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Photo by Jackie Spencer-Davies

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:

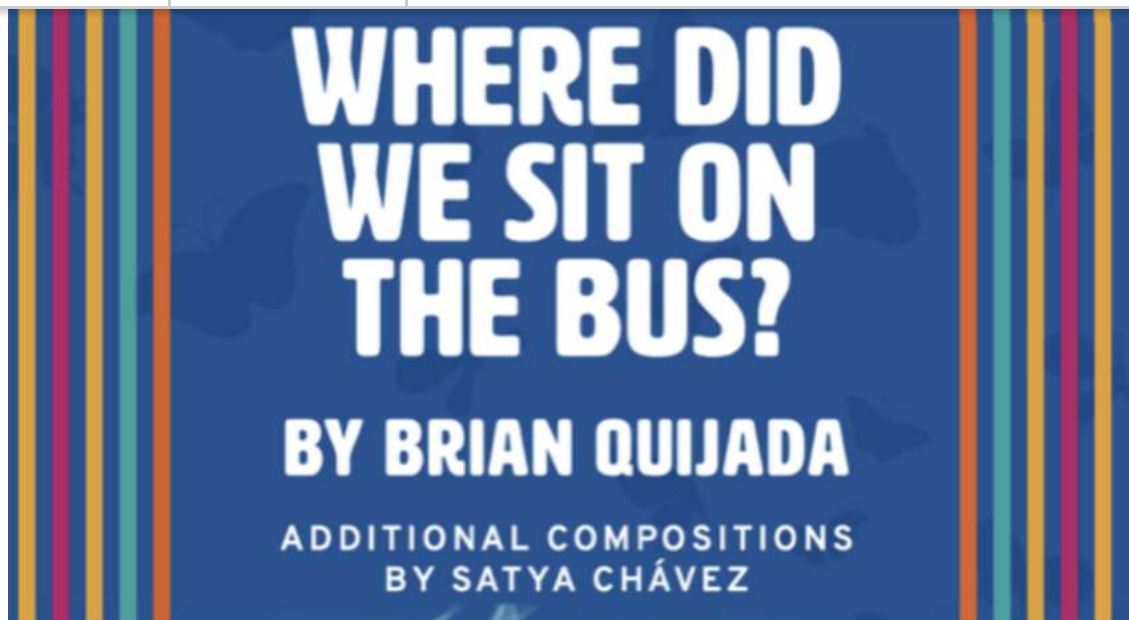
April 16 - Line Dancing workshop

April 17 - Stretch and Strengthen with Rayner

April 17 - POSTPONED!!! Keeping safe in our community'
presentation by Sausalito Police

April 18 - Trip to the DeYoung Museum

April 20 - Poetry Night - SWC/Library

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Joint events with Sausalito Village and Marin Village to Marin Theater Company

Sausalito Village and Marin Village are sponsoring two special events at Marin Theater Company, with discounted tickets available to our members and volunteers. Both events are in conjunction with the production of *Where Did We Sit on the Bus?*

One event is in the evening with a cocktail reception, the other is a matinee with closed captioning.

About the production:

*“During a third-grade lesson on the Civil Rights movement and Rosa Parks, a Latina child raises her hand to ask, ‘Where did we sit on the bus?’ Her teacher can’t answer the question. Performed by a dynamic actor, singer, multi-instrumentalist, composer, and intersectional feminist, and infused with Latin rhythms, hip-hop, and live-looping, this solo exploration follows that kid into adulthood, as she navigates growing up in an immigrant family, her identity as a first-generation American, and what the world might look like for her children. *Where Did We Sit on the Bus?* is a high-octane, tour-de-force theatrical experience that examines what it means to be Latiné in America.”*

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Cocktail reception before the production

Wednesday, May 24, 6:00pm

We will have a private social event in a reserved space with wine and heavy appetizers before the show. No additional cost to attendees. To register, use [this link](#).

Closed-captioned matinee performance

Thursday, May 25, noon

Prior to this closed-captioned matinee, there will be a 45-minute talk providing more insight about the show. To register, use [this link](#).



How to block and hide your Phone number

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Sausalito Police event for SV Members

**POSTPONED! Will not take place on
4/17 NEW DATE TBA**

Stay tuned....

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JOIN US FOR AN EVENING OF POETRY

April 20, 2023 7:00 - 9:00pm

A Sausalito Woman's Club Virtual Event

Co-sponsored by the Sausalito Library



*... we travel by poem as by any other means,
so that we might see for ourselves more
than would otherwise be seen.*

—Jane Hirschfield

Join us for a special community gathering
celebrating some of the best poetry of our times,
co-hosted with the Sausalito Library.

Explore where the particular and universal,
the actual and possible intersect.

Hear readings from teachers, clergy, moms and dads,
students, and award winning poets, as they share
words that sear, that soothe, that jostle our minds
and mark our hearts.

Click here to register:

https://us06web.zoom.us/webinar/register/WN_HOQXf_PEQhUUZ69hLmEYdw



Stand on one leg – and 16 other life-changing daily moves that will keep your body happy

Excerpted from TheGuardian.com

Things have changed a lot since the days when humans chased animals for food and had to walk long distances for water. But our bodies haven't: we are still built to move in all the ways our ancestors needed to. Add in today's personal transport, mechanical conveniences and screens that glue us to our chairs, and what do you get? Achy hips and backs, stiff necks, sore knees, and a significant downgrading of many markers of good health.

Sit on the floor (three ways)

Spending 15 to 30 minutes a day sitting on the floor helps take your hip joints into ranges they don't normally reach and loads your spine in advantageous ways.

We suggest switching between three positions:

1 Crisscross: sit with legs crossed in front of you, like you did at primary school.

2 90/90: sit with one leg bent at 90 degrees in front of you (your thigh straight out from your hip). Slightly resting on the front leg's side of your bum, bend the

3 Long sitting: sit with your legs straight in front of you, back straight or with your torso leaning slightly forward.

Get up off the floor unaided

What goes down must come up, but can you get straight up off of the floor from a cross-legged position without holding on to anything or placing a hand or knee on the floor? Don't worry if you can't – it takes practice, but it's worth working on: the ability to rise without assistance is not only a predictor of a longer life (research supports that aging this test correlates to decreases in all causes of mortality and morbidity), it's an indicator that your body is stable, supple and efficient.

Read the descriptions of the other 14 moves listed below in the full article [HERE](#)

Squat

Make like a bird

Stand on one leg

Bounce

Step up your steps

Load up

Sit less, stand more

Fidget

Extend your hips

Circle your arms

Rub your feet and toes

Use a foam roller

Sleep 7 to 8 hours

Breathe deeply

Squeeze your bum

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Kehinde Wiley

SV Trip to the DeYoung Museum - Ansel Adams and Kehinde Wiley exhibits

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

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development, the exhibition features some of his most-loved photographs, including images of Yosemite, San Francisco, and the American Southwest.



You Can Help Curb Pain and More by Sleeping in This Position

Excerpted from CNET.com

Back sleeping has been praised as the ultimate sleeper position, and for good reason. It can do wonders for your body, face and overall health.

pain. While you sleep, keeping your spine, neck and head all in proper alignment -- one straight line, if you will. Back sleeping on a firm mattress can promote a neutral alignment, relieving pressure on your back and spine. A 2017 study revealed that sleeping on your back with your arms resting on the side or your chest is the best position to relieve pain.

- **Prevent acid reflux and clear up your sinuses:** Sleeping with your head elevated above your heart helps prevent the build up of mucus in your sinuses, and relieves symptoms for those who experience acid reflux by preventing the exposure of acid to the esophagus.
- **Reduce tension headaches:** Headaches that originate from the neck or cervical spine can be confused with migraine headaches, and often happen because of compressed nerves in the neck. Back sleeping helps relieve pressure on your neck, similar to how back sleeping prevents back pain.
- **Prevent wrinkles and blemishes:** Sleeping on your stomach with your face down can have an undesired effect on your appearance. The compression and pinching of your face against your pillow can lead to wrinkles and fine lines, and the same thing goes for your neck. Additionally, your pillowcase is a hub for bacteria and sebum which can lead to breakouts.
- **Prevent puffiness in your face:** When you sleep face-down on your pillow, fluid can collect in the tissues of your face resulting in swelling, puffiness and under-eye bags. Sleeping face-up on your back with your head elevated ensures the fluid is properly drained out.



Spring Sing Along on April 24th Now starting at 4:00pm

Join in our Spring Sing Along, everyone is invited! (singing not required)

Hosts Maria Paterno and Ciji Ware will lead us through a great list of songs - solos, duets and sing alongs. Jean Capron will be on the piano.

WHEN: Monday, April 24th, 4:00-5:15pm

WHERE: Campbell Hall, 70 Santa Rosa Street, across from Christ Episcopal Church

RSVP so we can plan for food and chairs:

<https://sausalito.helpfulvillage.com/events/3855>

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Parking available. Need a door to door ride? Contact SV Concierge by Friday, April 21 at 415-332-3325



What's in your wallet? Probably too much



age

Excerpted from TheList.com

While some may not realize it, eyebrows undergo several changes as we age. This can include thinning and discoloration. Eyebrows tend to shed strands due to decreased testosterone and estrogen in men and women. This decline typically begins in the 40s, a pivotal time when people become more conscious of their years. During such a critical decade, the last thing you should be concerned with is your disappearing brows. Thankfully, there are ways to combat it that work for nearly everyone.

Since there could be several things happening with your brows at once, it's essential to know which issues you're dealing with. While brow changes come with getting older, it's important not to deduce this issue to age. In some cases, there could be medical disorders causing your dwindling brows that you shouldn't ignore.

Several skin conditions can thin eyebrows. These include atopic and contact dermatitis, both of which cause uncomfortable inflammation. Either can halt eyebrow hair growth, possibly removing your brows forever. One form of alopecia, frontal fibrosing alopecia, can also cause your brows and eyelashes to evaporate rapidly.

If your brows suddenly begin to thin out or go away altogether, you must consult with a doctor.

Click [HERE](#) to read options for eyebrow care including micro blading and tattooing.



Bay Area's wildflower season could be the best in years

Excerpted from Marin IJ

“Since California was fortunate to receive more rain last fall and this winter, public land managers are expecting ‘good’ to ‘better-than-average’ wildflower blooms in spring, depending on the continued weather conditions,” the California Department of Parks and Recreation recently announced. “Depending on the park, visitors may see colorful California poppies, sand verbena, desert sunflowers, evening primrose, popcorn flowers or desert lilies.”

In Marin, Carolyn Longstreth, a board member and field trip leader for the Marin chapter of the California Native Plant Society, said visitors should temper their expectations for this year's blooming season. She said the cold weather has appeared to delay some of the typical March blooms, but conditions could change.

“I know there is a lot of talk about a ‘superbloom’ on the internet but I think that is probably not the term for this year,” she said. “It’s going to be a good year but it’s probably not going to be amazing.”

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Expect the blooms to last longer – possibly into mid-June.

“There is so much soil moisture that I think it will prolong the blooms,” Jakob said. “The few places I’ve gotten to, I’ve seen greater abundance, especially species like buttercups, and greater masses.

The wooded peak of Mount Tamalpais State Park experiences all kinds of blossoming in April and May.

Expect to see California poppies, purple lupine, narrow-leaf mule’s ear, violet Ithuriel’s spear and blue dicks.



Register for this important zoom event

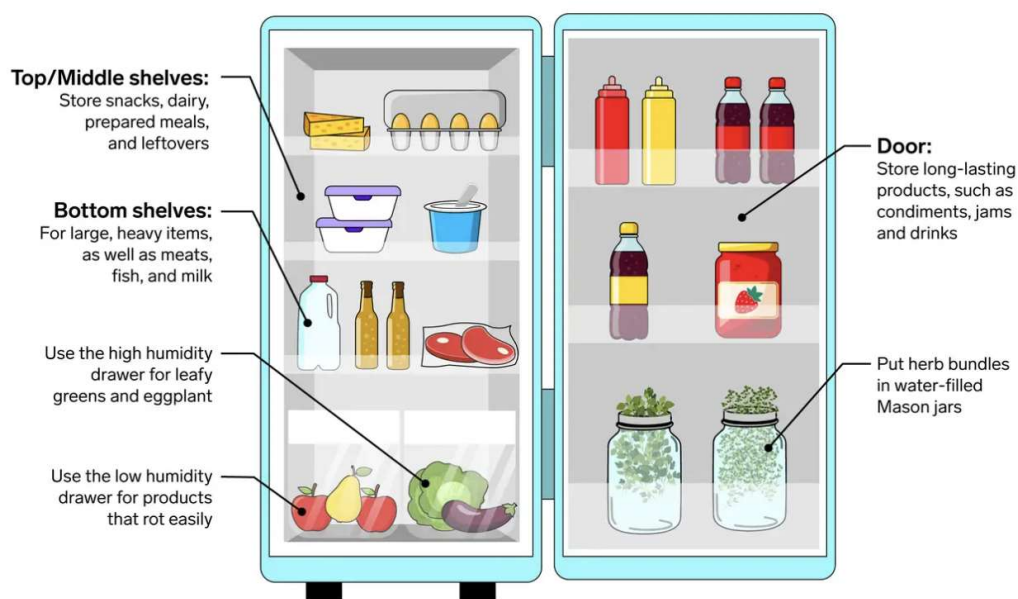
Monday, April 17, 2023

3:00pm

[REGISTER NOW](#)

Reform (CANHR) to learn about long term care options, including home- and community-based services, facility placement, and funding sources. We will also cover the rights of consumers through the long term care journey, from common hospital discharge concerns to finding the right facility.

This event is hosted by Seniors At Home which is a division of Jewish Family and Children's Services.



How to organize your fridge

Excerpted from Insider.com

Understanding that refrigerators have warm and cold zones can help you create a system where everything has its place and food lasts longer. Here are some general guidelines.

The door is the warmest part of the fridge and goes through the most fluctuations in temperature. Here, professional organizer, Pia Thompson suggests storing condiments, jams, and other foods most resistant to spoiling. She also recommends storing herbs like parsley,

Even though a carton of milk might fit perfectly in the door, it's generally not a good idea to store dairy there, and that includes eggs. Thompson recommends storing milk in the bottom shelf since it needs low temperatures to last longer.

The top and middle shelves are typically the second coldest zone and the temperature stays constant. Thompson says this section should be reserved for ready-to-eat or grab-and-go foods and snacks and dairy (like yogurt, sour cream, and cheeses), desserts, prepared meals, and leftovers. Uncovered items such as berries and eggs can also go in the top and middle shelves.

The lowest shelf is typically the coldest part of the fridge. This section should accommodate large, heavy items (like beer bottles and soda cans) as well as meats and fish.

It's a smart idea to store meat on the bottom shelf to prevent cross-contamination in case the package leaks.

Refrigerators have at least one crisper drawer, but most have two — a low-humidity drawer and a high-humidity drawer. The low-humidity drawer should be used to store produce items that rot easily, such as apples, pears, and melons, whereas the high humidity drawer should be used to store leafy greens, cauliflower, and eggplant.

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'Art Fest' opens at the Sausalito Historical Society

"Art Fest," a new exhibit by the Sausalito Historical Society, opens on Wednesday, April 26 in the Exhibit Room on the 3rd floor of City Hall with a reception from 6 - 7 p.m.

"Art Fest" is a retrospective look at the posters, T-shirts, programs, and various Festival ephemera and memorabilia collected over the years.

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a small event took place at Shell Beach, where the Spinnaker Restaurant stands today. Originally called the “Sausalito Art Fair,” over time the “Fair” became a “Festival” and its location moved to the Casa Madrona Hotel, then to a parking lot at Bridgeway and Anchor Streets, then to the Central School grounds in the early 1960s, and finally to its most recent location near the Bay Model and Marinship Park.

The Festival's producers have shifted from local artists, to the Sausalito Artists and Merchants Association to the Chamber of Commerce to the Sausalito Art Association, to the City of Sausalito, and finally, the Sausalito Art Festival Foundation. Local nonprofits and volunteers have always been a big part of the event.

If you're not able to attend the opening, please visit “Art Fest” at one of the following times when docents are available:

- Mondays from 10 a.m. - 1 p.m.
- Wednesdays from 10 a.m. - 1 p.m.
- 2nd and 4th Saturdays of the month, 12 - 3 p.m.



Don't doom the bloom in SoCal



Factoid: a brief and usually unimportant (but interesting) fact

1. A rat can last longer without water than a camel.
2. Your stomach has to produce a new layer of mucus every two weeks or it will digest itself.
3. The dot over the letter "i" is called a tittle.
4. A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.
5. A female ferret will die if it goes into heat and cannot find a mate.
6. A duck's quack doesn't echo. No one knows why.
7. A 2" X 4" Stud is really 1-1/2" by 3-1/2".
8. During the chariot scene in 'Ben Hur,' a small red car can be seen in the distance (and Heston's wearing a watch).
9. On average, 12 newborns will be given to the wrong parents daily! (That

10. Donald Duck comics were banned from Finland because he doesn't wear pants.



What is a Cucamelon?

Excerpted from [TastingTable.com](https://tastingtable.com)

At first glance, it's difficult to know what to make of cucamelons. Are they mini watermelons? Or are they grapes? And how do you eat this mysterious fruit? We've got all the details on what to know about this fascinating mini fruit.

In Spanish, these tiny, 1-2 inch Mexican sour gherkins are called *sandiita*—which translates to little watermelon. The fruit is native to Central America but can be spotted in American grocery stores throughout the late summer months. But, they have no relation to watermelons or cucumbers—even if the name is misleading! They are full of health benefits, though. Cucamelons can help fill

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Cucamelons taste like a strong cucumber, maybe with a little bit of citrus. So, forget any appearance the fruit may give of exuding a sweet watermelon flavor. However, they can add a sharp sour taste to any summer salad, cocktails—yup, they're added to cocktails too!—or salsa recipe.



Flash from the past - Galloping Gourmet 1969



An intro to 4 stoic virtues

Excerpted from WorldAtlas.com

Stoicism is the trendy philosophy of today, but it isn't new and has foundations in ancient Greece. Stoicism was one of the major philosophical approaches to virtue ethics, an approach to ethics where virtue is central. The stoics believed in the importance of four fundamental virtues, wisdom, courage, temperance, and justice. These virtues are the four "cardinal virtues" and were seen as necessary to attain life's goal, eudaimonia or happiness.

Wisdom

Also known as phronesis in Greek or prudentia in Latin, wisdom is the ability to distinguish between good and bad. The stoics believed that being able to differentiate between what is good and bad would lead to better decision making. The person who is wise is using sound judgment and logic over passion or impulse. The stoics saw the path to wisdom as a two step process. First, by reading philosophy and second by implementing that philosophy into your life.

Courage

Courage is the stereotypical virtue people associate with stoicism. Courage is often thought of as a single action in a specific moment of time. For example, a firefighter rescuing people from a burning building. However, the stoics speak about a more ordinary courage. For example, the courage to persist in improving your life. This concept of persistence and resistance was important in the Ancient Greek view of stoicism. The Ancient Greek stoics emphasized that

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is good or bad and the courage to act in accordance with what is good.

Temperance

Acting with courage also requires acting with temperance, also known as self control. When the stoics talked about temperance they meant resisting desire and staying in control of your emotions. In exercising temperance an individual is striving for balance as opposed to fleeting extremes. For example, people are not relying on pleasure or pain to rule their mindset. The stoics applied this concept to many areas of life. For example, not wallowing and not overindulging. This challenge of someone achieving balance in their life, requires endless evaluation and regulation of what is excessive in our lives.

Justice

Justice is the final cardinal virtue and often the most misunderstood. While people might interpret justice strictly as criminal justice, the stoic sense of justice also relates to people's character. People who practice justice in the stoic sense have a strong inner moral code and act for the greater good of the community. The ancient Greeks divided justice into the sub categories piety, honesty, equity, and fair dealing. The stoics also believed in a concept of justice they called distribution. This meant giving people exactly what they deserve. This idea is prevalent in most criminal justice systems today.

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WELLS FARGO

**This ATM will remain in place
when this branch closes**

On July 12, 2023, at 12:00 p.m., this branch location will close permanently.

It's been our honor to serve you here. You'll experience the same great personal service at the following Wells Fargo location:

Strawberry Village
800 Redwood Hwy Ste 209
Mill Valley, CA 94941
415-380-5500

**You can also find additional ATMs and
branches at wellsfargo.com/locator.**

Thank you. We appreciate your business.

**Additional convenient
ways to bank:**

- Online at wellsfargo.com
- Wells Fargo Mobile® app¹
- Our network of branches and ATMs
- 24/7 by phone at
1-800-869-3557 Consumer
1-800-225-5935 Business

Learn more at wellsfargo.com/online-banking

¹Availability may be affected by your mobile carrier's coverage area. Your mobile carrier's message and data rates may apply.
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The last of the banks in Downtown Sausalito is closing

Online banking has taken its toll on our personal banking service in Sausalito. Wells Fargo, the last of the three large banks in downtown closes July 12th at noon. If you are looking to continue to bank in the City limits, there are still the options of Bank of Marin and West America Bank on the north end of town.

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soon.



There is only one number that, when spelled out, has its letters in alphabetical order.

Can you name it?

Answer at the bottom of the newsletter.

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Stretch and Strengthen with Rayner is on zoom Monday, April 17th at 11am. RSVP on the Sausalito Village event calendar for the zoom link if you are attending for your first time.
www.SausalitoVillage.org



What is a passport card and when can I use it?

Excerpted from Explore.com

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issued by the federal government. You apply for a passport card using the same form you use to apply for a passport book, and you'll receive a plastic card that will fit in your wallet. The card will have your photo on it, as well as your name, nationality, date of birth, and other relevant details. It will be valid for 10 years for people aged 16 years and over. The portability of a passport card is one of its big benefits. The other benefit the card has over a passport book, as we mentioned above, is that it's far cheaper. Think \$30 rather than \$130 for applicants who have already held a passport book. With this hugely discounted price, it seems like a no-brainer to plump for a passport card. However, there are caveats to where it can be used.

You can use a passport card at land border crossings and sea ports of entry into the United States from Canada, Mexico, Bermuda, and Caribbean countries. You cannot use a passport card for international air travel. So, driving from Seattle to Vancouver: passport card permitted. Flying from Seattle to Vancouver: passport book needed. According to the U.S. Department of State, the passport card was primarily created for U.S. citizens who live near a border crossing and who travel across the border frequently by land.

A passport card may also be a good option for those who cruise roundtrip from U.S. ports, for example from San Diego down to Mexico. However, the Department of State recommends carrying a passport book with you on cruises, too, in case you need to return to the U.S. by air. Remember, you cannot fly internationally with a passport card. You can, however, fly domestically with your passport card; it will be accepted by TSA.



SV Film Group on April 26 - 'Living'

Chef Joey and Pastor Paul are our hosts for Film Group. Did you know both are graduates of NYU film school?

The film will be shown at 2pm, Discussion at 4pm. The Discussion will be in person and zoom, please RSVP for the link on zoom.

The film will be shown in person at 2pm at Thompson Hall, downstairs from Sausalito Presbyterian Church.

WHEN: Wednesday, April 26, 2pm and 4pm

WHERE: Sausalito Presbyterian Hall

RSVP: <https://sausalito.helpfulvillage.com/events/3860>

Call by April 24 for a door to door ride.

About the film

LIVING is the story of an ordinary man, reduced by years of oppressive office routine to a shadow existence, who at the eleventh hour makes a supreme effort to turn his dull life into something wonderful.

- **Rating:** PG-13 (Some Suggestive Material|Smoking)
- **Genre:** Drama

- **Director:** Oliver Hermanus
- **Producer:** Stephen Woolley, Elizabeth Karlsen
- **Writer:** Kazuo Ishiguro



Pin pricking tulips will make them last longer

Excerpted from HouseDigest.com

No matter if you grow your own or are enjoying a purchased bouquet of tulips, the first thing you need to do is cut the stems. By giving them a fresh trim before placing them in water, any scabbed over or sealed "veins" are wide open and ready to absorb water. These veins are actually called xylem and phloem, which work to move water from the base of the plant to the top, ensuring the tulip stem and bloom have the water they need to stay upright.

Tulips not only need enough water to stay perky, but they also need a little help making sure that moisture moves all the way to the top. Using the pinprick method to preserve your flowers opens a path for excess air in the stem to escape, allowing even more water to flow into the bud.

The process is super simple. Just use a pin, like a sewing needle, and pierce a

COUNTRY 2023

TOP 100 COUNTRY SONGS OF 2023

01. Luke Combs - Forever After All

02. Famous Friends

03. One Of Them Girls - Lee Brice

04. Niko Moon - Good Time

05. Speechless - Dan + Shay

06. Luke Combs - Hurricane

07. Whiskey Glasses - Morgan Wallen

08. Luke Combs - Cold As You

09. Luke Combs - Doin' This

10. Cold Beer Calling My Name

11. Luke Combs - When It Rains It Pours

12. Lee Brice - Memory I Don't Mess With

13. One Of Them Girls - Lee Brice

14. Niko Moon - Good Time

15. Speechless - Dan + Shay

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13. One Of Them Girls - Lee Brice

14. Niko Moon - Good Time

15. Speechless - Dan + Shay



Answers to today's puzzler:

Forty

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