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Photo by Ingrid Kreiss

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:

TODAY - 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  
February 13 - SV hosts: Avoiding In Home Emergencies

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## Happy Birthday February Members!

***Nathanial Berkowitz - Hollinshead Knight - Bob Mitchell***

***Carolyn Zaroff - Claudia Brown - David Jordan***

***Felicity Kirsch - Terri Thomas - Barbara Geisler***

***MaryKae Krause - Keith Stoneking - Jim Meyer***

***Sandra Yates - Wanda Ashe - Stella Shao***

***Joan Arbil - Jack Walker - Margo Merle - Jean Patterson***

***Stephanie Leonard - Kathleen Maher - Roshan Mehta***

If you are currently a Sausalito Village member with a February birthday and you don't see your name listed above, it means we don't have your birthdate in your file. Please let us know, we don't want to miss celebrating you! Email [SausalitoVillageConcierge@gmail.com](mailto:SausalitoVillageConcierge@gmail.com) or call 415-332-3325.

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## **TODAY 10am 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

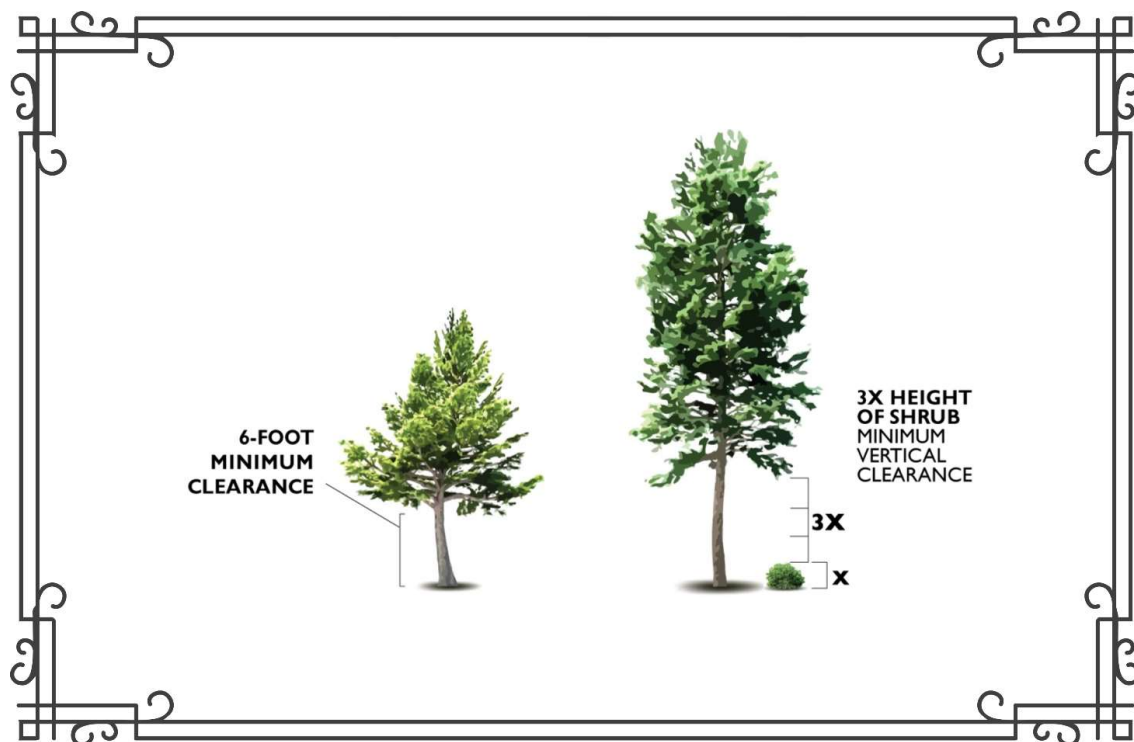
WHERE: On zoom

ZOOM LINK : <https://us02web.zoom.us/j/89126506952>

Hundreds of free classes and events to join!

Well Connected is a national phone and online community that brings people together to explore, learn, laugh, and share experiences. Over 3,500 members from across the country join educational, fun, and engaging groups from the comfort of home.

Well Connected members can play a game, learn a language, write a poem, go on a virtual tour, meditate, share a gratitude, get support, and most importantly, connect and engage with others every day across the country. All groups are accessible by phone or online.



## Fire Smart Landscaping for February

From the UC Master Gardeners

Trees and Shrubs - Consider spacing.

Plant spacing, size control and maintenance are more important than type of plant. We cannot eliminate fire but we can alter the fire's behavior.

Consider creating separation by increasing spacing between tree canopies while considering flat vs sloped terrain.

Maintain vertical clearance of at least 3X the shrub's height between



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and the bottom of the tree canopy. This can be done by pruning the shrub down, or pruning smaller, easily ignitable tree branches up, or both.

Avoid massing woody shrubs at the base of trees. Consider low-growing, herbaceous plants instead.

Create islands of plants with non-combustible paths to interrupt spread of fire.

FOR MORE FIRE-SMART LANDSCAPING INFORMATION VISIT UC MARIN MASTER GARDENER WEBSITE. [http:// ucanr.edu/ucmarinmgfiresmart](http://ucanr.edu/ucmarinmgfiresmart)

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## **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

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.

Masks are encouraged. Please do not attend if you have any cold/flu 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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## Photos of Last Northern White Rhino on Earth Wins Travel Photo Contest

Excerpted from PetaPixel.com

A photographer who documented the companionship between one of

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has won the title of the year 2022 from the 20,000 pictures submitted to the competition, Slovenian photographer Matjaz Krivic's images of 33-year-old Majin in Ol Pejeta Conservancy, Kenya stood out for the judges.

See all categories of winning photos [HERE](#)



## **THIS SUNDAY**

### **Line Dancing Workshop**

WHEN: Sunday, February 5th, 3:30 - 5:00

WHERE: Exercise Room, downstairs in Sausalito City Hall

COST: Free but must sign waiver

Line Dancing Workshop: Working Your Brain and your Body

**SV is NOW partnering with Sausalito Parks and Rec through an Intergenerational grant received by Sausalito P&R**

Sign up for each class through Parks and

Rec: <https://www.sausalito.gov/departments/parks-and-recreation/programs-and-classes/adult-classes>

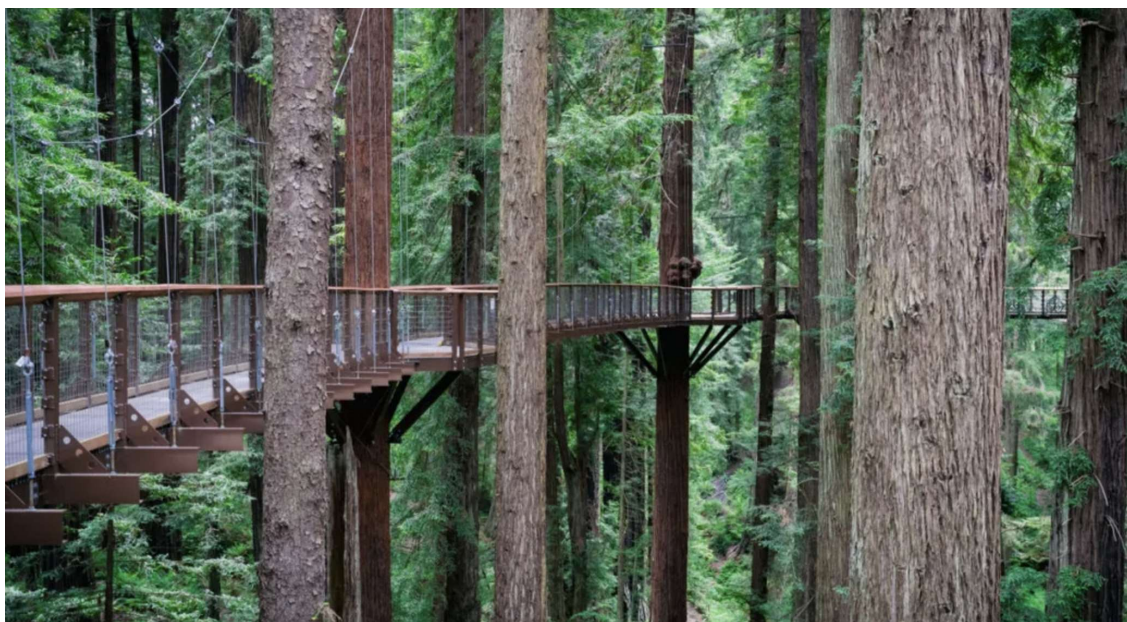


First 1/2 hour, we will focus on basic steps and simple dances, intended to gently ease newbies into it, geared to those with little dance experience but some curiosity.

Starting 4pm will be a dance party! We'll do mostly beginning and one wall dances at least the first few workshops, but adjust based on who is coming. Students are welcome to come for just the first or second part, or stay for both. Music is old school, contemporary, disco, jazz, R&B, and a little Latin.

Open to all, geared to seniors.

Wear comfortable clothing and shoes. Dance shoes encouraged if you have them to provide the right amount of 'slide'.



## Walk high among the redwoods in this new skywalk in Eureka

Excerpted from TheTravel.com

Eureka is counted among the most beautiful coastal towns of California - and is certainly one of the most stunning in Northern California. It is not only a great place to discover the Pacific Coast of

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Redwoods of Eureka. One of the new attractions of Eureka is the Redwood Sky Walk. The Redwood Sky Walk is tucked away in the Sequoia Park of Eureka and inside the Sequoia Park Zoo.

The Redwood Sky Walk is a self-guided interpretive experience where people can learn more about the ecology and secrets of the world's tallest trees. From the Redwood Sky Walk, people can enjoy a new perspective of the mighty redwoods.

The Redwood Sky Walk is 100 feet above the lush forest floor and at an elevation where people can enjoy a better view of the old-growth canopy as well as mature second-growth redwoods. At a quarter mile to the end and back, the Redwood Sky Walk is the longest skywalk in the western United States. The ascent ramp to the skywalk is 360 feet or just short of the height of the tallest known living coastal redwood (around 380 feet).



**THIS WEDNESDAY**

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Pastor Paul and Chef Joe Silverman, hosts of the monthly SV Film Group on Wednesday, February 8th for a 2pm showing and 4pm discussion of this drama set in Ireland.

**WHEN:** Wednesday, February 8th, 2pm -5pm

**WHERE:** In Person at the Presbyterian Church for the showing and discussion, you can also watch on your own and join in on the discussion via zoom.

**RSVP:** <https://sausalito.helpfulvillage.com/events/3774> Let us know if you will be coming in person or just on zoom

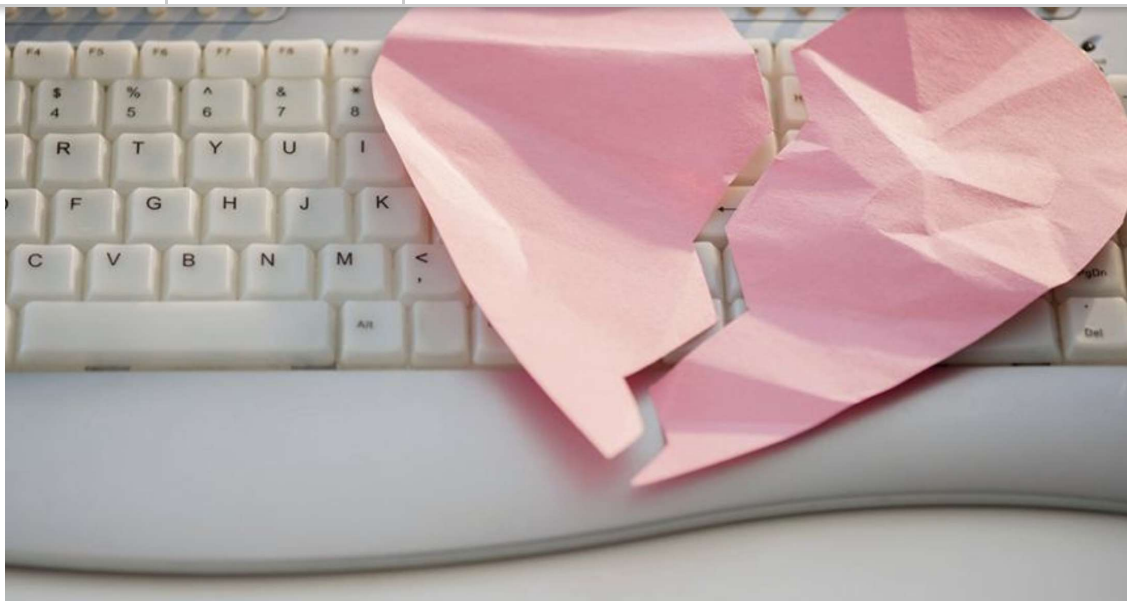
About this Oscar nominated film

Set on a remote island off the west coast of Ireland, **THE BANSHEES OF INISHERIN** follows lifelong friends Pádraic and Colm, who find themselves at an impasse when Colm unexpectedly puts an end to their friendship. A stunned Pádraic, aided by his sister Siobhán and troubled young islander Dominic, endeavours to repair the relationship, refusing to take no for an answer. But Pádraic's repeated efforts only strengthen his former friend's resolve and when Colm delivers a desperate ultimatum, events swiftly escalate, with shocking consequences.



## Hyper-realistic sand creations





## Online Dating Scammers Will Steal Your Heart — and Your Cash

Excerpted from AARP.com

If you're looking for love online, make sure to keep your wallet — if not your heart — under lock and key. Fraud cases are climbing as the number of dating sites and apps — and users — grow. Today there are an estimated 25,000 romance scammers online worldwide, according to one cybersecurity expert. Between 5 percent and 25 percent of online daters could be fakes or scammers, says another.

The Dallas-based Match Group owns a host of dating sites including Tinder, OkCupid, OurTime and Match.com, which is one of the sites alleged scammers used, according to a complaint. Lauren DeFord, the company's senior manager of marketing, said scams are rare and that the firm takes fraud "very seriously." The company's brands are available in more than 42 languages in more than 190 countries, according to its website.

The company reviews every member profile and blocks accounts originating from high-alert countries, those using stolen credit-card numbers and any with "red-flag language" in profiles, the statement said.

Never send money to someone you haven't met in person, and report it if you receive such a request, the statement said. "Those two steps will stop almost every scam in its tracks and help protect the next potential victim."

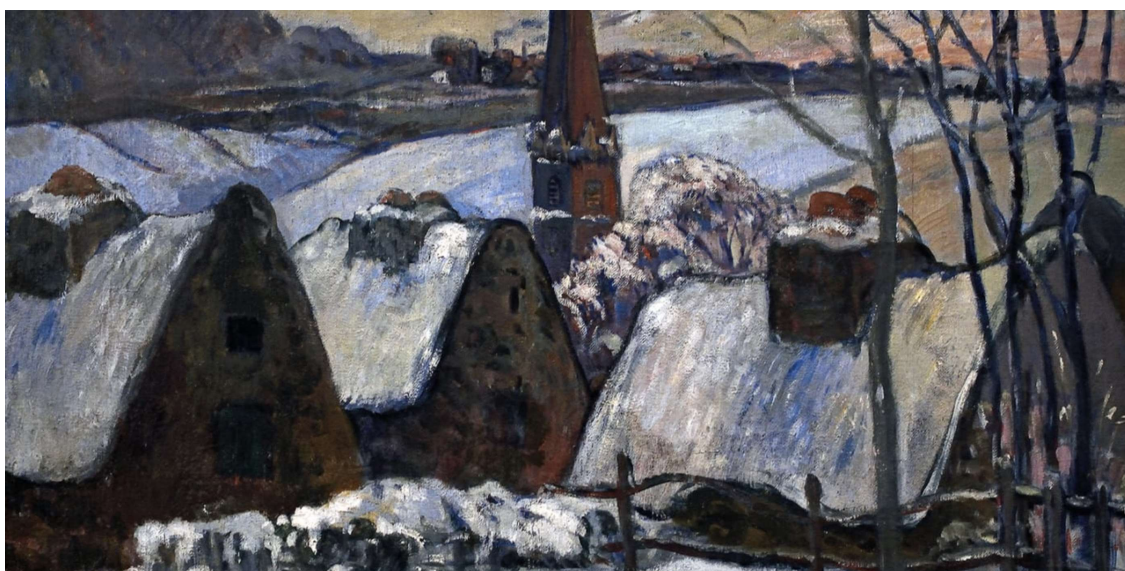
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targeted because many have a nest egg and time on their hands. Additionally, some older folks are experiencing cognitive decline, so potentially they are more susceptible.

Perpetrators, meantime, can feign so much charm you'd think they'd kissed the Blarney Stone. Their motivation? "Greed."

At the FTC's Bureau of Consumer Protection, senior attorney Patti Poss says the admonition against sending cash to a stranger also applies to wire transfers, prepaid cards and gift cards. Inevitably a scammer will seek money for things like a hospital or hotel bill, airfare or visa fees, she says.

Read entire article [HERE](#)



## Five famous artworks that were accidentally hung upside-down

Excerpted from CNN Style.com

Paul Gauguin, "Breton Village under the Snow" (1894) shown above  
Musée d'Orsay, Paris

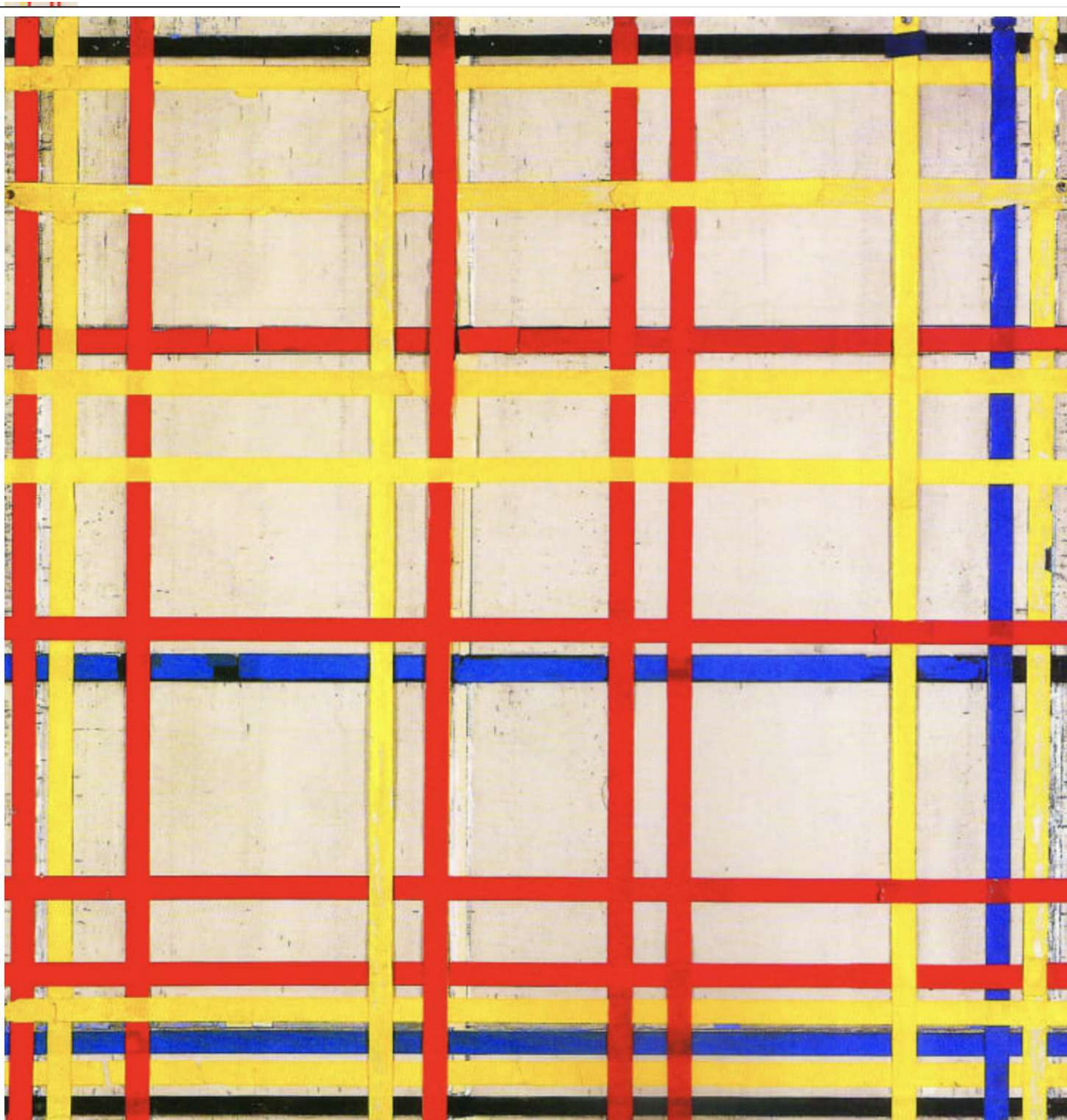
This landscape was sold in an auction in Tahiti after the death of Gauguin in 1903. According to Victor Segalen, a friend of the artist who was present at the sale, the auctioneer presented the painting upside-down, calling it "Niagara Falls." Segalen bought it for the equivalent of a few pennies and turned it the right way up, revealing



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See the rest [HERE](#)

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W.A. Mozart - Sonata K545 I movimento - Alberto Cartuccia Cingolani (5 y.o.)



## **BEFAST: the Acronym That Could Save a Life During a Stroke**

Excerpted from CNET.com

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- Numbness in the face, arm or leg, particularly on one side of your body
- Difficulty speaking or understanding others
- Sudden confusion and mental foggy
- Sudden vision issues in one or both eyes
- Sudden dizziness, incoordination and trouble walking
- Sudden migraine headache

Signs of a stroke tend to look the same in men and women, but signs can be less intense in women and are often overlooked. In addition to the signs listed above, women may also feel the following symptoms before stroke:

- Fatigue
- Headaches
- Mind foggy and memory issues
- Nausea and vomiting

## **B: Balance problems**

Someone is suddenly unable to stay balanced, experiencing dizziness and struggling to walk.

## **E: Eyesight problems**

Someone suddenly experiences blurry vision and sees double or black.

## **F: Face muscle drooping**

One side of the face is dropping and unable to function as normal.

## **A: Arm numbness**

One arm suddenly feels numb or weak and cannot be raised simultaneously with the other.

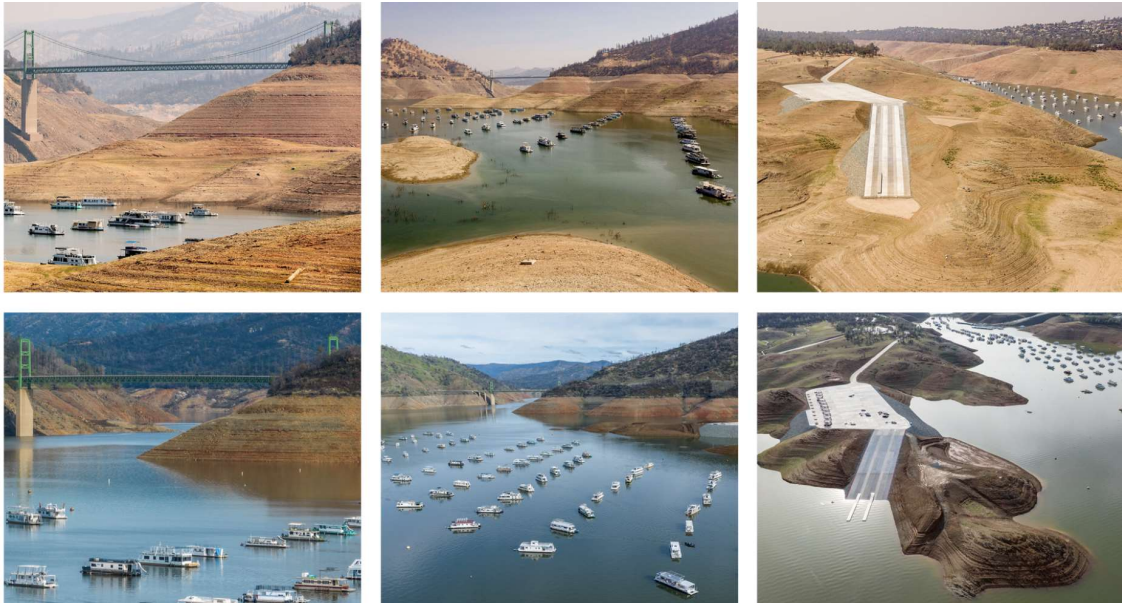
## **S: Speech difficulties**

Someone is blurring their speech, speaking incoherently or unable to repeat phrases.

## **T: Time to call for help**

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especially to one side of the body, can be immediately. Quick medical care is vital in preventing serious long-term harm or disability.



## Before and after: Lake Oroville, California's second-largest reservoir, has risen 182 feet

Excerpted from San Jose Mercury

One of the best places to see how dramatically big storms this winter have changed California's water picture is three hours north of the Bay Area, in the foothills east of Sacramento Valley.

There, Lake Oroville, the second-largest reservoir in California and a key component of the state's water system, has undergone a breathtaking transformation. Sixteen months ago, the reservoir was so parched from severe drought that it was just 22% full. For the first time since it opened in 1967, its power plant had shut down because there wasn't enough water to spin the turbines and generate electricity.

Now Oroville reservoir is 65% full. Since its lowest point on Sept. 30, 2021, the massive lake's level has risen 182 feet, boosted by nine atmospheric river storms in January.



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director of the state Department of Water Resources, on Wednesday, during a visit to survey the biggest Sierra snowpack in nearly 30 years near Lake Tahoe.

But Nemeth and other water leaders say the state was in a deep hole after three years of severe drought, and will need more storms in February and March to fill its biggest reservoirs, like Oroville, and end the drought. Last year, a wet December gave way to a very dry January, February and March, bursting hopes the drought was ending.

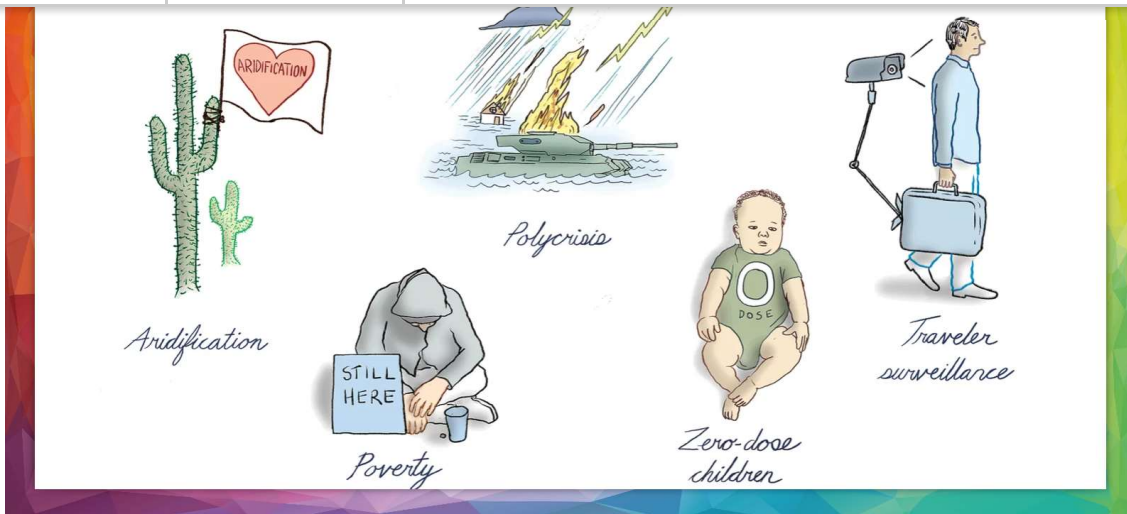
“Does our big January actually bust the drought in California? It’s too soon to tell,” Nemeth said, adding “I don’t want to be the downer here. But I do want to make sure that everyone understands that we need to exercise caution.”

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Louis Armstrong plays "Hello Dolly" on Ed Sullivan



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## A guide to global buzzwords for 2023, from 'polycrisis' to 'zero-dose children'

Excerpted from NPR.com

We asked experts in global health and development to identify and explain likely buzzwords for this year. Here's a list of nine terms — a mix of the new, the familiar and the forgotten, propelled into prominence by major events.

**Polycrisis** - all of our old problems are occurring in a new way.

**Poverty** is certainly not a new word, but the consensus is that poverty is reaching worrying new levels, and this target is now unlikely to be met.

**Traveler surveillance** — testing and gathering data rather than preventing people from entering a country as a way to keep an eye on any potential harmful COVID-19 developments.

**Child wasting** — the most life-threatening form of malnutrition in which a child has very low weight for their height.

**"Zero-dose" children** are those who had never received any of even the most essential vaccinations —diphtheria, whooping cough and tetanus.

Read the rest of the list and in-depth descriptions of all [HERE](#)

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Why does sleep become worse as I age?



## Drop in writing class offered through Stanford Health Services

**Write your memoir!**

**Each week there will be a new topic to write about and, if you would like, share with the group.**

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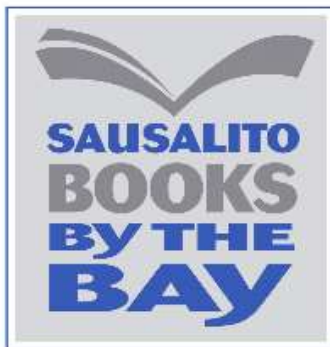
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**Drop in to check it out.**

**RSVP for the zoom link by emailing [ianlim@stanford.edu](mailto:ianlim@stanford.edu) put "interested" in the subject line.**

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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>

[Subscribe](#)[Past Issues](#)[Translate ▼](#)A banner with a colorful geometric background of triangles in shades of purple, blue, and green. In the center, there is a dark blue rectangle with a white border. Inside this rectangle, the words "FRIDAY PUZZLE" are written in white, bold, sans-serif capital letters. Below the text is a thick white horizontal line.

## FRIDAY PUZZLE

**Three of these headlines are real and one is faker than saying “We should totally hang out sometime!” when you run into your old coworker on the sidewalk. Can you spot the odd one out?**

1. Pet fish in Japan racks up credit card bill on Nintendo Switch
2. New breed of reindeer with actual red nose discovered in Finland
3. 22-year-old coach fired after impersonating JV basketball player at game
4. AI has been generating an endless ‘Seinfeld’ episode on Twitch

Answer at the bottom of the newsletter.

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## **Fact: The circulatory system is more than 60,000 miles long**

If a child's entire circulatory system—we're talking veins, arteries, and capillaries—were laid out flat, it would stretch for more than 60,000 miles, according to the Franklin Institute. By the time we reach adulthood, our bodies have become home to approximately 100,000 miles of blood vessels.

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Stretch and Strengthen with Rayner is on zoom this Monday 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

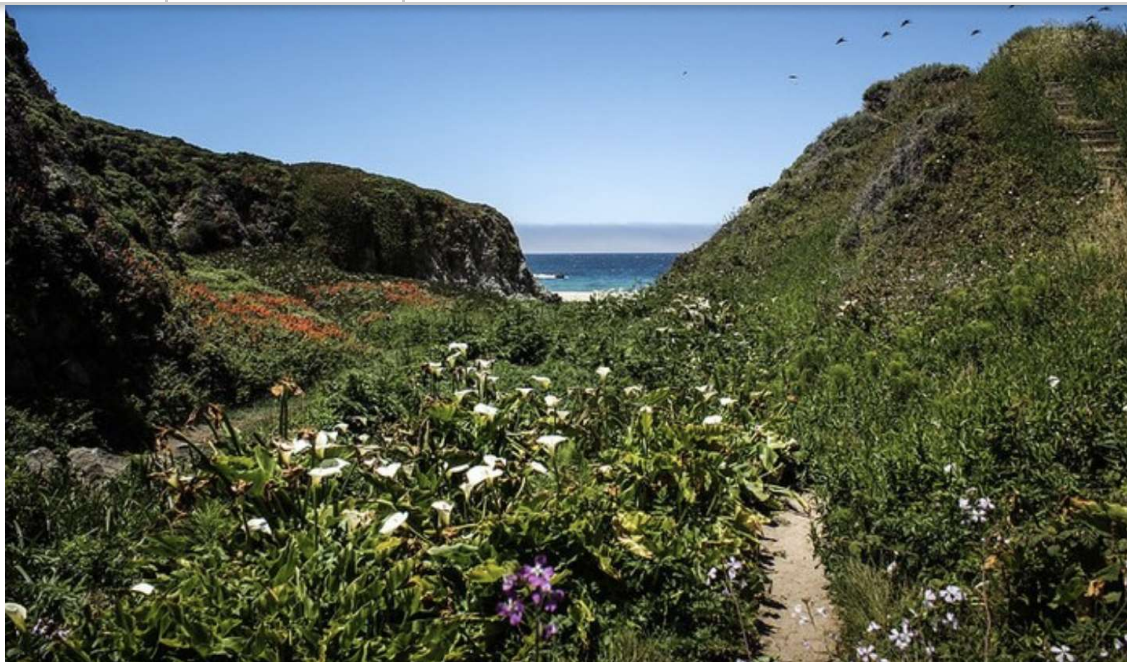
We can quickly and easily determine your eligibility for **Earned Income Credit**

**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>



## Few People Know About This Northern California Valley Covered In Calla Lilies

Excerpted from [onlyinyourstate.com](https://onlyinyourstate.com)

You wouldn't think winter would be the best time to see a field of blooming flowers, but here in Northern California it is! Between Monterey and Big Sur is a small ravine of blooming white flowers— Calla Lily Valley.

This valley is located right next to the ocean in Carmel-By-The-Sea. Many visitors say February is the best time to visit and catch them in bloom. Calla lilies bloom for anywhere from six to 12 weeks.

The Valley is located next to Garrapata Beach along Highway 1. There is free parking right next to the highway. From there, find Garrapata trailhead and hike a half mile until you reach a descending staircase. This short hike will take you through Calla Lily valley all the way to the beach. The trail and beach are open from sunrise to sunset.



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4 hours of smooth jazz trumpet



**Answer to today's puzzler:**

The reindeer one is made up

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

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[website](#).***

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