of Burning Man*.

Meet the veterans that have created the art and memories that define Burning Man. Experience photographs from Burning Man documentarian Eleanor Preger, art from multiple Burning Man Honorarium recipient Laura Kimpton, and festival couture from local designer Rebecca Bruce.

On view from January 14 - 29, this three-artist exhibit brings the images, sculpture and fashion from the Playa to downtown Sausalito.

Don't miss this unique opportunity to feel the excitement of this iconic cultural phenomenon.

Exhibition Dates

January 14 - 29, 2023, 11:00 AM - 5:00 PM

No tickets needed for Exhibition.

Artists Panel Discussion

Hear the stories, memories and motivation driving the creation of this body of work.

January 18, 2023, 6:00 PM - 7:00 PM

No tickets needed for Artist Panel Discussion.



SV Trip to Salesforce Park via the ferry

Join SV for a ferry ride and walk to Salesforce Park. This urban park located at 420 Mission Street, has become a popular anchor for downtown. Stretching over nearly 4 blocks, this 5.4-acre rooftop park features a beautiful landscape with 600 trees, 16,000 plants, and a linear fountain.

Attendees should anticipate walking approximately 2-3 flat miles.

We will depart on the 10:35am ferry from Sausalito and return on the 2:25pm from SF. The cost of the ferry ride for seniors is \$7.00 each way, \$7.50 for adults with a Clipper card. The ferry ride is 30 minutes.

We will postpone if it is raining!

WHEN: Monday, January 30th, 10:30 - 3:00pm

RSVP: <https://sausalito.helpfulvillage.com/events/3712>



How to master your stoic mindset



These stress relievers really work

Excerpted from NIH.com

Count down to get grounded.

Close your eyes and take a deep breath. Next, take a look around and notice the details of your surroundings. Then, count down from five using your senses: Name five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you taste. That's it—by stepping out of your stressful mental narrative and dropping into your environment and sensations, you might be able to relax your mind and body.

Practice box breathing.

Box breathing is named for its four-step process of four counts each, which is meant to conjure the mental image of a square. It requires breathing in for a count of four, then holding that breath in for a count of four, exhaling for another count of four, and holding your breath out for four more counts. You can continue breathing in this way until you feel your body start to let go of tension.

Try relaxing your muscles, one by one.

Start by curling your toes under and tensing the muscles in your foot for a few seconds before slowly un-tensing those same muscles. Do the same with your lower legs, then your upper legs, your torso, your chest and stomach, your shoulders and neck—all the way up to the top of your head. The idea is to invite tension into each muscle group, one by one, before consciously releasing it. This builds the connection between your brain and your body, grounding you in the current moment (so you're not lost in your stressed-out mind) and giving you a sense of control over how much tension you're holding on to.

Do a stress rehearsal.

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time with a specific person in your life.

When that's the case, borrow a tool from cognitive behavioral therapy called stress inoculation, a coping mechanism in which you imagine yourself in a stressful situation and mentally run through how you'll handle it.

Practice ways to respond, and have a plan B—remembering that it's always okay to leave a situation if you need to. This won't necessarily calm you in a moment when you're already stressed or anxious, but it can help you keep things in perspective so you don't go into a dread spiral.

And on days when you know other people are going to activate your stress response, remove as many additional stressors as possible. In other words, as an act of self-care, don't schedule a job interview or medical procedure on the same day you know your in-laws are going to pepper you about your reproductive choices *again* at dinner.

Read the entire article [HERE](#)

ESCOM Journal

November/December 2022



***Emeritus Students
College of Marin***

Lifelong Learning

Lifelong Doing

Lifelong Friendship

Make 2023 the year you join ESCOM



How To Create Your Own Self-Care Zen Zone In Your Home For The New Year

Excerpted from [HouseDigest.com](https://www.housedigest.com)

Pick your spot

Whether indoors or outdoors, selecting your location is the most important thing when creating your own sacred space. If you choose to make an outdoor spot, make sure that you'll be protected from the elements and that it has enough shade. Outdoor sheds also work great. If you're opting for an indoor spot, try to ensure that you'll be free from distractions or that you can open or close any windows and-or doors for airflow, privacy, and noise reduction.

It's time to claim your new Zen zone. The first thing you should do once you've settled on the ideal location is to sit and say a few words of thanks. You can speak them out loud or keep them to yourself, but you're essentially setting an intention for your new personal hideaway. By thanking your space, you're establishing it as a safe haven where you can escape from the outside world, tune out, turn inward, and re-energize.

Bring in some plants

Not only are plants nice to look at, but they also tote some amazing health benefits. Certain plants help filter the air and can even improve your mood. Just be sure to consider lighting when you're picking out your new flora family. Plants that require full sun might get too leggy if your space doesn't have adequate sunlight. Also, be sure not to overdo it with too many plants. The last thing you want in your space is a high-maintenance houseplant.

Invest in home posture pillows

Chances are that you'll be spending some quality time in a seated position, so it's important to invest in at least one supportive pillow. Meditation cushions are filled with buckwheat (which is firmer) or kapok tree fiber (which is a bit softer), according to Sage Meditation. They're meant to be used for longer periods of seated meditation and keep your back from getting tired. Meditation cushions sculpt to your body and train you to sit up properly, so you won't end up with a serious backache after you're done Zen-ing out.

Don't be afraid of scents

It's always nice to add a touch of lavender, sweet orange, chamomile, or other soothing smells to your space. That being said, not everyone can deal with the sometimes overwhelming scents that some candles and incense can give off. If either of these is just too much for your olfactories, try opting for a room spray or even an aromatherapy diffuser. These options both disperse fragrances into the air, which dissipate quickly. So if it's still too much, you can open a window, and the smell will blow out.

Make it a tech free space

ou owe it to yourself to ditch the technology when you're in your personal bubble. However, it's understandable if you're following a guided meditation, online yoga self-study, or even using your phone or tablet as a timer. But resist the urge to start scrolling mindlessly. You should be focused on the here and

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Add things that make you happy

It's also important to add elements of yourself to your space. Bring in things that have a special meaning to you, or that you feel drawn to. Make a small altar devoted to loved ones that have passed on (this includes pets), or place gemstones, crystals, or shells in strategic places. Just remember to not go overboard so that you get easily distracted by clutter, and make sure that everything has its own designated home.

Don't forget to cleanse

This doesn't have to be a daily occurrence, but it's essential to cleanse your space whenever you feel stuck or like the energy is lagging. You can burn incense, scented candles, bundled herbs, or even use salt to remove bad juju from your spot. Try sitting in the middle of your safe haven with your eyes closed, then imagine a ball of white light emanating from your solar plexus and washing over the entire space. If you've had a particularly rough day, then it's important to cleanse your space when you're done re-energizing.



2 hour special

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January 15 from 2-4:00 PM

Sausalito Woman's Club

It's National Hat Day and you're invited!

Enjoy a presentation and round table discussion with local members of the USA Milliners' Guild, Sarah Fedaie, SF Millinery (San Francisco) and Laurie Berliner, Madge & Me Hats (San Anselmo).

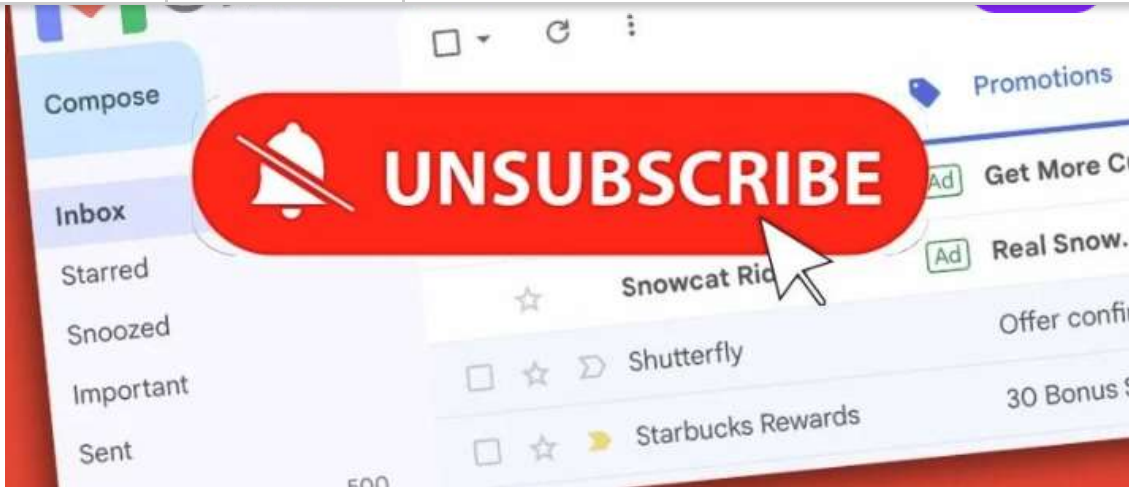
Join us for an afternoon tea party and learn about the magic and artistry of fine millinery.

And of course, wear your favorite hat!

Cost \$20

RSVP to Holly Stewart by January 8, 2023

holly@hollystewart.com



How to bulk unsubscribe in your Gmail

Excerpted from Fitwirr.com

To clear your Gmail inbox and keep it clutter-free, it's essential to review and unsubscribe from those that no longer interest you.

If you do this periodically like every month or quarter, you'll never have an unmanageable email account.

Step 1: Search 'Unsubscribe'

The first step is to filter through your entire email and have a list of emails with a live 'unsubscribe' button. To do that, go to the Gmail search bar at the top of the inbox and type 'Unsubscribe'.

Hit 'Enter' and watch as Gmail returns you with a list of emails you have the option to unsubscribe.

Step 2: Unsubscribe

Open one of the emails. Notice that next to the sender's info, there is a grey text link that says 'Unsubscribe'. This is a live link that Gmail embedded at the top of the email to simplify your unsubscribing process.

This allows you to bypass searching for the unsubscribe link in small fine print at the end of the email.

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subscriptions you are no longer interested in.

Step 3: Click on the grey 'Unsubscribe' link

Once you click on the grey text 'Unsubscribe' button Gmail provided, you'll see a pop-up asking to confirm your intent to unsubscribe.

If you are looking to proceed, click the 'Unsubscribe' button in the right bottom corner of the pop-up.

Step 4: Receive a confirmation message

Once you unsubscribe, Gmail gives you a confirmation message in the grey box at the top of the email. It also provides you an option to move the email to the spam folder.

If you move it to the spam folder, the email gets removed from the list.

Step 5: Repeat

That's it. You just opt out of email subscriptions you no longer want. Go down the list of emails and repeat this process until you finish unsubscribing.

In the coming days, you'll notice a drastic difference in the number of unwanted emails you receive per day!

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Rev. Dr. Martin Luther King Jr. Day

Monday Jan. 16, 2023

Celebration

TABLE TALK SYMPOSIUM

10AM - 11:30AM

Marin City Senior Center

640 Drake Ave.

Marin City, CA 94965

PROGRAM

12PM - 2:30PM

MLK ACADEMY

200 Phillips Dr.

Marin City, CA 94965

FOOD! | PERFORMANCES!

COMMUNITY AWARDS!

KEYNOTE SPEAKERS!

COMMUNITY INFORMATION!

THEME:

*Beloved Community
In Action*

RSVP Florence:

fwilliams@marincitycsd.com

(415) 332-1441

Co-Sponsors – Marin Community Foundation | Community Development Corporation | Drivers Market
Sierra Club | Bay Cities Refuse | First Missionary Baptist Church | Breathe Free

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Stretch and Strengthen with Rayner is on zoom every first and third Monday of the month at 11am. RSVP on the Sausalito Village event calendar for the zoom link if you are attending for your first time. www.SausalitoVillage.org



In this game, we've grouped four elements from 2022 events—with one suspicious entry. For each set, you must figure out which item doesn't belong. (MorningBrew.com)

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2. **Championship-winning sports teams:** Houston Astros (MLB), LA Rams (NFL), Tampa Bay Lightning (NHL), Golden State Warriors (NBA)
3. **Some of the top 10 most common passwords in 2022:** qwerty, guest, 000000, password
4. **Movies in which Ryan Reynolds appears:** *Bullet Train*, *The Adam Project*, *Spirited*, *Black Adam*
5. **Retirees:** Ben Roethlisberger, Jack Dorsey, Justice Stephen Breyer, Roger Federer
6. **Celebrities named in a class-action lawsuit for promoting collapsed cryptocurrency exchange FTX:** Larry David, Reese Witherspoon, Gisele Bündchen, Stephen Curry
7. **No. 1 Billboard Hot 100 singles:** “Lift Me Up” by Rihanna, “We Don’t Talk About Bruno” from *Encanto*, “As It Was” by Harry Styles, “All I Want for Christmas Is You,” by Mariah Carey

Answer at the bottom of the newsletter.



New York cheesecake vs. Chicago cheesecake, what's the difference?

While it's easy to assume that cheesecake was born in New York, it was actually born in Greece, per Jonathan Lord Cheesecake, and was served up to hungry athletes during the first Olympic games. Eventually, cheesecake made its way from Greece to western Europe and the American colonies. It first landed in Philadelphia, then made its way to New York, where curd cheese was swapped for cream cheese in the 1930s. It was then that cheesecake got the signature recipe and texture that we all know and love today.

According to Epicurious what makes a New York-style cheesecake authentic is that it has a firm and dense texture. They recommend using a full-fat cream cheese when you make it and mixing and aerating the batter until it has a glossy texture. Whether you make your crust with graham crackers or a sponge cake base matters not. The authenticity lies in the texture, and you'd be darned if you serve it hot.

According to Chef Dennis, Chicago-style cheesecake is firm on the outside but soft and fluffy in the center. So how is this achieved? You might wonder if it's a different recipe altogether. Or if more eggs are used to create more fluff? You'd be mistaken. The critical difference between a Chicago-style cheesecake and the New York cheesecake is, in fact, the amount of cream cheese in each recipe. While traditional New York cheesecake recipes call for four 8-ounce packages of cream cheese (totaling 2 pounds), the Chicago-style recipe calls for an additional 8 ounces. Chef Dennis explains that the extra cream cheese in the recipe makes for a softer batter that cooks up to be lighter and fluffier than a New York recipe. So next time you have a hankering for cheesecake, consider making a New York style and a Chicago style, then you can decide which one is your favorite, or better yet, have a cheesecake tasting with your loved ones and make an event out of it. It's doubtful that anyone would complain.

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Join us for film and discussion January 18

Join Chef Joey and Pastor Paul, hosts of the monthly SV Film Group on Wednesday, January 18th for a 2pm showing and 4pm discussion of this comedy/drama.

From Rotten Tomatoes:

In partnership with the House of Dior, MRS. HARRIS GOES TO PARIS tells the story of a widowed cleaning lady in 1950s London who falls madly in love with a couture Dior dress, and decides that she must have one of her own. After she works, starves and gambles to raise the funds to pursue her dream, she embarks on an adventure to Paris which will change not only her own outlook, but the very future of the House of Dior.

The film will be shown at Sausalito Presbyterian Church Hall at 2pm and discussion will be both on zoom and in person at 4pm.

RSVP and let us know if you will be coming in person or meeting us on zoom: <https://sausalito.helpfulvillage.com/events/3713-film-group-showing-and-discussion>

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Steel wool scrubber painting technique in 10 minutes



How to stay warm when you're working from home (without turning the heating on)

Excerpted from [TheConversation.com](https://www.theconversation.com)

Because hands and feet require blood flow to keep them warm and functional and have little fat coverage, they cool quickly. So, in a cold room, the first parts of us to feel the cold are the extremities: our fingers and toes. Our first task is to keep our extremities warm by keeping blood flowing to them, and the best way of doing this is by maintaining (or raising) our core body temperature.

clothing. Thermals are great, but multiple layers of ordinary clothing can work just as well. If sitting, a blanket or duvet over the legs and waist can help. Add a hot water bottle underneath, or use a wearable electric blanket if you want. Remember, heating the human not the house is much cheaper. Think insulating socks, slippers and fingerless gloves. Placing your hands in your armpits when not typing can help, too. If you want to splash out, heated gloves and slippers could also be an option.

You also might like to try exercising. Around three-quarters of the energy used for exercise comes out as heat, so just stepping up and down the bottom step of a staircase can generate 100 watts of heating and start to raise your body temperature in a few minutes. A short period of exercise now and again can make a big difference to your thermal comfort and is good for your general health, too.

Other tips

- Keeping hydrated is important for ensuring blood flow to the extremities. Warm drinks are definitely comforting and make you feel “warmer” but don’t, in fact, affect your core temperature much, or for long.
- You need to eat enough calories to burn for heat generation. Most of us eat more than enough, though, and “extra” isn’t generally needed unless you are ill or malnourished for other reasons.
- Our cold receptors are very sensitive to changes in temperature, so draughts can make us feel disproportionately cold – and also waste energy and cost money. Use draught excluders at doors.
- Stress can also reduce blood flow to the skin, making you feel colder so try and avoid stress when working at home (if you can). Or kill two birds with one stone: if you feel yourself becoming stressed, step away from your desk and do a few minutes of exercise. You could even stick your hat, scarf and coat on and go for a brisk walk around the block, which should clear your head and warm you up.
- You can check the temperature of your fingers by touching your lips, if your fingers feel warm on your lips they are getting some blood flow, if they feel cold you need to do something to warm them up.



This 115-year-old S.F. bar is roaring back to life

Excerpted from SFChronicle.com

It fostered the Beat Generation's thinkers and its stage welcomed legendary acts like Jefferson Airplane and the Ramones. Its home survived the great earthquake. Now, the lights are back on at this watering hole that is more neighborhood institution than bar.

North Beach's Savoy Tivoli reopened in December, keeping the 115-year old establishment alive. The bar closed in 2018 for seismic retrofitting work on the building, but the pandemic and the passing of longtime owner Agnes Claire Kozel in 2020 delayed the reopening.

The business is now in son Paul Kozel's hands, along with friend and business partner Tito Avila. They're the latest in a string of Bay Area business owners setting out to reboot and preserve longstanding bars and restaurants. And there's plenty of history to preserve: The Savoy Tivoli first opened in 1907 as a boarding house and restaurant for Italian seafarers; Beach Blanket Babylon, the wild musical revue, even originated at this stage.

As part of the reopening, the Savoy Tivoli's interior got a facelift to enhance — not replace — its existing character, owners said. The original "old bar" area still

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area, which actually dates to the 1950s, was decked out with a new sound system from local business JK Sound to accommodate live music. It's also decorated with artwork from the contemporary North Beach artist Jeremy Fish.



Tai Chi for Arthritis and Fall Prevention Classes

FREE for Older Adults age 60+ in Marin County .

New Beginning and Continuing level classes, start in January.

Registration is now open through Sausalito Parks and Recreation Adult Classes Portal. All Classes are on zoom and are led by Certified Instructors from Age Friendly Sausalito and Dominican University,

Register [HERE](#) and click on fitness-full series

Open to Older Adults in Marin County of all abilities

TAI CHI FOR ARTHRITIS AND FALL PREVENTION. Three new Classes for beginning and continuing participants start in January. Each class is taught over 16 sessions, meeting once per week for one hour.

Mondays beginning January 23, meets 5:00 pm to 6:00 pm

Wednesdays, beginning January 18, meets 12:30 pm to 1:30 pm

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TAI CHI FOR ARTHRITIS AND FALL PREVENTION *PART TWO*. This Continuing and Intermediate Class is for participants who have completed the Tai Chi for Arthritis basic class. The class is taught over 16 sessions, meeting two times per week for one hour.

**Tuesdays and Thursdays beginning January 10,
meets 2 X per week from 11:30 am to 12:30 pm**

**For Assistance in Registering call (415) 289-4189. For Questions about the Tai Chi Classes call (415) 331-1393
or email: agefriendlysausalito@gmail.com**

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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Barbara Walters spoofs herself on Saturday Night Live



The historic reason iodine is added to table salt

Excerpted from TastingTable.com

Salt plays several important roles in cooking: it enhances flavor and texture,

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been used to preserve food since ancient Egypt, according to History.com. It's only been in the last 100 years that iodine has been added to table salt, according to Food & Wine. But not everyone is a fan of iodized salt in cooking. Wolfgang Puck told MasterClass that he doesn't use iodized salt because he thinks it doesn't have much flavor. If iodine doesn't improve the flavor of salt, in Puck's opinion, what is the point of adding it? The answer lies in the health of the people who consume it.

In the 1920s, iodine began to be added to salt to address thyroid issues and goiters that plagued the population, according to Food & Wine. A goiter, according to the Mayo Clinic, is an irregular growth of the thyroid gland, which is located at the base of the neck.

In fact, goiters were so prevalent among children before the 1920s that an area comprising the Great Lakes, Appalachians, and the Northwest was nicknamed the "goiter belt," per the National Library of Medicine (NCBI). There are only a few foods in which iodine is found in the U.S., including dairy foods, some bread dough, and seafood. Knowing that something needed to be done to address the significant problem, David Cowie, chairman of the Pediatrics Department at the University of Michigan, called upon the U.S. to start adding iodine to salt, per NCBI. It was in Michigan that salt first began to be sold with iodine added to it in 1924. While iodine deficiency has since been greatly reduced in the United States, there are still about 2.2 billion people in the world that live in areas where there is not enough iodine in their diets.

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8 hours of winter jazz



Answer to today's puzzler:

Answers: 1) Theresa May 2) Tampa Bay Lightning 3) 000000 4) *Black Adam* 5) Jack Dorsey 6) Reese Witherspoon 7) "Lift Me Up"

Have a puzzle to share? Send it to SausalitoVillageTips@gmail.com

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