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Signs of Spring on the way

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:

- March 12 - Oscar Party hosted by Film Group
 - March 13 - Private tour of SCA Sausalito Artists exhibit
 - March 14 - Book Review Club
 - March 18 - SV Trip to SF Playhouse - sold out
 - March 19 - Line Dancing Workshop
 - March 20 - Stretch and Strengthen with Rayner
 - March 22 - Sexuality and Sensuality as we age
-



Join us for a private tour of the current SCA exhibit about the history of Sausalito artists

Join us for a private showing of the current exhibit at the Sausalito Center for the Arts in downtown Sausalito.

About the exhibit:

Following the end of WW II, Sausalito attracted artists, writers, musicians and other expressive souls that began its reputation as an art colony and creative enclave, a reputation that continues today.

The Sausalito Center For The Arts celebrates Sausalito's rich artistic history through a multi-exhibit exhibition including artwork from the original Sausalito Art Colony and the artists leading today's creative expression.

Don't miss this unique opportunity to experience the past, present and future of art in Sausalito.

WHEN: Monday, Noon to 1pm

WHERE: SCA building (previously BofA)

RSVP: <https://sausalito.helpfulvillage.com/events/3800>

Need a ride?: Reserve a door to door ride with CARSS (Call A Ride for Sausalito Seniors) at 415-944-5474.

Light snack/beverage will be served.

Can't make the tour? The exhibit is open through March 19th, 11am-5pm Wednesdays through Sundays.



The Tooth Fairy's Been Impacted by Inflation Too! You Won't Believe the Average Value of a Tooth in 2023

Excerpted from Parade.com

When I was growing up, it was a big win to get a dollar under my pillow when I lost a tooth. However, in 2023, children are largely receiving much more money for their lost teeth. So, what's the average value of a single tooth these days? (Brace yourselves, moms and dads.) Delta Dental's 2023 Original Tooth Fairy Poll has revealed that the average value of a lost tooth this year is \$6.23. Last year, the average was \$5.36 per tooth.

According to Delta Dental, "Since the poll's inception [25 years ago], the average cash gift left by the Tooth Fairy has surged 379% from \$1.30 to \$6.23 per tooth. At this rate, in 2048, the Tooth Fairy would be leaving a whopping \$30 under the pillow for a single tooth."



10 pieces of sage advice for right now

Excerpted from NPR.com

Here are 10 pieces of well-worn advice from therapists, career coaches, relationship experts and writers. We hope you find something that resonates.

Responses have been edited for length and clarity

1. 'There's more than one way to do something'

I remember scrubbing a pan when I was maybe 8 or 9 years old. There was something stuck on the pan that wouldn't come off, and I just kept scrubbing it. My dad stopped me, grabbed a fork and just scraped it off. And he looked at me and said, "Jody, there's more than one way to do something." From that moment on, I've been looking at every problem in my life like how can I do this a different way? — Jody Adewale, clinical psychologist

2. 'The hate will come at the same rate as the love'

The best advice I ever received was that the hate will come at the

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unsatisfied with themselves that they have to project that onto other people. And instead of trying to focus on the negativity, I tend to try to put more energy into the people and the things that are showing me love, support and good energy. — Kiaundra Jackson, marriage and family therapist

3. 'Do smaller loads of laundry'

I used to work at a small grocery store, and before moving away to college, I asked the store manager, "What's the No. 1 thing that I need to know about going away to college?" And he said, "Do smaller loads of laundry. Your clothes will come out cleaner." — Shaun Galanos, a relationship coach and host of The Love Drive podcast

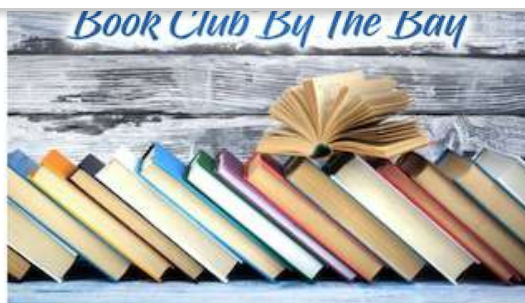
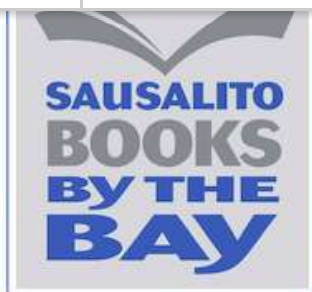
4. 'Being vulnerable means taking off our armor'

I was talking with my therapist about how I didn't mind being vulnerable as long as I knew the other person would be warm, that they wouldn't judge and all of that. And she said, "that's not vulnerable. Being vulnerable means taking off our armor and going in not knowing how we'll be received, but putting ourselves out there a little bit anyway." — Tania Israel, a professor of psychology at the University of California, Santa Barbara

5. 'Go where the energy goes'

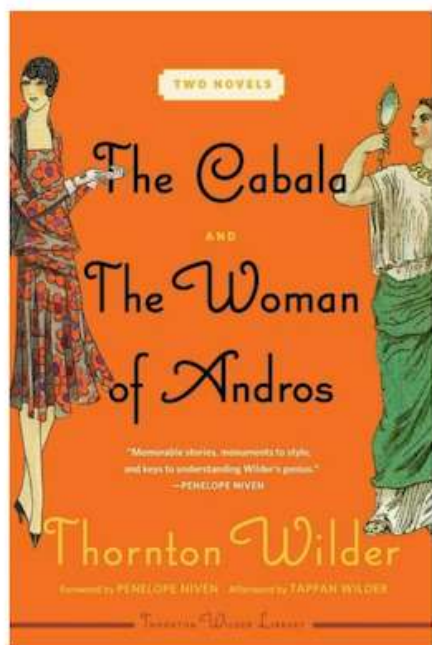
The best piece of advice I ever received was "Go where the energy goes." What has good vibes? What makes you feel good about yourself? Where is that good energy? Head in that direction. — Betty Who, pop star and the host of the reality dating series, "The One That Got Away"

Keep reading the entire list [HERE](#)

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Tuesday -- March 14th -- 5:30 PM

with Special Guest TAPPAN WILDER in conversation about his famous Uncle



The Cabala & The Woman of Andros by Thornton Wilder

It is a divine and lavish pleasure to tuck into tales written long ago by a true master. Wilder had such a profound grasp of the classics, mythology, art, music and history. *The Cabala* is an irreverent and witty look at the intellectual aristocracy littering Rome in the early 1920's, but a look laden with insightful observations and heavy motifs such as the "sufficiency of love". *The Woman of Andros*, while set in ancient Greece in 400 BC, is just as entertaining and thought provoking a tale of a beautiful, intelligent and powerful hetaira (a highly cultured courtesan).

Register for the club & buy the book at the shop -- or call 415.887.9967

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SV Oscar Party! This Sunday, March 12th

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 of the Oscars.

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



Change up your morning routine and bring in more joy to your day

Excerpted from StylistUK.com

Dr Elissa Epel, a professor in the department of psychiatry at the University of California, San Francisco, recommends one good thing everyone can do to improve their mental health:

Wake up and orient to the joy in your day. You can remind yourself there is joy in your day, and it is of great benefit to simply be open to seeing and feeling it. Then do one thing that increases your positive mood and outlook on the day.

Morning is a sacred time. If we can take a few minutes, we can change our mood, our biology and thus the trajectory of our day. If you try this, you will feel the goodness in it. You won't remember to do it every day but that's OK. The more days the better; seize the day!

When you wake up, try one of these. Or make it a triple.

- Take some slow breaths, and let yourself feel at ease in your body. You have a fresh day.

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-
- appreciate right now.
- Move your body – this is a great time for a few minutes of gentle yoga. Use music if that lifts your mood.

We've found that when people wake up feeling positive about something in their day or end their day with some positive emotions, they have lower levels of cortisol shooting up, and higher levels of mitochondrial activity, along with higher levels of telomerase, the 'anti-ageing enzyme'. Mitochondria are known as the 'powerhouse' of the cell. They are our cells' batteries. They create energy called adenosine triphosphate (ATP), which fuels all of our essential cellular activity. Stress is expensive; it uses a lot of ATP, and it can easily deplete our energy.

Mitochondria are big, robust, and efficient when we're young; over time, as they age, they begin to create more oxidative stress. The older and weaker they get, the more oxidative stress leaks out, and the amount of energy they produce wanes. This is an important mind-body connection point: the average caregiving parent has lower-quality mitochondria – their mitochondria biologically look like they may have less energy, less vitality. Positive affect seems to put a kind of protective armour around them against stress, possibly even all the way down to the cellular level.



Marin's Water Supply explained

On the topic of everything **you did (and really didn't) want to know** about Marin's water supply, SV member, Kimery Wiltshire is presenting:

Wednesday, March 22 (World Water Day!)

10:00am - 12noon

[Sausalito Woman's Club](#)

RSVP laurietandy@att.net

With climate change, rate hikes, and MMWD's \$1M a month (yes, a month) losses headed our way, I'll talk about why currently the water supply forecast isn't good, what a huge wildfire on Mt Tam would mean, why we almost ran out of water two years ago, and some short- and long term solutions.



Why is it called corned beef?

Excerpted from MentalFloss.com

As far back as the late 9th century, according to the Oxford English Dictionary, people were using *corn* to describe a “small hard particle” of any grainy substance like sand or salt. By the 16th century, preserving meat or other food items with (corns of) salt had become known as “corning” it.

Pork was corned, fish was corned, and, naturally, so was beef. But corned beef wasn’t actually that common in Ireland until the mid-17th century. Basically, beef-loving Great Britain had cultivated a roaring cattle industry in Ireland, whose general population had mainly been using cows for farm labor and dairy products. According to *Smithsonian Magazine*, exporters brought tens of thousands of live cows from Ireland to England annually. This hurt the business of England’s own cattle herders.

So, in the mid-17th century, the British government passed a series of so-called Cattle Acts that restricted and then prohibited the importation of Irish cattle. Luckily, Ireland had salt in spades—their salt tax was a fraction of England’s—so everyone just started corning the beef and exporting that to England (and eventually other countries, too).

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Enjoy this video recording of Sausalito's Mike Moyle presenting on our areas Portuguese roots.



What actually happens when you wear your shoes in the house?

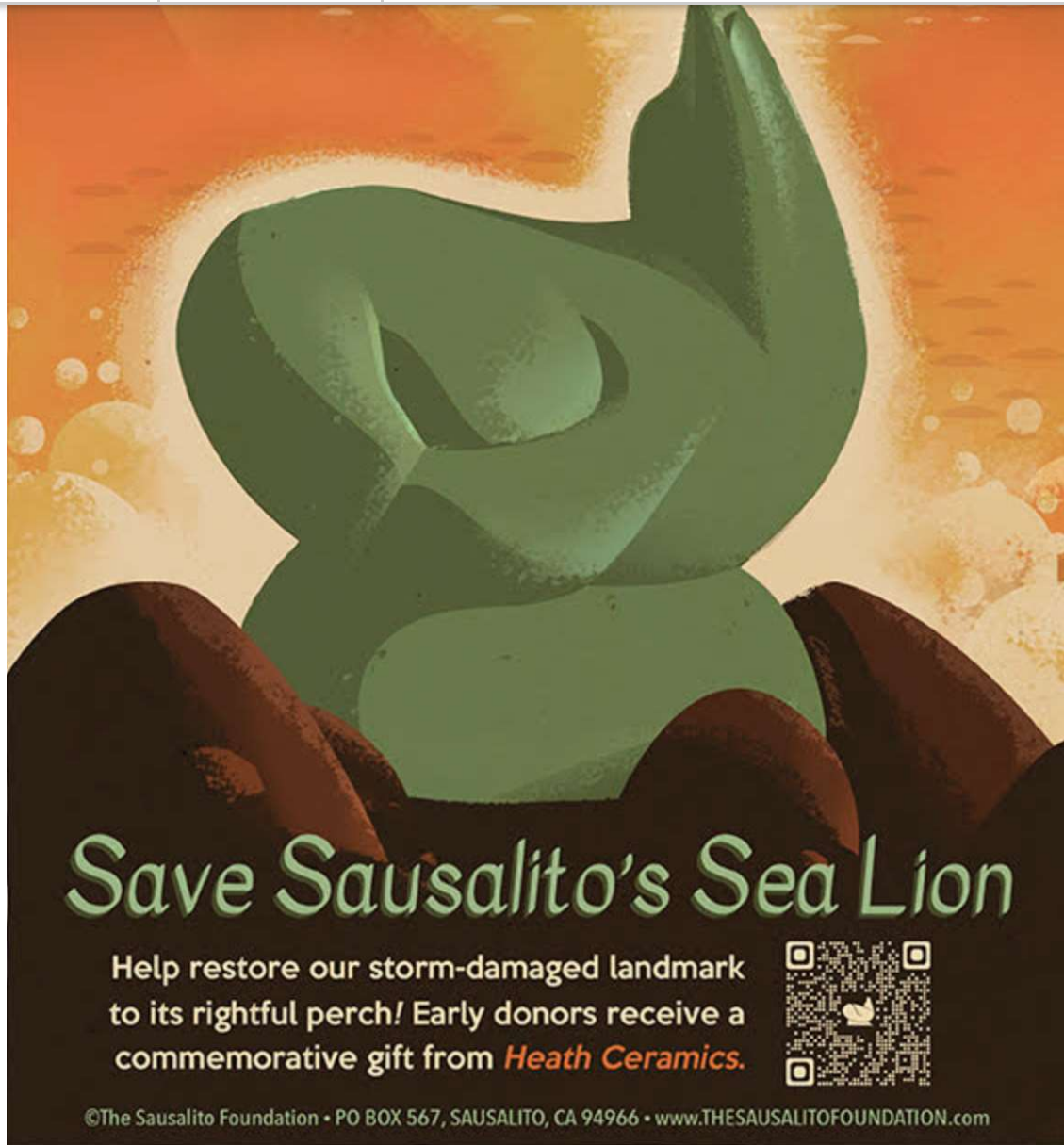
Excerpted from HouseBeautiful.com

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personal preference, kicking off your sneakers at the end of the day can be a creature comfort that also extends the life of your carpeting and makes mopping your hardwood floors an easier chore. But cozy vibes and aesthetics aside, should you leave your shoes at the door for the sake of your health? Spoiler: If you want to keep feces, bacteria, lead, pesticides, and other potentially harmful other chemicals from entering your home, it's probably a good idea.

But how germy, really, are our shoes? A University of Arizona-led study in 2008 set out to quantify just that by swabbing new shoes worn by 10 participants over the course of two weeks. On average, 421,000 units of bacteria clung to the outside of the shoes. *E. coli*, which is known to cause intestinal and urinary tract infections and other health problems, was prevalent in the samples. (The small study wasn't published in a peer-reviewed journal; it was supported by a shoe company testing out machine-washable shoes.)

The highest concentration of debris is in the interior entryway, and levels go down as you move from this area. Carpeting, though, retains a lot of dust, and unfortunately vacuuming is very good at dispersing those particles rather than just removing them.

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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.com



Notre Dame opening date scheduled

Excerpted from APNews.com

Gen. Georgelin said the cathedral will reopen in December 2024, in line with the goal set by President Emmanuel Macron just after the fire — yet it will be too late for the Paris Olympic Games scheduled in summer next year.

“My job is to be ready to open this cathedral in 2024. And we will do it,” Gen. Georgelin said. “We are fighting every day for that and we are on a good path.”

This “means that the archbishop of the capital will be in a capacity again to celebrate the Catholic liturgy in his cathedral” and the monument will also “be open for tourists to visit,” he said.

all the renovation will be finished then. There will still be some renovation work going on in 2025,” she stressed.

Meanwhile, the new exhibition near the cathedral will allow visitors, including those coming for the Olympics, “to live what could be this experience of visiting Notre-Dame in a brand new way,” she said. In addition to the free visit, a virtual reality show will allow paying visitors to dive into the history of the cathedral. “That will help also tourism in Paris,” she added.



That Foam on the Beach Is (Probably) Fine

Excerpted from Bay Nature

Particularly in winter and early spring, strong winds and churning waves whip up ocean surf like seawater latte foam, making sudsy blobs a more common sight on the California coast. Many beachgoers may find gobs of foam concerning, especially if they're red or brown instead of white, or smell like decay. While some sea foam contains pollution or toxins from harmful algae blooms (also known as red tides), most of it is harmless to humans and their companions.

There are various kinds of natural sea foam at the beach. One is the delicate

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the thicker clumps of foam that linger on beaches, float on gusts of wind, or even build up into drifts, like salty snow. This foam is an algal bubble bath—most often appearing after dinoflagellate blooms. Phytoplankton are the foundation of the ocean's food web, all the way up to whales and commercial fisheries. When a phytoplankton bloom crashes, billions of tiny organisms perish, leaving behind the dissolved remnants of their bodies—such as proteins and lipids—mixed into the water.

Waves from winter storms and high winds churn air into the ocean and lather up surfactants in the surf. The surfactant molecules attract each other and line up into those sandwich layers, with their thin film of water trapped in the middle. The sandwiches lower the surface tension of the water trapped inside them, making the bubble's surface more elastic.

When two or more bubbles meet, their surfaces merge, deforming their surfaces from their usual sphere shape into crowded, three-dimensional polygons. Huddled together, these bubbles form clumps of foam.

Read the entire story [HERE](#)

Age-Friendly
Marin Forum



**Not too Old for That:
Sensuality and
Sexuality as We Age**

**Wednesday, March 22,
10:30-11:45**

Older people are breaking through the tired and hurtful stereotypes of aging to better reflect who they are, how they live, and what they want.

Stereotypes about older women characterize them as irrelevant, undesirable, asexual, unhinged, dried-up messes, and men as discourteous, uncommunicative loafers.

These outdated narratives are sexist and ageist and are damaging to our physical, emotional, and sexual health. It's time to change them.

people at all stages of life, not just youth, and it starts with us

Speaker: Vicki Larson, is an author and has been an award-winning lifestyles editor and columnist at the Marin Independent Journal since 2004. Author of *Not Too Old for That: How Women are Changing the Story of Aging* (Rowman & Littlefield, April 2022) and coauthor of *The New I Do: Reshaping Marriage for Skeptics, Realists and Rebels* (Seal Press, 2014)

A resident of Marin County, her writing can be found in the New York Times, The Guardian, The Washington Post, Aeon, and AARP's The Ethel, among other publications.

Register for free access to the Forum: [Age-Friendly Forum: Not too Old for That](#)

You will need to register to receive the emailed event zoom link and the resources for this Forum.

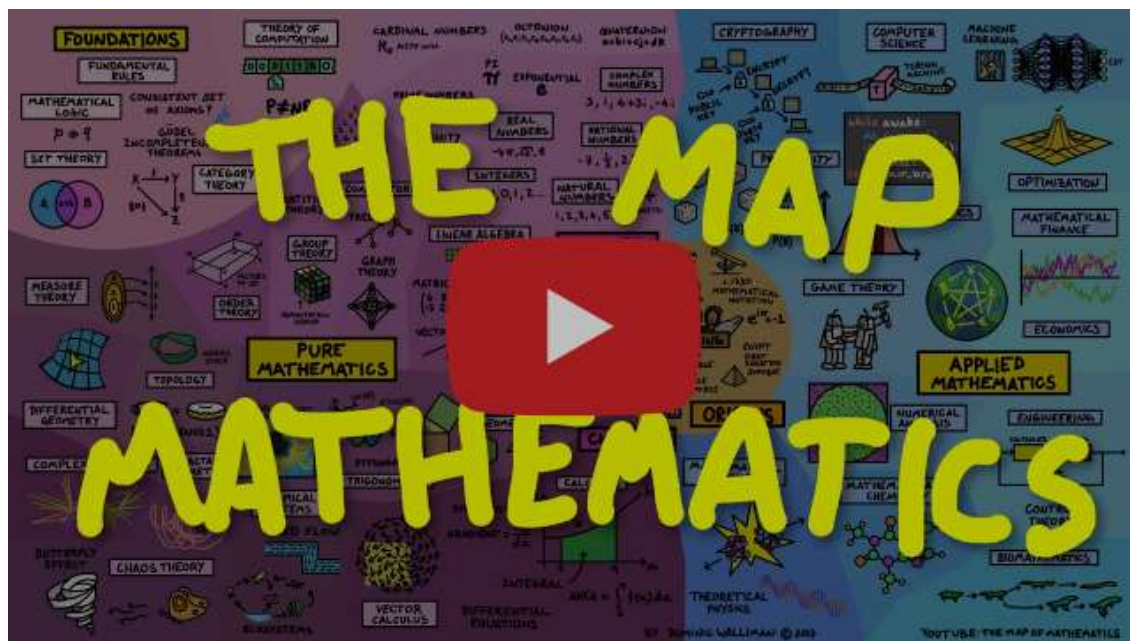


We'll give you a food product with a place-based name, and you have to identify the *country* the name originates from.

1. Black Forest ham
2. Lima bean

5. Fig Newton
6. Habanero pepper

Answer at the bottom of the newsletter.



History of Math - 11 million views



Update about Covid-19 policies in Marin

CDPH (CA Dept Public Health) has made some Covid-19 policy changes:

- Starting March 13 a COVID-19 positive person may end isolation after five days if they feel well, have improving symptoms, and are fever-free for 24 hours, with less emphasis on testing negative. Continue to wear a mask for another five days or until you have a two negative tests 24 hours apart.
- As of April 3: Masking will no longer be required in health care centers, homeless and emergency shelters and warming and cooling centers. Local health facilities can choose their own guidance, but they are not required to have masking.
- April 3: There will be no more vaccine requirements for health care workers. Facilities can tailor this to their needs if they choose. Marin Public Health isn't expected to have any health orders about this.
- Federal vaccine orders from CMS (Centers for Medicaid and Medicare Services) may differ for health care workers. We are not sure how this impacts us in Marin. We will share once we all read the order. We could have an order to wear a mask if you are not vaccinated.



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>

COST: FREE!

When you die -- or, considering scientific leaps as they are, IF you die -- three documents will need to be written: your obituary, your eulogy, and the words to be chiseled in stone on your grave or laser-etched 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

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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>



Florida man almost made chowder out of this 214 year old clam!

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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



SF opens first cannabis farmers market

Excerpted from SF Gate

There's a new type of farmers market in San Francisco, but instead of buying fruits and vegetables, customers get to buy a famous California crop that is best enjoyed smoked.

This market is dedicated entirely to cannabis.

The new monthly event takes place at one of two downtown San Francisco dispensaries: Moe Greens on Market Street and Barbary Coast on Mission Street. The showcases allow customers to learn about dozens of different cannabis strains directly from the farmers who grow them.

The farmers market is the brainchild of Susan Tibbon, who teamed up with the owners of Barbary Coast and Moe Greens to create the “meet the farmers” series. Tibbon owns a cannabis topical brand called Lovingly & Legally with her partner Paul Hasbury. Their business and their farming partners were thriving in California's medical market but since California legalized recreational cannabis in 2016, they've noticed how the ensuing regulations make it almost impossible to support small-scale pot farming.

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Cemetery takes out ad for widowed goose, and here is the rest of the story!



Grief Is Exhausting: 4 Mindful Methods for Calming & Coping With Grief

Excerpted from 30seconds.com

about how applying appropriate mindfulness tools can help you hang on when the waves of grief wash over you and knock you off your feet.

Here are some tips from my SNAP method to help people coping with grief:

1. Soothing Touch

Place your hands where you find it soothing, and feel the warmth of your hands as your nervous system calms down. My “go to” place is hands on my heart.

2. Name the Emotion

Name it to tame it, feel it to heal it — as long as you have Mindful Methods tools to manage the emotions, so they don’t swamp you.

3. Act

“Mindful Methods Toolbox,” including:

- Ask yourself what you need to hear right now.
- Ask yourself what you need to do right now.
- Ground yourself by dropping your attention to the soles of your feet. How do they feel? Warm or cold? Moist or dry?
- Ground yourself by using a here-and-now stone, rosary or mala. Focus your attention on the temperature and texture of the object.
- Connect with other humans. Try to see someone who cares about you on Zoom or FaceTime if seeing them in person isn’t feasible. A phone call might be enough, or even a comforting text exchange.
- Bring to mind people who care about you, and people you care about, to help you feel loved and safe.

4. Praise

- Send healing thoughts to yourself, like “I love you. You’ll get through this.” Or “It’s tough to feel this way, you are not alone.” When you feel a positive mental state, like the love is working, let it fill you up for a breath or two. Everything you can do to love yourself is what is necessary when grieving.



What is the least crowded time to shop at Costco?

Excerpted from Apartment Therapy

With over 123 million card-carrying members, Costco is a place where a lot of people shop. If you want to avoid crowded aisles and long lines, keep reading.

On the social media platform Reddit, someone recently asked the question, "What is factually the best time to go to Costco? Weekdays, weekends, sunny, rainy, snowy days?" The answer that most Redditors agreed on was Tuesdays at 10AM. Here's why: New items arrive and have been stocked, the chaos of the weekend has been cleared, children are in school, so there is less of a risk of running over one with your cart, first samples of the day are being handed out. It's the best time to shop in the warehouse.

For those who are busy during that small window, other Costco employees said that Tuesday-Wednesday-Thursday, mid-to-late afternoons, are also great for avoiding the masses. These are the hours wherein you're shopping ahead of those who are still at work.

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There were some who also recommended visiting the store an hour before closing on a weeknight. This is a good strategy if you don't mind missing out on the free samples and items that are on high demand.

But the absolute best time to go, regardless of crowds and long lines? When you are craving a hot dog.



Stretch and Strengthen with Rayner is on zoom Monday, March 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



Does anyone mend clothes anymore?

Excerpted from Southern Living

Just a generation or two ago, people mended clothes, and if they couldn't use something, or if a shirt was far too worn for reclaiming, the fabric was then saved for quilts or cleaning rags. Mending was a form of sustainability born out of a necessity—to save money and repair garments instead of discarding them.

And then came the 1970s and double-knit fabrics, a trend that may have started the drop-off in mending. The fabric was less easy to mend, and the stretchy synthetic fibers didn't translate well to reuse in quilts or for cleaning.

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reason many aren't learning to mend their clothes. They're inexpensive, and they feel nearly disposable. Taking the time to sit down and darn or sew on patches just isn't a priority when you can replace an item just as easily as you can fix it.

In some circles, however, mending has since cycled back into popularity, but perhaps in different ways than my mom or her mom considered. Mending today may not mean the clothing has a flaw or sign of wear, but it can be a way to add some personality—think embroidery on jeans or coats. Those denim knee patches? They've also gotten an upgrade with whimsical patches.

While people are still mending to extend garment life, there's also been a refocus on mending as an art form. It's no more patches on knees or elbows just to get by. Today's mending is playful, creative, even visionary.

Interested in reading more? Click [HERE](#)

NOTE: For many years, Sausalito Village members were lucky enough to have an expert seamstress (who was also a founding SV member) who volunteered her time to hem items, fix zippers and more. Thank YOU Lu Arenson, we appreciate all you have given to our Village!

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Nature Sounds bath - 3 hours



Answers to today's puzzler:

1. Germany
2. Peru
3. Thailand
4. England
5. United States (it was named after Newton, MA)
6. Cuba

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

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