



Photo taken at vista point off Conzelman

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:

February 13 - SV hosts: Avoiding In Home Emergencies

February 14 - AARP hosts: Online Dating Pointers

February 14 - SV Trip to SF Botanical Gardens

February 19 - Line Dancing Workshop

February 20 - Stretch and Strengthen with Rayner

February 20 - Facts about Fernwood Cemetery and Crematorium



SV Hosts Our Sausalito Police Captain and Southern Marin Fire Fighter on 'How to avoid 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.

Masks are encouraged. Please do not attend if you have any cold/flu symptoms.

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



7 Things You Didn't Know About Valentine's Day from the History channel (9 minutes)



5 Ways to start having more fun

Fun is a concept too many people give up on after childhood has ended. As adults we're often encouraged to focus on "happiness" -- a more general overall sense of wellbeing.

But psychologist and author Mike Rucker says striving for happiness can be a trap, making you constantly ask yourself what's going right and what's going wrong. In contrast, fun is achievable. "Fun is something you can do, Rucker writes in his book, *The Fun Habit*. "All it requires is intentionality.

1. Stop worrying about how happy you are

As a founding member of the International Positive Psychology Association, Rucker has put many teachings of happiness science into his life, like keeping a gratitude journal. But after his brother died unexpectedly in 2016, Rucker felt burned out and lonely. He began to feel that the more he pursued happiness, the more elusive it became.

2. Find your 'fun magnets'

If you're not sure where to start, Price recommends you ask yourself: What are my "fun magnets?"

"Put your phone away for a while and come up with three to four memories when you had real fun," she advises.

3. Put fun on the calendar

Once you identify what fun is to you, you can start to schedule more of it. "It's like going on a diet by figuring out what kinds of foods you love, and then eating more," says Price.

4. Unplug (no, but seriously!)

Pay attention to how much of your leisure time is spent scrolling on a phone or passively watching TV, Rucker advises. That's "yielding to the nothing," he says, and is a deceptively easy escape from feelings of boredom or discomfort.

5. Share the fun and amplify it

Another tip Price swears by for more fun is sharing what brings you delight with someone else. Price now has running text chains with

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men day. Easter, Han, and recently, our community dance she discovered on Amazon so they could delight in their own dance parties.

It is a much longer article with lots more info, read it [HERE](#)



Magnificent Magnolias

SV Trip to SF Botanical Gardens - Valentine's Day

It is Peak Week for the magnolias and word has it, they are extra special this year and the SF Botanical Gardens has over 200 varieties to view. We will drive from Dunphy Park with vetted volunteers and for those interested, we will get there in time for the 1:30pm tour which is 90 minutes. The other option is a self guided tour with a map of the Magnolia Walk provided at the entrance.

Pack a lunch and enjoy the sun! (hopefully)

WHEN: Valentines Day, Tuesday, February 14, 12:45pm - 3:30pm

WHERE: SF Botanical Gardens (aka Arboretum)

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RSVP: <https://sausalito.helpfulvillage.com/events/3786>

Trip is open to SV Members and Volunteers. If you are not a member/volunteer but would like to meet us at the Park for the tour, let us know!



Where to stream the Oscar Nominees

The 2023 Oscars are on Sunday, March 12th. If you want to be sure to watch all of the nominated films, you better get started!

CNET.com has put together a list of the nominees and how to stream. The first is a sample, the rest can be read in the article link below.

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The Banshees of Inisherin (9 nominations)

The Banshees of Inisherin is written and directed by Martin McDonagh and stars Colin Farrell and Brendan Gleeson (both also appeared in McDonagh's debut film, In Bruges). Be warned: In addition to supplying genuine laughs, this movie goes to some surprisingly dark places.

Nominations

- Best picture
- Best directing
- Best actor
- Best supporting actor (2 nominations)
- Best supporting actress
- Best original screenplay
- Best film editing
- Best original score

Link to CNET article [HERE](#)



Survey: The future of Marinship Park

What amenities would you like to see at a new and improved Marinship Park when it reopens to the public? You can help the City of Sausalito develop an improvement plan for the park by taking an [online survey](#) before February 28.

The park has been closed to the public since June 2021, when a tent encampment was moved there from land adjacent to Dunphy Park. Although the encampment was disbanded in August 2022, the lawn area, restrooms, and tennis courts have remained closed pending repairs.

The results of the brief survey will help the City determine what other improvements should be made at Marinship Park at the time that restoration work is underway.

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The survey consists of multiple choice questions and the opportunity to provide written comments and suggestions. No registration is necessary, and the survey is open to all users and potential users of the park.

Any questions about Marinship Park may be directed to Recreation Supervisor Bryan Vitale at bvitale@sausalito.gov or (415) 289-4140.



**The 10 best hiking trails in the Bay Area,
according to 600,000 reviews**

By one expert estimate, the Bay Area has 10,000 miles of trails. That's a lot.

They snake through the East Bay hills, crisscross the wooded spine of the Peninsula, and spiral up the burly flanks of the region's resident mountain immortals, Tamalpais and Diablo. We love trails so much we've converted old rail lines and causeways into pedestrian corridors and conjured them in paved urban settings. Case in point: the 17-mile Crosstown Trail that cuts across San Francisco — not a traditional dirt path but a scenic walking route nonetheless.

Many hikers, cyclists and commuters here hope to one day see these fragmented pathways linked together into a single cohesive alt-transit system encircling San Francisco Bay — imagine a giant web with loops and tendrils in every corner of the region, where no home is farther than 1 mile from the nearest trailhead. But even without that, we're still living in a hiker's paradise.

"What's unique about the Bay Area is the phenomenal diversity of natural scenery and landscapes that are all so accessible," says Janet McBride, executive director of the Bay Area Ridge Trail Council, which hopes to stitch together a 550-mile loop trail around the entire bay.

Whether you've got a whole day to commit to a calf-busting nature excursion or you want just a quick afternoon outdoor escape, there's something for everyone. "It's all here, and it's all close by," McBride says.

More from our analysis of Bay Area trails

Everyone here has a favorite trail. But what are the Bay Area's most popular ones?

To answer that question, we sifted through data from AllTrails.com, a popular web platform that collates user-generated ratings and reviews of hiking and mountain-biking routes worldwide. The company provided The Chronicle with profiles of about 2,900 routes across the

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amounting to over 600,000 reviews on local trails. AllTrails wouldn't provide information on its user base here, so it's unclear what kinds of people submitted the routes, ratings and reviews. (The full dataset, with each trail's average AllTrails rating, difficulty and location is searchable below.)

Using this data, The Chronicle generated a list of the 10 best hikes in the Bay Area. The list is largely based on average rating score for routes with at least 100 ratings while avoiding overlapping routes. We also considered trail difficulty in specific cases: We excluded a few highly rated trails that are longer than 15 miles with more than 3,000 feet of elevation gain — hikes that are inaccessible to all but the most experienced hikers.

So, what made the top 10? Start exploring [HERE](#)



Bonnie Raitt's Grammy winning song recorded in Sausalito!

Though Bonnie Raitt now holds more than a dozen Grammy awards, she certainly seemed surprised to win song of the year at Monday night's celebration.

When the singer and songwriter's name was called — by none other than first lady Jill Biden — she paused for a beat, mouth agape, before getting up to collect the award for her song “Just Like That.”

Later, she collected a second Grammy for best American roots song for the same tune. Speaking to American Songwriter, Raitt explained how she was inspired to write the song after watching a news segment about a mother who had donated her child's heart after his sudden death.

“I just lost it,” she said. “It was the most moving and surprising thing. I wasn't expecting it. I vowed right then that I wanted to write a song about what that would take.”

The album was recorded at Sausalito's Studio D Recording, which opened in 1984. It's where a number of chart-topping 1980s albums were made, including Huey Lewis and the News' “Fore!” and Bruce Hornsby & the Range's “The Way It Is.” The queen herself, Aretha Franklin, recorded “Aretha” there in 1986.

Sausalito has another recording studio, the Record Factory, which was rebooted in 2021 from the ashes of the Record Plant, which closed in 2008, according to the Pacific Sun. It was the studio where Fleetwood Mac famously recorded 1977's “Rumours,” considered by many to be one of the greatest albums of all time.

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E-Waste Collection Event

When: Saturday, February 11, 9:00 a.m. to 2:00 p.m. **Where:** 28 Liberty Ship Way

Conservation Corps North Bay will be collecting everything from fax machines to microwaves.

Other types of electronics on the [list of accepted e-waste](#) include computers, televisions, cell phones, e-readers, hard drives, keyboards, cords and cables, digital cameras, and video game consoles.

Co-sponsors of the event include Bay Cities Refuse, the Sausalito Sustainability Commission, and Kimber Management.



SV Hosted presentation about Fernwood Funeral and Cremation Services

WHEN: Monday, February 20th, 3:00-4:00pm

WHERE: Edgewater Room, downstairs in Sausalito City Hall

REGISTER: <https://sausalito.helpfulvillage.com/events/3704>

Located in Mill Valley, CA and adjoining the Golden Gate National Recreation Area, the grounds of Fernwood are a breathtaking representation of Mother Nature and a very special place to remember a loved one.

One of the country's first environmentally conscious green cemeteries, Fernwood is a full service cemetery and funeral home, providing everything that is needed in time of loss, from onsite cremation and burial services to a beautiful memorial celebration.

Kelly Martin will be providing an overview of the many services Fernwood offers and be available to answer all questions. For those interested in a future onsite visit, we will schedule small group visits to tour the grounds with Kelly later in the following weeks.



Do you need to borrow durable medical equipment?

Contact Sausalito Village's Healthcare Advocacy Committee

Sausalito Village maintains a supply of medical equipment that is available to SV Members and Volunteers should the need arise. The items have been donated by Village members who no longer need them and are in good condition. This equipment includes, a walker, crutches, a commode, a raised toilet seat, a shower bench, and an ice machine.

If you find yourself in need of any of these, please contact MaryKae Krause at 415-332-3554, or mkstaccato@aol.com to arrange delivery.

This is a perk for Sausalito Village Members and Volunteers only, but, if you are not a member or volunteer and need to borrow equipment, go to Marin Medical Equipment Recyclers in San Rafael at 3100 Kerner Blvd.

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Website: <https://marinmer.org>



Valentine's Day Trivia

- What is the length of the longest marriage ever recorded?
- What is commonly known as the “love hormone?”
- Which fruit was once thought to be an aphrodisiac and called a “love apple?”
- Which holiday is the only day busier for restaurants than Valentine’s Day?
- In which year did Americans spend the most money on Valentine’s Day?
- Which U.S. state has a town named Valentine?

Answer at the bottom of the newsletter.

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1 Character	2 Energy	3 Creativity
4 Health	5 Intuition	6 Labour
7 Luck	8 Duty	9 Memory

How numerology works

Excerpted from How Stuff Works.com

According to numerologists, everything in the world is dependent on numerical patterns. These patterns come from the numbers' inherent vibrations. As the numerology theory goes, each number has a unique vibration, giving it certain properties. These properties can shed light onto a person's behavior or predict whether romantic partners are compatible.

Numerological chart analysis can determine a person's lucky number or angel numbers. These recurring numbers offer clues into how the world works or the significance of people and events. According to many numerologists, nothing happens by accident — everything happens because of numbers.

Numerology purports to tell the future, guide human behavior, predict the outcome of relationships and otherwise divine the unknowable by figuring out a person's numbers. For example, if the No. 9 has a particular vibration, a person whose number is nine has the same vibration. That person can choose what to eat, where to go and how to live based on which choices have a vibration that is compatible with nine.

Most of the time, numerologists focus on people's names, using a simple chart to change names into numbers. Different numerology systems use different charts, but an easy one begins with "a" equaling one, "b" equaling two and so forth.

Numerologists typically use a person's birth name to find their number. Some argue that unborn babies select their names themselves and communicate

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receives at birth is more significant than nicknames, names taken upon marriage or otherwise changed names.

To determine a person's birthday number, the numerologist picks the corresponding numbers from the chart and adds them together. If the result has two or more digits, the numerologist will add those digits together, repeating that step until arriving at a single digit.

For example, the total for the name "John" is 20 and "Smith" is 24 in our image above for a total of 44. Finally, add the two digits together for a total of 8. The only time you don't add the final two numbers is if the sum is 11, 22 or 33 because those are master numbers.

Read the entire article [HERE](#)



700 pounds of nuts discovered in wall of CA home, thanks to Woodpecker



AARP Hosts online dating class

This zoom class is being presented by AARP and registration is through them.

[Online Dating 101](#)

Date & Time:

Tuesday, February 14, 2023

9:00 a.m. – 10:00 a.m.

Location:

Zoom

[REGISTER NOW](#)

Relationship expert, Dr. Jenna Emerson takes a deep dive into online dating. Examine how to find companionship while avoiding being catfished in this digital age.



Why do we call them Hot Dogs anyway?

Excerpted from Interesting Facts.com

Despite originating in Germany, hot dogs are an essential American food — an estimated 7 billion hot dogs are served up each summer in the U.S. alone. And with that many sausages on the grill, the name for a food that doesn't involve any actual dogs has become completely mainstream. But where did it come from? Some food historians believe that early songs and jokes gave the wieners their name, suggesting that sausage meat came from dogs. But a more likely story is that German butchers named early American frankfurters “dachshund sausages” after the long and skinny dogs they resembled, which was eventually shortened to “hot dogs.”

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Terrified of not living



Sausalito Center for the Arts upcoming show focuses on Sausalito art - want to volunteer?

An exciting show is about to start at SCA. It will run from February 16th to March 19th.

The Sausalito Center For The Arts celebrates Sausalito's artistic legacy, its present day art scene and

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Sausalito art colony and the artists leading today's creative expression.

Interesting in volunteering for a short shift?

- [Register to volunteer with Sausalito Center For The Arts via VolunteerLocal](#) GO here to register as a volunteer
- [Register to volunteer with Sausalito Center For The Arts via VolunteerLocal](#) Go here to select a shift.



Why leaning forward is safest for taking a pill

Excerpted from Well+Good.com

Whether the pill itself is on the larger size (like those omega-3 supplements), or you like to swallow more than one vitamins in a single gulp, it's totally common for a tablet to not make it all the way down the chute on occasion. To prevent this from happening, next time try the lean-forward method.

"It allows people to safely swallow supplements or medications without gagging," says Bindiya Gandhi, MD. "The premise is to put the pill in the middle of your tongue, take a swig of water, and lean your head forward so you can easily swallow."

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"Tilting your head forward allows the capsules to move back to your throat, which allows you to swallow easier," Dr. Gandhi says. "When you tilt your head backward, it opens up your airway, and essentially could block it off, which could be problematic."

Although the lean-forward method can increase ability to swallow pills without problem by 96.9 percent, according to a 2014 study by *Annals of Family Medicine*, you should still be cautious when taking any medicine or supplements orally because there is a choking hazard. "Don't take too many pills at a time—just one to two," warns Dr. Gandhi, adding to also drink plenty of water in order to help push the medicine down.



Porcupine parents protect babies from leopard



Interesting tips for using wax paper you may not know

Excerpted from Southern Living

Recork Wine Bottles

When you struggle to get the cork out and then try to put it back again, it usually ends up with pesky bits of cork in your wine. To avoid this problem, just wrap the cork in wax paper. It seals it nicely and helps re-cork the bottle with much less hassle.

Unstick a Zipper

If you have a zipper that seems to be sticking, just rub [wax paper] over the teeth and it will soon glide easier.

Seal Paint Cans

To avoid any dried-up paint in the can, place some wax paper directly on top of the paint to preserve it before sealing it up. Another great tip: wrap paint brushes in wax paper between coats to keep them from drying out.

Polish Home Fixtures

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to repel oil and water from household faucets and knobs so you can eliminate any fingerprints or residue.

Use It To Help Flatten Chicken Breasts

Before pounding any meat to create cutlets, use wax paper in between it and your mallet to help avoid any unwanted stickiness and keep it in place. This also prevents your meat mallet from getting dirty as well.

Make a funnel

In case you don't have an actual funnel in stock, you can easily make one with wax paper and then toss it out once you're done. Simply roll the wax paper into a cone and use it to pour liquids—it won't soak the paper.

SeniorsAtHome
Better Care Starts Here



Event

A DIVISION OF JEWISH FAMILY AND CHILDREN'S SERVICES

**Parkinson's Plus
Syndromes:
Treatments,
Resources,
and the Latest
Research**



Please join us!

Online

Monday, February 13, 2023
2:00pm (PST)

[Register HERE](#)

Please join Seniors At Home as we welcome **Aaron Daley**, from the UCSF Movement Disorder Center, who will lead this valuable discussion. Aaron will share the ways in which Parkinson's plus syndromes differ from Parkinson's

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Seniors At Home is a division of Jewish Family and Children's Services.

We are here for you and our entire community. If you or someone you care about needs help, please call our **JFCS Bay Area Critical Help Line at 415-449-3700.**



Stretch and Strengthen with Rayner is on zoom Monday, February 20 at 11am. RSVP on the Sausalito Village event calendar for the zoom link if you are attending for your first time.
www.SausalitoVillage.org



Turn off the heat and use a space heater at night - here is the savings...

Excerpted from CNET.com

There are a number of considerations when determining how much it will cost to run a space heater. The first is the type of heater that you've got, including its size and wattage. A small personal heater can be purchased as cheaply as \$20, whereas a full room heater can run you up to \$300, depending on the model and heating capacity. Larger heaters cover more area and are more effective (while smaller heaters in big spaces are inefficient), but also cost more to run.

The second thing that you'll want to consider is energy efficiency. This is tricky when it comes to space heaters because they are not currently evaluated by the Environmental Protection Agency's EnergyStar program. As a result, you'll have to take the word of the manufacturer when it comes to energy efficiency.

	Cost per 8 hours	Savings using space heater, 8 hours	Savings with space heater, Oct - Mar
Natural gas	\$2.00	\$0.40	\$72
Heating oil	\$4.80	\$2.80	\$506
Electricity	\$2.72	\$0.72	\$130
Propane	\$4.00	\$2.00	\$434

Read the entire article [HERE](#)



Beautiful Romantic Piano Music for Relaxing
🌹 Happy Valentine's Day (2 hours)

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FRIDAY PUZZLE

Answers to today's puzzler:

- What is the length of the longest marriage ever recorded? 86 years, 290 days
- What is commonly known as the “love hormone?” Oxytocin
- Which fruit was once thought to be an aphrodisiac and called a “love apple?” Tomato
- Which holiday is the only day busier for restaurants than Valentine’s Day? Mother’s Day
- In which year did Americans spend the most money on Valentine’s Day? 2020
- Which U.S. state has a town named Valentine? Texas

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



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