

*Photo taken by Leslie Hail*

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)



## What's on the calendar?

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Here are a few highlights for SV hosted events in the coming 2 weeks:

March 5 - Line Dancing Workshop

March 5 - Tales of the Trails

March 6 - Stretch and Strengthen with Rayner

March 14 - Book Review Club

March 15 - Film Group

March 18 - SV Trip to SF Playhouse



**Happy Birthday to our members born in March!**

**Patty Bacon - Velia Butz (90)- Lee Follett  
Gail Forrest - Ellen Fusco - Judy Haslam  
Ann Knight - Phyllis Lampert - Carol Lauten  
Safoura Moainipour - Charlotte Mastrangelo (90+)  
Richard Pavek - Patricia Pigman**

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If you are a current member of Sausalito Village and we have missed listing you for your March birthday, please let us know! It means we don't have your birthdate in our records and we certainly would like to. Let us know if you are reaching 90 too!

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## SV Oscar Party!

Come join the fun as our Film Group hosts, Pastor Paul and Chef Joey, open Thompson Hall (downstairs in the Presbyterian Church) for a night at the Oscars. Open to all, priority given to regular Film Group attendees.

Cocktails and appetizers and Red Carpet starts at 4pm

Viewing of the Oscars starts at 5pm

Pizza will arrive between 6pm-7pm

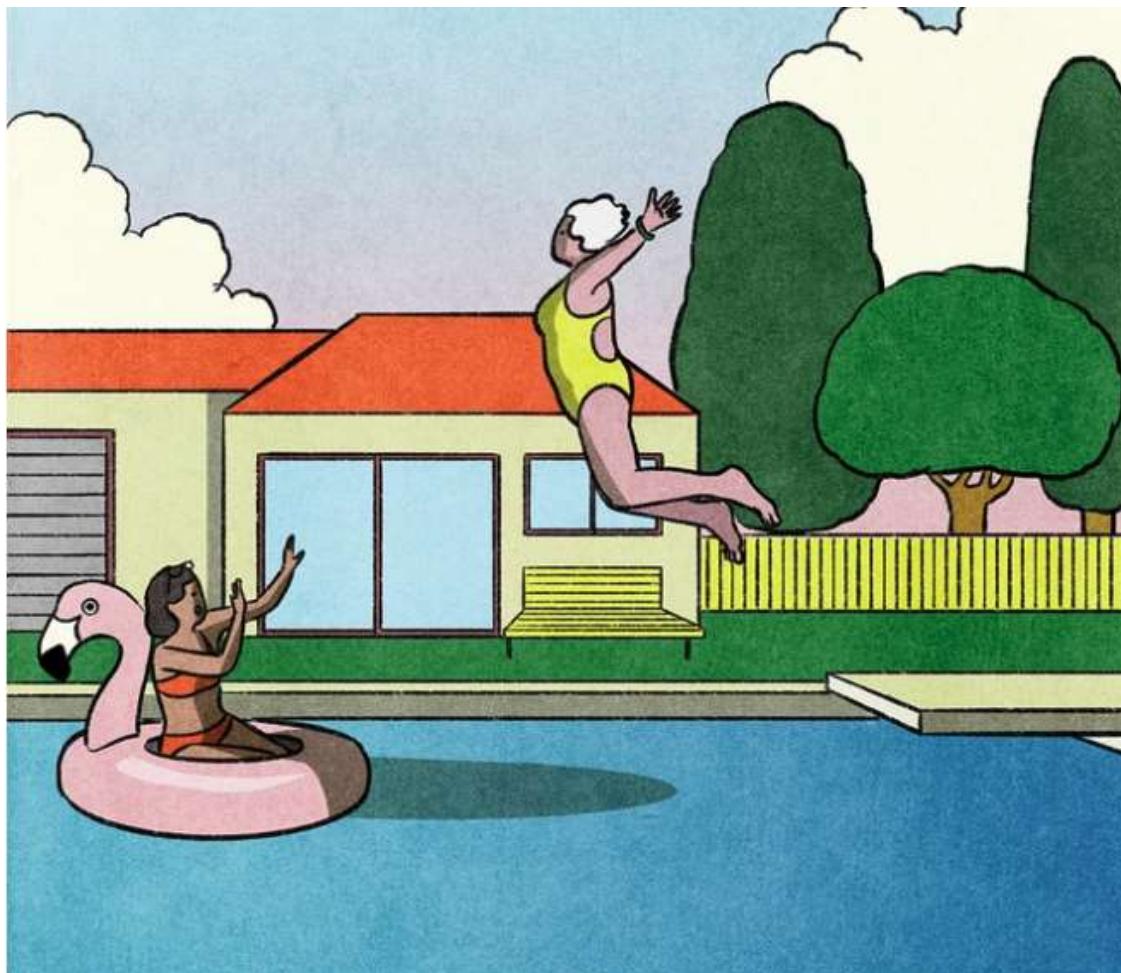
RSVP for a door to door ride. YES you can request to go home early if it is getting too late for you, there will be a driver available at the event.

RSVP for one of the accessible parking spaces on Excelsior - preference given to those who are carpooling.

Prizes for best dressed!! Prizes will be given out at the first commercial break

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Reserve your free ticket <https://sausalito.helpfulvillage.com/events/3793>



## Feel younger than you are? Here's why you're on to something good

Excerpted from The Conversation

Emile Ratelband made international headlines when he launched a controversial legal battle to change his official date of birth from March 1949 to March 1969, reflecting the fact that he feels 20 years younger. The story probably made some of us laugh, but who can blame him for wanting to share his year of birth with the likes of Jennifer Aniston, Jay-Z, Steffi Graf or even my good self?



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than we do. In a 2019 study, 1,000 respondents showed that once people pass the pivotal age of 25, they typically rate their subjective age as younger than their chronological age. And this discrepancy grows as we get older – for every decade that passes, people tend to feel that have only gained five or six years. This is the equivalent to living Martian years as opposed to Earth years.

It turns out that this phenomenon may have rather important implications. A recent surge in research in this area has revealed that the extent to which people feel younger than they are is strongly associated with a whole range of health outcomes. People with a younger subjective age are less likely to suffer from diabetes, hypertension, depression, cognitive impairment and dementia. These people also tend to report better sleep, stronger memory function and more fulfilling sex lives.

People with a younger subjective age also view their future selves in a more positive light and are more likely to walk faster. One group of researchers even found that people with a lower subjective age have a younger looking brain. Brain scans showed that they had more grey matter overall, with particular resilience in areas called the prefrontal cortex (involved in planning and complex cognitive behaviour) and superior temporal gyrus (responsible for processing sounds and emotions).

Keep reading the article [HERE](#)

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## Line Dancing Workshop March 5th

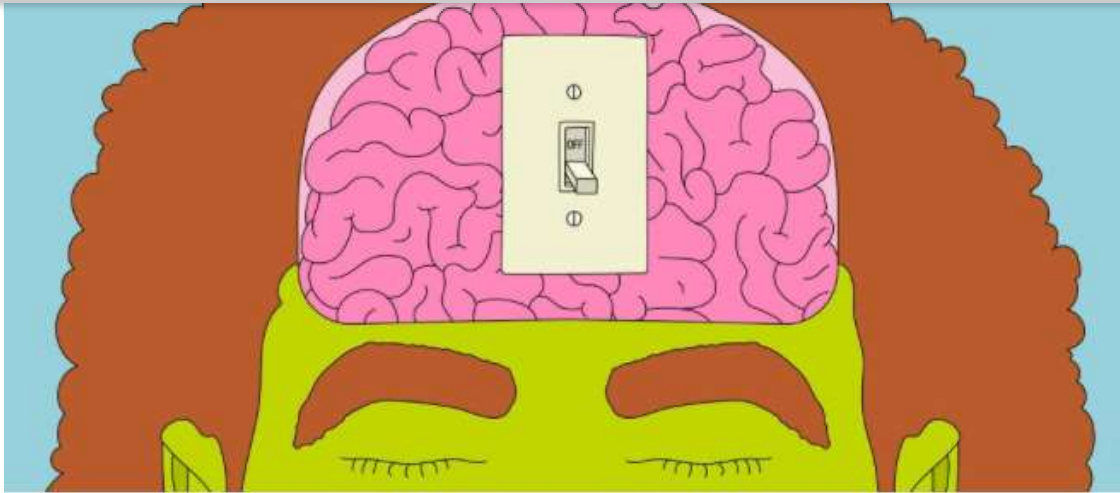
That is our wonderful teacher, Laurie Reemsnyder, in red on the lower left of the photo.

Hope you can join us at the next Workshop.

**WHEN:** Sunday, March 5th, 3:30pm - 5:00pm. Be sure to come on time if you are new, that is when Laurie reviews the basic steps!

**WHERE:** Exercise studio, downstairs in Sausalito City Hall

The class is free but you will be asked to sign a waiver that requires your birthdate too. This is because we have partnered with Parks and Rec who have received a grant requiring this information.



## Secret weapon for sleepless nights

### Excerpted from Wirecutter.com

This article was written by Wirecutter's resident Sleep Journalist who has tested everything out there for better sleep and came up with these 6 science based simple practices:

#### I scan my body

Although it sounds like a strange, high-tech term, body scanning is a form of mindfulness meditation that involves methodically taking in the sensations in each part of your body, from head to toe. Studies have shown that mindfulness meditation techniques improve sleep quality, and they may be a viable treatment for adults with chronic insomnia. This is because mindfulness meditation tends to quiet the disruptive, anxiety-inducing thought patterns that lead to sleeplessness.

There are plenty of places to learn effective mindfulness meditation techniques, from meditation apps to full-blown online courses (our favorite meditation app, Headspace, offers guided body-scanning meditations). But what makes body scanning so accessible is that it requires no external prompts or preparation, so it's easy to do from bed, even if you're only half-awake. To begin, get comfortable, close your eyes, and "scan" your body, starting at your head. Do you have a headache? Is there tension in your jaw? Move down to your neck, then to your chest, middle, hips, legs, and down to your feet. Any

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On, take 10 to 20 seconds to sit with each part of your body. If you're still awake when you reach your toes, just start scanning from your feet up in the same way. For me, performing five or six scans seems to do the trick. During the first few scans, I struggle to fully focus. But by the fourth, fifth, or sixth scan, my intrusive thoughts have melted away, I feel in tune with the sensations in my body, and I'm no longer aware of whatever worries had kept me from sleeping.

### **I warm my feet**

It turns out that people who wear socks to bed know what they're doing. A small, 2018 study showed that sleeping with socks on may help you fall asleep faster. As sleep scientist Roy Raymann, PhD, told Wirecutter's Joanne Chen, when the skin is warm, the temperature sensors in your body send signals to the area of your brain that is involved in sleep and temperature. The brain interprets warm skin as a signal that it's okay to doze off.

Personally, I don't like wearing socks at night; it feels like shoving my feet into a cramped sauna while the rest of my body gets to breathe. So in the turmoil of chilly, sleepless nights, I place a heating pad at the foot of my bed. My trusty PureRelief XL King Size Heating Pad, the top pick in our heating pad guide, has been stationed by my bedside for years now, thanks to consistent cramps from hell. It's such a small effort to lay it flat at the base of my bed, right where my feet rest, and turn it on high for a little warmth when I have trouble falling asleep. You could also invest in a heated mattress pad, like the Sunbeam Zoned Heated Mattress Pad, which offers zoned heating for the lower legs and feet. Foot warming has pre-bedtime benefits, too: Wirecutter editor Marilyn Ong has written about how her nightly foot-soaking ritual helps her sleep better.

### **I massage my head**

When I'm lying in bed and staring at the ceiling, unable to drift off, I sometimes use my middle and pointer fingers to locate two points right behind my ears. These are the Anmian acupoints; according to traditional Chinese medicine, they play a role in promoting sleep. (*Anmian* means "peaceful sleep.") There isn't strong scientific evidence that acupuncture (which uses hair-thin needles) or acupressure (in which pressure is applied to certain spots on the body



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peer-reviewed studies, including one from 2010, and a 2009 systematic review showed the practices were effective treatments for insomnia.) Since acupressure is a noninvasive practice, there's little downside to seeing whether it works for you. Lie on your back, close your eyes, and locate the Anmian points just behind the lobe of your ear, slightly above the bony part. Massage one or both of your Anmian points with your middle or pointer finger for a couple of minutes. I massage with light, circular movements until I feel my body lose its tension—it's almost like putting myself in a trance.

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

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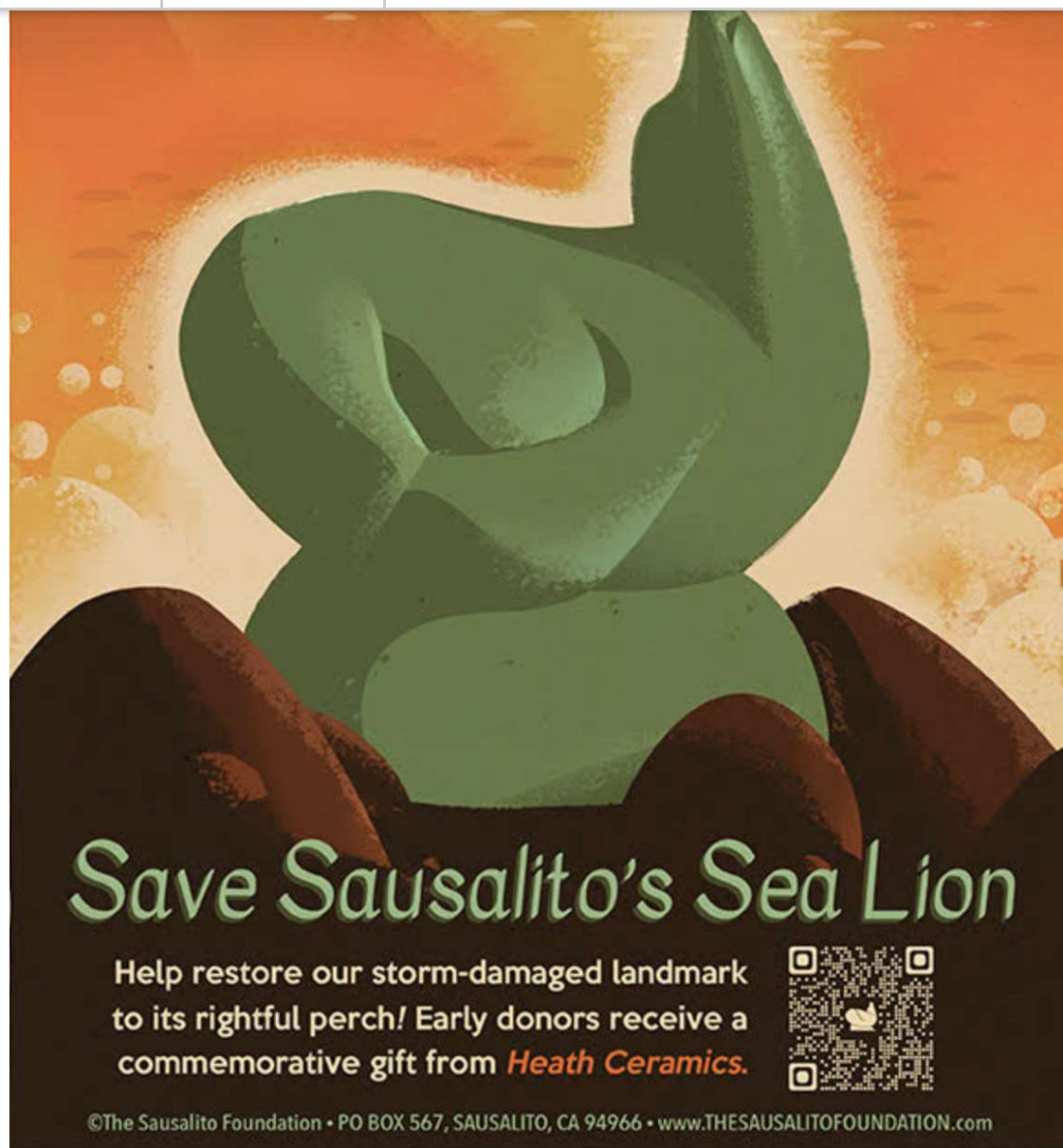


## Recap of the SV Emergency Preparedness Meeting

On February 13th, over 60 SV members enjoyed a wonderful presentation hosted by the SV Emergency Preparedness Committee and held at Campbell Hall. The members had time to visit and meet with their own neighborhood groups before the committee chair, Flo Hoylman, introduced Leah Curtis from Southern Marin Fire, all of the Sausalito police officers on duty as well as the Southern Marin fire fighters.

The topic was 'Coping with and avoiding in home emergencies.' It was a lively presentation with loads of good information. So much so, that members were asking for a copy of the power point slides and a recap. We have done our best to provide just that. Click to read the recap: [HERE](#)



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## Donate today to Save Sausalito's Sea Lion

Make your donation to the Sausalito Foundation [HERE](#)

Help restore our storm-damaged landmark to its rightful perch!  
Early donors who make a donation of \$250 or more receive a commemorative gift from Heath Ceramics.

Learn more about it's status at [www.SausalitoFoundation.org](http://www.SausalitoFoundation.org)

Thank YOU!





## What You Should Do When A Pill Is Stuck In Your Throat

**Excerpted from HealthDigest.com**

When a pill gets stuck in our throat, it's often more specifically stuck in our cricopharyngeus — the muscle that sits right above the esophagus (via University of Rochester Medical Center). For those who experience cricopharyngeal dysfunction, this muscle fails to relax in order to allow food or medication down into the esophagus (per Penn Medicine). More often than not, however, a pill generally becomes lodged in our throat when the area isn't lubricated enough to carry the medication all the way down.



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Leaving it in place can cause damage to the lining of the throat.

Therefore, to help work that defiant pill the rest of the way down your throat, first try flushing your throat with water. You can also follow up those gulps of water with a little food to help ensure the pill has made its way fully down and out.

Alternatively, if your pharmacist confirms that the pill is able to be crushed, allow it to break down in a glass of water beforehand prior to drinking it. You can also implement this method with food. Breaking up your pill into applesauce, for instance, can be helpful, since applesauce also has lubricating properties.

If a pill is still stuck in your throat, but you're able to breathe, proceed to repeatedly cough in order to dislodge it (via Healthline). If a stuck pill is hindering your ability to breathe, however, promptly self-administer abdominal thrusts. Start by forming your hand into a fist and position it above your navel. Next, cover your fist with the opposite hand to hold it in place. Bend over a solid surface, such as the back of a chair or end of a table, and using fast, upward motions, thrust your fist into your abdomen.

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Physical therapist shows you how to walk correctly, over 2 million views



## Set in Stone: Writing your own good-byes

WHEN: March 23, 2pm-4:30pm

WHERE: Edgewater Room, downstairs City Hall

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

When you die -- or, considering scientific leaps as they are, IF you die

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and the words to be inscribed in stone on your grave or later placed into your urn.

Come join your neighbors for a light-hearted seminar to address this dark matter. Ensure that the final words written, read, and said about you are those that you choose. Using simple templates for each of these documents this two-and-a-half hour workshop gives you the time and opportunity to choose which aspects of your life you wish to have documented in the newspaper, celebrated at your wake, and memorialized in stone for generations to come.

The instruction of this class is covered by the City's Intergenerational Grant and is FREE to attend. However, please register beforehand.

A.T. Lynne will be guiding this class which will be held in City Hall. class is free.

Check out the other writing classes A.T. will be offering:

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

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## Your eyes contain the fastest muscle in your body

Excerpted from Interesting Facts.com

The human eye is a biological wonder. Able to perceive the subtle hues of 1 million colors and filled with tens of millions of photosensitive rods and cones, our eyes help interpret reality for us — but they'd be useless without a muscle called the orbicularis oculi. A sphincter muscle arranged in concentric bands around both eyelids, the orbicularis oculi controls blinking, and drains tears from the eye to the nasolacrimal duct system (which eventually drains into the nasal cavity). These functions are essential to happy and healthy eyes, as they clear particles from the surface, lubricate the eyes, and supply oxygen to the corneas. Without this crucial muscle, our corneas would swell, our eyes would dry out, and eventually we'd go blind.

However, the orbicularis oculi boasts another impressive biological accolade — out of all 650 or so muscles in the human body, it's the fastest one. This muscle can contract, or blink, in as little as 0.1 second. Although blinking is incredibly quick, the average person will blink up to 19,200 times per day — which takes up about 10% of a





## SV Trip to SF Playhouse for matinee of "CLUE"

WHEN: Saturday, March 18th, 1:30 - 6:00

WHO: Open to SV Members and Volunteers

PRICE: \$40

RSVP/PAY: <https://sausalito.helpfulvillage.com/events/3773-sv-trip-to-sf-playhouse-for-%22clue%22>

We will carpool with vetted volunteer drivers from Dunphy Park.

The theater is providing, for free, an hour of wine and cheese in a roped off area of the lobby for us prior to the show.

Therefore will depart Dunphy Park at 1:30pm, enjoy the wine from 2:00- 3:00pm at which time we will go to our seats in the Orchestra.

About the show:

### PLAY DETAILS

Based on the iconic 1985 film – which was inspired by the classic Hasbro board game – Clue is a hilarious farce-meets-murder mystery. At a remote mansion, six mysterious guests assemble for an unusual dinner party where murder and blackmail are on the menu. When their host turns up dead, they all become suspects. As the body count rises, Miss Scarlett, Professor Plum, Mrs. White, Mr. Green, Mrs. Peacock, Colonel Mustard, and Wadsworth, the butler, race to find the killer. Clue is the comedy whodunit that will leave both cult-fans and

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## 19 Broadway Good Time Band is back!

Ready to venture outdoors to sunny Fairfax this SUNDAY for some fun, camaraderie and entertainment?

Join SV Member, Jerry Spolter, and his gang, all part of the *Garry Graham's 19 Broadway Good Time Band*, replete with horns, percussion and vocals, features a variety of jazz and blues from the 20's, 30's and 40's. Mac's @ 19 Broadway, a charming Speakeasy venue, serves great mock/cocktails and food delivered to your table.

With all the dark clouds hovering above our heads and over our political and Covid landscape, isn't it time to indulge in some upbeat, heartwarming music? Come join us this Sunday at 19 Broadway in Fairfax for a musical group hug. And continue coming the First Sunday of every month!



## Have you heard of a Darkness Retreat?

Excerpted from MorningBrew.com

Want to shed light on a big life decision? Maybe spending time in complete darkness will help.

Aaron Rodgers is hoping it will. The Green Bay Packers QB emerged from a darkness retreat in southern Oregon this week as he contemplates whether to continue playing for the Packers...or in the NFL at all.

**How does a darkness retreat work?** Sky Cave Retreats, the facility where Rodgers blacked out, allows people to ponder life's big questions in partially underground rooms devoid of light, owner Scott Berman told ESPN. These rooms have a bed, a bathroom, a floor mat, and...that's pretty much it. It's just you and your thoughts, only interrupted by Berman delivering a day's worth of meals to your door.

While nothing screams 2023 more than a "darkness retreat," a variation of the practice has been around for millennia, originating in regions of India, China, and Tibet, according to the Sky Cave website. But if you're hoping to go full Bane mode—at least at Sky Cave—it's booked solid for the next 18 months.

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## SAINT PATRICK'S DAY DINNER at Star of the Sea Church

WHEN: Saturday, March 18, 2023 - 6:00 p.m.

WHERE: 180 HARRISON AVE., SAUSALITO - DUGGAN HALL

FEATURING THE HEALY SCHOOL OF IRISH DANCERS

Irish Corned Beef & Cabbage or Salmon Dinner

Irish Dancers, Silent Auction, Wine, Beer & Irish Coffee

Adults \$20, Children \$10 and Family of Four \$50

Tickets sold after Mass & at the door.

Call for Reservations at 415 729-4940 or on line @

<https://www.eventbrite.com/e/st-patricks-day-dinner-tickets-515093517577>

Sponsored by the Star of the Sea Men's Club



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Tyson Venegas - The BEST "New York State Of Mind" Audition Cover - American Idol 2023



## **SPOTLIGHT SAUSALITO LECTURE SERIES: Lisa Kolb and John Macleod, Today's Digital Art; Web 3.0, Blockchain and virtual reality**

**WHEN:** Thursday, March 9th, 6pm-7pm

**WHERE:** 750 Bridgeway



Lisa Kolb is a Web3 brand strategist and producer focused on curating and promoting NFTs for art, music, fashion and gaming. Known for maximizing a brand's comprehensive expression -- from visual identity to campaigns and brand extensions -- Lisa has activated launches, auctions, and events in the Metaverse and virtual spaces including Decentraland, Cryptovoxels, Arium Spaces, New Art City, Spatial and AltspaceVR. She has worked with artists, collectors and platforms including SuperRare, KnownOrigin, Async Art, OpenSea, Boson Protocol, VerticalCrypto Art, 100xART, Narcissus Gallery and CODAME.

Over the last 30 years John Macleod has worked teaching technology, media creation and video production with youth winning numerous state and national awards. He has the technical expertise to produce compelling media and the personal skills for working in a collaborative team. Integrating XR technology into schools and libraries is a major focus of his work now. Augmented, Virtual, Mixed and 360VR video will transform the way we learn and communicate.

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# FRIDAY PUZZLE

“This sentence contains \_\_\_\_\_ letters.”

Write a number in words in the blank space in the above sentence that will make the statement true.

Answer at the bottom of the newsletter.

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## Excerpted from Science Focus

In humans, changing the shape of your mouth helps shape sound into speech.

My friend's African Grey parrot speaks so convincingly, she can order herself treats via the family's smart assistant. No lips, no vocal cords, just sheer opportunism.

She does this by using her syrinx, a hollow, Y-shaped structure unique to birds, that sits between the base of the windpipe and the lungs. As the bird breathes, air passes through the syrinx, which vibrates and makes a noise. The form of this noise is acutely controlled by a series of muscles and soft bony rings on the outside of the syrinx. This enables parrots to sing, call and mimic words, such as 'Pretty Polly' and 'Alexa, buy more millet'.







## What to Do with all the plastic

### From Bay Area Refuse

Are you ordering in more during Stay-at-Home? As we get more deliveries and can't use our reusable bags at stores, paper and plastic bags and cardboard boxes are piling up! Here are some tips:

- Paper bags: Store and reuse them, for example to hold kitchen scraps for compost.
- Plastic bags: They're not recyclable in your curbside cart. Use them to store fruit and vegetables in the fridge and to dispose of pet waste. If you need to dispose of plastic bags, please bundle loose bags into one and dispose in your Landfill Cart or return to grocery stores that accept them.
- Avoid bags: Many shoppers are choosing, when possible, to just put their items back into their cart or basket without taking a bag, and then pack up items in their car or bicycle.
- Reuse boxes: Keep those boxes to store items, such as things you're saving for donation later

From Sausalito Sustainability Committee:

Why was this law passed? What's the problem with plastic foodware?

- A ban on plastic foodware will help Sausalito reduce plastic litter.
- Plastic utensils and plastic food containers are not recyclable in the City of Sausalito.
- Plastic is a major source of greenhouse gas emissions when produced, shipped, and landfilled. Plastic, therefore, contributes to climate change.
- Compostable plastics do not biodegrade in a marine environment nor in the commercial composting facility used by Bay Cities Refuse – Sausalito's waste hauler. Thus, compostable plastics need to be landfilled and are not an acceptable alternative to regular plastic.



## 100 centenarians' 100 tips for a life well lived

Excerpted from The Guardian

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## Edward TOMS, 102

### **British army colonel, diplomat and writer; Kent, England**

Have a happy disposition, a pronounced sense of humour and the ability to laugh at yourself. Mutually fall in love with your partner and stay in that relationship until “death do you part”. Experience fulfilling, natural, lasting sexual enjoyment. Never be bored, because so many pleasures are available to you. Enjoy the sharing of these pleasures when appropriate, but also solitude from time to time.

## **Dorothy Marley, 102**

### **Executive secretary; Toronto, Canada**

Try to get through each day without hurting anyone. Feel good about yourself. I had my hair done the other day and when the hairdresser showed me, I said to her: “I could fall in love with myself all over again!” And, last of all, having a good sense of humour doesn’t hurt.

## **Yvonne Old, 101**

### **Teacher; Staffordshire, England**

In the war years I worked as a teacher. One of the staff told me: “Remember, plenty of laughter, but no shouting.” And do you know, he was right? Very good advice. I knit blankets for children in Africa. I’m not a knitter by trade, but I can knit, and if something’s going to help someone, then it’s worth doing.

## **Amelia Mendel, 106**

### **Stage actor and couture saleswoman; London, England**

Having an interesting life has helped me to grow old. I have great memories to talk about. The staff at my home chase after me as I charge down the corridors on my Zimmer frame. If I don’t want to get out of bed, I refuse to, because I can – I’m an old lady.

Read the entire list [HERE](#)

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Stretch and Strengthen with Rayner is on zoom Monday, March 6 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)

## National Slam the Scam Day March 9, 2023





## From the Department of Social Security

On National Slam the Scam Day and throughout the year, we give you the tools to recognize Social Security-related scams and stop scammers from stealing your money and personal information. Share scam information with your loved ones. Slam the Scam!

### Recognize the four basic signs of a scam:

1. Scammers **pretend** to be from a familiar organization or agency, like the Social Security Administration. They may email attachments with official-looking logos, seals, signatures, or pictures of employee credentials.
2. Scammers mention a **problem** or a prize. They may say your Social Security number was involved in a crime or ask for personal information to process a benefit increase.
3. Scammers **pressure** you to act immediately. They may threaten you with arrest or legal action.
4. Scammers tell you to **pay** using a gift card, prepaid debit card, cryptocurrency, wire or money transfer, or by mailing cash. They may also tell you to transfer your money to a “safe” account.

Ignore scammers and report criminal behavior. Report Social Security-related scams to the SSA Office of the Inspector General (OIG).

[Report a Scam](#)

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## Hours of Happy March Jazz



### Answers to today's puzzler:

There are two possible solutions: "Thirty six" or "thirty eight."

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

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