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Photo by Laurie Reemsnyder - Lucas Valley waterfall during storms

Send your Bay Area photos 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)

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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:

January 27 - SV Hosted Home Match Marin presentation

January 27 - Trader Joe's SV shopping for you

January 30 - SV Ferry trip to Salesforce Park

February 1 - Trip to Dollar Tree and Sprouts with SV volunteer

February 3 - SV Hosted Well Connected and Social Call presentation

February 5 - SV Hosted Line Dancing Workshop

February 5 - SV Hosted Tales of the Trails

February 6 - Stretch and Strengthen with Rayner

February 7 - Morning Book Review Club

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## Home Match

CREATING COMMUNITY

### MARIN COUNTY

Welcome to our nonprofit shared housing program. We improve lives and communities by bringing people together to share homes.

### Share your home...

Turn your spare room into an opportunity for income and new social connections.

### Find your home...

Benefit from an affordable home, plus the option to help your homemate with household activities in exchange for further reduced costs.

### How Home Match works:

Our personalized process and responsive local staff help find just the right match for you!

- We thoroughly screen all participants
- We connect people based on compatibility
- We offer on-going support, even after move-in
- We do not charge a fee for our services
- Rooms average from \$700-1300

 [Follow us](#) for updates and stories from our matches!

**“The whole Home Match process makes the living arrangement feel safe, secure and lasting.”**  
- Home Match Participant

### Let's get started!

Please note that individuals seeking a shared home must currently live, work, or study in Marin County, as well as earn less than \$139,440K annual gross.

**HomeMatchMarin**  
**@frontporch.net**

**415.456.9068**

### Our Funders & Partners








**TODAY!!**

**SV Hosted Presentation on zoom  
about  
Home Match Marin 4pm**

**WHEN:** Friday, January 27, 4:00pm - 5:00pm

**WHERE:** Zoom

One of our SV Members who has been successfully matched will be in attendance along with her roommate.

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## It's the year of the Rabbit and we can finally chill

Excerpted from NBC.com

It's the Year of the Rabbit and we should all be focusing on rest, introspection and working smarter not harder.

The Lunar New Year, celebrated primarily by Chinese diasporas and other East Asian cultures as well as the Vietnamese, will begin on Sunday, kicking off 15 days of festivities and customs. While the preceding Year of the Tiger was seen as a powerful period of action, and, at times, impulse, the rabbit sign is expected to usher in a softer period focused on self-reflection, Jonathan H. X.

“There is a lot of possibility for prosperity and flourishing, and for peace, really,” said Lee, whose research focuses on religions and folklore. “The rabbit is a very strong symbol for peace.”

The rabbit in the Chinese zodiac also speaks to the power of empathy. At one point in the race, the rabbit found itself stuck in the water. The dragon, who was flying overhead, opted to finish behind its woodland friend, blowing a heavy gust of wind to help send the rabbit across the finish line. The act speaks to the importance of both giving and receiving compassion, Lee said.



## The 10 most difficult words in English to pronounce

Excerpted from BookRiot.com

The most popular Google searches based in the USA beginning with “how to pronounce”. Here are the ten words words Americans found the most difficulty pronouncing in 2022.

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2. how to pronounce nguyen (16,000 searches)
3. how to pronounce gyro (15,000 searches)
4. how to pronounce omicron (14,000 searches)
5. how to pronounce charcuterie (12,000 searches)
6. how to pronounce gif (11,000 searches)
7. how to pronounce gnocchi (10,000 searches)
8. how to pronounce kyiv (7,900 searches)
9. how to pronounce worcestershire (7,800 searches)
10. how to pronounce dogecoin (7,300 searches)

Some of these searches show what was on the minds of Americans last year, like Omicron, a more contagious strain of COVID-19; Kyiv, the capital of Ukraine; and Dogecoin, a cryptocurrency. Others are more timeless queries, like the proper pronunciation of GIF or Worcestershire.



**HOUSING ALERT!! Affordable senior housing waitlists are NOW OPEN**

**If you know someone who needs low cost housing in the area,**



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## MARIN COUNTY

### **Martinelli House**(*Senior Living Community*)

1327 Lincoln Avenue · San Rafael, California  
94901

<https://www.mercyhousing.org/california/martinelli-house/>

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### **The Fireside**(*Senior Living Community*)

115 Shoreline Highway · Mill Valley, California  
94941

<https://edenhousing.org/properties/the-fireside/>

See all Marin, Sonoma and Alameda lists [HERE](#)

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## How to find your life's purpose

## 1. Find your “why”

There are a lot of benefits to having a purpose, but you need to focus on the ones that feel most important to you.

So don't just ask “What is the purpose of life?” Ask “Why do I want a purpose?” and “What do I hope this purpose will do for me?” Are you aiming for happiness? Do you feel like you're wasting time and want to do something more meaningful with your life? Now is the time to determine why you're searching for meaning in the first place.

## 2. Ask the big questions

Draw up a list of questions that touch on the most important things in your life, then write down your answers. Ultimately, your answers will help you see a pattern of who and what you prioritize. Once you know that, you can set goals based on your priorities.

So, what sort of questions should make the list? That will vary from person to person, but the “life questions” below will get you started.

- Who is most important to me?
- What are my happiest memories and experiences?
- What is the best way for people to live?
- What makes me feel most fulfilled?
- What is my biggest regret?
- What are three things I hope for?
- What do I do when I fail at something?
- What individual attributes are most important to my identity?
- What would be worth dying for?

## 3. Challenge your negative beliefs about yourself

Discovering your purpose starts with having a growth mindset and cultivating a positive attitude. Make a list of things you believe about yourself that are holding you back, and then challenge yourself to see them in a different light, says Thomas. For instance, perhaps you grew up being told you were stupid. Is that really true? Can you find evidence that you are smart?

## 4. Talk with—and listen to—others

Finding your purpose is an ongoing discussion with yourself, but it is immeasurably improved when you discuss it with others whose opinions you



## 5. Learn about different philosophies

People have been trying to answer “What is the purpose of life?” since the dawn of time, and you can learn a lot from what they’ve discovered. Study religious and philosophical texts, watch documentaries, read books, attend lectures and do research. Will you unearth the answer to what *The Hitchhiker’s Guide to the Galaxy* calls the Ultimate Question of Life, the Universe and Everything? No—there’s no single answer, remember? But eventually, you’ll begin to find what resonates with you.

## 6. Clarify what you really want (and what you really don’t)

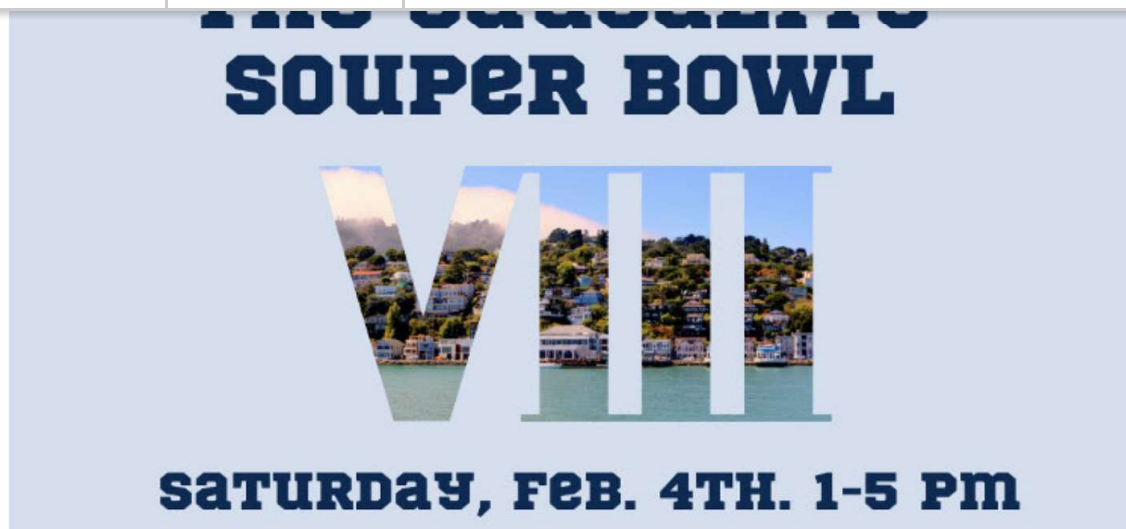
Once you’ve established your priorities and non-negotiables, it’s fairly simple to define your life goals. These are what you want out of your life in the areas of identity, career, finances, education, love, spirituality, family and more. They’ll bring you moments of joy and deeper meaning over the course of your life.

Then, take a moment to note what things you absolutely *don’t* want to happen. While you don’t want to spend too much time focusing on these fears, it’s important to know what they are so you can face your anxieties head on, says Thomas.

## 7. Write it down

They say an unwritten goal is just a wish, and that’s true for your purpose as well. Journal your thoughts as you go, with the goal of writing a personal mission statement. You should be able to define your purpose in one or two paragraphs. You don’t have to have answers for everything; your purpose just provides the guidelines for finding the answers as you go.

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## 13 Restaurants participate in 2023 Souper Bowl

It's all about soup at Sausalito's **Souper Bowl** on Saturday, February 4. This year's eighth annual event will take ticket holders on a tour of (at least) 13 downtown and Caledonia Street restaurants to find out who has the best soup in Sausalito. Tasting will get underway at 1:00 p.m. and continue until 5:00 p.m.

Tickets are \$25 and may be [purchased in advance](#) via the Sausalito Parks and Recreation registration portal. Same-day tickets will be available from 12:30 to 4:00 p.m. at the ferry landing.

Each ticket enables the ticket holder to visit all participating restaurants, taste soup, and vote for a winner. The following 13 restaurants have signed up to participate as of January 20:

- Bar Bocce
- Barrel House Tavern
- Copita
- Equator Coffee
- Joinery
- Salito's Crab House
- Sartaj India Cafe
- Sausalito Cruising Club
- Seafood Peddler

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- Taste of Rome
- The Trident

Non-soup participants offering discounts, specials, and/or freebies on February 4 include Bacchus & Venus, the Chamber of Commerce Visitor Center, Firehouse Coffee, Katya Glass, Munchies, Sausalito Bakery and Cafe, Hanson Gallery, Real Napa Tasting Room, and Salty.

Any questions about Sausalito's Souper Bowl may be directed to the Parks and Recreation Department at (415) 289-4152 or [recreation@sausalito.gov](mailto:recreation@sausalito.gov).



## Sign up now with SV to create a 'My Life Profile' through Dominican University OT Department

This joint project with Dominican University is open to Village members ONLY. SV members email: [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com) to register.

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and new Sausalito Village members have the opportunity to participate as well.

Register through [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com) to get started. Once you register, Dominican University will contact you directly to provide more information and set up your three 45-minute phone or zoom conversations.

More about the program in the flyer below:

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## Sausalito Villages and Dominican University offer inter-generational phone visits and an opportunity to create a life profile for age-friendly healthcare!



**Register by January 29th; Phone Visits Start Feb 4th**

**SausalitoVillageRSVP@gmail.com**

Occupational Therapy students will meet over the phone with you to **create your *My Life Profile for Age-friendly Healthcare***– An essential part of any “hospital-go-bag” for older adults, it is a document that can speak for you if you are unable to speak for yourself!

Imagine that you are hospitalized and unable to make your needs and preferences known. You may feel afraid and disoriented. *My Life Profile for Age-friendly Healthcare* will inform your healthcare provider about your important lifelong habits, preferences, and routines to ensure you feel safe and well cared for.

This project is part of a national initiative to transform healthcare to be more personal and “Age-Friendly”. Be a pioneer in this effort! Help Dominican students better understand the experiences of older adults.

**80% of Marin Village project participants surveyed recommend this activity to older adults!**

**“I’d certainly recommend the interview process to other seniors in Marin!” – Marin Village Member**

**“I enjoyed my experience very much. The OT student was patient, a good listener, a delightful caring person. Her patients will love her!” – Marin Village Member**

## WHAT TO EXPECT

- **Three 45- minute phone conversations** with Dominican University students
- **Share favorite memories**, stories, and topics that you enjoy discussing with others
- **Explore** meaningful values, beliefs, habits, routines, roles and rituals that are important to you.
- With your student partners, **decide what information to include** in your profile
- Your student partner will **design your profile** and send it to you
- **Share your profile** with your family or doctor

## Examples of information you may include in your profile:

- I often feel cold when others around me don’t, and prefer extra blankets, or clothing for warmth
- I feel happy when I talk to others about my Terrier named Puff
- Loud noises are upsetting to me and I often try to minimize the noise around me
- I sleep in a completely dark room
- I fall asleep with the television on
- I grew up in Wisconsin and love to chat about growing up on Fox Lake





## 7 ways to meditate you probably haven't heard of, from sound bath to moon gazing

Excerpted from Insider.com

### 1. Sound bath meditation

This type of meditation is based on the idea that certain frequencies of sound can help you achieve a state of deep relaxation and heal your mind and body, according to Zee Clarke, a mindfulness and breathwork teacher and author of *Black People Breathe*. To achieve this relaxation, you'll lie down on a mat or the floor while listening to resonant sound from instruments like Tibetan or crystal singing bowls, chimes, and tuning forks.

### 2. Chakra meditation

Practitioners of Hinduism and Buddhism believe there are seven chakras, or energy centers, in the body — and blockages in your energy can negatively affect physical and mental health. According to Orth, chakra meditation focuses on clearing those blockages so energy can flow more freely — and you can do this by focusing intently on a particular area of your body during breathing or visualization exercises.

### 3. Moon gazing meditation

The theory behind this approach is that gazing at the moon can help heal the body, according to Rajendran. Practitioners believe that just as the gravitational pull of the moon affects the ocean tides, the moon may affect the human



## 4. Vipassana meditation

Vipassana, one of the oldest forms of Buddhist meditation, serves as the foundation for many modern-day mindfulness techniques. According to Rajendran, this type is also known as "insight meditation." In fact, the word "vipassana" means to see things as they really are, and Rajendran says that's precisely the focus of this approach: observing your thoughts and feelings as they arise without dwelling on or judging them.

## 5. Candle gazing meditation

Just as the name suggests, this type of meditation involves focusing on the flame of a candle while meditating. It's also known as trataka meditation, which means "to gaze." Rajendran says this is an ideal approach if you find your mind wanders easily when you close your eyes. Actively focusing on the candle may help you avoid distractions and stay focused in the moment.

## 6. Mirror gazing meditation

This style of meditation involves gazing at your reflection in a mirror for an extended period of time. The goal, according to Rajendran, is to learn more about your thoughts and feelings without judging them.

## 7. Sun gazing meditation

This meditation approach involves looking at the sun during off-peak times. The idea is to connect with the sun's healing and energizing powers, Rajendran says.

Read entire article and descriptions of each [HERE](#)



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## Last week at SCA to enjoy the art of Burning Man

Now entering its final week, we invite you to experience the photography, art and fashion of Burning Man at the Sausalito Center For The Arts located in the old Bank of America building.

On view through January 29, this three-artist, multidisciplinary exhibition brings the images, sculpture and fashion of Burning Man to downtown Sausalito.

Don't miss this unique opportunity to feel the excitement of this iconic cultural phenomenon, while you still can.

Admission is free. Click here for more information: <https://www.sausalitocenterforthearts.org/jewels-of-the-playa>



What does your foot/toe shape say about you?



## The real meaning of SOS

Excerpted from Parade.com

Many people mistakenly believe the letters stand for "save our souls" or "save our ship." However, instead of individual words creating an acronym, the letters actually do not stand for anything! It is more like a symbol that just stands out as "send help."

SOS (pronounced as the letters S-O-S) is used as a distress call, signifying that someone needs assistance.

SOS is just that—SOS. It was derived from Morse code and recognized as an international standard signaling danger, or the need for aid.

Using wireless telegraphy, it would sound like three-dits / three-dahs / three-dits. Morse code can be used visually as well, using the same series only with flashes of light.





## 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 under 65yrs with a Clipper card. The ferry ride is 30 minutes.

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

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

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Check out this incredible 13 year old who doesn't let his disability get in his way



## SV Hosted 'Tales of the Trails'

This month's Sausalito Village Tales of the Trails will feature Maritza Accosta presenting: "Little gems & secrets of Europe".

WHEN: Sunday, February 5, 7:00 P. M.

WHERE: Zoom

RSVP for the Zoom invite: Contact Sue Dunlap at [suedunlap46@gmail.com](mailto:suedunlap46@gmail.com) or (415) 332-3746 to reserve a spot and for more information.

Wine and light appetizers served (actually, this time you'll need to provide your



## What To Tell Yourself During Your Workout To Make It \*Feel\* Easier

Excerpted from Well+Good.com

Stress of any kind can activate your sympathetic nervous system (SNS), better known as your “fight-or-flight” response, and danger or physical activity (like working out) intensifies its response. In some ways, this is beneficial: It increases your blood flow and ability to breathe, both of which can help improve your performance.

Too much SNS activation can feel overwhelming, however, which is why being able to help your nervous system regulate itself is essential, especially during situations that cause it to upregulate, like an intense workout. Enter: positive self-talk. “Self-talk may primarily act by reducing performance-related anxiety among athletes,” Dr. Lagos says. “Moreover, self-talk has been linked to greater enjoyment, self-



Self-talk on performance depends on individual factors, the athlete, and the features of self-talk itself, according to Dr. Lagos. "For instance, some researchers suggest that instructional self-talk may be more beneficial during training because it helps the athlete finesse their skill, whereas motivational self-talk may boost performance in a competitive setting," she says.

There's a lot of room for personalization when it comes to positive self-talk. What works for one person may not work for another, but the general rule is to focus on what you should be doing rather than what you shouldn't, says Dr. Lagos. Think: "You've got a great pace," she says. "Or, 'you've got this,' rather than 'don't slow down,' or 'this is too hard; I want to quit.'"

Dr. Lagos says the first step to improving your self-talk is identifying negative thinking, and according to her, this generally falls into one of the four categories below:

### 1. Magnifying

You focus on the worst parts of a situation and ignore the positive parts. This could look like achieving a new PR but only talking about the part of the run where you didn't hit your split.

### 2. Polarizing

You see things as either good or bad, black or white. "There's no room for a middle ground," Dr. Lagos says. For example, you think you have to be perfect—if you make mistakes, you're a failure.

### 3. Catastrophizing

You expect the worst. For instance, you don't have a good first set and assume the rest of the workout will be a disaster.

### 4. Personalizing

You blame yourself when bad things happen. Say your workout buddy is in a bad mood, you automatically assume it's because of you.

Being able to name negative thought patterns can elevate your awareness of them, which, in turn, can help you flip the script when you find it happening. This process is simple, in theory, but as Dr. Lagos notes, it's tough to master, so take it easy on yourself. "Don't

...ending how much time...



## SV Hosts 'Avoiding Emergencies that happen at home'

WHEN: Monday, February 13, 3:00-4:30pm

WHERE: Campbell Hall, 70 Santa Rosa

HOSTED BY: SV Emergency Preparedness Committee

OPEN TO: SV Members

RSVP: <https://sausalito.helpfulvillage.com/events/3703>

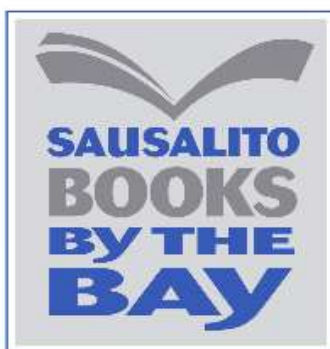
Hear first hand from our Sausalito police and fire departments about the most common emergencies that happen at home and how to AVOID them. There will be plenty of time for questions.

Symptoms:

Nibbles and drinks will be served on the patio prior to going into the hall.

Need a ride? Call by February 10, 5pm at 415-332-3325

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Thursday  
February 9th  
6 PM  
The Spinnaker

*Tappan Wilder has served since 1997 as the literary executor for his uncle Thornton Wilder, the celebrated author who wrote *Our Town*, *The Skin of Our Teeth*, *The Matchmaker* [source of *Hello, Dolly!*], *The Bridge of San Luis Rey* and *The Eighth Day*, to start a list of still enormously successful and internationally known prize-winning plays and novels (not to overlook his operas, firm and non-fiction).*

*What has it been like managing Thornton Wilder's intellectual property? What was his uncle and his Wilder family like? Drawing on readings by local actors, images and recording clips, Tappan paints a picture of the man he knew as "Uncle Thorny," the writer who wrote his friend Alexander Woolcott in 1938 (and meant it): "What's life if it isn't risk, venture, taxes on the willpower, diversity, and fun?"*

*Tappan, who has spoken widely about his uncle and contributed background material for the publication of his major works, has lived in Sausalito for ten years.*

**EVENT IS FREE TO ATTEND, BUT REGISTRATION REQUESTED  
TAPPAN WILDER/EVENTBRITE**

*Free valet parking @ the Spinnaker!*

**Tappan Wilder and Cheryl Popp (owner of Books by the Bay) are both SV members. Please support this great event!**

**Free tickets at:** <https://www.eventbrite.com/e/living-with-thornton-wilder-tickets-509667859287?aff=ebdssbdestsearch>

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## FRIDAY PUZZLE

What row of numbers comes next?

1

11

21

1211

111221

312211

Answer at the bottom of the newsletter.

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**Scientists record world's largest hatching of baby turtles in South America**



## SV Hosted event: Well Connected and Social Call, programs through Front Porch

### Are you looking for more connection?

Join us for a Sausalito Village hosted event featuring Front Porch's Well Connected and Social Call Programs.

WHEN: Friday, February 3, 10am

WHERE: On zoom

RSVP: <https://sausalito.helpfulvillage.com/events/3749-sv-hosts-well-connected-program-of-front-porch>

The Well Connected program allows you to 'connect' with seniors all over the country through zoom events on all subjects. Broaden your horizons and your circle with Well Connected!



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Community Services division. These programs accessibly and creatively address nutrition, housing, and social connection. Join Amber Carroll, Senior Director of Connection Programs, to learn more about engagement opportunities available to older adults in Marin County and beyond.

Front Porch Connection Programs that include: Well Connected, Well Connected Español, and Social Call – virtual creative aging programs that aim to decrease loneliness and social isolation for older adults by increasing the opportunity for meaningful social connections. These programs welcome older adults as participants and/or volunteers to learn, chat, teach, and share – all from the comfort of home.

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## Accent expert gives a tour of American accents

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## Oscar nominations announced! Oscars will air on Sunday March 12th

Excerpted from LA Times

Links will take you to an LA Times review.

### Best picture

“All Quiet on the Western Front”

[“Avatar: The Way of Water”](#)

[“The Banshees of Inisherin”](#)

[“Elvis”](#)

[“Everything Everywhere All at Once”](#)

[“The Fabelmans”](#)

[“Tár”](#)

[“Top Gun: Maverick”](#)

“Triangle of Sadness”

[“Women Talking”](#)

### Actor in a leading role

[Austin Butler](#) (“Elvis”)

[Colin Farrell](#) (“The Banshees of Inisherin”)

[Brendan Fraser](#) (“The Whale”)

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## Actress in a leading role

[Cate Blanchett](#) ("Tár")

[Ana de Armas](#) ("Blonde")

Andrea Riseborough ("To Leslie")

[Michelle Williams](#) ("The Fabelmans")

[Michelle Yeoh](#) ("Everything Everywhere All at Once")

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



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](http://www.SausalitoVillage.org)

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## **Free Income Tax Preparation and e-filing for low & middle income taxpayers**

By appointment only.

Please contact your preferred site for appointment.

Email is the best way to reach us. If you must call be sure to leave your full name and contact information.

NO MEMBERSHIP REQUIRED. NO AGE LIMIT.

### **When?**

Volunteer tax counselors are available from Feb. 1<sup>st</sup> until April 18<sup>th</sup> at our listed locations.

### **What to Bring?**

» A copy of your 2021 Tax Return

» Photo ID, plus Social Security Cards or ITIN's for self, spouse, and dependents

» Social Security numbers for child care providers and alimony recipients

» Any and all W-2 Forms

» All Forms 1099 Social Security, pension, interest, dividends, stock/bond sales, & IRA distributions, unemployment, etc. Cost basis of stocks and other investments sold

» All forms 1095 & 1098 e.g. Mortgage Interest, Tuition. Health insurance coverage information for taxpayer, spouse & dependents.

» Checkbook or bank account and routing numbers for direct deposit

» To itemize, bring your list of paid property taxes, medical bills (**totaled**), charitable contributions (**totaled**) and mortgage interest.

**PLEASE REMOVE ALL ITEMS FROM ENVELOPES BEFORE YOUR APPOINTMENT!!**

### **MILL VALLEY 415-322-9361**

[MillValleyTaxAide@gmail.com](mailto:MillValleyTaxAide@gmail.com)

Mill Valley Community Center  
180 Camino Alto

Tuesdays 8:30 am – 1 pm  
Thursdays 8:30 am – 1 pm

#### **Forms and info available at:**

<https://sites.google.com/view/millvalleytax-aide/home>

### **NOVATO 415-488-5401**

[taxaidelarry@gmail.com](mailto:taxaidelarry@gmail.com)

North Marin Comm. Services  
1907 Novato Blvd.

Mondays 10 am – 2:00 pm  
Thursdays 10 am – 2:00 pm

#### **Closed President's Day Feb 20**

#### **Forms and info available at:**

<https://sites.google.com/view/novato-aarp-taxaide-at-nmcs/home>

### **SAN RAFAEL 415-295-6624**

[SRCCTaxAide@gmail.com](mailto:SRCCTaxAide@gmail.com)

San Rafael Community Center  
618 B Street

Mondays 9:30 am – 2 pm  
Fridays 9:30 am – 2 pm

#### **Closed Feb 10, Feb 20 & Mar 31**

#### **Forms and info available at:**

<https://sites.google.com/view/san-rafael-tax-aide/home>

### **FAIRFAX 415-578-0167**

**SERVICES BEGIN FEBRUARY 6**

[fairfaxtaxaide@gmail.com](mailto:fairfaxtaxaide@gmail.com)

Fairfax Library

2097 Sir Francis Drake

Mondays 10 am – 2 pm  
Thursdays 10 am – 2 pm

#### **Closed President's Day Feb 20**

### **NORTHGATE 415-448-6155**

[NGTaxAide@gmail.com](mailto:NGTaxAide@gmail.com)

First Congregational Church

8 No. San Pedro Rd San Rafael  
Tuesdays 9:30 am – 2 pm

### **General questions only. Not for appointments:**

Email: [marintaxaide@gmail.com](mailto:marintaxaide@gmail.com)  
415-320-6191

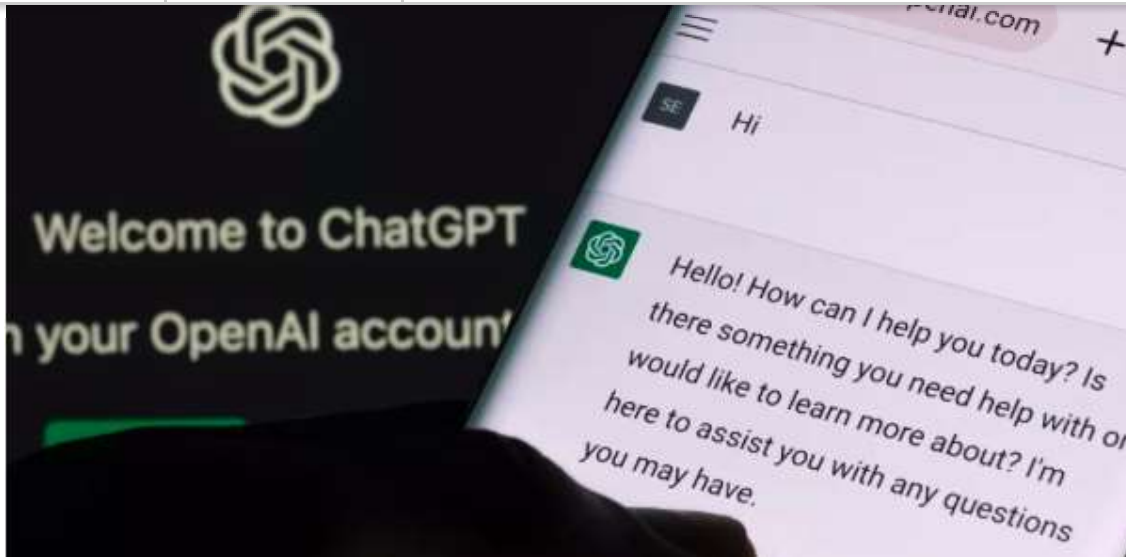
We can quickly and easily determine your eligibility for **Earned Income Credit**

**AARP FOUNDATION  
TAX-AIDE**

**AARP Tax Aide is available at the Mill Valley Community Center Tues/Thurs 8:30am - 1pm**

**Here is the link to the forms and info:**

<https://sites.google.com/view/millvalleytax-aide/home>



## What is ChatGPT?

Excerpted from Tom'sGuide.com

ChatGPT is an artificial intelligence trained to assist with a variety of tasks. More specifically, though, it is a language model AI designed to produce human-like text and is designed to converse with people, hence the "Chat" in ChatGPT.

The "GPT" in ChatGPT comes from GPT-3, the learning model that the ChatGPT application utilizes. GPT stands for Generative Pre-trained Transformer and this is now the third iteration of this language model.

Practically, this means that to use ChatGPT, you present the model with a query or request by entering it into a text box. The AI then processes this request and responds based on the information that it has available.

In the case of ChatGPT, the information that it has available — or has been trained with — is software documentation, web pages programming languages and more. This makes it an incredibly powerful tool able to answer questions on a wide range of topics, make recommendations and even generate written content.

Check out Tom's step-by-step guide on [how to use ChatGPT](#).

As a recent Forbes article highlights, businesses and individuals can use it for a lot of tasks — from market research to drafting content to automating parts of the sales and customer service process.



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- Text generation for news articles, fiction and poetry
- Summarizing longer documents or articles
- Answering questions as potential substitute for Google search
- Generating story ideas or headlines
- Generate product descriptions, blog posts and other content types
- Act as a tutor for homework questions or problems

ChatGPT still has limitations in terms of function, can make mistakes and can plagiarize. So you will still likely need to either have a human overseeing the work it does, proofing the work it does or be very precise in how you limit the work it does. Otherwise, this timesaving technology could cause you more problems than it solves.

As ChatGPT becomes more prevalent in writing, people are starting to create AI tools to detect ChatGPT or similar AI models in written content. GPTZero is one such tool, created by Princeton University student Edward Tian. According to [NPR](#) (opens in new tab), GPTZero uses “perplexity” and “burstiness” scores to measure the complexity of text.

The theory is that humans will write in a way that AI determines is more complex than content written by other AI. GPTZero was recently able to differentiate between an article from The New Yorker and a LinkedIn post written by ChatGPT, so there’s some early evidence that it works at detecting the use of ChatGPT.







### Answer to today's puzzler:

13112221. This is a pretty diabolical set of integers known as the “[Look-and-say sequence](#).” To get the next number in the sequence, you read off the digits of the previous item.

For instance, “1” is “one one” so the next item is “11.” From that comes “two ones,” so you write down “21” and so on. So, to get the next term in the sequence above, it would be “one three, one one, two twos, two ones.”

Have a puzzle to share? Send it to [SausalitoVillageTips@gmail.com](mailto:SausalitoVillageTips@gmail.com)

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