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*Photo by Claudia Brown*

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?

Sausalito Village has a calendar full of events, most open to the entire community. Please take a moment and peruse the listings! [CLICK](#)

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

March 28 - Volunteer Driver training

March 29 - Dollar Tree/Sprouts trip

March 29 - Supper Club - WAITLIST only

April 2 - Line Dancing

April 2 - Tales of the Trails

April 3 - Stretch and Strengthen with Rayner



## **SV Trip to the DeYoung Museum - Ansel Adams**

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WHEN: Tuesday, April 18, 10am-1:30pm

WHO: Open to SV Members and Volunteers

PRICE: Hopefully enough SV attendees will have museum memberships to get the group in

RSVP: <https://sausalito.helpfulvillage.com/events/3804>

We will carpool with vetted SV volunteer drivers and leave from the Dunphy Park parking lot at 10 am and return at 1:30.

There will be time for lunch in the museum café.

We expect that enough members with museum memberships will attend and be able to bring other SV members as guests so there will be no charge for entry.

If you are interested in going, please sign up online. Contact Sharon Seymour at 415 331-1362 or Sharon 126@aol.com with questions.

*Here's what the Museum says "Ansel Adams In our Time":*

*Looking forward and back, this exhibition of more than 100 works by photographer and environmentalist Ansel Adams (1902 – 1984) places him in direct conversation with contemporary artists and the photographers who influenced him. Laid out in seven sections tracing Adams's artistic development, the exhibition features some of his most-loved photographs, including images of Yosemite, San Francisco, and the American Southwest.*

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## To Keep a Conversation From Becoming a Conflict, Understand and Interrupt the Pattern of Escalation

Excerpted from Inc.com

Almost every interpersonal conflict follows the same pattern of escalation. Once you are familiar with that pattern, it's easier to understand how you might be escalating the conflict and the steps you can take to defuse it.

In a typical exchange, a conversation goes back and forth as those involved alternate between speaking and listening. It is similar to a tennis match and takes just as many forms. The match could be a friendly volley, in which points don't matter because both parties are interested in connecting, collaborating, and learning from each other. Or it might be a fast, aggressive, competitive game in which winning is the point.

As is true when we play tennis, the only person we can control when we engage in a conversation is ourselves. We determine our intentions and choose how we communicate and respond to the other person. The other person's intentions, how they receive us, and what they do with the information we share is out of our control.

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respond reactively. For example:

The cyclical pattern is clear: each person reacts to the other's reaction instead of pausing, getting curious, and seeking to understand their point of view.

When neither party chooses to understand the other's perspective or when both react instead of communicating what they are experiencing, the conflict cycle intensifies. Trust and mutual respect break down quickly, immediately, when we are not interested in each other's experiences or perspectives, and then the conflict continues to ramp up. Resolution becomes impossible.

Defusing conflict is only possible when you adopt a relational mindset and shift your focus from yourself and your desire to be right to the relationship and your collective desire to resolve the conflict.

You will have an entirely different conversation and a much better outcome when you take your ego and personal agenda out of your interactions and bring in self-awareness and healthy, practical, and effective communication tools.

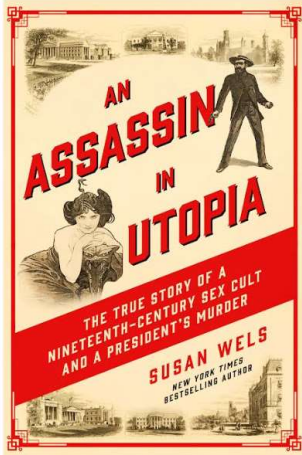
We must be able to extend a hand across the aisle and talk to one another about any subject in any setting. That isn't always easy. But when you are equipped with effective communication tools and understand how to resolve conflicts, it becomes a lot easier to shift your mindset, respond relationally, and get the conversation back on track when it goes off the rails.

Read the entire article [HERE](#)

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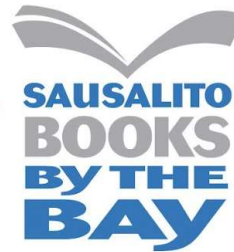
# AUTHOR EVENT

March 30, 6pm (100 Bay Street, Sausalito)



## Susan Wels *An Assassin in Utopia*

In conversation with  
Celeste Perry





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# Celebration of Women: Mind, Body & Soul

## Panel Discussion & Reception

Wednesday, March 29, 6-7:30pm

At the Sausalito Center For The Arts  
750 Bridgeway

In honor of Women's History Month, we are proud to present a special panel discussion exploring female autonomy, health and well-being – at work, at home, in our body and mind. How have things changed for women over the decades? What are the current challenges? How do we counter these challenges while maintaining a healthy balance and thrive?

It promises to be an inspired discussion with a dynamic panel of talented, accomplished and diverse Bay Area authors, educators and activists:



**Acharya Shunya**

Author of three books (*Ayurveda Lifestyle Wisdom*, *Sovereign Self* and *Roar Like a Goddess*), honoring Vedic roots while breaking shackles of tradition.



**September Williams**

Physician-writer, bio-ethicist, and filmmaker. Author of *Chasing Mercury* (a novel) and *The Elephant in the Room: Bioethical Concerns in Human Milk Banking*.



**Cathy Rath**

Educator at SF State (women's health), social justice activist advocating for public health and prevention for violence against women; novelist (*Ripple Effect*)



**Lara Bazelon**

USF law professor, author of the non-fiction book *Ambitious Like a Mother: Why Prioritizing Your Life is Good for Your Kids*.



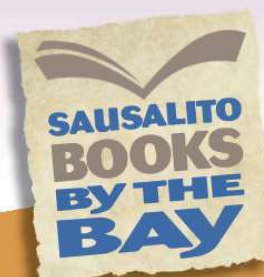
**Rachel Lehmann-Haupt**

Author of two books on modern family planning & reproductive science and choices (*In Her Own Sweet Time* and *Reconceptions*)



**Wine, Savory & Sweet Bites!**

**Free to attend, but please register at  
Eventbrite/CelebratingWomen**

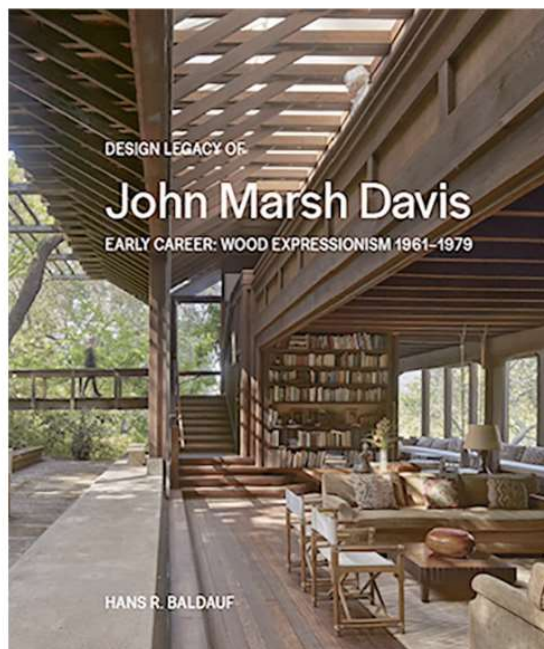


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# Author Event

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Thursday  
**April 6<sup>th</sup>**  
6 PM

## Hans Baldauf

### *Design Legacy of John Marsh Davis*



This beautiful new book is a fitting tribute to the late, great designer John Marsh Davis and his early career in wood expressionism. Many of the remarkable residences and wineries that Davis created in our area are captured in these pages -- the plans as well as stunning photos of the finished product. Architect Hans Baldauf has done a brilliant job curating and presenting the work, framed by his essays, anecdotes and insightful architectural appreciation. A Founding Principal of BCV Architecture + Interiors and San Francisco native, Baldauf is a graduate of the Yale School of Architecture. This illustrated biography is an inspiring and essential addition to the history of modern American architectural and design culture.

***April is National Architecture Month!***

**Unless otherwise indicated all events are open to the public and there is no charge to attend.**

Hans will be in conversation with Sausalito Village member and volunteer, Ciji Ware, who live-in a John Marsh Davis home.





## What are lucid dreams and how can you have them?

Excerpted from [VeryWellMind.com](https://www.verywellmind.com)

**A lucid dream occurs when a person is asleep but aware that they are dreaming. In this state, a person can take control of their dream's narrative to some degree, essentially guiding and directing the course of their dream.**

Just like regular dreams, lucid dreaming occurs most frequently during rapid eye movement (REM) sleep.<sup>1</sup> REM sleep is a phase of sleep that is characterized by rapid movements of the eyes, lack of muscle tone throughout the body, and a tendency to dream.

### How to Experience a Lucid Dream

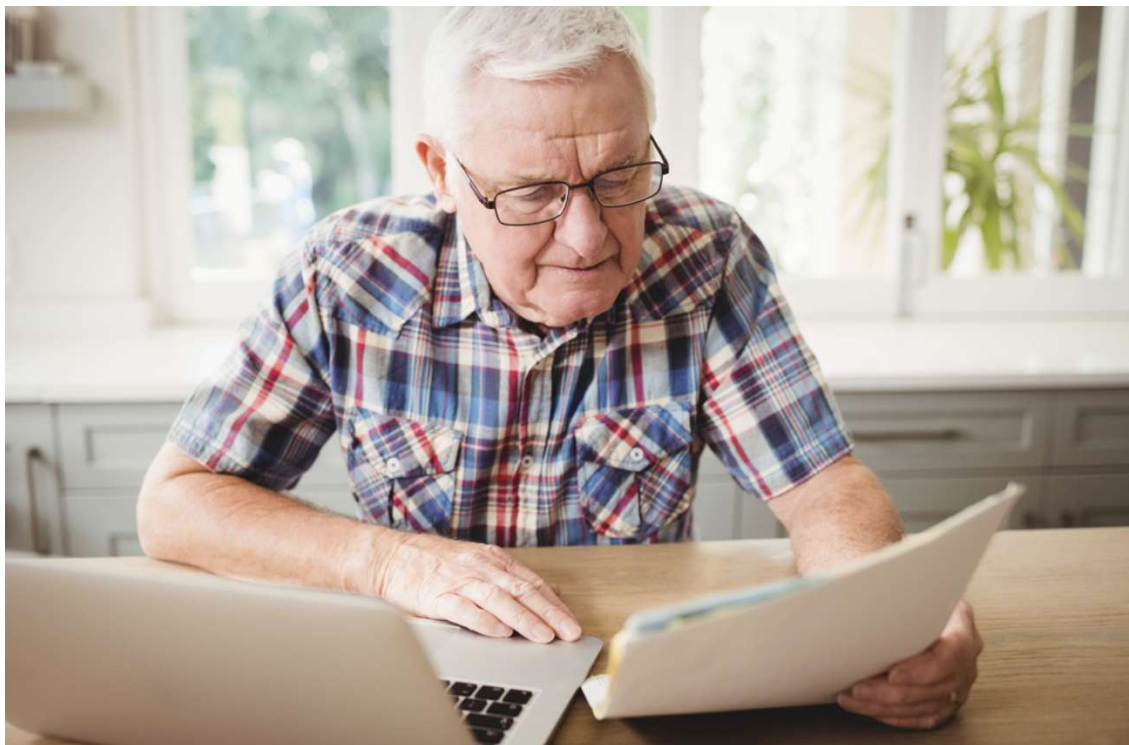
- **Get more REM sleep:** The best way to get more REM sleep is to increase the amount of quality sleep that you get each night. Improve your sleep habits by following a consistent sleep schedule, avoiding electronics before bed, skipping heavy meals and caffeine later in the day, and maintaining a comfortable sleep environment.
- **Keep a dream diary:** Some people report that maintaining a dream diary makes it more likely that they will experience lucid dreams. The act of focusing more on dreams may help you become more aware of the experience when it happens.
- **Use mnemonic induction of lucid dreams (MILD):** In this technique, you tell yourself repeatedly that you will dream and that you will be aware that you are dreaming. The technique relies on a form of memory known as prospective memory, or the ability to remember future events, to activate a lucid dream state.
- **Practice reality testing:** This process involves doing checks while awake and asleep to determine if one is dreaming. For example, you might try pressing your finger against a wall to see if you are dreaming. If you are not, the solid wall would stop your finger. In a dream, however, your finger might simply pass through the wall. Getting used to doing reality testing while awake may help make it easier to do it while you are asleep.

Read the entire article [HERE](#)

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A Rare Look Inside The Doomsday Seed Vault Deep In The Arctic - 13,000 years of seeds



## The best UC Berkeley courses you can take online for free

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You can receive a verified certificate of completion if you pay a small fee, but there's no pressure to pay anything at all. So what's stopping you?

Pursue your passion with the best free online courses from the University of California, Berkeley. Click to see the website [HERE](#)

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## SV Hosted Tales of the Trail

WHEN: Sunday, April 2, 7pm

WHERE: Zoom

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

**Dñn Flory & Sue Dunlap will present their tales of the Yucatán peninsula in México ( land of the cenotes!).**

Zoom invite is essential

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



## If you still haven't had COVID, are you immune — or just lucky?

Excerpted from SFChronicle

The estimated percentage of people who have contracted the coronavirus ranges from 70% to 90% of the U.S. population, but it's unclear how many have truly not been infected, as asymptomatic infections and at-home testing have muddied the waters.

Experts say the Bay Area is likely to have a higher rate of COVID super-dodgers than other major metropolitan areas, since a higher proportion of its residents are vaccinated and boosted, and much of its population practiced mitigation factors such as masking or social distancing during the pandemic.

A variety of reasons account for some people still remaining COVID-free, experts say: vaccination status, masking, the type of variant circulating, lifestyle choices that lowered overall risk — and just plain luck.

Socioeconomic status can also play a role, said UC Berkeley infectious disease expert and emeritus professor Dr. John Swartzberg, with low-income and

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immunity to the coronavirus.

Early evidence suggested that people with type O blood might be better protected, but that theory hasn't panned out in subsequent studies.

Instead, some individuals may have mutations in their genes that make them resistant to becoming infected with the virus, experts say, just as there are individuals who are naturally "immune" or resistant to HIV and the plague.

Read the entire article [HERE](#)



## New benefit for Kaiser participants in 2023

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## Use your OvertheCounter (OTC) benefit allowance to purchase OTC health and wellness products

You can use your allowance to purchase:

- Firstaid supplies
- Aspirin
- Cough, cold and allergy medicine • Incontinence products
- And more

Ready to order?

Place your order for your OTC health and wellness products in one of the following ways:

[kp.org/otc/co](http://kp.org/otc/co) 1-833-238-6616 (TTY 711) Monday – Friday, 6 a.m. – 5 p.m.

Please refer to your Evidence of Coverage for details regarding the OTC benefit. OTC benefit may change each year on January 1. Each purchase must be at least \$35. Any unused portion of the quarterly credit will not carry forward to the next quarter. Your order may not exceed your maximum benefit allowance. Limitations and restrictions may apply. Cash, checks, credit cards, or money orders are not accepted.

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### **Are you feeling lucky??? (The answer is YES.)**

The Scholarship Board of the Sausalito Woman's Club is holding a raffle in support of post-secondary studies for students in Sausalito/Marin City. Not only is the cause a worthy one, but the prizes are wonderful. Here they are, in a nutshell...

**1) A Day Out on the Bay** for 4-10 people in the catamaran "Ho'okele", including skipper, crew, and a delectable catered gourmet lunch.

**2) A Weekend for Two** in Olympic Valley, Tahoe - getaway to this cozy condo in beautiful Tahoe, with access to winter and summer sports!

**3) Dinner for Two** at House of Prime Rib - Treat yourself to a romantic evening "a deux" at this landmark San Francisco restaurant; a bottle of French wine is included in this gift.

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**Restaurant**, rated as one of the leading Japanese restaurants nationwide and here to be savored in our own backyard.

**5) Customized Portrait of Your Pet** - SRF board member/artist Heidi Snowden will capture the character of your pet in a painting, and board member/ceramicist Lorna Newlin will make a custom pottery pet bowl.

**6) Instant Wine Cellar!** What?! The wine-savvy SWCSRF board members each contributed a lovely bottle to create a beautifully curated case of French wines for your enjoyment.

Raffle tickets cost \$25 each, or 5 for \$100. The drawing will be on Saturday, April 15th.

You can pay by check, made out to SWCSRF (Sausalito Woman's Club Scholarship Recognition Fund), OR by Credit Card. Contact: Kathleen Maher [kemswc@gmail.com](mailto:kemswc@gmail.com) or 415-726-8957 to arrange your purchase.

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## Psychologists Studied 40,000 Couples — The Single Phrase That Bettered Their Relationship

What if a single phrase could change the course of your relationship?

The language and the words you use when you talk with your partner always matter. They are at the core of how successful your relationship is gonna be — they can literally make it or break it.

After studying 40,000 couples, psychologists Dr. John Gottman and Dr. Julie Schwartz Gottman discovered the one phrase that can significantly contribute to any relationship's success:

The #1 thing we all want in our relationships is to be valued.

We want our partners to notice the things we do for them. We want our efforts to be acknowledged. We want to be seen.

A simple “thank you” can do the trick.

Making room for gratitude within a relationship builds intimacy and emotional safety. But anyone who's ever been in a long-term relationship knows that it's far more common to notice the things our partners do wrong instead of what they're doing right — and vice versa.

as if saying “thank you” should be reserved for some special occasions. Over time, we even forget how important saying “thank you” really is.

And it’s really important. Research has shown that romantic partners who express gratitude are more than three times less likely to break up. Another study suggests that individuals who feel appreciated by their partners have better-functioning relationships and are more resilient to internal and external stressors.



## If this bill passes, Skittles will be outlawed

Excerpted from CBS Sacramento.com

Soon, Californians may no longer be able to "taste the rainbow" as a proposed food safety bill could force candies like Skittles to change their ingredients or become banned in the state.

The bill, [Assembly Bill \(AB\) 418](#), was introduced in February by Assemblyman Jesse Gabriel (D-Woodland Hills) and aims to bar food ingredients that have been linked to cancer-causing chemicals such as



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According to Gabriel, the chemicals are banned for consumption in the European Union based on studies that, he says, cause myriad health problems that, as well as causing cancer, include behavioral issues in kids, human reproductive harm, and damage to the immune system.

"Californians shouldn't have to worry that the food they buy in their neighborhood grocery store might be full of dangerous additives or toxic chemicals," said Gabriel, who chairs the state's Assembly Committee on Privacy and Consumer Protection. "This bill will correct for a concerning lack of federal oversight and help protect our kids, public health, and the safety of our food supply."

Supporters of the bill believe that it will help protect kids and overall public health.



10 minutes that will improve your spelling



## The Belief That You Are Not Enough: 3 Steps to Understand and Let It Go

Excerpted from Inc.com

It's painful to believe you're never enough. To cope, you may push harder and do more. Or blame others to take the focus off you. Or numb your feelings and be super-busy to avoid the pain. Regardless of what you achieve, these strategies (achieving, blaming, and numbing) will provide only temporary relief. The not-enough belief still comes through.

The alternative is to really dig into what being not enough is really about, how that belief came to be, and what sustains it. This requires taking a hard look in the mirror -- with love, compassion, and support. You can see and accept how this belief impacts your leadership and life and what stories you tell yourself to perpetuate it. Then you can move into letting it go, and ultimately releasing the pain and suffering. What a relief!

### 1. Do you believe you are enough?

3. What is the world objectively telling you about you being enough?

### 3 Steps to Start Reclaiming Being Enough

1. Go internal to get clear. Invest 15 minutes in quiet time with yourself, reflecting on the question: Do I believe I am enough? If you get distracted (we all do), just come back to the question. Write down what you learned. No judgment, please.
2. Notice your self-talk. For the rest of today, notice how you talk to yourself. Are you praising yourself? Insulting yourself? Ignoring yourself? Notice too how your self-talk compares with external feedback.
3. De-personalize it. Give a name to the not-enough messenger. Something appropriate will come to your mind. When that messenger appears, say hello and goodbye. Let it know you've got this, you're safe.



## Sausalito Village Member ONLY Event

### Staying safe in our community - tips from our Sausalito Police

Hosted by the Sausalito Village Emergency Preparedness Committee

**WHEN:** Monday, April 17th, 3pm - 4:30pm

**WHERE:** Campbell Hall, 70 Santa Rosa

**WHO:** Sausalito Village Members

**RSVP:** <https://sausalito.helpfulvillage.com/events/3803>

This program is for members of our Sausalito Village members. It is another opportunity to meet other members in your Neighborhood Group.

Our police officers will be sharing their experiences of the most common crimes, how to avoid them and also give tips on active shooter situations.

Need a ride? CARSS (Call A Ride for Sausalito Seniors) rides available door to door. Contact 415-944-5474 by April 14th to reserve your ride.







## The importance of exercise while fighting cancer

Excerpted from MCAnderson.com

The American Society of Clinical Oncology (ASCO) recently issued the first-ever evidence-based exercise guidelines for adults in active cancer treatment. To develop the guidelines, ASCO assembled a panel of experts who analyzed more than 100 clinical trials examining the link between exercise and cancer treatment.

What they found left little doubt that staying physically active improves symptoms and side effects in patients undergoing chemotherapy, radiation therapy, or both. It also helps those who have surgery recover faster with fewer complications.

“This is big,” says Karen Basen-Engquist, Ph.D., director of MD Anderson’s Center for Energy Balance in Cancer Prevention and Survivorship. “When patients asked whether they should exercise during treatment, we had no official guidance about what to tell them. Now we do.”

The guidelines recommend regular aerobic exercise – such as walking, jogging or cycling, and strength training – such as lifting weights or using resistance bands, for patients whose cancer has not spread beyond its initial site.

## How does exercise counteract cancer?

No one knows with certainty, but Basen-Engquist points out that exercise reduces levels of inflammation and insulin, which are linked to some cancers.

Also, exercise induces angiogenesis, or the creation of new blood vessels, which could mean that more blood-driven anti-cancer medicine can be delivered to cancerous tumors.

“Exercise may make chemotherapy more effective,” she says.

Immune function also benefits. While cancer weakens the immune system, exercise boosts the circulation of immune cells that attack cancer. It may even help powerful immunotherapy treatments that work better.

## Exercising during cancer treatment isn't one-size-fits-all

Exercising to improve results during cancer treatment is empowering, says Basen-Engquist. It puts the patient in control, at a time when cancer has created a loss of control.

The amount of physical activity each patient can handle will vary.

“The type of cancer you have, the treatments you're receiving, the side effects you're experiencing and your level of fitness will all be factored into your exercise plan,” Basen-Engquist says.

Talk with your doctor about what's right for you, then start moving.

"Even if you can only manage a few minutes of walking, do it," Basen-Engquist says. "Small steps lead to big results."

Read the entire article [HERE](#)

## Local Cancer Exercise Specialist in Corte Madera.

Check it out: <https://www.getfitmarin.com/pages/services/cancer-exercise-training-specialist>

[Subscribe](#)[Past Issues](#)[Translate ▼](#)A graphic with a dark blue rectangular box containing the text "FRIDAY PUZZLE" in white, bold, sans-serif capital letters. The box is set against a background of colorful, low-poly geometric shapes in shades of purple, blue, green, and yellow.

## FRIDAY PUZZLE

### Three headlines and a lie

Three of these headlines are real and one is faker than the window of time your landlord gave you for the water heater repairman to show up. Can you spot the odd one out?

1. They escaped from jail using a toothbrush—then were captured at an IHOP
2. Electric scooter startup will use AI to detect how scared you are while riding
3. Two US mothers sue hospitals over drug tests after eating poppy seed bagels
4. MSCHF made a free dating simulator that can prepare your federal taxes

Answer at the bottom of the newsletter.

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3 hour walk around this years LA Art Show



## The Bonsai Tree That Survived the Bombing of Hiroshima

Excerpted from [SmithsonianMagazine.com](https://www.smithsonianmagazine.com)



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Yamaki was inside the home when glass fragments started pattering, cutting his skin, after a strong force blew out the windows of the house. The U.S. B-29 bomber called the “Enola Gay” had just dropped the world’s first atomic bomb over the city of Hiroshima, at a site just two miles from the Yamaki home.

The bomb wiped out 90 percent of the city, killing 80,000 Japanese immediately and eventually contributing to the death of at least 100,000 more. But besides some minor glass-related injuries, Yamaki and his family survived the blast, as did their prized bonsai trees, which were protected by a tall wall surrounding the outdoor nursery.

For 25 years, one of those trees sat near the entrance of the National Bonsai and Penjing Museum at the United States National Arboretum in Washington D.C., its impressive life story largely unknown. When Yamaki donated the now 390-year-old white pine bonsai tree to be part of a 53 bonsais gifted by the Nippon Bosnai Association to the United States for its bicentennial celebration in 1976, all that was really known was the tree’s donor. Its secret would remain hidden until 2001, when two of Yamaki’s grandsons made an unannounced visit to the Arboretum in search of the tree they had heard about their entire lives.

“After going through what the family had gone through, to even donate one was pretty special and to donate this one was even more special,” says Jack Sustic, curator of the Bonsai and Penjing museum.

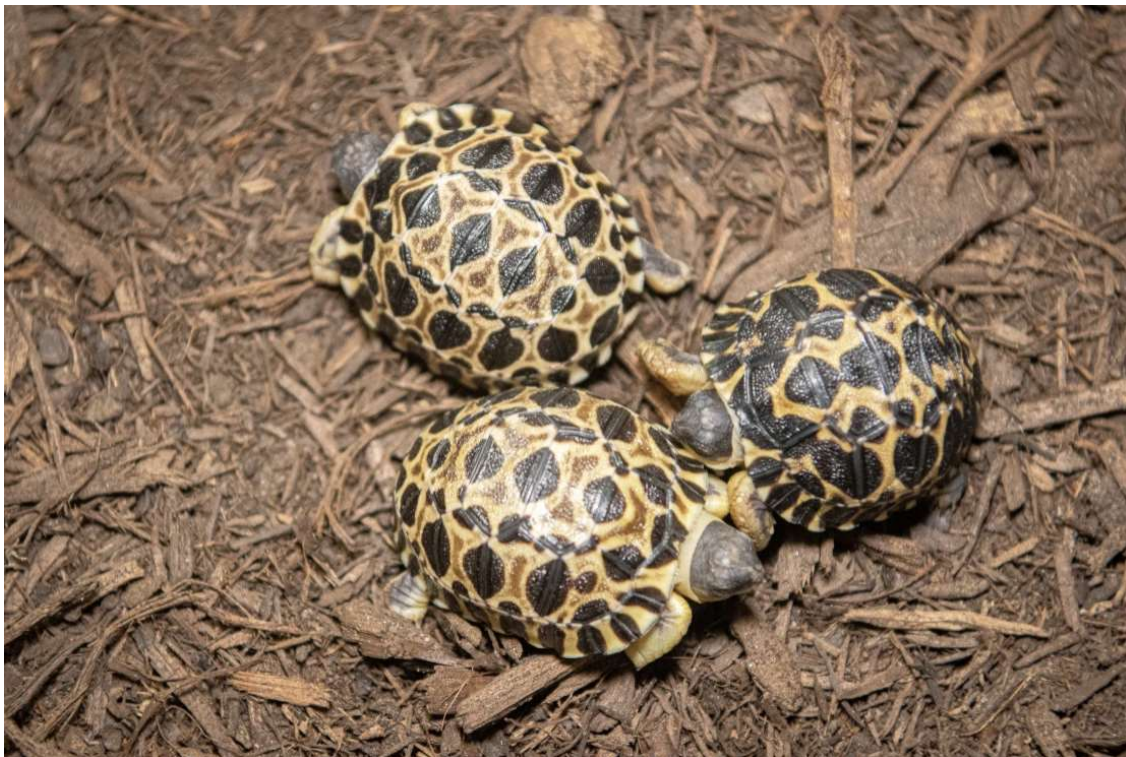
Yamaki’s donation of this tree, which had been in his family for at least six generations, is a symbol of the amicable relationship that emerged between the countries in the years following World War II. Dignitaries in attendance at the dedication ceremony for the trees included John D. Hodgson, ambassador to Japan, Japanese Prime Minister Nobusuke Kishi and Secretary of State Henry Kissinger who said the gift from Japan represented the “care, thought, attention and long life we expect our two peoples to have.”

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Stretch and Strengthen with Rayner is on zoom Monday, April 3rd 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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## 90yo Mr. Pickles becomes first time father to three tortoises

Excerpted from Today.com

A 90-year-old tortoise at the Houston Zoo has just welcomed his first three hatchlings.

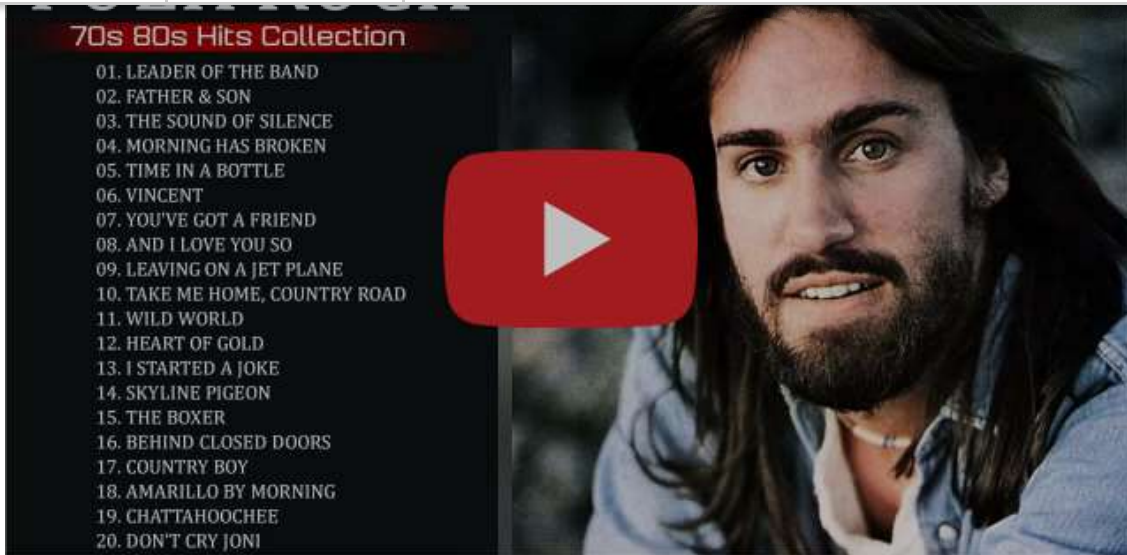
According to [the zoo's blog post](#), a herpetology keeper noticed Mr. Pickles' longtime "companion," 53-year-old Mrs. Pickles, as she was laying the three eggs near closing time.

The animal care team then uncovered the eggs and took them inside the reptile and amphibian house at the zoo to keep them safe. "The soil in Houston isn't hospitable to the Madagascar native tortoises, and it's unlikely the eggs would have hatched on their own if the keeper hadn't been in the right place at the right time," the zoo explains in the blog post.

The species is critically endangered after over-collection for the illegal pet trade and due to the fact they generally produce few offspring, according to the zoo.

Mr. Pickles, the oldest animal at the zoo, has been a resident of the Houston Zoo for the past 36 years and with Mrs. Pickles since she arrived in 1996.

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Over 3 hours of folk rock



### Answers to today's puzzler:

The lie is the one about the electric scooter, the rest are true stories!

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



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